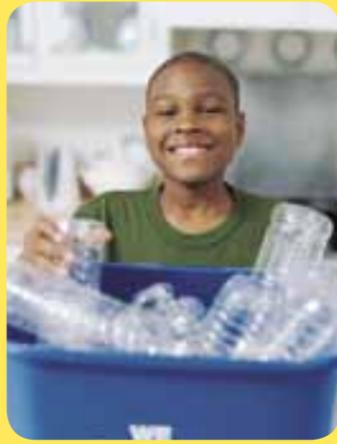


Talkin' Trash & more



Tips for Keeping Thurston County Healthy



www.ThurstonSolidWaste.org

REDUCE REUSE RECYCLE

Spring/Summer 2014

How much cash did you throw in your trash?

Have you been tossing cash in the trash? The question is not as silly as you might think.

On average, American families toss out about 25 percent of the food they buy. That includes moldy cheese, black bananas, long lost leftovers, or that new casserole recipe that even Fido wouldn't eat.



Most people don't think they waste that much food. However, when researchers asked people about their habits and then actually measured what was in

their trash, there was much more wasted food than reported. This waste has some very serious financial, environmental, and social consequences.

First, the average family of four spends about \$1,600 a year on food they never eat. Is there anything else you could do with that \$130 each month? Some families struggle to make ends meet while others scrimp and save for a special something. Most would be surprised if they calculated the amount of money lost.

Second are the environmental consequences. It takes 1,000 gallons of water to produce one gallon of milk, ten gallons of water to make one slice of bread, and 2,500 gallons of water and 16 pounds of grain to produce a single pound of beef. Yet we regularly throw this food away. Food makes up 23 percent of residential garbage in Thurston County. Uneaten food accounts for almost 25 percent of U.S. methane emissions.

Finally, there are the social impacts. An estimated 50 million Americans do not have access to enough food. If Americans reduced wasted food by just 15 percent, it could feed 25 million people in the U.S.

When we waste food, global demand for food increases. This causes food prices to rise, making it more difficult for families to make ends meet.



Thurston County Solid Waste would like to help you change all that with the Waste Less Food project. First, find out how much you really waste by taking our challenge. It only takes about 10 minutes per week—less time than you spend watching commercials in one hour of television.

Once you get over the shock of seeing how much you really waste, start using the four easy SMART tools (Save Money And Reduce Trash).



Food Waste - American Style: One month of food waste for the average American family (2004).

You'll be surprised how much of a difference a few simple changes can make. You will save food, money, and time—there's no downside. You might even start eating healthier and find some great new recipes.

After you complete the four-week project and share your results online, we'll give you a free Food-Saver kit and enter you into our monthly drawing for \$100 in free groceries. Join us on Facebook at *Waste Less Food—Thurston County* to win great prizes and learn even more ways to reduce the food you waste.

Get your family, neighbors, friends, and coworkers involved and let's see how big we can make this! Look for us at community events or schedule us to come do a presentation for your group.

To learn more or start your challenge, visit www.WasteLessFood.com.

Join us at events!

We'd love to share some tips and tools, including a FreshPaper sample and Waste Less Food bag clip.

Stop by and see us at these spring and summer events:

- May 17–18: Lacey Fun Fair
- June 14: Puget Sound Festival
- July 5: South Sound BBQ
- July 26–27: Pacific Northwest Mushroom Festival
- July 30–August 3: Thurston County Fair

Visit us at the farmer's markets in Olympia, Tumwater, and Yelm! Check online for specific dates.



Get engaged - real change can happen

Wasting food is bad for our community—financially, environmentally, and socially. You can help change that by helping to raise awareness about the issue of wasted food and spreading the word about how easy it is to reduce that waste through the Waste Less Food project.

Request a presentation for your class, church, neighborhood, or organization. If you have a business or other organization, consider becoming a partner—we'd love to provide flyers for you to share or write an article for your newsletter.

Get involved! Contact Gabby Byrne at byrneg@co.thurston.wa.us or 867-2284.

What is FreshPaper?

At 17 years old, Kavita Shukla created FreshPaper after her grandmother gave her an herbal remedy for accidentally ingesting India's tap water.

Compostable and infused with organic spices, FreshPaper looks like a square of filter paper and smells a little like maple syrup. Placing a sheet of FreshPaper with your produce—the type of food we waste most—will keep it fresh two to four times longer.

Shukla sells FreshPaper through Fenugreen, the company she founded in 2010. Since then, she has been on a roller-coaster ride of glowing reviews, awards, and public relations.

