



EnviroKids' Club, c/o National Weather Service  
2601 N. Rambo Rd.  
Spokane, WA 99224

**PRSR STD**  
U.S. Postage  
**PAID**  
Spokane, WA  
Permit No. 722

### EnviroKids'...caring for the Earth.

EnviroKids' Club is a way for you to team up with other kids in Spokane County -- exploring all aspects of the environment: air, water, weather, garbage & recycling, plants & animals, and you & your environment.

EnviroKids' Club members will receive an activity in the mail four times a year. Complete the activity on the back of this page and return it to the Club Headquarters (address and form below) and you will earn points towards a special prize. The EnviroKids' Club is for children in grades K-6, who live in Spokane County.

MAIL COMPLETED ACTIVITY BY **October 31, 2008** TO: EnviroKids' Club, c/o National Weather Service,  
2601 N. Rambo Rd., Spokane, WA 99224

Name: \_\_\_\_\_ Age: \_\_\_\_\_ School: \_\_\_\_\_

Home Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

My child has permission to participate in EnviroKids' Club activities and to have name/picture used in ads/website.

\_\_\_\_\_  
Parent Signature and Date

EnviroKids' Club Partners:  
American Lung Association of WA, Gonzaga University, National Weather Service, National Wildlife Federation, Spokane Aquifer Joint Board,  
Spokane County Water Resources, Spokane Regional Clean Air Agency, Spokane Regional Solid Waste System, WA Department of Ecology, and  
West Valley Outdoor Learning Center.

**Printing and mailing provided by EnviroKids' partner agency, Spokane Regional Solid Waste System, [www.solidwaste.org](http://www.solidwaste.org). Printed on recycled paper.**

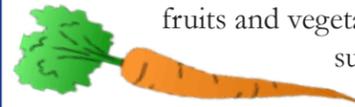
Summer 2008



# A Fresh Idea... Locally Grown Food!

### Local Food...

There are many reasons to eat locally grown fruits and vegetables. Not only does it support local farmers but it also supports a healthy environment. When produce is grown far away it must be transported to your local grocery store, which impacts the environment. Just like with cooking, there are many ingredients needed to grow a garden. You need the right temperature, water, and healthy soil.



### Temperature...

The temperature of the soil is important for plants to sprout; it shouldn't be too cold or too hot. In Spokane, the growing season stretches from mid-May through much of September.

### Water...

It's a good idea to place a rain gauge in your garden to keep track on how much water your plants receive. Usually Spokane County only gets around two inches of rain during the summer and most comes from thunderstorms. But, most people around Spokane need to use a garden hose or watering can to keep their gardens moist, especially when it's hot.



### Soil...

Create a healthy soil by using compost. Follow the directions in this mailer to make compost out of your grass, leaves and pine needles.

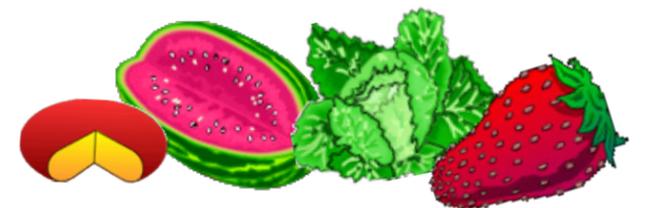


### The Environment...

In the United States the average distance food is transported is about 1,500 miles! Just think about how much fuel is used to move the food that far. Having all those trucks hauling food that far creates a lot of air pollution, harming our environment.

### It's Easy...

Eating food that is locally grown is easy. It simply means eating fruits, vegetables and meats that are produced, grown or raised as close to your home as possible.



## When visiting your local Farmers Market you can... **REDUCE, REUSE, and RECYCLE!**

- Buying fresh fruits and vegetables at a Farmers Market reduces waste produced by food packaging.
- Reusing old plastic bags or bringing your own cloth bag to the Farmers Market is a great way to reuse.
- Always remember to recycle your paper, plastic and glass.

# Community Calendar

Want to learn more about the environment and what you can do to help protect it? Attend one (or all) of these FREE community events - where there will be a lot of hands-on activities for you to look, feel and learn!

## August

**2, 9, 16, 23, 30** 8 a.m. - 1 p.m. Kids Cook at the Market Spokane Farmers Market Free  
 Each Saturday in the month of August the Spokane Farmers market will have a featured chef, cook, or baker teach a class for young people. Call Natalie @ 496-5863 with questions, to register, or for more information.

