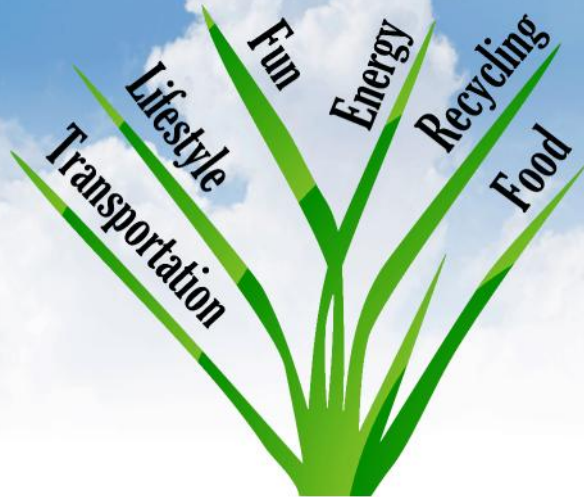


Baltimore Green Living Guide



ENVIRONMENTAL HEALTH SCIENCES
STUDENT ORGANIZATION



JOHNS HOPKINS CENTER FOR
A LIVABLE FUTURE



ENVIRONMENTAL STEWARDSHIP COMMITTEE



www.jhsph.edu/green

*"Each and everyone of us can make changes in the way we live our lives
and become part of the solution [to climate change]"*

Al Gore, 'An Inconvenient Truth'

“Be the change you want to see in the world” — Gandhi

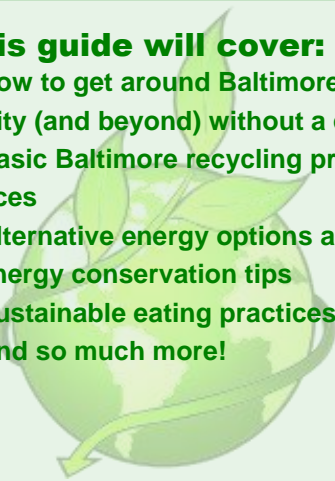
Introduction

This guide is intended to assist students, faculty and staff at the Johns Hopkins University in reducing personal and community reliance on fossil fuels and non-renewable materials, and to provide information about how to live more sustainability in Baltimore. We hope you find the following content useful.

Cheers, and happy green living!

This guide will cover:

- How to get around Baltimore City (and beyond) without a car
- Basic Baltimore recycling practices
- Alternative energy options and energy conservation tips
- Sustainable eating practices
- And so much more!



This guide was assembled, thanks to the dedication of many talented contributors, in August 2008.

“I’d put my money on the sun and solar energy. What a source of power! I hope we don’t have to wait ‘til oil and coal run out before we tackle that.”

— Thomas Edison

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“When I see an adult on a bicycle, I do not despair for the future of the human race”

— H.G. Wells



I get around: **Green transportation in Baltimore**

Getting around in Baltimore without a car is not impossible. Here are some ideas, links and names of organizations which will make your Baltimore experience all the more moving and sustainable. For general information regarding alternative forms of transportation in Maryland, visit www.onelesscar.org.

Public transit

Baltimore has a bus system, metro, light rail and MARC train (Baltimore—D.C).

Visit <http://www.mtmaryland.com/> for specific routes, hours of operation and updated fares. Check out their new [TRIP PLANNER](#) feature to discover the best route to your destination using public transit.

The [MTA bus system](#) can be difficult to manage at first, but with proper planning can be quite useful. In addition, many MTA buses are now equipped with bicycle racks, making access to the city all the more feasible.

Johns Hopkins students are eligible for discounted monthly MTA passes (light rail, bus, and metro) for \$39. Student MTA passes are available in the Business Office of the School of Public Health, and at Student Employment Services on the Homewood campus.

Full time and part time faculty and staff are eligible for a pre-tax commuter program offered through [WageWorks](#).

The [Light Rail](#) travels from Hunt Valley in Baltimore County all the way through the heart of Downtown Baltimore, past Camden Yards to Cromwell Station/Glen Burnie in Anne Arundel County. There is also service to BWI Marshall Airport and Amtrak's Baltimore Penn Station, making the Light Rail the most efficient and cost effective method of getting to BWI from Baltimore, in addition to the most hassle-free way to get to an O's game (only \$1.60 for all rides!). On the weekdays the light rail runs from around 5 am to 1 am, on the weekends service stops earlier. Visit the MTA website for more details.

The [Metro](#) runs East-West from Owings Mills in Baltimore County ending at the Medical campus. Service during the weekdays runs from 5 am to midnight, and 6 am to midnight on the weekends. \$1.60 one-way all the time.

The [MARC](#) train is your ticket for cheap travel between Baltimore and Washington D.C. during the week (no

weekend trips—try Amtrak). A one-way fare on the MARC is \$7.00, and gets you to D.C (or back to Baltimore) in just under an hour. Commuter hours can be hectic, though less so commuting into Baltimore.

Your free ride: JHU shuttle services

[Johns Hopkins Shuttle](#)

- Your free, frequent, rapid transit between the Johns Hopkins Medical, Homewood, Peabody, and Eastern campuses. Visit the site for maps, pickup locations and shuttle times.