As a Waste Less Food partner, Fenugreen wants to help all Thurston County residents keep food fresh. For every pack of FreshPaper you buy online or in local stores, Fenugreen will donate a pack to the Thurston County Food Bank.

Find FreshPaper at the Olympia Food Co-op locations and Bayview and Ralph's Thriftway.

Order online at www.fenugreen.com using "THURSTON" as a discount code, and you'll receive an extra pack. This offer is good through November.



Presentations for after-school programs, groups, and camps

Solid Waste's FREE waste reduction and recycling presentations are a great way to offer enriching experiences to youth in your programs.

Youth learn about the three R's while making hand-made paper, doing art projects, and learning about recycling with the Reduce, Reuse, Recycle Relay.

Visit www.ThurstonSolidWaste.org and click "Youth programs" to read a description of each presentation.

To schedule a presentation, contact Carrie Ziegler at 867-2285 or zieglec@co.thurston.wa.us.



When is a tomato not just a tomato?

Like all of our food, a tomato is never just a tomato. It's also the land it grew on, the water it needed to grow, the fertilizer fed to the plant, and all of the energy and oil needed to transport it.

One of the hidden and more troubling impacts of wasting food is the amount of natural resources that are also wasted when we throw food away. The United Nations estimates that it takes 2.5 billion acres of land worldwide to grow just the food we waste.

It takes over three gallons of water to grow a single tomato. Yet, according to the EPA, Americans are throwing out one-third of the fresh tomatoes they purchase. With millions of hungry people on the planet, wasted food is hard to justify.



Water is a hot topic right now. Beef prices are likely to be higher than ever due to the drought in the Midwest last year, because it takes 2,500 gallons of water to produce each pound of beef.

About one-third of our produce comes from California, so the statewide drought there will affect prices this year. How much water does it take to produce the food you throw away? The graphic at the right paints the picture eloquently.

With summer droughts expected in major U.S. agricultural areas, the time has never been better to take the Waste Less Food Challenge!

Learn more

Calculate your carbon footprint! Visit www.whatsyourcarbonfootprint.org/calculator to see how many natural resources your diet uses.



New Waste Less Food classroom presentation available

The new Waste Less Food presentations for fourth and fifth graders teach students how much food Americans waste.

Tied in with the Waste Less Food Challenge, students and families learn easy ways to save time and money and keep valuable resources from going to waste!

After learning about wasted food in the U.S.,

How thirsty is your food?



Figures indicate how much water it takes to bring each crop to maturity in the U.S., if only using irrigated water. (Source: Mother Jones Magazine)

SMART tools to waste less food

Wasting less food doesn't have to be hard—our SMART tools (Save Money And Reduce Trash) can help! The tips below will get you started. Visit our SMART tools webpages for more details at www.WasteLessFood.com.

SMART Shopping: By simply making a list with weekly meals in mind, you can save money and time and eat healthier food. Our SMART Shopping tools will help you buy only what you need and offer tips and ideas on how to plan meals and shopping lists.

SMART Prep: By doing a little work ahead of time, you'll prevent food from going to waste and make it easier to grab snacks or whip up meals. Our prep tips will give you a suite of methods that make it easier for you to use the food you've got.

SMART Storage: Foods—especially fruits and vegetables—are often wasted because we store them incorrectly or don't use them in time. Our storage tips will help you keep your food fresh, so it lasts.

SMART Eating: By being mindful of ingredients and leftovers you need to use up, you'll waste less food and maybe even find a new favorite dish. These tips for understanding expiration dates and remembering your leftovers are easy and effective.

Choose a space in your fridge to put the foods that need to be eaten right away, like leftovers or overripe produce. Cut out the sign below or print a copy from our website and tape it near those foods to remind your family what to eat first.



Learn more

Check out our great resources: Visit www.WasteLessFood.com and check out our resources page to find handy apps, time-saving products, and great food waste articles and blogs.

Bag ban basics

There will be fewer plastic bags floating around Thurston County starting July 1, 2014. That is the start date for the plastic bag bans adopted by Lacey, Olympia, Tumwater, and the unincorporated areas of Thurston County. The ban is for all stores and includes other retailers, such as those at farmers markets and street fairs.

Retailers won't be able to give customers plastic carryout bags 2.25 millimeters or thinner. Thicker plastic bags are considered reusable, and have no restrictions. Retailers can decide if they want to charge customers for reusable bags or provide them for free.

