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ECO-LOGIC

The Official Newsletter of the Tri-City Ecology Center



RECYCLING CONTINUED



NEWS & STORIES FOR THIS ISSUE:

- TCEC trip to the Fremont Boyce Road Recycling and Transfer Station
- Ultimate Recycling -Don't throw it away, grow it today!
- Rosebud Family Farm Winter Update
- What gets recycled in the medical world - a trip to Ukraine
- Good News Report - FUSD Climate Literacy

TCEC trip to the Fremont Boyce Road Recycling and Transfer Station

Copy written by Caroline Harris and edited by Rich Dubiel



Watch the video of our visit here <https://www.youtube.com/watch?v=tE6fXCXAB1A&t=9s>

We were greeted and welcomed to the Fremont Facility, and by Rich Dubiel, General Manager, and Adan Alonzo, Operations Manager. The facility is owned by BLT Enterprises and runs as a for-profit business serving the solid waste, hazardous waste, and recycling for businesses and the residents of the Tri-Cities. Rich and Adan are both long-term employees at the facility with 16 years and 17 years of service respectively. Both men are clearly proud of the facility explaining how it was started in 2006, how it got to be where it is today and their future plans for greater efficiency, Rich and Adan also dispelled a few myths about recycling.

Approximately 1/3 of what we put in the blue bins in Fremont is not recyclable material or non-recoverable. These materials include things like film plastic, textiles, electronic waste, shoes, and even soiled diapers. The sorting system employed at the facility moves material on a conveyor belt at a rate of 100 feet per minute. A team of dedicated workers remove non-recyclable materials along with valuable recyclable materials at a rate of about 30 picks per minute. The material recovered from the sorting process is baled and sold internationally to facilities that turn our discards into new and useful products.

In the past residents, throughout the state were encouraged to place recyclables materials in their blue bins and allow facilities like the Fremont Recycling and Transfer Station to work their magic in removing and marketing these materials. If residents were unsure if an item was recyclable, they were encouraged to place it in the recycling bin and allow MRFs (Material Recover Facility) to make the final determination.

Today's facilities like the Fremont Recycling and Transfer Station are required to produce only high-quality bales with a contamination rate of less than 2%. This is a tall order when the feedstock contains such a high percentage of contamination. Imagine a bale of 97% pure paper being rejected and ending up in a landfill because 3% of the bale contains film plastic and other prohibited materials.

In 2018 the Chinese adopted very strict regulations about the types of recyclables they will accept, their cleanliness, and % the contaminants allowed.

See details about National Sword here.

<https://www.centerforecotechnology.org/what-is-the-national-sword>

We, residents, can help BLT Enterprises and the City of Fremont meet the high-quality standards required by mills by rinsing the wine and sauce bottles, milk jugs, and jam jars before putting them in recycle bin. Never put hazardous waste in recycle bin, things like sharps, and batteries, remember the workers are picking out "garbage" as it passes them at 2 ft per second, we need to keep them safe. And never things that tangle the conveyor in the blue bin, that is things like plastic bags, and garden hoses.

Fremont Residents should refer to this recycling guide for additional information:

<https://www.republicservices.com/cms/documents/municipality/ca/Fremont-CA/Fremont-CA-Recycling-guidance.pdf>

<https://www.republicservices.com/cms/documents/municipality/ca/Fremont-CA/Fremont-CA-Recycling-Tips.pdf>

Fun facts about recycling, dos and don'ts.

Plastic milk jugs OK, paper milk cartons are not ok... (compost or landfill).

Plastic water bottles PET 1 OK.



Cat food cans with white liners OK, please rinse well.

Clean office paper, newspaper, envelopes, and egg boxes All OK, keep it clean, no food-soiled paper.

Top Tips

- Boyce Road Facility accepts hazardous waste from residents, just show up at 41149 Boyce Road with the stuff in a box in your trunk, and keep it out of the landfill. Most likely your unused cleaning products or spray paint will be passed on to a good home for reuse.
- Republic Services offer residential customers twice annual FREE curbside bulk pick up, to keep our streets free from unsightly used mattresses, bookshelves, old TVs, and the like. Call 510 657 3500 to schedule a pickup, you'll be so pleased that you will want the second pick up the next week.

ULTIMATE RECYCLING DON'T THROW IT AWAY, GROW IT TODAY



People waste resources and money without knowing it on occasion. One of those times is when vegetable crowns or bottoms are discarded instead of re-growing them.