[Johns Hopkins Escort Van Service](#)

- A free van service for travel within a 1-mile radius of the Homewood campus for Hopkins students. There is a posted route with times online—good for a trip to the grocery store. Or, if you find yourself out late at night, call the van service for a safe ride home—this service operates from 5pm-3am. (410) 516-8700. Visit the site for more details.

Bicycling in Baltimore

Baltimore is a good sized-city for getting around by bicycle. While there are current plans for an extended bike path system throughout the entire city, only small sections have yet to be completed, so **bicyclists should be extremely cautious while riding on city streets**. Cyclists should try to find alternate routes on less busy streets (commuting on Saint Paul or Charles during rush hour can be a harrowing experience). Here are some good links for helpful information about riding a bicycle in Baltimore and for bicycling enthusiasts: <http://www.baltimorespokes.org/>, <http://www.baltobikeclub.org/>. As if you didn't already know, **wear a helmet, have a light, and get a really good lock (that means no thin cable locks)!**

“Everywhere is walking distance if you have the time.”

-- Steven Wright



I get around: Green transportation in Baltimore

Build your own bike. Looking to bike but find yourself without a bicycle? Low on cash? Why not learn how to build your own bike while volunteering to put more working bicycles on Baltimore's uneven pavement. Check out the [Velocipede Bike Project](#) at 4 W Lanvale (just north of Penn Station, next to the Metro Gallery).

[Safe Bicycling Practices](#)— a good place to start before you hit the pedals.

A non-comprehensive list of Baltimore's bicycle shops

[Broadway Bicycles](#)

415 S Broadway, (410) 276-0266

Broadway Bicycles is located in the Heart of Fells Point. They sell a variety of bikes for all types - you won't feel out of place here with that junked-up 3-speed you've got taped together with off-brand parts.

[Joe's Bike Shop](#)

5813 Falls Rd, (410) 323-2788.

Joe's Bike Shop is on the smaller side and located up in Mt. Washington. They keep a limited number of bikes, mostly higher-end fixed, mountain and road bikes in stock, but can help you find whatever you're looking for. If you like Bianchi, this is the place for you. Good for repairs and specific parts.

[Light Street Cycles](#)

1015 Light street, (410) 685-2234.

Light Street Cycles is right on the main drag in Federal Hill. This family business sells everything from racing to commuting to BMX bikes and components, and is always happy to help out a fellow cyclist. Prices can be higher than the big chain stores, but the very knowledgeable staff runs a good business. **Their website also has great links for trail information, and bicycling advocacy.**

[Performance Cycles](#)

1991 E. Joppa Rd, Perring Plaza Shopping Center
(410) 882-7770

This big box chain covers everything from bargain to high-end components, frames and complete bikes. They carry all the name-brands you could imagine.

Bicycle Racks. There are bicycle racks located in the parking garage beneath the School of Public Health Building on Washington St. (the garage has a guard posted). There are bike racks at the McElderry garage by the School of Nursing and the pre-clinical training on Wolfe and Monument next to the Welch building.

The College Town Shuttle

As long as you have your ID badge, you can ride this convenient shuttle service for free during the academic school year. Shuttle service runs between MICA, JHU (Homewood), Loyola, Notre Dame, and Goucher College. Visit <http://www.baltimorecollegetown.org/asp/shuttle.asp> for maps and shuttle times. Also runs to the inner harbor on the weekends.

Zipcar

Johns Hopkins University has several Zipcar pickup locations around the Homewood campus. With Zipcar, you can rent cars (mostly hybrids) by the hour or by the day (around \$9/hour or \$66/day) giving you access to a car when you need it without all the hassles of actually owning one. Gas is included. If you're a Hopkins student, there's a reduced \$35 annual fee. To register, go to www.zipcar.com/jhu.

Traveling a bit farther?

Check out www.responsibletravel.com, a for-profit travel agency specializing in travel for people concerned with tourism's environmental and social impact. They have lots of prepackaged deals; carbon credits to locally owned hotels, they've got you covered.

Planning on flying or driving somewhere? Why not take the **train**? Trains are significantly more energy efficient than either cars or airplanes—and so much more fun. Next time you're planning a trip, visit www.amtrak.com.

Amtrak isn't always the cheapest option, and that's why there are **buses**. There are a number of discount bus lines that run between Baltimore, D.C., Philadelphia and New York City, to name a few places. Check out www.greyhound.com (they go everywhere) and www.mvpbus.com (along the east coast...one of many super-cheap Chinatown bus lines) for details.

“Listen up, you couch potatoes: each recycled beer can saves enough electricity to run a television for three hours.”

— Denis Hayes



Recycling for Dummies: Recycling at Johns Hopkins

Recycling in Baltimore—and at Johns Hopkins—has never been easier. The City, JHSPH and JHU now have single-stream recycling, which means that all of your recyclable goods can go into one container. However, Baltimore City, JHU and JHSPH all have different recycling programs, so it is important to note what can be recycled where. Visit the individual websites listed in this section for more detailed information.

More good news for those at JHSPH. You do not need to rinse plastic food or drink containers. Everything that you put in the recycling containers that meets the requirements *will* be recycled. Visit JHSPH's [Single stream recycling](#) site for more information.