Vendors must charge a minimum of 5 cents for paper carryout bags that are one-eighth barrel or larger (the common grocery bag size) and these bags must be 40 percent recycled content. Stores keep the fees, and the charge

acts as an incentive for customers to bring their own reusable bags. There are no requirements for smaller paper bags.

The ban is for plastic bags provided at checkout only. Other retail bags, such as the types below, are still allowed:

- Take-out food bags.
- Dry cleaning bags.
- In-store bags for produce, meat, frozen foods, bakery goods, and bulk items.

Paper bags are free for customers paying for food with an Electronic Benefit Transfer card and other food assistance programs. Food banks can still use plastic bags to distribute food. Reusable bag giveaways will focus on these audiences.

Read the ordinance and find answers to frequently asked questions at www.ThurstonSolidWaste.org/Plastics. There is also a section to help retailers get customers ready. We request that retailers take our online survey about bag use by July 1.

For more information, contact Terri Thomas at thomaste@co.thurston.wa.us or 867-2279.



Food storage guide

Use this handy guide to keep your food fresh and delicious!

Avocado

Pantry: 4–7 days or until ripe
Fridge: 3–5 days

Freezer: 3–6 months

To freeze, peel and puree with 1/2 Tbsp lemon juice to prevent browning.



Berries

Pantry: until ripe
Fridge: 3–10 days (one week for most types)

Freezer: 12 months

Wash berries right before you use them to prevent mold.



Peaches, pears & plums

Pantry: 1–2 days (once ripe)
Fridge: 3–5 days

Freezer: 2 months

To freeze, slice and sprinkle with lemon juice, brown sugar, or honey.



Beans & peas

Fridge: 3–5 days (raw)

Freezer: 8 months



Greens

Fridge: 1–4 days

Freezer: 10–12 months

Frozen greens work great for soups and smoothies.



Squash (summer & zucchini)

Pantry: 1–5 days

Fridge: 4–5 days

Freezer: 10–12 months



Bread

Pantry: 14–18 days (unopened)

Fridge: 2–3 weeks (opened)

Freezer: 3–5 months



Hard cheese

Fridge: 3–4 weeks

Freezer: 6 months

Only grate as much cheese as you think you'll use—grated cheese molds faster than block cheese.



Reducing waste at work

Everyone knows that recycling and reducing waste are great ways to conserve resources, but they can also save you money. Solid Waste is here to help! We can provide you tips and tools that can help you reduce waste at your workplace.



As an owner or manager, you can choose what specific waste reduction strategies will work for your individual business. From designing your program and setting a goal to measuring your success, we can guide you through the process.

A waste sort is a great way to start the ongoing process of seeing what goes into your trash. Once you recognize what could be diverted, you can adjust where you are putting items to increase your recycling. You can also make adjustments that may help with long term savings. Our staff can help you plan your waste sort, bring the necessary equipment, and help you make sense of the results.

We also offer:

- Waste assessments.
- Green purchasing tips.
- Recycling presentations.

Contact Loni Hanka at 867-2282 or hankal@co.thurston.wa.us.

Find ideas and resources for business recycling and waste reduction at www.ThurstonSolidWaste.org/Biz.



News from your hauler: A spring reminder

With the runoff and erosion caused by heavy rain, it's very important to maintain your private lane or driveway if you require drive-in service.

To ensure timely service and safe access, fill or grade driving surfaces as required, and trim back tree branches. Your cooperation will assist us in serving you and meeting your expectations.

Recycling awards go to local programs

Three out of the nine 2014 Washington State Recycling Association's (WSRA) Recycler of the Year awards went to organizations here in Thurston County. Each year, a diverse panel of WSRA members chooses organizations, businesses, and individuals who have made outstanding recycling achievements.

WSRA members represent a variety of aspects of the recycling industry, including collectors and processors, government agencies, businesses, and non-profit organizations.

City of Olympia Public Works Waste ReSources

Public Agency Recycler of the Year

WSRA recognized the City of Olympia for their accomplishments and new programs centered on their Vision of Zero Waste, a mission to lead and inspire their community toward a waste-free future and to play a strategic role to create opportunities to eliminate waste. Olympia's innovative programs include their award-winning GrassCycling Virtual Workshop, Pedestrian Recycling, Third Grade Education Program, Business Waste Assessments, and Lakefair Parade Recycling.

