

BUY SEASONAL SPRING

- Artichokes
- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collards
- Fava Beans
- Fennel
- Garlic
- Grapefruit
- Kale
- Kiwi
- Kumquats
- Leeks
- Lettuce



- Onion
- Oranges
- Peas
- Radish
- Rhubarb
- Spinach
- Strawberries
- Tangerines
- Turnips



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BUY SEASONAL SUMMER

- Apricots
- Basil
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Chard
- Cherries
- Collards
- Corn
- Cucumber
- Eggplant
- Fava Beans
- Fennel
- Figs
- Garlic
- Grapes
- Kale
- Lettuce
- Melons
- Nectarines



- Okra
- Onion
- Peaches
- Peas
- Plums
- Potatoes
- Radish
- Raspberries
- Rhubarb
- Spinach
- Strawberries
- Summer Squash
- Tomatoes



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BUY SEASONAL FALL

- Apples
- Artichokes
- Asian Pears
- Avocados
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collards
- Eggplant
- Garlic
- Grapes
- Grapefruit
- Kale
- Kumquats
- Leeks
- Lemons
- Lettuce
- Melons
- Okra
- Onion
- Parsnip



- Pears
- Persimmons
- Pomegranates
- Potatoes
- Radish
- Spinach
- Strawberries
- Summer Squash
- Yams
- Tomatoes
- Turnips
- Winter Squash



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BUY SEASONAL WINTER

- Apples
- Brussels
- Sprouts
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Chard
- Collards
- Fennel
- Garlic
- Grapefruit
- Kale
- Kiwi
- Kumquats
- Leeks
- Lemons
- Lettuce
- Mandarins
- Onion



- Oranges
- Parsnips
- Pears
- Pomegranates
- Radish
- Spinach
- Tangerines
- Turnips



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A FEW WAYS TO REDUCE WASTE

- Refill shampoo/lotion bottles at stores such as the Berkeley Bowl (save \$1 to \$3 per bottle).
- Buy Strauss milk (glass bottles) or Saint Benoit yogurt (ceramic jars); then return containers to the store.
- Give plastic bags to dog owners for, well...you know....
- Take your old computers/electronics to Alameda County Computer Resource Center (www.accrc.org).
- Cut up old t-shirts and use them as napkins, rags, or handkerchiefs.
- Take small items to the East Bay Depot for Creative Re-use. (www.creativereuse.org). They take: cassettes, CDs/cases, corks, disks, egg cartons, maps, string, wire, videos, tile, and MUCH MORE.
- Take furniture, kitchenware, office/garden/building supplies, etc. to Urban Ore (Ashby & 7th, Berkeley).

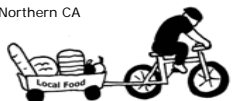


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BUY LOCAL *

- **BREAD:** Alvarado St.; Vital Vittles
- **COOKIES/CANDY:** Judy's Candy; Alive and Radiant; Alice's; Beth's
- **CHIPS:** Casa Sanchez; Kjalii Foods
- **DRY FRUIT:** Just Tomatoes, Etc.
- **MEATS:** Niman Ranch; Marin Sun; Willie Bird; Prather Ranch
- **DAIRY:** Strauss; Redwood Hill; Spring Hill; Saint Benoit; Bellwether
- **JAM:** Frog Hollow; CMB Sweets
- **RICE:** Lundberg; Fall River Wild Rice; Massa Organics; Polit Farms.
- **GRANOLA:** Galaxy; Café Fanny
- **SAUCES/CONDIMENTS:** Earth & Vine; Mendocino Mustard; Granite Bay; Everett & Jones; Gotta Luv It
- **OIL/VINEGAR:** Bariani; McEvoy; Napa Valley Naturals; Kozlowski; Sonoma Gold; Stonehouse
- **CAKE/PANCAKE MIX:** Pamela's; Bette's Oceanview; Perfect Pear
- **HONEY:** Meek's Honey

*Northern CA



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WHO OWNS MY FOOD?

