

# Leafnotes

Summer 2010

*presented by the*

*Environmental Affairs Board*



Earth is endangered. Today, the need to raise environmental awareness and consciousness is greater than ever. Perhaps even more importantly, we need to fall in love with the planet again.

That's why *Leafnotes* was born—to remind everyone of the planet's function as our garden, our home, our mother.

We are proud to present the very first issue of *Leafnotes* and hope that the art, literature, and ideas here will inspire you to get involved and help save the beauty of this planet.

-Associated Students Environmental Affairs Board (EAB)

For the fall issue of *Leafnotes*, please submit your art, photography, poetry, prose, fiction, or anything else to [Leafnotes.EAB@gmail.com](mailto:Leafnotes.EAB@gmail.com) (art pieces should be submitted as jpegs).

For more info on EAB check out [www.ucsbEAB.com](http://www.ucsbEAB.com).

Leafnotes, Summer 2010  
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The Channel Islands

shadows in the the canyons--

crooked teeth

How you have grown

since we last met--

spring stream

A blaze out on the water--

strange,

no-one stuck a match

-Kai Flanders

photo by Megan Stimpson





## **-EAB: Year in Review-**

What a year it has been! From September to June, student members of the Environmental Affairs Board were found everywhere, doing everything. They went to far-off places searching for ideas on the cutting-edge of the sustainable movement: San Diego, Santa Cruz, Sacramento, Colorado, Sweden and Denmark were their destinations. When they returned to UCSB they brought back what they learned through an endless stream of conferences, cooking competitions, film screenings, community clean-ups, panel discussions, farming lessons, lectures, skits, demonstrations, presentations, political lobbying and positive partnerships with administration, staff, business leaders and community members--all in the name of working towards a more sustainable world. But it wasn't all hard work. EAB also put on kickball games, hikes, bike rides, potlucks, a grand Earth Day festival, and parties, parties, parties! Massage parties, bracelet-making parties, tie-dye parties, and many more, providing a space for fledgling environmentalists and long-time activists alike to have fun and get together in friendship to discuss the bright-green future of UCSB.



This year EAB both brought awareness to a wide variety of environmental issues and implemented concrete, permanent changes in the UCSB community and beyond. EAB members put on awareness events concerning climate change, environmental justice and racism, animal rights, human rights, green business, energy, plastics use, recycling, and corporate personhood. Campaigns run by EAB resulted in the installation of cigarette ash urns in Isla Vista, major energy retrofits in Isla Vista Market, the first-ever Meatless Monday at UCSB, a new Associated Students Human Rights Board, free bikes for local families, a productive vegetable garden, freshly-planted trees, a clean and beautiful downtown Isla Vista, and over \$18,000 towards sustainable development in earthquake-ravaged Haiti. Perhaps most impressive was the expansion of EAB's Environmental Education program from 1 classroom to 14 classrooms in 8 schools from Goleta to Carpinteria.



The achievement of so many amazing things can be attributed to the incredible people who have called themselves EAB members this year. The organization doubled in size from last year, with its weekly meeting attendance exploding from an average of 40 to 90, and its newsletter reaching some 1400 subscribers. A high level of professionalism was maintained by the officers, who made great strides in welcoming people from all backgrounds into the environmental movement. As the year comes to a close, enthusiasm and passion are at unbelievable heights and EAB looks forward to another year full of exciting campaigns, positive changes, and vibrant community-building. Join us in Fall 2010!

-Andrew Dunn



photo by Megan Stimpson





## Marina's Sweet Potato and Butternut Squash Pie

*Green Chef Winter 2010 Recipe*

### Ingredients for filling:

3 cups mashed sweet potatoes  
2 cups cooked butternut squasha  
4 eggs  
3/4 cup sweetened condensed milk  
1 cup sugar  
1 cup brown sugar  
2 softened sticks unsalted butter  
2 Tbsp flour  
1 tsp cinnamon  
1/2 tsp ground nutmeg  
1/2 tsp allspice  
1/2 tsp vanilla extract  
1/4 tsp salt  
1/4 tsp ginger  
unbaked 9' pie crust

### Directions:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Peel potatoes and place in of water. Put on high heat until boiling then reduce heat and simmer for about 20 minutes or until soft.
3. Drain water and mash inside pot until smooth.
4. Cut squash in half and place face down on slightly greased cookie sheet covered with foil. Cook for 45 minutes or until easily pierced with a fork.
5. Scoop out cooked squash and place in a blender with mashed sweet potatoes, eggs, milk, white and brown sugar, spices, flour, salt, and vanilla. Blend until smooth.
6. Pour mixture into pie crust.
7. Bake in preheated oven for about 1 hour, or until a knife inserted into center comes out clean.

-Marina Bohn

photo by Lizz Redd

## Department of Public Worms

Department of Public Worms is the composting sector of UCSB's Associated Students Recycling Program. DPW maintains five large and several small vermicomposting bins located in People's Park in Isla Vista and the Eucalyptus Grove on the edge of campus.

Vermicomposting is a process that uses worms which eat food waste and produce excrement called "castings", a nutrient-rich fertilizer that A.S. Recycling uses for its native plant nursery. In addition, castings can be steeped to make "worm tea", used to water plants. We sell the worm castings and tea to students, gardeners, and fellow composters in the Santa Barbara area. Castings and tea have live microbes in them so it is best to use them in the garden while they are fresh and moist.

