

Forest Glen Climate Toolkit

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GUIDE TO A CLIMATE-FRIENDLY DIET

Did you know you can help reduce climate change simply by changing some of your eating habits? The American food system is responsible for a lot of the carbon dioxide and other greenhouse gases we produce overall. This means that the meals we eat have a big impact on our climate. Since we all eat, this provides a great opportunity to make a big difference through small changes.

Some people try to choose food lower in "food miles"—the distance food travels to get to us—to reduce the carbon emitted by the vehicles that transport our food. But carbon emissions differ greatly by mode of transportation: food transported by boat, for example, is much more climate-friendly than food trucked or flown in. Also, transportation makes up only 11% of food-related greenhouse gas emissions in the U.S.—meaning food miles don't tell the whole story.

So how can you eat in a climate-friendly way? Consider a food's entire life cycle, from seed to plate to garbage bin.

HERE ARE A FEW STEPS YOU CAN TAKE:

1 EAT LOCAL & SUSTAINABLE

In addition to growing your own food, you can consider food from local growers. Purchasing local food helps the local economy, keeps food fresher, and reduces the carbon footprint of the food. Local food also tends to be more sustainably grown, meaning it's produced in ways that are better for the environment. Look for local food to be produced using fewer pesticides and fertilizers, and to be grown in ways that are better for the soil and water. Local food also tends to be more nutritious and flavorful.

LOCAL RESOURCE www.casopillinois.gov/2848/local-food-systems

CHICAGO
PEMBROKE

African-American farmers in Kankakee County's Pembroke Township, just 60 miles south of Chicago, have been growing produce sustainably and naturally since the 1860s. Many of the agricultural practices they employ, such as crop rotation and natural pesticide use, have been passed down through generations of farmers in the region. Pembroke farmers are now beginning to sell their produce at farmers' markets across the state, including in Chicago.

WHAT IS CLIMATE CHANGE?

Climate change refers to the long-term changes in the Earth's climate system, including changes in temperature, precipitation, and wind patterns. These changes are primarily driven by the increase in greenhouse gas concentrations in the atmosphere, which is caused by human activities such as burning fossil fuels and deforestation. The effects of climate change are being felt around the world, including rising sea levels, more frequent and severe weather events, and changes in ecosystems and biodiversity.

2 EAT IN SEASON

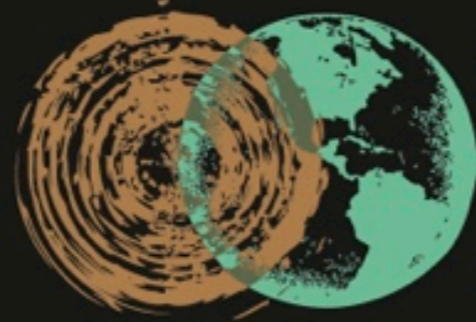
Eating food that is in season is a great way to support local farmers and reduce your carbon footprint. Seasonal produce is typically fresher and more nutritious than produce that is grown out of season. It also tends to be more affordable and flavorful.

Seasonal produce is also better for the environment because it requires less energy to grow and transport. This means that eating seasonal produce is a more sustainable choice. Additionally, eating seasonal produce helps support local farmers and their businesses, which is important for the local economy.

- LOCAL RESOURCES**
- www.freshfarmers.org/market-search.html
 - www.dhs.state.il.us/page.aspx?item=44172
 - www.nchfp.uga.edu

With friends like these...
Who needs fertilizer? Native Americans have been planting the "Three Sisters"—corn, beans, and squash—together for many years. The crops help each other grow naturally, without weed killers or fertilizers. How does your heritage affect what you grow and eat?






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Edgebrook Forest Glen
Sauganash Wildwood

Making a world of difference right here at home.

The earth's climate is changing in many ways. Climate change is caused by human activities like burning fossil fuels that produce carbon dioxide and other greenhouse gases. Climate change already brings Chicago flooding, heavy snowfall, and heat waves. Fortunately, it's not too late for us to make a difference. Our community is taking climate change into our hands to make our city – and the world – a cleaner, greener place.


In 2011 the Field Museum named Forest Glen and three other Chicago communities as partners in its Climate Action Toolkit project to develop programs that address both climate change and local concerns. Boy Scouts and Girl Scouts from Edgebrook, Wildwood, Sauganash and Forest Glen, guided by troop leaders and the Sauganash Chamber of Commerce, carried out four major projects to encourage local climate action and to lower the community's carbon footprint. These efforts also aimed to support local businesses, beautify the community, and tackle area problems like mosquitoes and flooding.




Boy Scout Troop 626 mounted 13 bat boxes in natural areas across the community. Since bats prey on mosquitoes, they serve as an excellent alternative to conventional pesticides.



Girl Scout Ambassador Troop 20804 maintains a straw bale vegetable garden behind a neighborhood church using natural fertilizers and conservative watering practices.



At North Park Village Nature Center, Boy Scout Troop 626 planted a garden of native species with long roots that require less water, store carbon, and help absorb storm water.



Boy Scout Troop 626 installed 40 rain barrels at homes, schools, and businesses across the community. Rain barrels help conserve water and manage storm water.