Olympia School District's Child Nutrition Services Department

Youth Education Recycler of the Year

WSRA recognized the Olympia School District for implementing some of the most innovative and visionary school food service waste reduction initiatives in the nation.



Learn more

See the whale up close! The whale will be on display at the Hands On Children's Museum of Olympia throughout the summer. Come check it out starting May 9.

City of Olympia news: Lakefair Parade volunteers needed!

Have you ever dreamed of being in a parade? Well this is your opportunity! Join the City of Olympia Waste ReSources and Thurston County Solid Waste for this summer's Capital Lakefair Grand Parade on Saturday, July 19.

We'll collect recyclables as we cheer and perform our way down the parade route. Our entry gives the parade attendees the opportunity to recycle their bottles and cans.

It is a fun opportunity to do something positive for the community. In 2013, we won the Judge's Appreciation Award!

Who should volunteer: clubs, families, students who need to fulfill community volunteer hours, and anyone who simply cares about doing

something good for our environment. These include using milk dispensers to reduce milk carton and milk waste; replacing disposables with durable utensils, bowls, cups, and trays; and participating in the Food Rescue program to collect prepared but unserved food for the Thurston County Food Bank. The Olympia School District has a 30-year history of reducing waste, and was one of the first school districts in the state to implement comprehensive recycling and organics collection programs.

Thurston County Solid Waste's Plastic Whale Project



WSRA recognized the Plastic Whale Project for uniquely combining art and marine biology with the goal of preventing waste.

Thurston County Solid Waste educator Carrie Ziegler organized this large scale art project to provide local school children a hands-on opportunity to learn about the harmful effects of plastic waste on the environment and wildlife.

The project brought together more than 900 people from all walks of life to create a 32-foot replica of a gray whale made entirely out of plastic bags and other waste commonly found in our oceans. More than 100,000 people viewed the whale in person, and it was seen on television by 1.65 million people.



something good for our environment.

For more information, please contact Kim Johnson with Waste ReSources at 570-5837 or kjohnson@ci.olympia.wa.us.

Rise Above Plastics: The Butterfly Effect

When one person makes a simple choice, such as choosing reusable materials over disposable ones, can that change the world? That is the question Thurston County staff posed in their recent community art and education project, Rise Above Plastics: The Butterfly Effect.

A follow-up to last year's Plastic Whale Project, this project educated over 600 students on the waste and health concerns related to plastics. Each participant created a butterfly by upcycling juice pouches. These butterflies were then used to create a large, collaborative art piece, which is currently on display at the Washington Center for the Performing Arts in downtown Olympia.

The butterfly effect is a scientific theory which states that a small, localized change in a complex system can have large effects elsewhere. The common example given is that a butterfly flapping its wings in one part of the world might ultimately cause a hurricane in another part of the world.

In the art installation, butterflies form a large chrysalis with change emerging in the form of swarming butterflies. We are the butterflies, and every choice we make has long-lasting effects we are not able to predict or even see.

The butterfly presentation and the resulting art installation remind people that their choices, big or small, are important and can create large-scale impacts on the world around us, even when we cannot easily see the outcome.

Questions? Contact Carrie Ziegler at 867-2285 or zieglec@co.thurston.wa.us.



Learn more

Check it out! See the art installation on display at the Washington Center for the Performing Arts through June.

Local business spotlight: Intercity Transit



This year, the Thurston Green Business award for government went to Intercity Transit (IT). This new award designation recognizes government agencies as unique contributors to sustainability.

IT scored points in all six categories of the Thurston Green Business application including buying and selling green, energy efficiency, transportation and commute trip reduction, and waste reduction and recycling. They were also praised for their recent ISO 14001 Certification.

IT's philosophy is to be a good citizen in the communities it serves. The agency demonstrates a commitment to sustainability and believes that public transportation is a cornerstone of community vitality and environmental stewardship.

That translates into sustainable programs and processes in all areas of the agency. From new employee orientation to green purchasing practices, IT works toward continuous improvement and putting new ideas into practice.

Waste reduction and recycling highlights

IT partners with community volunteers on an innovative bicycle reuse program. Bicycles abandoned at transit facilities are refurbished

and donated to youth through the agency's Bike PARTners program.

One of IT's biggest accomplishments was completing a thorough waste audit. Results revealed that 84 percent of their waste comes from trash left on buses and in transit centers and shelters. That means the 300 administrative and operations employees only generate 16 percent of the agency's waste stream!



IT's biggest waste reductions come from their inventory and receiving area, where all packaging and shipping materials are reused.

