

# Welcome to *The Wave*!

The SEA's monthly newsletter where we share our passions, projects, and pressing environmental issues with YOU!

## General Announcements:

- Be on the lookout for meeting information after Winter Break!
- Please reach out to our co-presidents Isabel (ibendelsimso2) and Emma (emacturk2) if you'd like to get involved with 'the Wave' and/or the SEA!

## December Seasonal Produce in Maryland

- Arugula
- Beets
- Broccoli
- Butternut Squash
- Carrots
- Kale
- Mesclun
- Radishes
- & (not produce, but) Christmas trees!



**Photos in this edition of The Wave taken by WAC students: Katie Spae & Carrie Jackson around Maryland and Delaware**

the Wave

December 2021

Instagram: @wac.sea  
Facebook: **The Student Environmental Alliance at Washington College**

FROM THE STUDENT ENVIRONMENTAL ALLIANCE AT WASHINGTON COLLEGE

## Newsletter Table of Contents:

Pg. 2: Sustainability Council Updates

Pg. 3-7: Dorm Friendly Recipes

Pg. 8-9: WAC Employee Profile - December Edition



# Updates from the Sustainability Council

**Meeting Minutes, November 30th:**

**<http://www.washcoll.edu/sustainability/council>**



**The WC Sustainability Council consists of student leaders who work to address campus environmental issues!**

# Dorm Friendly Recipes!

## Beginner Recipes:

### Microwave Spaghetti Squash with Marinara Sauce (Vegetarian, Vegan):

#### Ingredients:

- 1 small spaghetti squash or microwavable spaghetti squash “noodles” from the freezer aisle
- Your choice of marinara sauce
- Salt and pepper to taste
- Parmesan cheese (do not include or use a vegan substitute if vegan)
- Basil (optional)

#### Directions:

- Pierce the spaghetti squash in several places with a knife
- Microwave the spaghetti squash for 12 minutes, making sure to rotate the squash halfway through cooking
- Slice the squash in half (be careful; hot!) and scoop out the seeds. Shred the squash with a fork
- Season with salt and pepper
- Top with marinara sauce and microwave for another minute or until marinara sauce is warm
- Top with basil and parmesan cheese (if desired)

# Overnight No-cook Oats (Vegetarian, Vegan, Gluten-free)

## Ingredients:

- ½ cup rolled oats
- ½ cup your choice milk (whole, almond, oat, etc.)
- Your choice fresh or frozen fruit (berries, sliced banana, diced apple, pumpkin, etc.)
- Cinnamon
- Raw honey

## Directions:

- Place oats and milk in a bowl
- Let oats and milk sit overnight in the fridge (they will expand!)
- In the morning, add your favorite toppings & enjoy!



# Recipes for those who know their way around the kitchen:

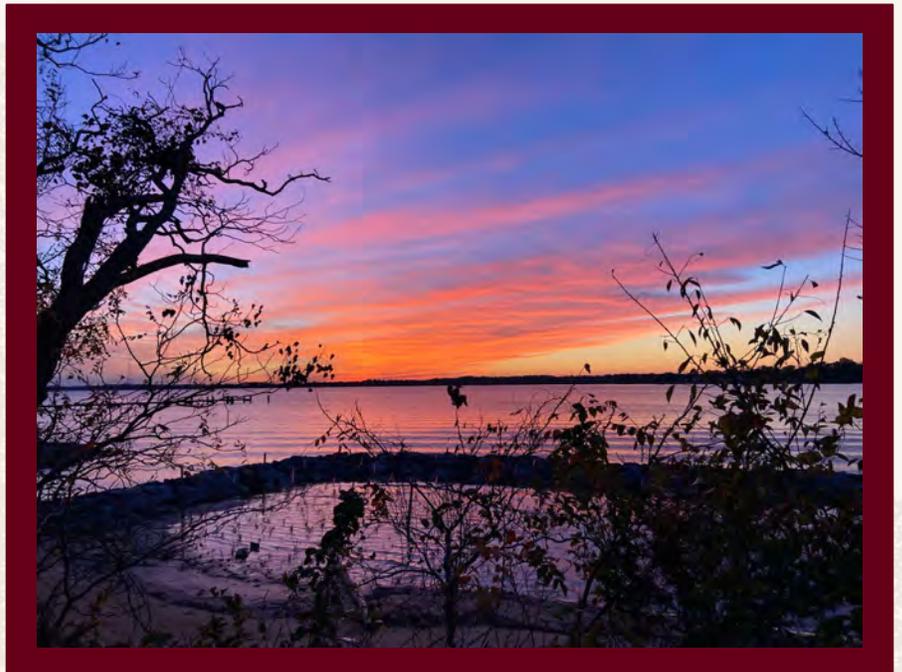
## Blender Hummus (Vegetarian, Vegan, Gluten-free)

