

## RAISE KIDS TO BE CITIZENS NOT CONSUMERS

### Ideas for Citizenship that Kids Can Do

- 1) write a letter to the editor
- 2) make a speech to get others involved in an issue
- 3) prepare a petition and get signatures
- 4) volunteer for a political campaign
- 5) organize a rally (check out 350.org for ideas in the future)
- 6) write an article for a kids' magazine (Skipping Stones is a local one) or a school newspaper
- 7) talk to the media about an issue
- 8) start a website
- 9) prepare testimony for a hearing (in the state legislature, city council, etc.)
- 10) meet a decision-maker and express an opinion
- 11) stay informed – listen to NPR
- 12) have dinner-time political conversations with family

### Ideas on how to Channel Consumption Productively and in an Earth-Friendly Way

- 1) no television – avoid all ads! They are the beginning of addictive consumption.
- 2) watch Annie Leonard's *The Story of Stuff*, <http://www.storyofstuff.com/> (and ask your child's teacher to play it to the class)
- 3) link consumption to values; focus on needs, not wants, and avoid waste
- 4) give up plastic and packaging – buy bulk and store food at home
- 5) shop at thrift stores
- 6) avoid grocery stores – buy from farmers at the farmer's market, or through Eugene Local Foods, or a local CSA
- 7) give kids purchasing responsibility at Farmer's Markets – open your wallet and let them negotiate, or let them order seeds from Seed Saver's Exchange
- 8) use gifts to advance the family food enterprise: gardening gloves, chickens, cookbooks, greenhouse, books on raising bees, canning equipment, a food dehydrator, fruit trees
- 9) buy local
- 10) avoid malls – practice voluntary simplicity and avoid *affluenza*
- 11) build a library of books (used, if you can find them) that support the family food-producing enterprise
- 12) pour energy and time (and money) into the domestic economy at home (grow your own food, make homemade meals, mend clothes) – read the book, *Depletion and Abundance*, by Sharon Astyk
- 13) equip your family with backpacks and bicycle trailers to experience the outdoors
- 14) don't go overboard on sports – sports can consume your family time and money. Find another, more fulfilling, way that supports the planet.

**Video Clips of Two Eugene Boys Engaged in Urban Homesteading:** <http://hub.witness.org/GreenProdigies>

*Join the Great Family Turning!*

## URBAN HOMESTEADING FOR CARBON REDUCTION

Food grown at large monoculture farms across the country and world travel great distances to arrive at your grocery store. Food produced this way uses lots of chemical fertilizers and pesticides as well as the fossil fuel in transportation. Much carbon pollution can be avoided by purchasing locally grown food, and by growing your own fruits and vegetables.

**Grow a Garden** – Begin your urban homestead now.

Today, right now, is the best time of the year to begin converting your lawn or any sunny area into a nice fertile garden bed that will be ready for planting in the Spring. Sheet mulch a sunny area or convert your whole lawn to a garden full of productive shrubs, trees, fruits and vegetables.

**Buy Local** – support the local economy.

- Eugene Local Foods – farm fresh produce and dairy products delivery weekly for you to pick up. Order on-line at [www.eugenelocalfoods.com](http://www.eugenelocalfoods.com)
- Farmer's Markets
- Community Supported Agriculture (CSA) shares delivered weekly
- Local farm stands

For details about these, see the Willamette Farm & Food Coalition website - [www.lanefood.org](http://www.lanefood.org)

**Eliminate or Reduce Packaging and Waste** – buy bulk foods and products. Shop where bulk products are available -- reuse plastic, glass, and other containers. Join a co-op – Azure Standard delivers to Eugene. You can find Oregon grown cereals, grains and other products - [www.azurestandard.com](http://www.azurestandard.com). Check out Hummingbird wholesale, <http://www.hummingbirdwholesale.com> and Glorybee Foods, <http://www.glorybeefoods.com/gbf/?gclid=CJ627f3J050CFRcjawodPEDdqw>.

**Preserve and Store Food for Winter Use** – freeze, can and dehydrate for winter use. Buy quality, discounted quantity at local farms when produce you like is in season. Buy several months' worth of local squash, onions and garlic (from Farmer's Market), and store in dry place. Store roots like carrots, beets, and potatoes in burlap coffee bean bags (available from coffee shops) and place in a covered pit lined with bricks in your back yard. Cover with a board (secured by heavy brick) and check often to ensure no spoilage.

**Your house/garage can be your grocery store – stocked with local, bulk, healthy REAL food!**

### References:

#### Urban Homesteading

<http://www.pathtofreedom.com/>  
<http://urbanhomestead.org/journal/>  
<http://eugenepermacultureguild.org>  
<http://livingthefrugallife.blogspot.com/>

#### Chickens

Eugene code is a maximum of 2 hens, no roosters, kept 20 feet from dwellings.  
<http://www.backyardchickens.com>  
<http://www.theCityChickens.com>  
<http://www.backyardpoultrymag.com>

#### Growing information & Seed Saving

[www.SeedAmbassadors.org](http://www.SeedAmbassadors.org)

There are many workshops/resources to learn about organic gardening, composting, sheet mulching and food preservation at the OSU Extension office and the Grass Roots Garden and much more at the following:

<http://extension.oregonstate.edu> (phone: 682-4243)  
<http://www.foodforlanecounty.org/index.php/programs/gardens> Grass Roots Garden (343-2822)  
<http://www.pesticide.org> - Northwest Coalition for Alternatives to Pesticides (NCAP) (344-5044)  
<http://www.lcbaor.org> – Lane County Beekeeping Association of Oregon  
<http://www.seedambassadors.org/avalon/wintercroppingtablejune09.htm> - Winter planting chart

#### Book references (available at the Eugene City Library):

“The Urban Homestead: Your Guide to Self-sufficient Living in the Heart of the City,” by Kelly Coyne and Erik Knutzen

“Food Not Lawns” by H.C. Flores

“The Backyard Homestead,” by Carleen Madigan

“Growing Vegetables West of the Cascades” by Steve Solomon

“Lasagna gardening: a new layering system for bountiful gardens: no digging, no tilling, no weeding, no kidding” by Patricia Lanza