

Welcome to *The Wave*!

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

General Announcements:

- We will be deciding our fall semester meeting schedule soon! Be on the lookout for meeting dates!
- 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!

Look out for some delicious microwave recipes!

October Seasonal Produce in MD (*end of season)

- Apples
- Beets
- Cucumbers*
- Garlic*
- Kale
- Lettuce*
- Melons*
- Onions*
- Pears
- Peppers*
- Pumpkins
- Winter squash



the Wave

October 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. 3: Sustainability Council Updates & Dorm Recycling Reminders

Pg. 4-6: Recipes

Pg. 7-8: WAC Employee Profile - October Edition



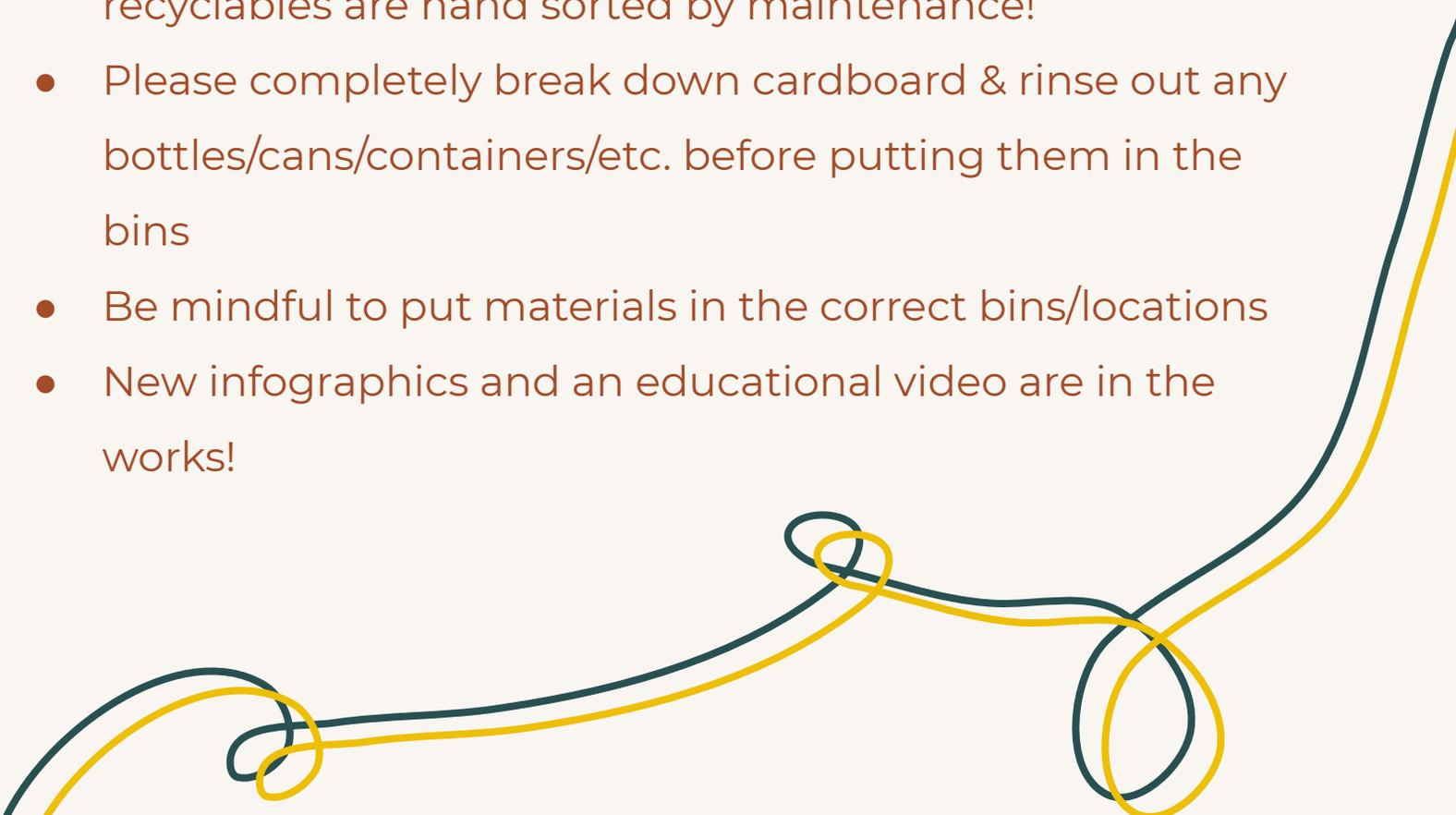
Updates from the Sustainability Council

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

Meeting Minutes, September 28th:

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

Reminders about recycling on campus!

- Buildings and Grounds is extremely understaffed right now, so there is a backup of recycling collection. By recycling properly, students can help out a ton as all recyclables are hand sorted by maintenance!
 - Please completely break down cardboard & rinse out any bottles/cans/containers/etc. before putting them in the bins
 - Be mindful to put materials in the correct bins/locations
 - New infographics and an educational video are in the works!
- 

Beginner Recipes!

Microwave Omelet:

(Vegetarian without meat)

Ingredients:

- 2 eggs
- 2 tablespoons your choice of milk
- Salt & pepper to taste
- Various toppings (spinach, tomato, bell pepper, mushroom, cheese, pre-cooked meat, etc.)

