



Building a Sustainable Community

Reducing Your Carbon “Food” Print

By now you have probably heard or read about carbon footprint. But did you know that a large portion of our carbon footprint is from the food we eat? After cars, the food system in the United States uses more fossil fuel (and therefore emits a large amount of carbon dioxide and other pollutants) than any other sector of the economy...19 percent.

Fossil fuels are used to create chemical fertilizers (made from natural gas), pesticides (made from petroleum), to run farm machinery, to process and package foods and to transport our food.

How can we reduce our carbon “food” print?

One of the best places to start is to eat foods grown locally and with minimal pesticides and chemical fertilizers. By doing so you will improve the health of our environment as well as your own personal health! The good news is there are many options available to us in Coupeville and on Whidbey Island.

Grow your Own Food at Home or at the new Coupeville Community Garden: If you don't have a sunny garden plot at home or if you want to garden with your neighbors think about applying for a plot at the Town of Coupeville's Community Garden. For a small fee of \$30.00 you get a sunny garden plot, water, community building, and some gardening advice from WSU Extension Master Gardeners. See the enclosed sheet for more information.

Support a Local CSA (Community Supported Agriculture): A CSA is a win-win partnership between the farmer and the eater. The farmer sells shares in the upcoming season's produce to individuals and families. Shareholders receive an amazing variety of fresh, organic and seasonal vegetables every week throughout the growing season. The growing season is approximately 20 weeks (June through October).

Due to increased demand, Rosehip Farm and Garden added 10 CSA shares this year. If you are interested contact Linda Bartlett or Valerie Reuther at 360-678-3577 or rosehip@whidbey.net

And new this year, A CSA Training Center has been created at the Greenbank Farm. In addition to offering training to CSA farmers, they also have CSA shares for sale. This is an opportunity for apprentice farmers to receive comprehensive training from seasoned local farmers, certified organic land for growing, and support from our community to make their first harvests a success. There will be a local weekly



pick-up in Coupeville as well as Greenbank, Freeland and Bayview. Please contact Anza Muenchow at 360-222-3171 or anza@agbizcenter.org

Shop the Coupeville Farmer's Market: Opening Day is Saturday, April 4th from 10:00-2:00. Celebrating 31 years in continuous operation, the Coupeville Farmer's Market offers a wide variety of local produce, plants and tasty treats such as homemade chocolates and fresh local honey. This year you will see some new vendors - including new farmers, and more chef demos. Not only will you enjoy buying local products but you will also enjoy socializing with your neighbors.

The Coupeville Farmer's Market will be open Saturdays from 10:00 am - 2:00 pm from April 4th through mid-October. For more information contact Peg Tennant at coupevillemarket@aol.com

And last but not least look for locally grown food at your local supermarket and request your grocer to supply more locally grown products.

If you would like to learn more about this topic the following are good resources: Michael Pollan, "Farmer in Chief" Article in New York Times Food Issue, Oct. 12, 2008, "The Omnivore's Dilemma, "In Defense of Food: an Eater's Manifesto"

Sound Gardening Workshop for Bluff and Beach Property Owners, Saturday, April 11th, Coupeville Rec Hall, 10 - 2

Speakers will cover how to use native plants for bluff stability (and erosion control on beach properties); how to identify invasive weeds (and how to control them); use of compost and mulches to reduce the need for chemicals; how to properly prune trees to maintain views without killing the tree; and how to construct a rain garden. There will be literature and displays available to assist you. This program is brought to you by WSU Extension programs in Island County. Attendance is free, but registration is required. To register, call (360) 387-3443, ext 258, or email shorestewards@wsu.edu

Visit our sustainability website:
<http://www.town.coupeville.wa.us/sustainability.htm>

or email cathydalmeida@wsu.edu

2009 Home Owner Tax Credits & Rebates for Energy Efficiency

There are new and better financial incentives available to you as part of the stimulus bill (The American Recovery and Reinvestment Act of 2009) signed into law by President Obama on Feb. 17, 2009. If you are planning any energy efficiency upgrades in your home don't forget to research federal tax credits as well as rebates available through Puget Sound Energy.

Federal Tax Credits Overview:

The www.energystar.gov website offers the best summary of comparison data on qualifying products and federal tax credits.

Tax Credits of 30% of costs, up to a lifetime total cap of \$1,500 on:

Qualifying windows, insulation, doors, roofs, and heating and cooling equipment

- Must be "placed in service" from January 1, 2009 through December 31, 2010
- Must be for taxpayer's principal residence
- \$1,500 is the maximum total amount that can be claimed for all products in 2009 and 2010
- Must have a Manufacturer Certification Statement to qualify

The tax credit is **30 percent** of the cost of the measures, including **installation costs** for heating and cooling equipment, **but only product costs** for windows, insulation, and other parts of the building shell.

Geothermal heat pumps and solar Photovoltaic systems are eligible for a tax credit for 30 percent of

the cost, **with no maximum**. These credits are effective through December 31, 2016. In order to be eligible for the tax credit, geothermal heat pumps must meet Energy Star criteria.

Energy Efficiency Rebates

Puget Sound Energy offers many energy efficiency rebates. Rebates are subject to change so it is good to check with PSE before you start a project.

Check the website <http://www.pse.com> or call an energy advisor at 1-800-562-1482.

You will find up to \$1600 rebates for home insulation, \$1200 on Ductless Heat Pump for the first qualifying 400 customers (\$800 thereafter), rebates for air source heat pumps, energy efficient windows, appliances and more!

Please note that eligibility for heating and insulation rebates apply only to single-family homes or a building with 4 units or less that heat with electricity (not propane or wood.)

Whidbey Island Green Power Challenge Launch, April 30th, 7:00 pm, Coupeville Rec Hall

Whidbey Island communities are joining together in a challenge to increase our island's participation in Puget Sound Energy's Green Power Program.

Learn more about the goals, the rewards, and how you can get involved at the Coupeville Town Meeting on April 30 at 7:00 pm. If you are currently a Green Power customer we will have a special gift for you!

Sustainable Living Films are Back by Popular Demand

Please mark your calendars for the following two evenings of education and community building. Free popcorn for all!

Thursday, May 21; 7:00 pm, Coupeville Rec Hall "Modern Marvels; Renewable Energy"

Stepping in to fight two massive problems; our dependency on petroleum and global warming, are the rapidly evolving technologies that harness renewable energy. We will see how air, water, earth, and fire are transformed into clean, reliable sources of heat, electricity, and even automobile fuel.

Kelly Keilwitz, from Whidbey Sun and Wind, will be our special guest to help facilitate discussion and answer questions following the film.

Thursday, June 18; 6:00-9:00 pm, Coupeville Rec Hall Pot Luck followed by the Documentary "Good Food"

Come join us for an evening of "good local food", good company and great entertainment! Please bring a food dish to share, prepared with something local if possible.



Following our meal we will view the highly acclaimed documentary, "Good Food". This film was produced by Melissa Young and Mark Dworkin, both from Whidbey Island. Melissa Young will be our special guest for the evening to help facilitate discussions & answer questions.

A brief description of "Good Food": Something remarkable is happening in the Pacific Northwest; family farms are making a comeback. These farms, the farmers, ranchers, cultivators, and the food they produce, are the focus of a new Moving Images documentary, "Good Food".

Film Library

If you would like to view one of the previously shown films, the Town of Coupeville is starting their own resource library. You can check out "Kilowatt Ours", "The Power of Community: How Cuba Survived Peak Oil" and "Suzuki Speaks" at Town Hall Monday through Thursday. Many films ("King Corn", "Who Killed the Electric Car", etc.) can also be found at Sno-Isle Library.