What can be recycled at JHSPH:

- ✓ Glass bottles
- ✓ Plastic bottles with a rating 1–7
- ✓ Plastic food containers with a rating 1–7
- ✓ Plastic grocery bags
- ✓ Cans (metal, aluminum and steel)
- ✓ All paper products
- ✓ Magazines
- ✓ Newspapers
- ✓ All types of envelopes (windows, labels, coated, colored)
- ✓ Mail such as pamphlets and brochures
- ✓ Manila and colored folders
- ✓ Bound books
- ✓ Papers with staples or paper clips

What cannot be recycled at JHSPH

- × Plastic knives, forks and spoons
- × Plastic lunch bags (Ziploc baggies)
- × Plastic overnight mail envelopes
- × Plastics not rated 1–7
- × Metal that is not a metal can
- × Coated (waxed) paper coffee cups
- × Waxed cardboard
- × Carbon paper
- × Restroom papers
- × Aluminum foil
- × Batteries



JHU recycling accepts:

- ✓ Mixed Paper
- ✓ Cardboard
- ✓ Bottles and Cans (#1-7 for plastic)
- ✓ Computers and other electronics
- ✓ Cell phones
- ✓ Laser toner cartridges
- ✓ Inkjet cartridges
- ✓ Fluorescent light bulbs
- ✓ Batteries

JHU recycling information

[Homewood campus/JHU](#) recycling website.

Johns Hopkins University Recycling
3100 Wyman Park Drive
Wyman Building # 3
Baltimore, MD 21211

**“A good compost pile should get hot enough to poach an egg,
but not so hot it would cook a lobster.”**

— Anonymous



Recycling for Dummies: Recycling & composting in Baltimore

Baltimore City recycling information

Baltimore City Single Stream Recycling and Solid Waste: (410) 396-8450

[What you can recycle in Baltimore City](#)

[Baltimore City recycling/solid waste calendar](#)

[Containers for storing recyclables](#)

You can store your recyclables in either city-provided containers (see link), in another container or bin clearly labeled “Recycling,” or in recyclables such as cardboard boxes or paper bags. Make sure to write your name on your recycling bin. **You cannot use plastic bags to store your recycling.**



Recycling Zone

Zone 1	2nd and 4th Tuesday of each month.
Zone 2	2nd and 4th Wednesday of each month.
Zone 3	2nd and 4th Thursday of each month.
Zone 4	2nd and 4th Friday of each month.
Zone 5	Every Tuesday and Friday evening (after 7 p.m.).

[Neighborhood Recycling Zones](#)
[Drop off locations for recyclables](#)

[Other information on trash pickup/solid waste, electronic waste and bulk trash](#) or call 311.

[Baltimore County information](#)
[Carroll County information](#)
[Howard County information](#)

Other useful recycling information

Plastic bags/Grocery bags:

These can be returned to your local grocery store, such as Giant, Eddie’s, and Safeway. You can purchase/use reusable cloth/fiber bags, instead!

IKEA fluorescent/CFL takeback program:

Take your used CFLs to the IKEA store for their ‘Free Take Back’ recycling program. They also accept batteries. <http://www.lamprecycle.org/>: general information on recycling lightbulbs.

[Other recycling centers \(private\)](#) in Baltimore

Composting

Composting in an urban setting? Even apartment dwellers should consider composting an essential part of their “low impact” lifestyle. The Whole Foods at 1001 Fleet Street in Harbor East accepts organic wastes for composting, but you can also compost at your home or apartment. Here’s how:

Vermicomposting, or using worms to turn your vegetable scraps into deliciously nutritious worm castings, is incredibly easy to do with limited space. But you’ll need to order some worms (red wigglers, specifically) and create a simple container. There are several good suppliers online, but visit cityfarmer.org for a basic introduction to setting up your own apartment composting machine!

If you have a small backyard, outdoor composting in a sealed container may be an option for you. There are a number of online companies selling “urban composters” for city-folk. If you want to avoid the higher price tags, just pick up a solid trashcan with a *tight-fitting lid* and rig up your own composting bin. You’ll need to aerate your new compost fairly regularly- old newspapers are an excellent carbon source for your city-compost.

Are your new worms not producing enough “black gold” to keep your new roof garden growing? Check out your local **Starbucks**, they usually have free coffee grinds available for gardeners to boost soil nitrogen content- but watch that acidity.

“First, there is the power of the Wind, constantly exerted over the globe... Here is an almost incalculable power at our disposal, yet how trifling the use we make of it.” — Henry David Thoreau



The power is yours! Green energy in Baltimore

Did you know you can support wind and solar energy by switching your electricity provider? Green energy is available to all Baltimore residents, but it's not immediately obvious how and where to sign up.

What happens when I switch to renewable energy?

When you switch to a renewable energy provider, your dollars go towards purchasing electricity from wind or other renewable energy sources. If enough customers switch to renewable sources, electric companies can cut back on the amount of fossil-fuel powered electricity they produce and ramp up (or start) production from renewable sources.

When you switch providers, BGE (Baltimore Gas & Electric) remains your electricity delivery service. BGE receives your portion of their total energy from the provider you support. BGE loses out on some of your business, but they still charge you for the same delivery fees.

Cancelling service:

Providers may charge a cancellation fee if you discontinue service before the duration of the term. If you sign up for PEPCO or WGES, you may discontinue service without penalty if you move out of the service area and notify them in advance. Commerce Energy charges a \$75 penalty fee for early termination regardless of conditions.