A guide to common organic or "all natural" brands that bring profits to the same old multinational, unsustainable food processors:

- **CocaCola [owns]:** Odwalla
- **Pepsi:** Naked Juice
- **Cadbury:** Nantucket Nectars
- **Smucker:** Santa Cruz Organics
- **Dean:** Horizon; Alta Dena; Silk
- **General Mills:** Cascadian Farm; Muir Glen
- **ConAgra:** Alexia Foods; Lightlife
- **Kellogg:** Kashi; Bear Naked
- **Kraft:** Boca Foods; Back to Nature
- **M&M/Mars:** Seeds of Change
- **Partially controlled by Heinz:** Garden of Eatin'; Arrowhead Mills; Spectrum Organics; Health Valley; Westsoy; Walnut Acres; Rice Dream



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FAIR TRADE

Buying fair trade means supporting small farmers, fair prices, sustainable practices, fair labor conditions, and community development. Some products and companies to look for:

- **Sugar:** Wholesome Sweeteners; Equal Exchange; Dean's Beans
- **Coffee:** Pura Vida; Café Mam; Caffè Ibisi; Alter Eco; Grounds for Change
- **Chocolate:** Equal Exchange; Alter Eco; Shaman; Sjaak's; Sweet Earth
- **Olive oil:** Canaan Fair Trade
- **Tea:** SerendipiTea; Numi; EcoTeas
- **Rice, quinoa:** AlterEco
- **Fruit:** Banana; Pineapple; Mango
- **Vanilla:** Frontier; Ben & Jerry's
- **Arts and Crafts:** Global Exchange
- **Sports Gear:** Fair Trade Sports
- For a list of over 800 companies, see: www.transfairusa.org



Look for this logo.

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FARMERS' MARKETS*

- Berkeley, **Tues**, 2-6, Derby & MLK
- Berkeley, **Th**, 3-7, Shattuck & Rose
- Berkeley, **Sat**, 10-3, Center & MLK
- Mo' Better, Oakland, **Sat**, 10-3, 7th & Mandela Pkwy. (April–Sept only.)
- Jack London, **Sun**, 10-2, Broadway & Embarcadero
- Fruitvale, **Sun**, 10-3, 34th & E. 12th
- Montclair, **Sun**, 9-1, Moraga & LaSalle
- Temescal, **Sun**, 9-1, Claremont Ave, a block from Telegraph
- Oakland Kaiser, **Fri**, 10-2, Howe, one block from MacArthur
- Oakland, **Fri**, 8-2, 9th & Broadway
- Grand Lake, **Sat**, 9-2, Grand & MacArthur
- Alameda, **Tues**, 9:30-1, Taylor & Webster
- El Cerrito, **Tues** 9-1 and **Sat** 9-1, San Pablo & Fairmount

*For a more complete list, see the EcoDirectory: www.ecodirectory.org



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TODAY I NEED MOTIVATION TO RIDE MY BIKE

I'll take quieter roads
 No traffic around
 And feel energized by
 The sights and the sounds
 I'll save money on gas
 Won't pollute the air
 There's always free parking
 It's everywhere!

TIPS TO MAKE BIKING EASIER:

- Ride on a low gear — gentle on the knees; makes hills less intimidating.
- Keep gloves, a wind/water-proof outfit, and thermal underwear on hand — fear no rain or cold!
- Save your back — strap your bag to the back of your bike.
- Keep a good pump on hand and fill your tires often.
- Have side bags for groceries to reduce your reliance on cars.



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SHOULD I BUY THIS?

Questions to ask before you head to the cash register:

- Could I borrow this from a friend or library, or make it myself instead?
- Could I find this second-hand?
- Will this soon end up in a landfill? Is it durable? Can it be repaired?
- Will other people be able to use this when I'm done with it?
- Was this produced with renewable or recycled resources?
- Does this contain toxic chemicals, or were toxins used in manufacturing?
- Does this business/manufacturer provide a living wage and healthy working conditions to workers?
- If this is imported, is it fair trade?
- Are similar items produced locally?
- How many hours did it take to afford this? Is my ability?



