

Sustainable Benician

News on Community Recycling & Waste Services



Sustainability in Action



Free In-Person Class

Bokashi Composting 101

Thurs., Sept. 12, 6-7:30 PM • Avant Garden, First & D St., Benicia

Join us for a hands-on workshop to learn about bokashi composting. This event is perfect for beginners who want to start composting their food scraps in a simple and effective way. Master Gardener Maggie Kolk will guide you through the process step by step, so you can start reducing your waste and nourishing the soil.

Bokashi is a Japanese word that means fermented organic matter. The Bokashi composting method involves recycling food scraps and mixing them with a mixture of effective microorganisms, water, sugar, and wheat bran. It creates compost faster and can be done in smaller containers and even inside.

Don't miss this opportunity to make a positive impact on the environment while connecting with like-minded individuals.

Healthy Soil = Healthier Food = Healthier People

Learn how human health is built from the soil up. Two perspectives in one class from a Farmer, and a Dietitian. **Free Online Class • Thursday, Oct. 17, 6-7:00 PM**

Paul Underhill, farmer/owner of Terra Firma Farm, has utilized organic practices for over 25 years to grow vegetables, fruit, and nuts on farmland in both Solano and Yolo counties. Each week over 1,200 people in the Bay Area enjoy this delicious, nutrient dense produce through Terra Firma Farm's Community Supported Agriculture (CSA) program. Paul will review how the farm engages in regenerative ag practices, discuss some basic soil management techniques that even home gardeners could adapt, and how to access the farm's produce.



Toni Toledo, MPH, RDN (Registered Dietitian Nutritionist) will join the conversation for the second half to offer practical applications to capitalize on delicious and nutritious foods that help you feel your best. She currently instructs at San Jose State University and cohosts Positive Approaches To Health (PATH),

a health and wellness podcast that presents inspiring examples from around the world that help people achieve their best health. Her 30+ years of experience, including work at Palo Alto Medical Foundation and Stanford University, shaped her passion to help clients find ways to focus on "the positives" to live long and healthy lives.

Sustainable Solano staff will moderate the discussion, with a Q&A at the end.

To Register for classes, visit the calendar at [Sustainable-Solano.org](https://www.sustainable-solano.org). Classes are funded by Republic Services.



Holiday News

Donate your gently used Halloween costumes and shop for new ones at Goodwill. Put that jack o' lantern pumpkin in the green compost cart when done.

Cooking oil from deep frying a Thanksgiving turkey is household hazardous waste (HHW). Look for the HHW button at www.RepublicServices.com/BeniciaCA to schedule a free appointment for disposal (non-business accounts only).

Be mindful—Eat or share all the holiday food you make. Compost food scraps from cooking, scrape plates into kitchen pail/compost cart after meals, and compost paper plates/napkins. Disposable (including compostable) utensils go in the trash.

Remove any batteries from holiday decorations and dispose of them properly. Locations to dispose of batteries: in a sealed plastic bag by your recycle cart (not in it), in containers (near restrooms) at Benicia Library, inside City Hall entrance, at Pedrotti Ace Hardware in the Southampton Shopping Center, or at City Corporation Yard's public HHW drop-off (2400 East 2nd St.) open Saturdays, 9 AM to noon.

Recycle your Christmas Tree Lights. Republic Services, in partnership with Museum of History Benicia (MoHB), located at 900 East 2nd St., will have containers for collecting strings of old Christmas tree lights at MoHB's Christmas tree lot. Watch for more information in the Sustainable Benician winter issue or visit mohbenicia.org. Light strings with large breakable bulbs will need bulbs removed.

NEW!

Oil-based paints can now be dropped off at the City Corporation Yard's public household hazardous waste (HHW) drop-off, Saturdays, 9 AM to noon, 2400 East 2nd St., **starting October 1st.** Previously only latex paint was accepted. Oil base items include:

- Interior and exterior architectural paints: acrylic, alkyd, oil-based, enamel (including textured coatings)
- Deck coatings, floor paints (including elastomeric)
- Primers, sealers, under-coaters
- Stains, shellacs, lacquers, varnishes, urethanes (single component)
- Waterproofing concrete/masonry/wood sealers and repellents (not tar or bitumen-based)
- Metal coatings, rust preventatives
- Field and lawn paints.

This facility will also continue to accept light tubes, CFLs, household batteries, car batteries (No EV), motor oil and oil filters, antifreeze, latex paint, and aerosols. No charge to Benicia residents.

Other chemicals need an HHW Door-to-Door appointment for pickup. Look for the HHW button at RepublicServices.com/BeniciaCA to schedule a free appointment (non-business accounts only).



For more info. visit ci.benicia.ca.us/stormwater

OOPS Tags

Look for "OOPS" tags on your carts. Republic Services will be lid-flippin' in random neighborhoods this fall. No fines, just educating how to sort and dispose of waste properly. This helps Republic learn too!