Summary of green energy providers to Baltimore:

Provider & Link to website	Renewable options	Price per kWh*	Comments
BGE	none	11.82 cents	BGE's Energy Choices page has a complete list of energy providers.
Washington Gas and Electric (WGES)	100% Wind	17.20 cents	1 year duration.
	50% Wind, 50% fossil fuel	16.70 cents	1 year price protection means rates won't rise and fall.
PEPCO Energy Services	100% Wind	16.53 cents	13 month duration.
	Hydroelectric, wind, biomass, solar, municipal waste	15.93 cents	Wind power comes from mid-Atlantic wind farms.
Commerce Energy	100% Wind	17.30 cents	12 month duration.
	50% Wind	16.20 cents	Commerce energy is certified by the green-e consumer protection plan for the sale of renewable energy.

*As of August, 2008. Check websites for updated price information.

"I have no doubt that we will be successful in harnessing the sun's energy...If sunbeams were weapons of war, we would have had solar energy centuries ago."

— Sir George Porter



The power is yours!

Energy conservation

CFL lighting

While Compact Fluorescent Lightbulbs (CFLs) may cost more than regular incandescent bulbs, they last much longer and use 70% less energy. However, when a CFL breaks or stops working, they should be handled properly and recycled at an appropriate hazardous material drop off site due to small quantities of mercury in the bulbs. Currently, you can drop off CFL's at IKEA in Baltimore, in addition to batteries and plastic bags. IKEA is located at IKEA Baltimore 8352 Honeygo Blvd. (410) 931-5400.



The Home Depot in Rosedale also takes CFL's: 6415 Petrie Way Rd Rosedale, MD. (410) 238-7892

Turn up the heat in summer, cool down in winter

With energy costs on the rise, it's a good idea to keep a close eye on your thermostat. For every degree you turn down the heat in the winter you'll save 2% on your energy bill, and you'll reduce your carbon footprint. Wool sweaters and long underwear are so in right now.

Turn those washing machines down, buy a drying rack

Dryers and washing machines use a great deal of energy, and you can reduce these energy costs by choosing to run your washer and dryer on a lower temperature setting, or better yet, avoid using the dryer at all and hang your clothes up to dry.

Look for the Energy Star rating

When purchasing electronics, check to see if your intended purchase features the energy star symbol. Nowadays, everything from DVD players to computers and refrigerators can be found with Energy Star ratings. Energy Star is a joint EPA-Department of Energy program meant to increase consumer awareness of energy efficient products and practices.



Unplug appliances and electronics when not in use

Much of the energy used by appliances and certain electronics is consumed while they are off (but still plugged in). Get in the habit of unplugging appliances after use.

Turn off the lights when leaving a room

This is an obvious but often forgotten energy-saver. In addition to turning off your lights, try using natural light whenever possible, and task lighting instead of higher-watt overhead lighting.

Saving energy means saving water!

Energy production in the United States consumes more than just fossil fuels, but also massive quantities of water. By conserving electricity, you are doing your part to conserve America's dwindling water supplies as well. To find out more about the relationship between energy use and water consumption, visit www.h2oconserve.org

Here are some additional water saving tips:



Fill a plastic bottle with water and place it in your toilet's tank—it will reduce the amount of water used per flush.



Take shorter showers, and install a low-flow shower head. Make sure to turn off the water while you shave.



Only use your dishwasher and laundry machine when they are full.



While you're waiting for bath/shower water to heat up, catch the cold water in a bucket to water plants with later on.



"If it's brown, flush it down; if it's yellow, let it mellow." In the average U.S. household, flushing uses about 27% of water use—more than showers and baths. Flushing a modern toilet uses 1.6 gallons of water.



Eat less meat. It takes 1,500 gallons of water to produce 1 lb of beef. Try cutting out meat one day a week. Visit www.meatlessmonday.com

“Harmony with land is like harmony with a friend; you cannot cherish his right hand and chop off his left.”

— Aldo Leopold



Eating for the future

Direct from the farm: food and a sustainable you

This section contains an index for information regarding farmers' markets, CSA programs, restaurants featuring locally-grown and/or organic foods, pick-your-own farms, as well as information on sustainable food choices. WIC and Senior FMNP Checks should be accepted at all farmers' markets. For more information on growing your own food and eating tips, see the sustainable living section of this guide.

Farmers' markets in Baltimore City

Baltimore Farmers' Market

Downtown: Saratoga Street between Holliday and Gay Streets (under JFX Viaduct)
Sunday: 8:00 a.m. to Noon (or sell out) May 4 - Dec. 21
Contact: Carole Simon 410-752-8632

Harbor East FRESHFARM Market

1000 Block of Lancaster Street (between South Exeter Street and Central Avenue)
Saturday: 9:00 a.m. to 1:00 p.m. June 14 - October 25
Contact: Janna Howley 202-362-8889

Highlandtown Farmers' Market

3500 Block of Bank St., corner of Bank and Conkling
Saturday: 8:00 a.m. to Noon July 12 - October 25
Contact: Southeast CDC 410-342-3234