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INVEST IN YOUR STUFF

Buying things that are built to last and be repaired saves natural resources, keeps stuff out of landfills, and saves you money down the line. Some ideas:

- **Shoes**—buy shoes with repairable parts. (The average US adult buys 3.5 pairs of shoes per year!)
- **Appliances/vacuum cleaners**—talk to your local repair shop and ask them what models last longest and are easiest for them to repair.
- **Computers**—build your own with parts that can be upgraded.
- **Knives**—get them sharpened.
- **Suitcases/backpacks**—look for durable material; repair when torn.
- **Mattresses**—if they sag, get an air support system or replace the foam. Before you buy, imagine night break and think in you'd repair it.



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ANTI-PESTICIDE SHOPPING GUIDE

The following fruits/vegetables were found by the Environmental Working Group to be most-often contaminated by pesticides:

- | | |
|----------------|---------------------|
| • Peaches | • Grapes (imported) |
| • Bell Peppers | • Spinach |
| • Nectarines | • Lettuce |
| • Strawberries | • Potatoes |
| • Apples | • Carrots |
| • Celery | • Green beans |
| • Pears | |
| • Cherrie | |



If organics aren't available to you, the following are less likely to contain pesticides:*

- | | |
|-------------|--------------|
| • Broccoli | • Mango |
| • Cabbage | • Pineapples |
| • Banana | • Avocado |
| • Kiwi | • Onions |
| • Asparagus | |

*Pears are not contaminated by pesticides when it gets to your table, keep in mind that it may still be genetically modified, produced in an unsustainable manner, or that farm-workers may have been exposed to chemical pesticides and fertilizers during production.

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HEADACHE PREVENTION

- Assume the best in and trust others.
- Socialize with kindness/compassion.
- Shop at the Farmer's Market, not a huge, artificially-lit supermarket.
- Walk or bike, rather than drive.
- Don't read all the gruesome details of depressing news stories.
- Watch less TV; explore local parks.
- Let go of grudges. ("Holding a grudge is like drinking poison and expecting the other person to die.")
- Use non-toxic paint, cleaning products, bedding, and clothing.
- Carry water with you, preferably in a non-plastic [metal] bottle.
- Try not to rush or multitask; enjoy life slowly enough to absorb all of the interesting details.
- Help create a sustainable world.



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SUSTAINABLE WEEKEND FUN

I.e. alternatives to TV, racecars, jet-skis, and driving far away:

- Tour the Berkeley EcoHouse (www.ecologycenter.org/ecohouse/)
- Organize a gathering, such as a fruit tasting (compare heirloom fruits), a skill share, block party, roving home-repair party, etc.
- Do creek restoration with friends (www.thewatershedproject.org)
- Explore beautiful wetlands and beaches while picking up trash.
- Learn to fix bikes; free workshops at: www.missinglink.org, www.tinkersworkshop.org, or www.mikesbikes.com
- Grow your own fruits and veggies.
- Always check these calendars: www.bapd.org/notices.html, and www.ecologycenter.org/calendar/



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THINK OUTSIDE THE BOSS Support Local Worker-Owned Cooperative Businesses

BAKERIES/PIZZA: Arizmendi Bakery, Lakeshore Ave. Oakland; or 9th Ave & Irving, SF; or San Pablo & 43rd, Emeryville;
Cheese Board, Shattuck & Vine, Berkeley;
Nabolom Bakery, College/Russell, Berkeley

GROCERY: Other Avenues Food Store, Judah & 44th Ave., SF; Rainbow Grocery Coop, Folsom & Division, SF

BOOKS: Bound Together Bookstore, Haight & Masonic, SF; Modern Times Bookstore, Valencia & 20th St., SF