Directions:

- In a small microwavable bowl or high rimmed plate, lightly beat 2 eggs with 2 tbsp milk, season with salt and pepper
- Microwave for 2 minutes, remove and add desired toppings to one half, cook for about 1.5 more minutes/until eggs are set
- Fold omelet in half and enjoy!



Recipes for those who know their way around the kitchen!

Microwave Black Bean Quesadilla:

(Vegetarian, Vegan without cheese)

Ingredients:

- Can of black beans
- Small bag of frozen corn
- 1 packet of fajita or taco seasoning
- Fresh cilantro chopped (optional)
- 1 lime
- Diced red onion
- Shredded Mexican cheese blend
- Corn tortillas
- Salsa

Directions:

- Drain can of black beans and lightly rinse with water
- In a large bowl, mix beans, seasoning, cilantro, and lime juice
- Using the back of a fork, crush the mixture into a paste
- Spread the paste onto a corn tortilla, then layer with corn, diced onion, and cheese
- Top with another bean pasted layer
- Microwave on a microwave-safe plate for 1 minute or until cheese is melted
- Top with salsa & dig in!



Seasonal Recipes!

Microwave Pumpkin Muffin:

(Vegetarian & Gluten Free)

Ingredients:

- ¼ cup rolled oats
- 2 tbsp coconut flour (or other gluten-free flour)
- 2 tbsp flaxseed meal
- 2 tbsp coconut sugar
- ¼ tsp baking powder
- ½ tbsp coconut oil
- ¼ cup canned pumpkin
- 2 tbsp your choice milk
- Toppings (optional): coconut flakes, almond butter, honey, cinnamon, maple syrup

Instructions:

- In a microwave safe mug or bowl, mix together oats, flour, flaxseed meal, coconut sugar, and baking powder
- Add coconut oil, pumpkin, and milk - mix thoroughly
- Smooth the top of the batter with a spoon and microwave for 2 minutes - watch to make sure the batter does not overflow (if this happens, pause the microwave for a few seconds and then resume cooking)
- Remove from microwave and add toppings!



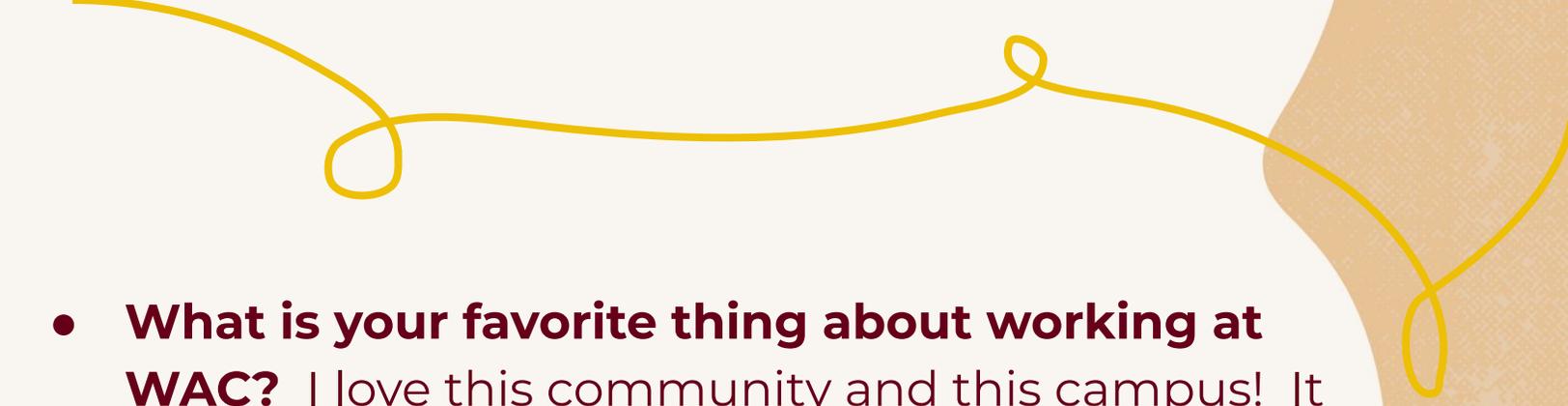
WAC Employee Profile

Lea Carter

Lea Carter is the Auxiliary Services Team Leader here at Washington College!

- **How do you/your job improve sustainability at WAC?** Our team, along with the college's recycling initiative, helps cut down on the amount of waste that goes into our landfills. We feel it is our responsibility to do our part to maintain and keep this community to the highest standards with this initiative.



- 
- **What is your favorite thing about working at WAC?** I love this community and this campus! It fills my heart to see students come in as Freshmen and to watch the transition over the years and the hard work paying off. To see the students, thrive, grow and graduate. We have endured so much over the past 2 years and to see, once again, the true essence of this campus rises above and flourishes.
 - **What is one thing you wish students knew?** I wish students knew how hard we worked to do our job to maintain and sort all of the recycling. I would also like the students to put a face with the work details so we can be helpful if they may have questions or need anything.
 - **What is one thing students can do to help you?** It would be so helpful for us if they had ideas or hints on how we could do better in our efforts to serve this community with recycling.

Big thanks to Lea Carter & the entire Auxiliary Services Team for all the work they do for the Washington College Community!