Mt. Washington Whole Foods Market Farmers' Market

1330 Smith Avenue
Wednesday: 4:00 p.m. to 7:00 p.m. June 18 - Oct. 29
Contact: Molly Kushner 410-532-6700

Park Heights Community Farmers' Market

5201 Park Heights Avenue (Pimlico Race Course Lot)
Wednesday: 9:30 a.m. to 2:30 p.m. June 11 - Dec. 17
Contact: PHCHA 410-542-8190

32nd Street/Waverly Farmers' Market

E. 32nd Street and Barclay Street
Saturday: 7:00 a.m. to Noon Open All Year
Contact: Marc Rey 410-889-6388 or 410-917-1496
Web: www.32ndstreetmarket.org

Village of Cross Keys Farmers' Market

Parking Lot - Village of Cross Keys
5100 Falls Road
Tuesday: 10:00 a.m. to 2:00 p.m. June 3 - October 28
Contact: Beverly Burton 410-592-6095

Farmers' markets in Baltimore County

Catonsville Farmers' Market

Bloomsbury Community Center (108 Bloomsbury Ave.)
Wednesday: 10:00 a.m. to 1:00 p.m. May 7 - Nov. 26
Contact: Chamber of Commerce 410-744-4169

Dundalk Village Farmers' Market

Shipping Place at Dunmanway
(Park in back of Dundalk Post Office)
Saturday: 6:30 a.m. to 12:30 p.m. July 12 - November 15
Contact: Rev. David Erickson 410-282-2540

Eastpoint Farmers' Market

Eastpoint Mall, 7839 Eastern Avenue
Wednesday: 11:00 a.m. to 2:00 p.m. June 25 - October 29
Contact: Jerry E. Fisher 410-562-3464

Farmers' Market at the Avenue

The Avenue at White Marsh
Parking lot behind Barnes and Noble
Fridays: 10:00 a.m. to 1:00 p.m. July 11 - October 31
Contact: Janelle Vane 443-504-3656

Pikesville Farmers' Market

Walker Avenue (Near Pikesville Library)
Tuesday: 10:00 a.m. to 3:00 p.m. June 24 - October 28
Contact: Nick Attias 410-484-2337

Towson Farmers' Market

Allegheny Avenue (between York Rd. and Washington Ave.)
Thursday: 10:45 a.m. to 3:00 p.m. June 12 - November 20
Saturday Location: Parking Lot at corner of Allegheny and Washington Avenues
Saturday: 9:00 a.m. to 1:00 p.m. June 14 - November 22
Contact: Nancy Hafford 410-825-1144

Woodlawn Farmers' Market

Woodlawn Bowling Lanes - 6410 Security Boulevard
Thursday: 10:00 a.m. to 2:00 p.m. July 3 - September 25
Contact: Delores Douglas 410-409-9172 or Bill Obriecht 410-944-5239
WIC and Senior FMNP Checks Accepted

For markets in surrounding counties, go to <http://www.mda.state.md.us/>

“How we eat determines, to a considerable extent, how the world is used.” — Wendell Berry



Eating for the future

Community supported agriculture, grocery stores

What is a CSA?

Maryland's One Straw Farm describes a CSA as “a mutually beneficial relationship between farmers and the community. Participants provide funding for the farmer in advance of the growing season in exchange for produce when it's ready.” Typically, participants register and pay in the spring and then receive a set amount of seasonal produce (whatever's ready at that moment!) each week throughout the summer and into the fall. Some farms offer participants various pick-up locations. CSAs provide the opportunity for consumers to have a relationship with farmers, know where their food is grown and gain direct knowledge about the farming practices. They are also an effective model for consumers to support the local economy which can ultimately preserve farmland.

Some CSAs with drop-off sites in Baltimore:

One Straw Farm

Nearby drop-off sites include: Bloomberg School of Public Health, Mt. Washington, Mill Valley Garden & Farmers' Market, Federal Hill, 32nd St Market, and Fells Point; 410-343-1828; joan@onestrawfarm.com

Calvert Farms

Nearby drop-off site: Baltimore Farmers' Market (Saratoga St.) 410-658-3914 farmer@calvertfarm.com

Grocery stores specializing in organic, healthy, and/or local foods; locally-owned grocery stores

OK Natural Foods

Natural Foods Grocer. Baltimore. 11 W. Preston St. 410-837-3911

The Village: A Natural Food Cooperative

Baltimore: <http://www.baltimorevillage.org> 2429 Saint Paul Street; 410-235-3255; Thu-Fri: 4-8, Sat: 10-6

The Natural Market

Timonium www.thenaturalmkt.com 2149 York Road, 410-560-3133; Mon-Fri 9:30-8, Sat 10-6, Sun 11-7

Eddie's Market in Mount Vernon

7 W. Eager St, Baltimore, MD 21201
410-727-0154; Mon.-Sat 8:30 a.m.-8 p.m., Sun. - 8:30 a.m.-3 p.m.

Trader Joe's:

Pikesville: 1809 Reisterstown Rd
Pikesville, MD 21208

Phone: (410) 484-8373

Hours: 9 am - 9 pm

Towson: 1 E Joppa Rd

Towson, MD 21286

Phone: (410) 296-9851

Hours: 9 am - 9 pm

Whole Foods

Mt. Washington: 1330 Smith Avenue, 410-532-6700;
Mon-Sat 8-10, Sun 8-9

Inner Harbor: 1001 Fleet St, 410-528-1640; Mon-Sat 8-10, Sun 8-9. Cafe opens daily at 7 a.m.