**9** 11 a.m. - 5 p.m. Kids Day! Riverfront Park Free  
 Come visit the EnviroKids' Booth and it's partner agencies for a special EnviroKids' member only activity!

**9** 8 a.m.- 1 p.m. Making Paper Flowers Spokane Farmers Market Free  
 Mary Eberle, owner of Anemone, will demonstrate how to make beautiful paper flowers at the market. All materials will be provided and all ages are welcome.

## September

**20** 10 a.m.- 5 p.m. Valleyfest Mirabeau Park Free  
 Remember to swing into the EnviroKids' Booth and it's partner agencies for fun hands-on activities.

**14, 21, 28** 11 a.m.- 2 p.m. Group Health Bike Races Spokane Free  
 Sept. 14 race at Pavilion Park in Liberty Lake, Sept. 21 race at Shadle Park and Sept. 28 race at Mirabeau Park. Registration starts at 11 a.m. at race location. Please arrive at least 30 min. prior to race. Helmets and waivers (signed at registration) are required.

## October

**18** 11 a.m.- 2 p.m. Fall Leaf Festival Finch Arboretum Free  
 Visit EnviroKids' partner agencies for fun activities.

**26** TBA EnviroKids' Tree Planting South Hill (Freya & 35th) Free  
 EnviroKids' Club members can volunteer to plant trees in a South Hill neighborhood, in partnership with the Spokane County Conservation District and the neighborhood council. Registration is required. More information on this project will be mailed to EnviroKids Club members in September.

# EnviroKids' Points and Prizes!

You can earn points for participating in each EnviroKids' activity. Whether it's visiting the EnviroKids' booths at community events, or completing the activities in the mailer, you will earn points that you can redeem for a COOL EnviroKids' Club prize.

- 20 points — Recycled notebook or seed packets
- 50 points — Recycled yo-yo or recycled piggy bank
- 100 points — Bird feeder or rain gauge
- 150 points — Weather radio (limited supply)
- 200 points — A live owl presentation to your church, school or other group (limited supply)

Look at the mailing label on this newsletter. You will see a number by your name. That is the number of points you have earned by participating in EnviroKids' Club activities. Here's an example of what the mailing address looks like, and where you can find your prize points number.

Suzy Que, **25**  
 1010 Environmental Ave,  
 Spokane, WA, 99201



# Local Farmers Markets

**Downtown Spokane:**  
 2nd & Division  
 Saturdays & Wednesdays 8am-1pm

**Humble Earth:**  
 10505 N Newport Hwy  
 Sundays 10am-3pm

**Liberty Lake:**  
 1421 N Meadowood  
 Saturdays 9am-1pm

**Millwood:**  
 3223 N Marguetite Rd.  
 Wednesdays 9am-7pm

**South Perry:**  
 1317 E. 12th  
 Thursdays 3 pm- 7pm

# Grow Carrots!

## Here is how to grow the seeds in this newsletter!

1. Find a good space to plant seeds in full sunlight.
2. Remove tape and seeds from newsletter, place in soil tape side down 1/4 inch deep.
3. Loosely cover with just enough soil to keep the seeds in the ground.
4. Keep moist and don't allow soil to crust before seedlings emerge (12-28 days). Thin young seedlings when 3 inches tall.
5. Pull when carrots are sufficient size and color (about 65-75 days).

*Enjoy fresh tasting carrots from your garden!*

- \*How did your carrots grow?
- Mail a picture of your carrot plants to us to earn points.

# Kids Kitchen

How to Cook the Carrots You Grew!

## Baked Carrots Ingredients:

- 4 cups of carrots, sliced.
- ½ cup of water.
- 6 tablespoons of butter.
- 2 tablespoons of sugar.
- 1 teaspoon of nutmeg.
- 1 teaspoon of salt.

## Instructions for Baked Carrots:

In a casserole dish, mix the sugar, nutmeg and salt with water. Add the carrots and dab them with butter. Bake at 350°F (175°C) for 10 minutes, stirring after 5 minutes. Allow to rest for 3-4 minutes and serve. Enjoy!

# Fresh Fruit!

Fill in the blanks to name the fruit!



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

# Build Your Own Compost Pile!

- 2 parts green grass or garden clippings.
- 1 part dry brown leaves or pine needles.
- Mix materials in a compost bin.
- Add water as you build your pile. (about as moist as a wrung out sponge)
- About once a week, mix and turn materials to keep air in the compost.
- FOR MORE DIRECTIONS CALL: 625-6800
- Draw a picture of your compost pile and send it to Kids Club to earn points!