

Welcome to *The Wave*!

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

General Announcements:

- Join SEA for an environmental documentary/movie night on Nov. 18th at 7PM! Location and more info to come!
- 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!

Check out this month's **Sustainability Staff Spotlight!**

November Seasonal Produce in Maryland

- Apples
- Broccoli
- Brussel Sprouts
- Cauliflower
- Chard
- Collards
- Kale
- Lettuces
- Mushrooms
- Onions
- Radishes
- Pumpkins
- Spinach
- Winter Squash
- Turnips



the Wave

November 2021

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

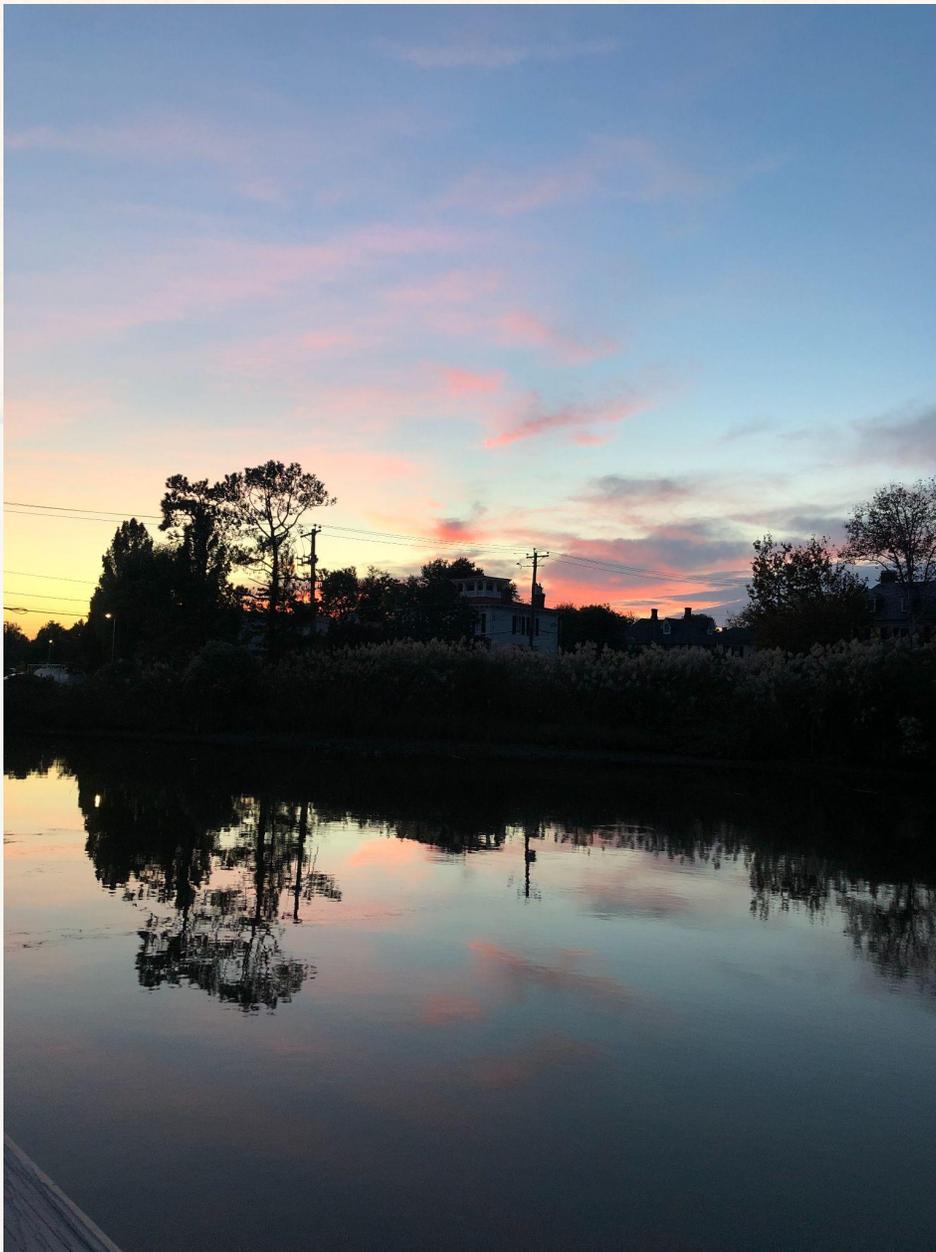
FROM THE STUDENT ENVIRONMENTAL ALLIANCE AT WASHINGTON COLLEGE

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**Student Photo of
the Chester River**