### Ingredients:

- 1 can (15 oz) garbanzo beans
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 clove crushed garlic or  $\frac{1}{8}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon ground cumin
- Salt and pepper to taste

### Directions:

- Put garbanzo beans, lemon juice, olive oil, garlic or garlic powder, cumin, and salt into a blender. Blend until desired consistency is met
- Optional: pair with your favorite veggies or crackers!



## Microwave Chocolate Mug Cake (Vegetarian)

### Ingredients:

- 2 tablespoons oat flour
- 2 tablespoons unsweetened cocoa powder
- $\frac{1}{8}$  teaspoon baking powder
- Pinch of salt
- $\frac{1}{4}$  tsp unsalted butter or coconut oil, melted
- 1 tablespoon plain greek yogurt
- 5 teaspoons milk of your choice
- $\frac{1}{4}$  teaspoon vanilla extract
- 1 tablespoon honey or stevia
- 1 teaspoon miniature dark chocolate chips

### Directions:

- Melt a small amount of butter or coconut oil in the base of your mug to prevent the cake from sticking
- Mix together oat flour, cocoa powder, baking powder, and salt in a small bowl
- In a separate bowl, stir together the melted butter or coconut oil, greek yogurt, milk, vanilla extract, and stevia or honey
- Gradually mix in the flour mixture, then gently fold in the chocolate chips
- Pour mixture into the mug and microwave for 2 minutes & 45 seconds. Let the mug cake cool for about 4 minutes to allow it to finish cooking

# WAC Employee Profile

**Shane Brill**

**Shane Brill is the Interim Director of Sustainability and Regenerative Living here at Washington College!**

- **Shane's Role:** To promote Washington College's role in the cultivation of vibrant human beings

- **How do you/your job help improve sustainability at WAC?**

I support individual and institutional practices that align human needs with resilience of the ecosystem we inhabit. As a Nutritional Therapy Practitioner and permaculture educator, I run food literacy programs and workshops that connect human and ecological vitality. I teach beekeeping, composting, foraging, and promote energy conservation and waste reduction.



- **What is your favorite thing about working at WAC?** I love that inspired student action helps to guide the institution. Faculty and staff care about the wellbeing of the community. Everyone resonates with a shared passion for this place.
- **What is one thing you wish students knew?** We communicate with our environment, which responds in the expression of our vitality, through the foods we eat. No one thrives for long on processed foods or foods grown in a way that degrades the soil. By tuning into how specific foods make you feel, you can eat in a way that reflects your individual needs. By letting your body be your guide, you can reduce waste, lower your carbon footprint, and optimize your genetic potential to thrive. It's that easy.
- **What is one thing students can do to help you?** The influence of a vital person vitalizes. Do more of what makes you feel alive. Run, jump, swing, pounce. Have fun. Test and stretch the limits of your capacity. By honoring your intrinsic characteristics, you'll live in accord with the planet that sustains us.

**Big thanks to Shane Brill for all the work he does for the Washington College Community!**