To learn more about sustainability at Intercity Transit, visit www.intercitytransit.com/about/sustainability. You can also contact Jessica Brandt at jbrandt@intercitytransit.com or 705-5819.

Protect yourself from plastics

Our choices matter! Here are some things you can do to protect yourself and the environment:

1. Choose reusable water bottles, such as stainless steel, glass, or safer plastic with a #1 on the bottom.

Remember: bottled water is not as well-tested as the water from the tap in your home or school.



2. Reusable shopping bags are always a better option. Keep them clean by washing or wiping out as needed, and use them over and over and over.



3. Never heat food in plastic containers. Even if the packaging says that it is microwave safe, transfer the food to a plate and cover with a paper towel if needed.



4. Keep plastic out of your body! Microbeads in scrubbing products and phthalates in fragrances are two examples of plastics that can get from skin into our bodies.

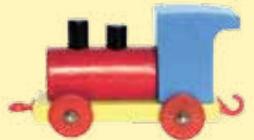
Check out www.safecosmetics.org to make sure these materials are not in your personal care products or cosmetics.



5. Know what's in your products. Toys, backpacks, notebooks, and other products may contain harmful plastics.

Check out your stuff at www.healthystuff.org.

6. Choose other materials when you can. Glass, waxed paper, stainless steel, and wood are great examples of safer materials.



Trash Talk goes global!

Lincoln Elementary, in the Olympia School District, is connecting with students around the world! Michael Stine's fourth/fifth grade classroom has embarked on a partnership with classrooms in Carlisle, England; Kwekwe, Zimbabwe; and Cape Town, South Africa. The classrooms share ideas, ask questions, and compare cultures around the issue of sustainability.



Students at Brook Street School in Carlisle, England.

This partnership is the result of a Fulbright grant. Mr. Stine and the lead teacher at Brook Street School in Carlisle met as Fulbright Classroom Exchange Teachers—swapping classrooms—during the 2011-2012 school year. Their classroom-to-classroom relationship after the exchange has grown to include the two African schools.

The schools have already completed some projects and have even more planned. Students from each school have mailed each other posters that demonstrate how their schools recycle.

Mr. Stine's classroom sent packages containing editions of *Trash Talk* to each of the other three schools. The English and African students enjoyed learning about American attitudes and systems around recycling, as well as playing the games and activities in *Trash Talk*. Future conversations include how design of products and cities can promote sustainability. Cape Town is the 2014 World Design Capital.

Sustainability is a worldwide effort, and establishing relationships and understanding between different countries has a huge part to play!



If your fourth or fifth grade classroom would like to receive free issues of *Trash Talk*, please contact Colleen Minion at minionc@co.thurston.wa.us or 867-2280.

New building material donation station

If you have usable building materials, donating them to a good cause just got easier. A Habitat for Humanity drop-off site is now open at the Waste and Recovery Center recycle area.

The site accepts the same items you can take to the South Sound Habitat for Humanity ReStore, such as working appliances, cabinets, doors, flooring, furniture, light fixtures, hardware, lumber, plumbing, roofing, and non-aluminum windows.

Donating materials provides a tax deduction and allows you to skip the cost of disposal. Habitat resells the items at ReStore locations and uses the proceeds to build housing for low-income families.



To learn more about Habitat for Humanity, visit www.spshabitat.org or call 956-3456.

Thurston County Solid Waste funded the start-up costs for the new site through a grant from the Department of Ecology.

Construction and demolition debris is a big percentage of our waste stream. Luckily, much of it is reusable or recyclable, and keeping it out of the trash can save you money. For example, recycling building materials at Recovery 1 in Tacoma costs about half as much per ton as sending it to the landfill.

Visit www.ThurstonSolidWaste.org/GreenBuilding or contact Loni Hanka at hankal@co.thurston.wa.us or 867-2282.

Learn more

Planning a building or remodeling project? Use our recycling database (www.WhereDoITakeMy.org) to find locations for your construction and demolition waste.

Recognition and awards for local businesses

Exciting things are happening in the world of local business! Recently, two recognition events honored local organizations for their efforts in waste prevention and sustainability.

Restaurant Rescue Proclamation

On March 4, the Board of County Commissioners presented Thurston County Food Bank Director Robert Coit with a proclamation for the food bank's Restaurant Rescue program and its partners.



Volunteers package donated pizza into individual servings for food bank clients.