Eddie's Market of Charles Village

How much are you paying your farmer?

On average, farmers only receive 20 cents of every dollar spent on the foods you typically buy at a grocery store. Buying direct from farmer's, increases the percentage of your food dollars that actually end up in the pockets of farmers. Below are some standard grocery items, with both their retail prices and the amount the farmer receives of the sale price (information and graphic from www.nfu.org).

Bacon One Pound  Retail \$3.29 Farmer \$0.55	Top Sirloin Steak One Pound  Retail \$7.99 Farmer \$0.92	Bread One Pound Loaf  Retail \$2.99 Farmer \$0.17	Beer 6-Pack Cans  Retail \$5.05 Farmer \$0.12
Fresh Carrots Two Pounds  Retail \$2.99 Farmer \$0.84	Cereal 18 Ounce Box  Retail \$4.95 Farmer \$0.13	Cheddar Cheese One Pound  Retail \$5.99 Farmer \$1.95	Eggs One Dozen A-1  Retail \$3.99 Farmer \$1.06
Flour Five Pounds  Retail \$2.89 Farmer \$0.86	Boneless Ham Price per Pound  Retail \$6.49 Farmer \$0.55	Lettuce One Head (Two Pounds)  Retail \$1.99 Farmer \$0.37	Milk One Gallon, Fat Free  Retail \$3.99 Farmer \$1.55

“Sex is good, but not as good as fresh, sweet corn.”

— Garrison Keillor



Eating for the future

Your local/organic restaurant guide

The restaurants listed here all feature locally grown and/or organic foods to varying degrees. For more specific information, it would be wise to contact restaurants individually. In addition, as more and more customers begin seeking out restaurants highlighting local, in season produce, more restaurants are sure to follow suit (so don't consider this list comprehensive).

[Aldo's Ristorante Italiano](#)

Little Italy: 306 South High Street; 410-727-0700
Though some ingredients are flown in from Italy, Chef Aldo Vitale is committed to using local, seasonal produce when possible at his sophisticated Italian eatery.

[Atwater's](#)

Belvedere Square: 529 E. Belvedere Ave;
410-323-2396
Towson: 798 Kenilworth Dr, Towson; 410-938-8775
One Straw and other local farms supply vegetables for Atwater's, and meat comes from nearby Springfield Farm. Atwater's uses pastured eggs from Springfield Farm, fresh-churned butter and buttermilk from Trickling Springs, organic pastry flour from Lindley Mills, and fruit from local farmers' markets.

[The Bicycle Bistro](#)

Federal Hill: 1444 Light St; 410-234-1900
Meat from Hereford and produce from local farms lend quality and taste to the Bicycle's seasonal menu.

[The Black Olive](#)

Fells Point: 814 S. Bond St; 410-276-7141
The owners of this restaurant in a newly renovated Fells Point townhome have demonstrated consistent concern for the environment and their community by using produce from One Straw Farm, as well as organic flour, sugar, milk, and eggs in their dishes.

[Bluebird Artisanal Coffee Roasters](#)

This local coffee roaster with a facility in Greektown sells shade-grown and sustainable-certified coffee beans. Visit the website to find out where you can buy this coffee!

[Bohème Café](#)

Inner Harbor: 400 E. Pratt Street; 410-347-9898
Just across from the aquarium, this café features local, organic veggies from One Straw Farm.

[Chameleon Café:](#)

Lauraville: 4341 Harford Road; 410-254-2376
This café features a distinctive menu that showcases local ingredients and traditional regional recipes.

[The Dogwood and Dogwood Deli](#)

Hampden: 911 W. 36th Street; 410-889-0952
Street-level on The Avenue in Hamden, Dogwood Deli offers soups, sandwiches, and salads for quick bites, Downstairs, The Dogwood features a more formal, full-service dining experience. Produce and meat come from nearby Springfield Farms, Gardener's Gourmet, Reid's Orchard, and One Straw Farm.

[Gertrude's](#)

inside Baltimore Museum of Art: 10 Art Museum Drive;
410.889.3399
One Straw Farm is among the local produce providers for this museum eatery.

[The Helmand](#)

Mt. Vernon: 806 North Charles Street; 410-752-0311
Much of the exotic Afghani fare served at The Helmand is prepared with locally grown vegetables from a nearby farm.

[Golden West Café](#)

Hampden: 1105 W. 36th St. (The Avenue);
410-889-8891
This funky restaurant gets eggs and beef from nearby Springfield Farms and maple syrup from a small producer in Pennsylvania.

[Pitango Gelato](#)

Fells Point: 802 South Broadway; 410-702-5828
For milk, cream, and eggs, Pitango looks to local dairy farm, Spring Wood Organic Farm, where animals are fed all-natural diets. In addition, sorbets are made with seasonal, locally-grown organic fruit whenever possible.

[Soup's On at Rose's Cookies](#)

Hampden: 842 W. 36th St. (The Avenue);
410-235-9801
Mon-Thur: 11-5; Fri-Sat: 11-6

[Water Table:](#)

Inner Harbor: 202 E. Pratt St; 410-685-8439
Seasonal, local produce and seafood are the cornerstones of the menu at this elegant downtown restaurant overlooking the Inner Harbor.