Replanting the crown and growing more lettuce leaves from what would have been discarded

will save water. It takes three gallons of water to produce one cup of iceberg lettuce. A single medium head of iceberg lettuce can yield up to eight cups and takes 24 gallons of water to produce it. Re-sprouting the crown can produce more lettuce leaves using far less water than if a new plant was started.

A lot of other resources go into growing a single vegetable from seed. Growing a head of lettuce will have used fuel to get the seed to the farm, energy for transportation on the farm, fuel to get grown lettuce to a distribution center, and then to market. More energy will be used by anyone that drives to the market to purchase the lettuce. The energy expended for purchasing one or two heads per week will have a negative impact on the environment over the long run.

Not all fruit or vegetable food scraps have the possibility of resprouting. New vegetables can be grown from seeds or the crown of an older plant. Seeds are the most obvious candidate for growing a new plant but often end up in the green bin with the other kitchen waste. Although it might be easier to drop \$4 on a seed packet, saving seeds from a vegetable instead of discarding them is comparable to finding \$4.00 on the sidewalk.

Nonorganic fruits and vegetables might have seeds that have been genetically modified to be sterile, so it is better to always grow seeds from organic sources. Different plants' seeds have different shelf lives as well. Onions have about a 10-month window while a tomato seed has germinated after 22 years. Most tomato seeds are good for seven to 10 years. There is a comprehensive seed viability chart at www.johnnyseeds.com to help plant successfully.

Many vegetables can be re-grown from their crowns. A plant's crown is where the stem and the roots come together. It is also the part that is usually disposed of when preparing a vegetable for a meal. Bok choy, celery, leeks, lettuces, lemongrass, carrots, onions, garlic, chives, pineapple, beets, turnips, radishes, and many other root vegetables can re grow from their severed crown.

The crowns of some plants such as lemongrass will grow back to their original size. Others such as celery crowns will produce stalks about half their mature size, and some, like beet crowns, will yield smaller vegetables but produce tender edible foliage and/or seeds for planting.

A kitchen scrap will have been cut either below the crown if working with a turnip or above it as in the case of a leek. It is best to start these 'scraps' in a shallow dish of water or a small pot of moist sand. Root ends should always be planted down while foliage ends should be planted upright and placed on a bright window sill. The water should be changed every other day. Small leaves or roots will appear within two to three weeks. The plant can then be transplanted into a vegetable bed or container and grown until it is ready to be harvested.

Ginger, turmeric, horseradish, and Jerusalem artichoke are examples of rhizomes that need to be peeled before use. Inevitably the small, hard-to-peel pieces get thrown out. These little portions can be planted in a small pot and after sprouting planted in the garden. They will produce a never-ending supply of root-based spices.

There is an overlooked value in some of the things that get thrown away. Using food scraps to grow more vegetables will save water, energy, and money. Although the savings may be small, the sprouted vegetables will provide a harvest rich in flavor and delight and will have used less water and energy to do so.

More on Garlic



Often referred to as the “Stinking Rose”, or *Allium sativum* if you speak Latin, garlic can be planted any time of the year in the Bay Area. Part of the Lily family, this herb is related to onions, scallions, chives, leeks, and shallots and grows easily and asexually. So, if you have leftover cloves, you can recycle your powerful herbal remedy remnants and maybe even restore health. Depending on the source of information, Garlic is reputed to lower blood pressure, cholesterol, and risk of heart disease and atherosclerosis. Claims add on from there including helping to prevent lung, prostate, breast stomach, and colon cancer. Wow! There’s more. How about less osteoarthritis, more antibiotic efficacy, aphrodisiac powers, alcohol-induced liver injury, less preterm (premature) delivery, less common cold, and bad breath? Whoops! Forget that last one – it’s said if you eat fresh parsley right away it diminishes that halitosis.

But what's the real science? Some sources, such as WebMD will warn you that there's no real scientific support for most if not all of the claims. But historically Garlic has been cultivated for at least four thousand years and used medicinally over the ages. Hippocrates, Galen, and Pliny all recommended it. It is native to South Asia, Central Asia, and Iran and today about 76% of global supply comes from China, not Gilroy.

Beyond folklore evidence, there are some studies suggesting that Garlic can decrease cancers of the upper digestive tract. Not scientifically proven is whether garlic can help in intestinal infections.