In less than two years, Restaurant Rescue has picked up over 50,000 pounds of prepared, unserved food from local restaurants and schools! The food bank then combines and repackages the donations into single or family-sized servings to complete a nutritious meal.

Not only does Restaurant Rescue benefit the food bank's clients, it gives local food service providers a unique opportunity to give back to the community.

Thurston Green Business Awards

The Thurston Green Business recognition program awarded local businesses and

organizations for sustainability efforts at the Thurston County Chamber of Commerce's annual forum for green business designation on April 9. The chamber designated 59 organizations as green businesses and awarded the exceptional efforts of four recipients:

- **Small business—Furniture Works**
- **Medium business—Sound Native Plants**
- **Large business—Nisqually Red Wind Casino**
- **Government—Intercity Transit**

The categories of certification are buying and selling green, energy efficiency, green products and services, transportation and commute trip reduction, waste reduction and recycling, and water conservation. Businesses can qualify in one or more of these categories.

Now in its seventh year, the Thurston Green Business program has become one of the chamber's most popular programs with nearly 200 local organizations displaying Thurston Green Business stickers in their windows. With nearly 60 applicants this year, the interest in sustainability is gaining speed.

Customers are learning to look for the Thurston Green Business logo and check the chamber's website for participants.

They often choose to shop with green businesses to support their efforts. Businesses that take steps to be green can save money while protecting and conserving resources.

Any business or organization in Thurston County can apply for designation throughout the year at www.thurstongreenbusiness.com.



Health Matters

News from Thurston County Environmental Health
www.co.thurston.wa.us/health/ehadm



Keep your well "well"

As rainwater, water from septic systems, and other surface water soak into the ground, soil filters out impurities. How effectively contaminants are removed depends on the type of soil and how far water travels before reaching groundwater.

By law, community and municipal water suppliers must test for contaminants. Individual well owners on the other hand are responsible for testing their own water. If your home is on a well, test for bacteria once a year and for nitrates every three years. Test more frequently if you notice a change in taste, odor, or appearance of your water, if your well has been flooded, if there is a pregnant woman or an infant living in your home, or if family members have frequent gastrointestinal illness.

Inspect your well regularly. Sample if the well has been repaired, reconstructed, or a new pump or pipes have been added to the water system. Resources are available at www.watersystemscouncil.org/infoSheets.php.

Find more information on testing and disinfecting your well at www.co.thurston.wa.us/health/ehdw/info.html.

Landscaping for clean water

When water flows across streets, driveways, and yards, it picks up motor oil, bits of tires and brakes, fertilizers, weed and bug killers, pet waste, and more. Strategic landscaping can help prevent these contaminants from reaching our lakes, rivers, Puget Sound, and groundwater—our drinking water source.

Rain gardens collect and absorb stormwater runoff, filtering it before it reaches local waterways. Thurston County offers reimbursement up to \$400 for qualifying rain garden installations in 2014.

Choose plants that don't require much help to thrive. Native plants are great choices; they are adapted to our climate, need no extra watering once established, and are naturally bug and disease-resistant. Great Plant Picks highlights other plants well-suited to our climate. Stream Team and WSU Native Plant Salvage Project offer free Naturescaping for Water & Wildlife workshops throughout the year.

Learn more:

- www.co.thurston.wa.us/stormwater/utility/utility-rain-garden.html
- www.streamteam.info/getinvolved/learn/naturescaping
- www.wnps.org/landscaping
- www.nativeplantsalvage.org
- www.greatplantpicks.org

Septic system care begins with you

If you get a monthly sewer bill, you can skip this article. Those of us whose wastewater is treated by an on-site septic system don't pay a monthly fee for sewage treatment, but we have an added home maintenance responsibility. Like any investment, septic systems require regular care and maintenance. Take care of your septic system and drainfield to extend their lives and save money.

Septics and drinking water

Septic systems do a good job of treating sewage as long as they are properly maintained. All septic systems need to be pumped to work properly. Annual inspections tell you if maintenance is required or if your system needs to be pumped. You can hire a professional to do your inspection or you can learn to do it yourself. For more information on inspecting your septic system visit our website: www.co.thurston.wa.us/health/ehoss/drainfield.html.

Drainfields filter wastewater that flows through septic tanks into the ground. Water that has passed through the drainfield makes its way to groundwater, helping to re-charge drinking water supplies.