"Nothing would be more tiresome than eating and drinking if God had not made them a pleasure as well as a necessity."

—Voltaire



Eating for the future

Restaurants continued, healthy eating, pick or grow your own

Woodberry Kitchen:

Clipper Mill, 2010 Clipper Park Road; 410-464-8000
This chic new restaurant emphasizes its "farm-to-table" philosophy, getting ingredients from One Straw Farm, Tricking Springs Creamery, Springfield Farm, and over ten other local suppliers.

The Yabba Pot

Lower Charles Village: 2431 St. Paul Street; 410-662-TOFU (8638)

The Yabba Pot's unique vegetarian and vegan meals with all-natural, often local, ingredients distinguishes them from other less creative veggie offerings in town. Owner Skai Davis, also runs Empress Catering, a vegan catering business, and opened a natural foods cop next door (with produce from One Straw Farm!).

Zeke's Coffee

Hamilton:

3003 Montebello Terrace: 443-992-4388

Since 2005, Zeke's Coffee has offered high-quality, locally-roasted coffee--including 14 organic and fair-trade varieties--to Baltimore customers. Look for Zeke's Coffee at the 32nd St. and Baltimore Farmers' Markets, and go to the website for more locations.

Zia's

Towson: 13 Allegheny Avenue; 410-296-0799

Committed to wholesome ingredients, Zia's gets organic veggies and meat from nearby Springfield, Applegate, and Bell and Evans' Farms. Also look for Zia's food at Bluehouse (see Shopping section).

Where the Health Can you Eat?

The following link will take you to a list of restaurants and food locations throughout Baltimore City and around the JHSPH campus offering healthier, vegetarian options when looking for a place to eat out. [Where the Health Can you Eat?](#)

Pick-your-own

There are lots of orchards and farms near Baltimore that have pick-your-own for everything from vegetables to peaches. Visit <http://www.pickyourown.org/MD.htm> for a complete list of farms in the nearby area.

Grow your own

Growing your own food is one of the more important, and enjoyable, ways to minimize your ecological footprint. While city living may seem incompatible with channeling the inner farmer in you, there are ways to use your green thumb amidst the concrete jungle.

Community garden plots are available in seven of Baltimore's city parks, including nearby Patterson Park (although there may be a waiting list) for an annual fee of \$20. Contact the Coordinator of Baltimore's City Farms Program at 410-396-0180 for more details.



Additionally, consider growing vegetables and herbs in pots on windowsills. Have access to a roof? Roofs are perhaps the most neglected potential space for growing food in urban environments...but you may want to ask your landlord first. If you've got a little space in a front or back yard, it would be wise to **grow your plants in raised beds**, otherwise make sure to have your soil tested for contaminants.

“Each and every one of us can make changes in the way we live our lives and become part of the solution [to climate change].”

— Al Gore, “An Inconvenient Truth”



Living like there *is* a tomorrow **Sustainable lifestyle choices**

Living on the cheap — getting sustainable in Baltimore

The good news about reducing your environmental impact is it almost always means spending less money. Below are some tips to save you cash while reducing your impact on the earth.

Clothes

New clothes are not only expensive, but energy intensive and environmentally costly. So why not purchase gently used clothing? There's always an excellent find, you just have to know where to look.

Goodwill

Waverly Location

3101 Greenmount Avenue, (410) 467-7505
Hours: Mon-Wed 10-6, Thur-Sat 10-7
200 S. Broadway, Baltimore, MD (410) 327-2211

Fells Point Location

200 S. Broadway Street, Baltimore (410) 327-2211
Hours: Mon - Thurs 9-6, Fri & Sat 9-7
Hours: Sun 12 noon to 5 pm

Salvation Army

905 W. 36th Street (410)-243-5916
2700 Patapsco Ave, Baltimore, MD (410)-525-0530
814 Light St. Baltimore, MD (410) 783-2920

Fashion Attic (Fells Point) -

1926 Fleet Street, Baltimore, MD (410) 276- 0817

Value Village Thrift Store

5013 York Rd, Baltimore, MD (410) 433-9090
3424 Eastern Ave, Baltimore, MD (410) 327-5300

Looking for vintage wear?

Try trolling the “Avenue” in Hampden (36th Street) for kitschy clothes and goods in one of several antique and clothing shops. Less work than finding that “diamond in the rough” at a thrift store, but you'll pay more. Visit <http://www.hampdenmerchants.com/> for more specific information and store hours.

Free, Cheap, and Recycled Stuff

Baltimore Free Store

A collective, not-for-profit organization which works to empower communities and keep usable goods out of landfills. Visit their website to find out when one of their frequent “markets” is taking place. Want to donate? Their warehouse is located at 31 N. Haven St., in Highlandtown. (410) 340-9004.

Freecycle

Baltimore City has a chapter of the national Freecycle network, whose aim is to keep waste production down by creating an online forum for swapping items for free. You need to become a member of the chapter, which you can do online.

Craigslist

Excellent place to find cheap furniture, stereos, bikes, or whatever else you're looking for in the local area. Visit and start searching.



Purchasing Sustainable, Environmentally-Friendly Products

Sometimes you just need to buy something brand-spanking new. Looking for a new mattress? Ever thought about an all-natural wool one? Tips on Green Living from the best source on the internet: [The Green Guide](#)

<http://www.thegreenguide.com/articles/>

<http://www.thegreenguide.com/products/>

"The nation behaves well if it treats the natural resources as assets which it must turn over to the next generation increased, and not impaired in value."

