



## BUY SEASONAL SPRING

- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collards
- Fava Beans
- Fennel
- Garlic
- Grapefruit
- Kale
- Kiwi
- Kumquats
- Leeks
- Lettuce
- Mushrooms
- Onion
- Oranges
- Peas
- Radish
- Rhubarb
- Spinach
- Strawberries
- Tangerines
- Turnips



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## BUY SEASONAL SUMMER

- Apricots
- Artichokes
- Asparagus
- Basil
- Beets
- Bell Peppers
- Blackberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Cherries
- Collards
- Corn
- Cucumber
- Eggplant
- Fava Beans
- Fennel
- Figs
- Garlic
- Grapes
- Kale
- Lettuce
- Melons
- Mushrooms
- 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
- Basil
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collards
- Corn
- Eggplant
- Figs
- Garlic
- Grapes
- Grapefruit
- Kale
- Kumquats
- Leeks
- Lemons
- Lettuce
- Melons
- Mushrooms
- Okra
- Onion
- Parsnip
- Pears
- Persimmons
- Pomegranates
- Potatoes
- Radish
- Spinach
- Strawberries
- Summer Squash
- 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
- Mushrooms
- Onion
- Oranges
- Parsnips
- Pears
- Pomegranates
- Radish
- Spinach
- Tangerines
- Turnips
- Winter Squash



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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](http://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](http://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:** Straus; 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; Kozlovski; 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 Ibis; 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](http://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](http://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 I work to be able to afford this? Is my time more valuable?



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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.
- **Furniture**—before you buy, imagine ways it might break and think in advance how 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
- Bell Peppers
- Nectarines
- Strawberries
- Apples
- Celery
- Pears
- Cherries
- Grapes (imported)
- Spinach
- Lettuce
- Potatoes
- Carrots
- Green beans



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

- Broccoli
- Cabbage
- Banana
- Kiwi
- Asparagus
- Papaya
- Mango
- Pineapples
- Avocado
- Onions

\*Even if it's 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/](http://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](http://www.thewatershedproject.org))
  - Explore beautiful wetlands and beaches while picking up trash.
  - Learn to fix bikes; free workshops at: [www.missinglink.org](http://www.missinglink.org), [www.tinkersworkshop.org](http://www.tinkersworkshop.org), or [www.mikesbikes.com](http://www.mikesbikes.com)
  - Grow your own fruits and veggies.
  - **Always check these calendars:** [www.bapd.org/notices.html](http://www.bapd.org/notices.html), and [www.ecologycenter.org/calendar/](http://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](http://www.designaction.org);  
**Inkworks Press**, [www.inkworkspress.org](http://www.inkworkspress.org)

**MOVIE HOUSE:** **Red Vic**, Haight & Cole, SF

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## IDEAS FOR SHARING RESOURCES

Sharing eases the strains on our planet, time, money, energy, and health:

- **CAR:** Find a friend or a neighbor who would like to share a car and come up with a plan for taking turns with it. Or use a program such as City Car Share.
- **BACKYARD HARVEST:** Invite friends to help harvest and eat fruit from your fruit trees, or ask neighbors if they need help harvesting from their trees.
- **GARDEN:** Since land is scarce and many people don't have yards, invite someone to plant and tend a garden in your yard, or ask if you can plant a garden in someone else's yard.
- **FOOD:** Support local farms by purchasing food through a Community-Supported Agriculture (CSA) program. For a list of Bay Area CSAs, search: [www.ecologycenter.org/directory](http://www.ecologycenter.org/directory)
- **COOKING:** Plan to trade leftovers with a friend or neighbor once a week. (It's more fun to share that huge pot of soup than to eat it every day for a week.)
- **CO-HOUSING:** Consider living in co-housing. See: [www.cohousing.org](http://www.cohousing.org)
- **TOOLS:** Start a tool-share with neighbors, or use Berkeley's or Oakland's Tool Lending Library.
- **HOME REPAIR:** Start a home repair coop, a group of people that helps one another work on home repair or building projects.
- **CHILDCARE/EDUCATION:** Start or join a childcare or homeschooling coop to build community for you and your children, and to take turns with childcare and teaching.
- **SKILL SHARE:** Host a gathering where people share their special skills and learn from others. (Examples: Cheese Making 101, How to Compost, Improve Your Home Energy Efficiency, etc.)
- **SHARE YOUR IDEAS AND CREATIVE WORK:** Visit [www.creativecommons.org](http://www.creativecommons.org) to learn about options for loosening private control over ideas and intellectual property.
- **SURVEY YOUR NEIGHBORS TO FIND OUT IF THEY'D LIKE TO SHARE:**
  - ◊ Pet care responsibilities.
  - ◊ Appliances such as vacuum cleaners and washer/dryers.
  - ◊ Yard space for play or gardens
  - ◊ Toys and sports equipment.
  - ◊ Help with elder care.

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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.