Help out your hardworking drainfield by planting shallow-rooted plants above and

around it. Plant selection depends on the amount of sun drainfields receive. Irish Moss makes a great shaded groundcover and Kinnikinnik is a native groundcover that does best in full sun. For a list of plant suggestions and information on landscaping your drainfield, go to www.co.thurston.wa.us/health/ehoss/pdf/landscpdrainfld.pdf or call 867-2674 to request a brochure.

Learn more

Our free Septic Sense Workshops will teach you how to protect your investment and your family's health. Workshops are from 7 to 9 p.m.

When: Wednesday, May 14

Where: Gordons Grange, 308 East Yelm Ave.

When: Thursday, May 15

Where: McLane Fire Station, 125 Delphi Rd. NW

When: Wednesday, May 21

Where: Griffin Fire Station, 3707 Steamboat Island Loop NW

When: Thursday, May 22

Where: Thurston County Courthouse, 2000 Lakeridge Dr. SW, Building 1

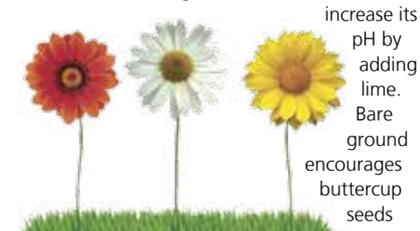
Please call 867-2674, e-mail johnsoj@co.thurston.wa.us, or go to www.co.thurston.wa.us/health_fpforms/ehoss/ss_wrkshp.htm to register in advance.

How does your garden grow?

Spring and summer bring longer days, warmer temperatures, and time to play in the garden. They can also bring unwelcome guests—weeds and damaging insects. Thurston County has resources to help you win the battle over pests and achieve your gardening goals.

Our Common Sense Gardening Guides (www.co.thurston.wa.us/health/ehcsg/guides.html) provide natural solutions to common garden problems such as aphids, root weevils, and weeds. You'll also find resources to help you plan your garden, practice natural lawn care, and use garden rotations to get the best results from your vegetable garden.

We also have Integrated Pest Management (IPM) prescriptions (www.co.thurston.wa.us/health/ehipm) that identify conditions that allow bugs and weeds to thrive. For example, creeping buttercup—a common invasive plant in our area—grows in poorly drained, compacted soils with low fertility and pH (acidic soil). To make it harder for creeping buttercup to flourish, increase drainage, add nutrients and organic matter to the soil, and



increase its pH by adding lime. Bare ground encourages buttercup seeds

to germinate, so replanting bare spots with desirable plants will reduce weed seeds from sprouting. Because creeping buttercup spreads easily through root fragments, take care to remove all plant parts after it's pulled; rototilling can increase the number of plants and is not recommended in areas infested with creeping buttercup.

IPM uses physical, mechanical, and cultural tools to control pests and weeds; chemicals are recommended only as a last resort. All chemicals proposed for use on county property undergo a thorough review to identify their potential hazards, so that the most effective and least hazardous choice is selected. Read the reviews of the active ingredients (the ingredients in a product that create the desired effect) in many pesticides at www.co.thurston.wa.us/health/ehipm/ipm_cntyimp.html.

Remember, unless you change the conditions that promote the growth of invasive plants and harmful bugs, they will simply return and any chemicals you do use will only work in the short-term. If you do use a bug or weed killer, be sure to follow all label instructions carefully and wear protective equipment (gloves, eye protection, long sleeved shirt, long pants, and close-toed shoes with socks).

Common Sense Gardening Guides and IPM prescriptions are available at most local nurseries and garden centers. Look for the rack or ask store staff to help you find these great free resources. Happy gardening!

Garbage and recycling resources

Garbage disposal rates are correct through 12/31/14

Contacts

Talkin' Trash is produced by Thurston County Public Works.

Contact Solid Waste staff:

By phone 867-2491
. 754-2933 (TDD)
. 786-5494 (recorded info)

By email
ThurstonSolidWaste@co.thurston.wa.us

Miss the last *Talkin' Trash*?

Catch up online! Visit www.ThurstonSolidWaste.org and click "Resources."

Join the conversation online!

 www.facebook.com/ThurstonSolidWaste

 www.twitter.com/#!/solidwastethuco

 www.youtube.com/user/ThurstonSolidWaste

The area code for all phone numbers in this publication is 360 unless otherwise noted.

Curbside collection (haulers)

Thurston County does not own or operate garbage and recycling trucks. Call your service provider for information about collection schedules.