— Theodore Roosevelt



Living like there *is* a tomorrow

Sustainability tips, ways to get involved

Miscellaneous Sustainability tips

Say no to antibacterial soaps

Antibacterial soaps use chemical compounds to kill microorganisms and are persistent pollutants that have been detected in water resources, aquatic organisms and human milk. According to an FDA expert panel, antibacterial soaps offer no proven benefits over the use of regular soap and water.

Non-toxic cleaning supplies

Many cleaning supplies contain chemicals detrimental to aquatic ecosystems. There are several companies who now make bio-degradable, non-toxic cleaning supplies, which are carried at most stores. Seventh Generation is a popular brand.

Bring a mug, cheaper coffee

The Daily Grind at JHSPH offers discounts to anyone who uses their own mug for coffee. Good for you, good for your wallet, good for everyone.

Eat less meat

Animal farm production is more responsible for gas emissions implicated with global warming than driving cars. No one's saying you have to be a vegetarian, but by cutting back on meat consumption you'll be doing your part to reduce methane and other greenhouse gas emissions.

Kick the bottled water habit

It takes more than 17 million barrels of oil annually to produce bottled water and 86% of the plastic bottles used the U.S. are not recycled.. Buy a reusable bottle and choose tap water over bottled water whenever possible. Visit [Food and Water Watch](#) to learn more.

Get involved

There are a number of local organizations focused around issues of environmental sustainability. Whether it is for a one-time event or regular assistance, these groups usually are eager for volunteers. Check out their websites for more information regarding events and ways to get involved in Baltimore.

[Baltimore Bioneers](#)

Plans annual conference in Baltimore in conjunction with the national Bioneers annual conference.

[Baltimore Climate Action](#)

Grassroots network of environmental activists focused around issues of climate change

[Baltimore Urban Forest Project](#)

Environmental City-wide art project to raise awareness about TreeBaltimore, an effort to increase the tree canopy of Baltimore City

[Parks and People](#)

Local non-profit which focuses on community health, development, and beautification through improving the quality of natural resources and parks—runs a wide range of activities and projects.

[Baltimore Office of Sustainability](#)

City office focused on all issues relating to sustainability and the City.

[AASHE: Association for the Advancement of Sustainability in Higher Education](#)

International organization to enhance and raise awareness of sustainability issues in higher education.

[Baltimore Green Week](#)

Baltimore Green Week is a week-long citywide program comprising community events, hands-on activities, forums, and lectures throughout the city, including Baltimore's premier green event - [EcoFestival](#). Its purpose is to increase awareness about how local residents can make the Baltimore region cleaner and environmentally safer for all who live and work here.

“I am two with Nature.” — Woody Allen



Don't tread on me: Recreation for the green at heart

Maryland is an excellent place to enjoy the great outdoors offering areas to hike, bike, fish, canoe, and camp. Take a look at the variety of state parks and recreational areas and discover your favorite place in Maryland!

Maryland State Parks and Recreation Areas:

<http://www.dnr.state.md.us/PUBLICLANDS/>

State Park Passes:

Maryland Passport (<http://www.dnr.state.md.us/publiclands/annualpass.html>)

Discover your favorite spot by region!

[Central Maryland \(including Baltimore City and County\)](#)
[Eastern Maryland](#)
[Southern Maryland](#)
[Western Maryland](#)

What to do and where to do it!

Canoeing, Kayaking, and Water Trails:

- ☼ Fishing Bay Water Trail (“*Maryland’s Everglades*”)
- ☼ Big Gunpowder Falls
- ☼ Jane’s Island Water Trail
- ☼ Patuxent River Water Trail
- ☼ Patuxent River Paddling Trail
- ☼ Upper and Lower Potomac River Water Trail
- ☼ Tuckahoe Creek Water Trail
- ☼ Worcester County Canoe and Kayak Trails

Cycling:

[Central Maryland](#)
[Western Maryland](#)
[Southern Maryland](#)
[Eastern Maryland](#)

There are so many great trails to choose from, but regardless which one you choose, there are some rules for trail cycling. Please check them out before going out for a day of fun:

<http://www.dnr.state.md.us/outdoors/biking.html>

Hiking

Hiking trails abound throughout each region in Maryland. Refer to the parks by region section above and begin to explore!

Some parks w/ trails in Baltimore County include:

Gunpowder Falls State Park
Hart-Miller Island State Park
North Point State Park
Soldier’s Delight
<http://www.dnr.state.md.us/publiclands/cmmaryland.html>

Camping

[Maryland State Parks and Forests that offer Camping](#)
[More info on camping in Maryland](#)
[On-line reservations](#)

Baltimore City Parks, Recreation, and Related Activities

<http://www.ci.baltimore.md.us/government/recnparks/parks.php>
[Canton Kayak Club](#)
[Kayak Training and Tours](#)
[Ultimate Watersports](#)



Social Sports and Clubs—Get out and play!

[Baltimore Sport and Social Club](#)
[Sobo Sports](#)
[Kickball League of Baltimore](#)
[Baltimore Beach Volleyball](#)
[Howard County Adult Sports Leagues](#)