WHERE TO GROW GARLIC, OR ANYTHING ELSE? HOME AND COMMUNITY GARDENS

The ideal place to grow vegetables is in your back yard – if there is room. But for those without room, or who don't have a back yard there are other opportunities. Currently Fremont has three community garden sites – the Leaf Center at California Nursery Historical Park, the LEAF Stone Garden behind the Mission Veterinary Clinic on Mowry and Mission, and the Garden of Blessings (GoB) at the Dominican Sister's site located above Mission San Jose. Guy Duran, who oversees the GoB notes that all of the 35 plots are now taken and there is a waiting list. According to Guy –

“Another program I'm adding this year is something I'm calling 'Gardening with Guy'. It'll be open to anyone on the waiting list and anyone interested from the community that wants to learn more about gardening. They will garden with me in a "communal" 300 SF plot. All participants share in the bounty. We will also have again this year, a communal South Asian Garden lead by one of our South Asian Gardeners. The cost to participate in either of the communal garden programs will be \$100 for the year.” See

<https://thefremontpodcast.buzzsprout.com/1910473/11760855-bonus-episode-garden-harvest>



*One Community Garden in Newark – Do we need more?
First Presbyterian Church Community Vegetable Garden is located at
35425 Cedar Blvd, Newark. You may need to join the parish or contact
the church.*



WHAT GETS RECYCLED IN THE MEDICAL WORLD

A TRIP TO UKRAINE



A MAP OF UKRAINE IN A BOMBED OUT SCHOOL PLAY GROUND

According to Charles Redding, the CEO of Medshare, “Individual Hospitals produce 29 pounds of waste daily here in the USA, and in all U.S. hospitals 5 million tons of waste, or 10 billion pounds are produced each year.” Based on my own experience working in Bay Area hospitals I think that greatly underestimates how to mulch waste takes place. Sadly, Medshare has closed down its warehouse in San Leandro where it has been collecting medical supplies for recycling for many years.

Wasted medications in U.S. households and Pharmacies are estimated to be 5.4 billion dollars’ worth!

- Law et al. Res.Coc. Adm. Pharm, 11 (4) (2015), pp. 571-578

In October of 2022 we wanted to support residents in Ukraine as they were headed into a sub-zero temperature winter. Highland Hospital was about to discard and destroy eight boxes full of antibiotics that had approached an expiration date. Donated by the State to help out during the Covid Pandemic, they never used them, and so they remained in boxes and were of no benefit. According to the licensed Pharmacist they were still effective.

It is well known that expired medicines carry risks, including undertreatment of life-threatening infections, and bacterial infection (especially when in liquid form), and so one should never use them without the warranty of a Pharmacy and physician. Expired antibiotics will have reduced efficacy and thus resistant bacterial infections can ensue.

Given the high risk of pneumonia, battle injuries, and bomb injuries during the winter in Ukraine we elected to take medical supplies, including orthopedic equipment, wound dressings, and approved antibiotics. They were well received at a university hospital in Kiev, where hopefully they will make a difference. In answer to frequent questions of what folks can do with their unused or expired medicines and supplies, there is not a good answer other than to take them to drop-off locations at Kaiser and some hospitals. The environmental issues of recycling in hospitals need serious attention. The more effective and affordable use of antibiotics also can benefit from further study and correction.

Receiving supplies at the Kiev hospital



ROSEBUD FAMILY FARM WINTER UPDATE (NADIA'S PREGNANCY) BY ELKA HADLEY



Most of the garden is green right now, and many cruciferous vegetables that were eaten down to the ground by goats last summer have regrown. Herbs and chard have volunteered in the garden beds and beyond from naturally scattered seeds, narcissus are blooming, and the tangerine and orange trees are fruiting. The bees in the insulated hive are happy, while those in the non-insulated hive died, we think due to a freeze. This winter has been wonderfully rainy and wet. And through all of it, Nadia and Buttercup, our two goats, have gotten to enjoy listening to and watching the rain fall while eating orchard grass and alfalfa. Right now, Nadia (our Mini-Nubian) is pregnant with one to three goats! Let's see how she is doing.



Elka –Hi Nadia, I was wondering if you are up for answering a few questions for the TriCity Ecology Newsletter?



Nadia – *Sure, but I will need to go soon. Buttercup just notified me that you gave us more alfalfa, and I'm always ready for more alfalfa.*



Elka – Ok, I just have a few questions. I was wondering, how has it been for you with all this rain?



Nadia– *Well, it's definitely been cold and wet lately. At moments I have envied Buttercup with her super warm and luxurious wool coat. But other than that, it's been really nice to get to just loaf around watching and listening to the rain.*



Elka – I would also love a wool coat like Buttercup!
I know that you're due to have your babies soon. How are you feeling about that? And how have you been doing with the pregnancy?