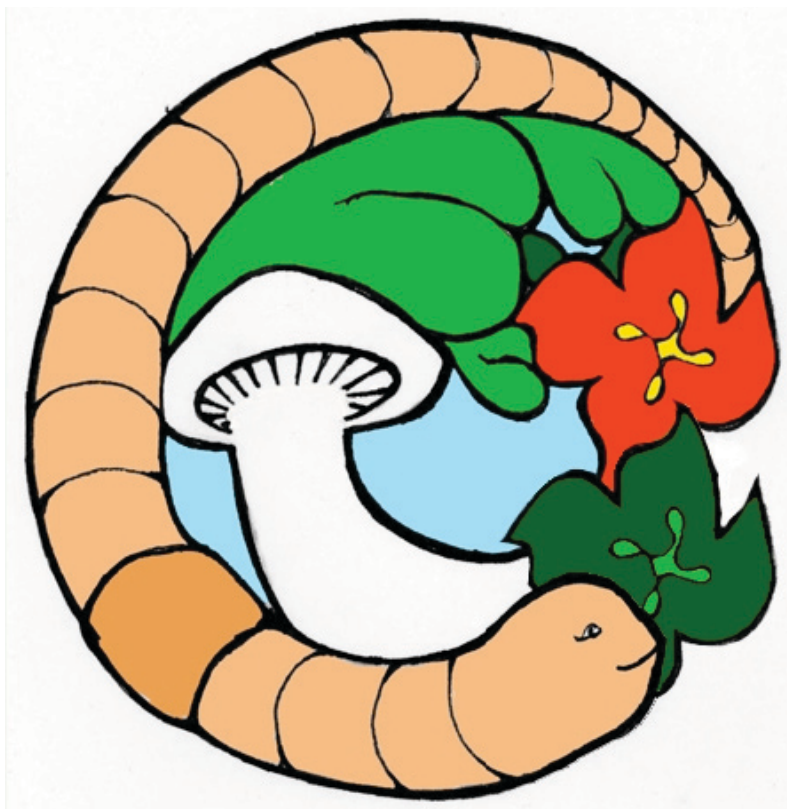






photo by Lizz Redd

Food scraps including vegetables, fruits, coffee, tea, and ground egg shells are collected from local sources such as the homes of Recycling/DPW employees, UCSB's Ellison Hall, Carillo dining commons, the Community Affairs Board and Environmental Affairs Board offices. The food is then hand-sorted by DPW employees who reroute certain foods, especially those that are highly acidic, to the hot compost in the Eucalyptus Grove. In addition to the acidic citrus and onions, the Eucalyptus Grove also takes plant debris and excess compost. The compost bins are used as a demonstration tool for those who wish to take a tour of the facility. Our goal is to educate the public about diverting food from landfills and the benefit of composting for the environment!

DPW meets weekly in a Compost Coalition along with UCSB's Program for the Assessment and Certification for the Environment and Sustainability (PACES). The Compost Coalition's meetings alternate between Ellison Hall, People's Park and the Eucalyptus Grove, focusing on a different element of vermicomposting. These include sorting worm castings, touring different vermicomposting systems, learning how to brew our own worm tea and more. For notifications of upcoming events, email [compostcoalition@gmail.com](mailto:compostcoalition@gmail.com).

Interested in purchasing your own castings or worm tea? Want to set up a tour for yourself, your family, or school? Email us with questions at [ucsbcompost@gmail.com](mailto:ucsbcompost@gmail.com)! Castings are \$1/lb and concentrated tea is \$5/gallon.

-Katie Arntsen, Emily Chase, & Mel Zhang

## *A Sailor's Path (A Frost Tribute)*

Two waterways broke in a sea of pillars,  
And be a sailor, this danger was not new  
But long I stayed my hand upon the tiller  
And sought the safest course between the two,  
Seeking the rocks beneath the dark blue;  
Then steered away, as just as true,  
Because that channel was fraught with fray,  
With hidden shallows beneath the spray.  
Yet looking upon the other way,  
I saw their similarities play,  
And all men looked upon me,  
As we steered amid the rocky water,  
Oh, I held their fates, and the fates held me,  
Yet upon their faces, a look of hesitancy  
As if they feared they were mere fodder.  
Until voiced by others, the quicker path we took.  
The rigging twisted, and the pillars passed like rooks.  
I, though, knew full well how both were equal,  
But the sailor's hearts were settled on the channel's sequel,  
And with careful eyes, the easy path they forsook.  
The sails caught the slightest breeze,  
And I watched the other path stray,  
And thought about where their differences lay,  
And why I chose the easy course,  
Feeling a confused and simmering remorse.  
We skimmed sharp rocks, and dangerous plots,  
My crewmates drew pale, their stomachs twisting knots,  
Yet, the ship took course amid the shallow lay.  
Its soft-planked hull rimmed with frost,  
Like a cold beard fending winters lost.

-Matt Wolf

photo by Tatyana Babich



Amber

Quiet, dark dirt path,

Framed by stalks of amber--

A dawn is yawning.

-Matt Wolf

photo by Tatyana Babich





art by Laura Jones