Updates from the Sustainability Council

Meeting Minutes, October 26th:

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

Washington College has officially been awarded Green Power Recognition by the EPA! Check out the full press release here:

<http://www.washcoll.edu/sustainability/solar/>



Student Photo of the Chester River



Dorm-Friendly Recipes:

Beginner Recipes:

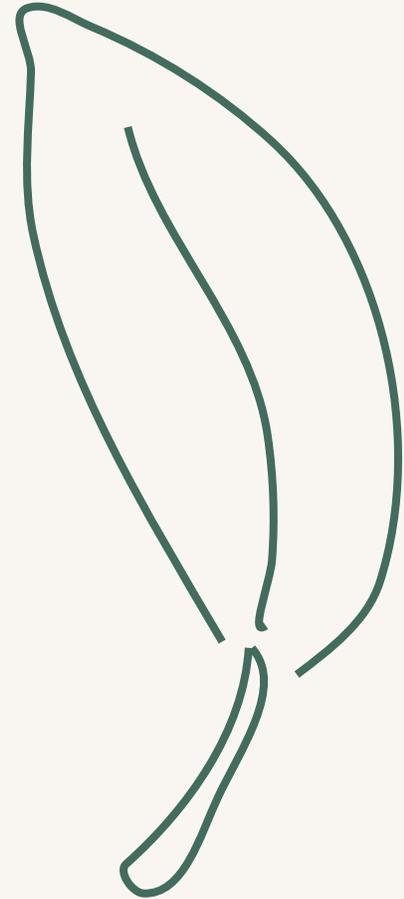
Guacamole (Vegan, Vegetarian, Gluten-free):

Ingredients:

- 3 avocados peeled, pitted, and mashed
- 1 lime, juiced
- ½ cup diced red onion
- 3 tablespoons fresh cilantro
- 2 plum tomatoes, diced
- 1 teaspoon minced garlic or ¼ teaspoon garlic powder
- Salt to taste

Directions:

- Mash together avocado, lime juice, and salt in a medium sized bowl or tupperware container until desired consistency is met
- Mix in onions, cilantro, tomatoes, and garlic
- Refrigerate leftovers - tip: add extra lime to delay the avocado from browning! Even if the avocado turns brown, it is still okay to eat)



Instant Pot Quinoa with Veggies (Vegan, Vegetarian, Gluten-free):

Ingredients:

- 2 cups quinoa, rinsed
- 3 ½ cups water
- 1 tablespoon extra-virgin olive oil
- Juice of 1 lemon
- 1 cucumber, peeled and diced
- 2 medium tomatoes, diced
- 4 scallions, white and green parts only, chopped
- ⅓ cup toasted pine nuts or sliced almonds
- Salt and pepper to taste

Directions:

- Combine quinoa, olive oil, and lemon juice in inner pot of instant pot
- Lock the lid. Select pressure cook or manual and push high set for 1 minute. Then let sit for an additional 20 minutes (the pressure and the heat from the one minute will continue to cook the quinoa)
- Unlock the lid, fluff quinoa with fork (and add more lemon juice to preserve the vitamin C)
- Stir in cucumbers, tomatoes, nuts, and season to taste
- Leftovers can be stored in a tupperware container in the fridge for up to a week



Recipes for those who know their way around the kitchen:



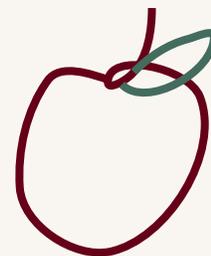
Microwave “Baked” Apple Dessert (Vegetarian, Vegan if vegan-butter is used):

Ingredients:

- 4 large apples
- 3 tablespoons raisins
- ¼ cup chopped walnuts
- 4 teaspoons butter
- ¼ cup honey or 100% maple syrup
- ½ teaspoon vanilla extract
- 2 teaspoons cinnamon
- ⅛ teaspoon nutmeg

Directions:

- Core apples, leaving the bottoms intact
- In a bowl, mix together raisins, chopped walnuts, honey/maple syrup, vanilla extract, cinnamon, and nutmeg. Top with 1 teaspoon butter and drizzle with more honey/maple syrup if desired
- Place the apples in a deep dish or bowl and cover with a paper towel
- Microwave to 3 ½ or 4 minutes until apples are soft
- Let apples cool for a couple minutes, then enjoy!