- **Butler's Cove Refuse**
Eastern Grays Harbor (Summit Lake)
Pacific Disposal
Rural Refuse cust2183@wcnx.org
. 923-0111
- **Joe's Refuse** cust2188@wcnx.org
. (360) 736-4769 (long distance)
. or 1-800-525-4167

The above companies are owned by Harold LeMay Enterprises, which has been purchased by Waste Connections. Compost/yard waste collection service is also available in many of the service areas. Call for more information or visit www.thurston.lemayinc.com.

Town of Bucoda residents call 278-3525 to arrange for curbside trash and recycling service with LeMay Enterprises.

City of Olympia residents call 753-8368 or visit www.olympiawa.gov/wastewise. Olympia provides its own trash, recycling and organics collection service.

Public Health and Social Services, Environmental Health

Phone 867-2674

. 867-2603 (TDD)

Address 412 Lilly Rd NE, Olympia, 98506

Web www.co.thurston.wa.us/health/ehadm

Solid and Hazardous Waste section (867-2664)

www.co.thurston.wa.us/health/ehhw

Integrated Pest Management web

www.co.thurston.wa.us/health/ehipm

Gardening guides

www.co.thurston.wa.us/health/ehcsg

Healthy home advice

www.co.thurston.wa.us/health/ehhm

Environmental Health blog

www.environmentalhealthblog.blogspot.com

Facilities

Waste and Recovery Center

Located at 2420 Hogum Bay Road. From I-5: take the Marvin Road exit (Exit 111) and head north. Turn right onto Hogum Bay Road. The center will be on your right.

Rates

One ton = 2,000 lbs

Garbage

300 lbs or less \$18
More than 300 lbs \$119 per ton, prorated
(The per-ton garbage rate is 6 cents per pound.)
For refrigerated appliances, add a \$18 handling fee to the rate above. Rates include 3.6 percent state refuse tax.

Computers, monitors, laptops, TVs, e-readers, and tablets

Free through the E-Cycle Washington program. Take these items to the Goodwill donation station near the recycle center.

Yard debris

300 lbs or less \$9
More than 300 lbs:
Less than 10 yards \$45 per ton, prorated
More than 10 yards \$37 per ton, prorated
There is no state refuse tax on yard waste.

Hours

Weekdays: 7 a.m. to 5 p.m.
Saturdays and Sundays: 8 a.m. to 5 p.m.

Drop boxes

Rainier: 13010 Rainier Acres Road SE.
Friday, Saturdays, and Sundays: 9 a.m. to 5 p.m.

Rochester: 16500 Sargent Road SE.
Tuesday, Saturday, and Sunday: 9 a.m. to 5 p.m.

Visit www.ThurstonSolidWaste.org for drop box garbage rates.

HazoHouse

Take household hazardous products to HazoHouse. Open Friday, Saturday, Sunday, Monday, and Tuesday from 8 a.m. to 5 p.m. Phone 867-2912. HazoHouse is located next to the recycling area of the Waste and Recovery Center. Service is free for residents; businesses pay a small fee.

Holidays

The Waste and Recovery Center, HazoHouse and all drop boxes are closed on the following holidays only: Thanksgiving Day, Christmas Day, New Year's Day, and July Fourth.

Where Do I Take My?

Thurston County maintains a database of locations where residents can reuse and recycle many items. Visit www.WhereDoITakeMy.org.

Are we missing any locations? Call 867-2491 or email ThurstonSolidWaste@co.thurston.wa.us.

Reuse websites

The following websites provide an excellent way to sell or give away useable items. While you're there, you might just find some good deals on items you need.

- Thurston County's free online exchange program: www.2good2toss.com
- Craigslist: <http://seattle.craigslist.org/oly>
- FreeCycle: www.freecycle.org



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Olympia, WA 98512-9140

ECRWSS
RESIDENTIAL CUSTOMER



Recycle drop-off bins

Recycling drop-off locations:

You can drop off recycling at the WARC and the Rochester and Rainier drop boxes (see addresses in the column at the left).

Items accepted at the locations

Thurston County's recycling drop-off locations accept:

- Newspaper.
- Glass bottles and jars.
- Tin and aluminum cans.
- Mixed paper.
- Plastic dairy tubs, bottles, jars, jugs, rigid plant pots, and buckets.
- Corrugated cardboard.
- Foam (polystyrene with #6 recycle symbol) blocks and food containers. Must be clean and in a clear plastic bag. **(WARC only)**

Please place all materials **loose** in the bin—not in a bag (except foam). Bagged materials are difficult to separate at the recycle sorting facility.

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