BIKES: Box Dog Bikes, 14th St & Guerrero, SF; Missing Link Bicycle Coop, Shattuck & University, Berkeley

BIO FUEL: BioFuel Oasis, Berkeley

ART: City Art Gallery, Valencia & 19th, SF

GRAPHICS/PRINTING: Design Action Collective, www.designaction.org; Inkworks Press, www.inkworkspress.org

MOVIE HOUSE: Red Vic, Haight & Cole, SF

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WAYS TO SHARE

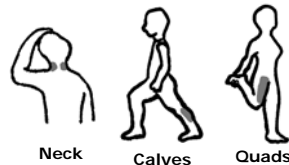
- **CARS:** Share a car with a friend or neighbor. Use City Car Share. Start a regular carpool or use casual carpool.
- **FRUIT:** Share backyard fruit with friends or strangers. See www.neighborhoodfruit.com.
- **YARDS:** Share yards to grow food.
- **FOOD:** Support local farms by joining a Community-Supported Agriculture (CSA) program. www.localharvest.org
- **COOKING:** Trade leftovers or share meals with a neighbor once a week.
- **GOODS:** Share household goods, equipment, and tools with neighbors.
- **HOUSING:** Turn your home or neighborhood into cohousing.
- **SHARE YOUR IDEAS AND CREATIVE WORK:** Learn about ways make your intellectual property more shareable. See: www.creativecommons.org



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REMEMBER TO STRETCH

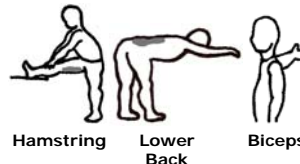
The more we can rely on our bodies to stay flexible and walk/bike without injury, the less we have to rely on cars.



Neck

Calves

Quads



Hamstring

Lower Back

Biceps



Toe touch

Hip flexors

Shoulder

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Techniques for Non-Defensive Communication

- 1. INSTEAD OF:** Your music is too loud. [*Sounds accusatory.*]
TRY: I'm having a difficult time concentrating. Could you turn your music down? [*Helps the other person to help you without feeling they've done something wrong.*]
- 2. INSTEAD OF:** Roommate, you haven't done dishes in a long time, and every time I try to cook, there are dirty dishes everywhere. Could you wash them more often?
TRY: Roommate, can we talk about our dish-washing routines? I feel inspired to cook when the kitchen is clean. Do you have any thoughts about how we can keep the kitchen cleaner? [*Doesn't frame it as a problem; rather, it introduces the possibility for improving kitchen life. Also open to different possible solutions.*]
- 3. INSTEAD OF:** Why are you mad? [*Could sound judgmental.*]
TRY: What's upsetting you? [*"What" questions can sound more open than "why."*]
- 4. INSTEAD OF:** Why have you been grumpy all week?
TRY: How have you been feeling this week? I sense that you haven't been yourself. [*"How" sounds more curious than "why."*]

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- 5. INSTEAD OF:** You are making no sense! That's absurd! [*Judgmental; shows that you are giving no consideration to what the other person is saying.*]
TRY: I'm finding this conversation frustrating. I want to understand how you feel about this, but I don't want us to take extreme positions in order to defend ourselves. [*Helps keep a conflict from becoming increasingly polarized; doesn't blame the other person; keeps the door open to find understanding once there is calm.*]
- 6. INSTEAD OF:** You are wrong.
TRY: I think we have different understandings of this situation.
- 7. INSTEAD OF:** You don't spend enough time with me. [*Blaming.*]
TRY: I sense that we have different expectations of each other in this relationship. I feel sad that I don't see you more often. [*Respects that there are multiple perspectives on the situation. Lets you express your needs without blaming the other.*]
- 8. INSTEAD OF:** It's not my fault I was late!
TRY: I'm sorry I disappointed you by being late. I can see how that would feel inconsiderate. I'm frustrated too that I was late.