WAC Employee Profile

Mallory Westlund

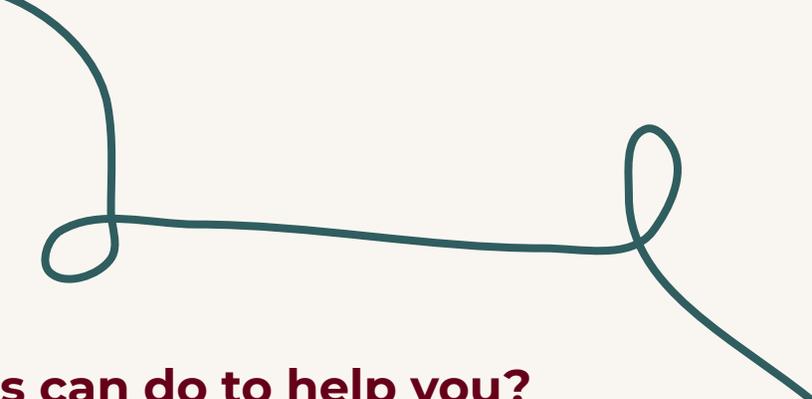
Mallory Westlund is the Grounds Manager here at Washington College!

- **Mallory's Role:** To establish and maintain the appearance and safety of the campus grounds.

What is your favorite thing about working at WAC? I know I'm supposed to say, "the people!" and I do have some amazing co-workers, but...MY favorite thing about working at WAC are the trees. We have some stunning, old, majestic species on campus!

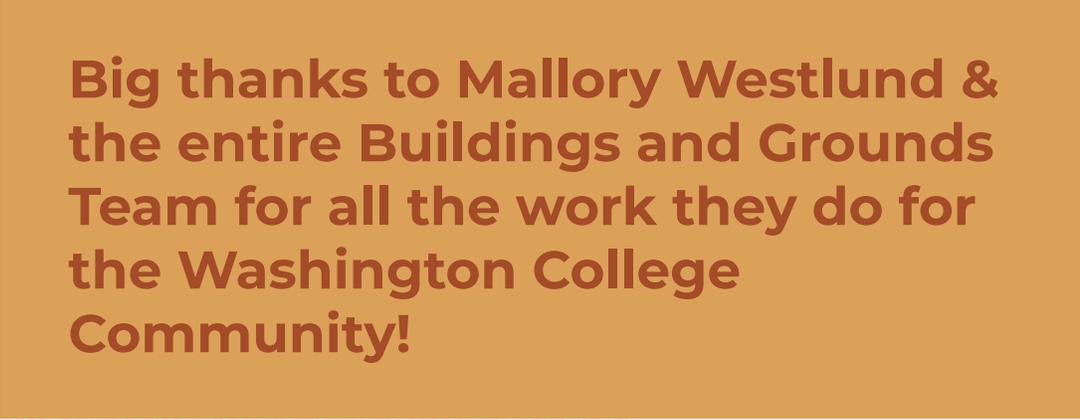


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- **How do you/your job help improve sustainability at WAC?** There are several things that I try to do to create a sustainable campus. In the Fall, we mulch all the leaves that we can blow into the lawns. When we can't and have piles, we collect them and put them in one huge pile that we turn and compost throughout the winter. By spring it's ready to be spread onto areas that need more nutrition. I have cut down the amount of chemicals used on campus (but it is not zero). We have battery-operated tools to decrease our fossil fuel use.
 - **What is one thing you wish students knew?** On the grounds crew we are constantly pulled in two directions. The first is to be more sustainable, use less chemicals, use plants that need little care, create diversity and many other practices. However, we still need to maintain a visually appealing grounds to attract potential students and their parents. A fully sustainable area is messy looking with lots of biodiversity including critters and insects. Personally, I find this attractive, but the average person is not there yet. Please have patience with us while we try to be as sustainable as possible while still being attractive to the public.
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- **What is one thing students can do to help you?**

Educate your peers (and parents)! If the lawn isn't a uniform green and they think it's ugly, explain that there is an environmental cost for using the chemicals to keep it uniform. If a snake (non-poisonous) is spotted remind them that it's a natural way to keep pest populations down and leave it alone. Anything you can do with situations like that will help us a lot!



Big thanks to Mallory Westlund & the entire Buildings and Grounds Team for all the work they do for the Washington College Community!