Nadia – *Well, I'm definitely nervous. It will be a pretty big and new life experience. I am very excited to meet them, and I can't wait to see Buttercup's reaction! I hope that she is up for being one of their role models. I'm also excited to see the coat patterns too.*



I'm sure they will be adorable! I personally can't wait to watch them jump, run and bounce around. They're going to be tiny too.
Is there anything else that you would like to say before we close the interview?



Nadia: *I don't think so; I'm gonna eat my alfalfa now.*



Elka: Thanks for letting me interview you. Have a good lunch, and tell Buttercup I said "Hi!".

GOOD NEWS DEPARTMENT

by Pat Kite



On Dec. 1, Nate Ivy presented a history and update to the Environmental Sustainability Commission of the FUSD plans for Environmental Education, Recycling, and Renewable Energy. Our own Shreya Ramachandran helped accelerate the Climate Literacy goals of FUSD and there is a lot going on. Who better to be educated than the youth of our society, as they inherent future challenges? Here's a slide from Nate Ivy's presentation.

Roosevelt Resolution
Transition to a Zero-Waste to Landfill Entity (025-2122)

Eliminate Spork Packets

Pilot Test Reusables

- Blacow Elementary
- Cabrillo Elementary
- Forest Park Elementary
- Hirsch Elementary
- Warm Springs Elementary

Food Scrap Diversion

The slide features several images: a spork packet, a reusable metal tray, a hand holding a reusable cup, and a person at a food scrap diversion station.

The FUSD has switched to all electric buses, will go solar for 76% of its electric supply for the Fremont Schools, and has a FUSD Clean Committee with representative teachers and students with the following vision _

Environmental leadership and action are a shared responsibility within FUSD and the district is known for holding environmental sustainability as a core value.

All FUSD students and staff attend well-maintained campuses that minimize climate impacts and foster deep connections with the natural environment.

Equity-focused partnerships help FUSD implement and maintain high-quality sustainability initiatives and educational programs.

Age-appropriate and culturally proficient K-12 climate literacy and environmental education in the sciences and humanities inform, educate, and empower all FUSD students to be civically-engaged action-oriented environmental problem solvers.

FUSD students, staff, and school sites are celebrated for their green achievements while best practices are regularly shared across the district.

Special Price

BIOCOMPOSTABLE PRODUCTS

7 inch plate (50 per pack)	\$ 3.70
10 inch plate (50 per pack)	\$ 7.20
11.5 oz bowl (50 per pack)	\$ 2.70
8 oz no tree hot cup	\$ 4.00
9 oz cold cup (50 per pack)	\$ 4.90
10 oz cold cup (50 per pack)	\$ 6.25
16 oz cold cup (50 per pack)	\$ 5.35
Teaspoon, fork or knife (50 per pack)	\$ 2.10
3 gal kitchen pail bag 17"X17 " (50 per roll)	\$ 4.00
13 gal tall kitchen pail bag 17"X17 " (50 per roll)	\$ 3.15
100 count straws	\$ 1.45

*All prices reflect our nonprofit discount and tax. This benefit is for TCEC members only.

Orders may be picked up at 3375 Country Drive, Fremont, on Thursdays between 11 AM – 2 PM, or by special arrangement. When purchasing please fill out an order form and pay by cash or check. Sorry, we don't have change. Questions? Call Dee Miner at 510 9406272 or email her at muskox44@hotmail.com and please cc Caroline Harris at caroline.harris@earthlink.net.

- Orders May be picked up at 3375 Country Drive, Fremont, on Thursdays between 11 AM – 2 PM, or by special arrangement. When purchasing please fill out an order form and pay by cash or check. Sorry, we don't have change. This benefit is for TCEC members only. Questions? Please call Dee Miner at 510 940 6272 or email her at muskox44@hotmail.com, and please cc: Caroline Harris at caroline.harris@earthlink.net



Do you have news or events you would like to share with Tri City Ecology's members?

Do you have any ideas on what would make Eco-Logic an even better publication?

Let us know!

We would love your feedback and are always looking for Fresh faces and ideas!

Email us @ richgodfrey77@gmail.com

Please check out our website – www.tricityecology.org and Face Book

You can always call and leave a message at 510 793 6222

And if you haven't joined TCEC yet, here's how



BECOME A MEMBER

WANT TO JOIN TCEC?

If you want to become a member please click [HERE](#) to fill out this form and mail a check to 3375 Country Drive, Fremont, CA 94536. To know more about TCEC please visit our website at <http://www.tricityecology.org>.

Board meets on the first Thursday of each month on Zoom due to Covid-1. Please call to verify. If you wish to speak on a subject, please call 510.793.6222 or 510.790.1685.

If you have any suggestions or want to contact us, please fill out [THIS](#) form.

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