The Chicago Climate Action Plan's goal is to reduce carbon emissions 25% below 1990 levels by the year 2020.

Forest Glen residents will continue to advance these local efforts in the years to come. Please visit the links below to find out more and get involved!



climatechicago.fieldmuseum.org/forestglen



Boy Scout Troop 626

- ❖ Troop 626 did a lot of helpful things
- ❖ They installed 40 rain barrels and 13 bat boxes
- ❖ They also made a native plant garden in the North Park Village Nature Center

North Park Village Community Garden

- ❖ Troop 626 planted a native garden in North Park Village Nature Center
- ❖ The climate-friendly plants have long roots.
- ❖ Native plants don't need much water, store carbon, and absorb storm water

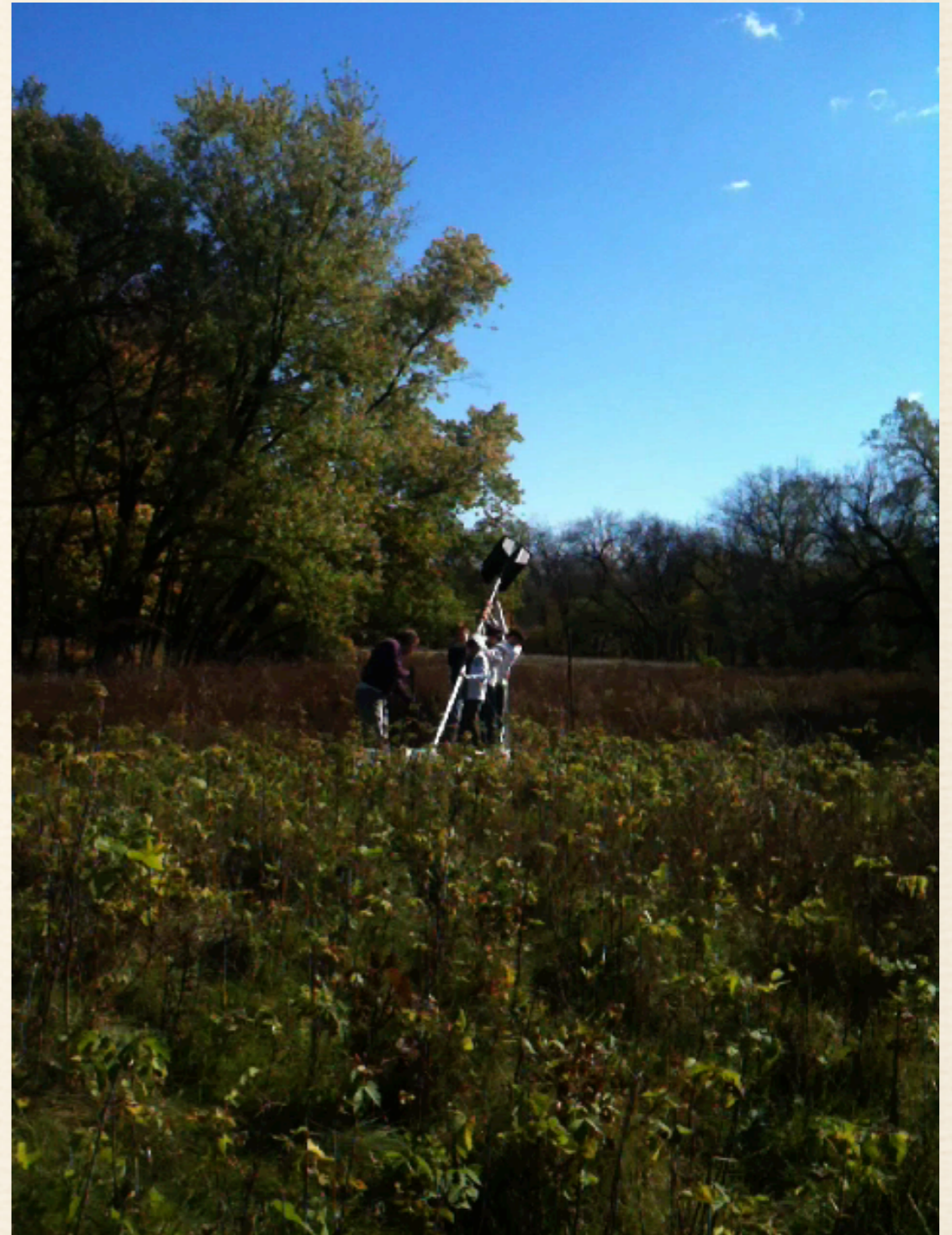
The Plants



The plants in the picture are Black Eyed Susans

Bat Boxes

The bat boxes were very heavy so they needed lots of boy scouts to post them. Each bat box is perched atop a 16' pole embedded in a 24" concrete-lined hole.



What they did

- The bat boxes each hold over 200 small bats that eat mosquitos
- The bats are about the size of a thumb
- Since we have flooding and lots of water we can use the bats to help stop the mosquito West Nile disease
- A single bat can eat thousands of mosquitoes in a matter of hours, reducing the need to spray poisonous insecticides

Flooding

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Girl Scout Troop 20804

“Hope Garden”

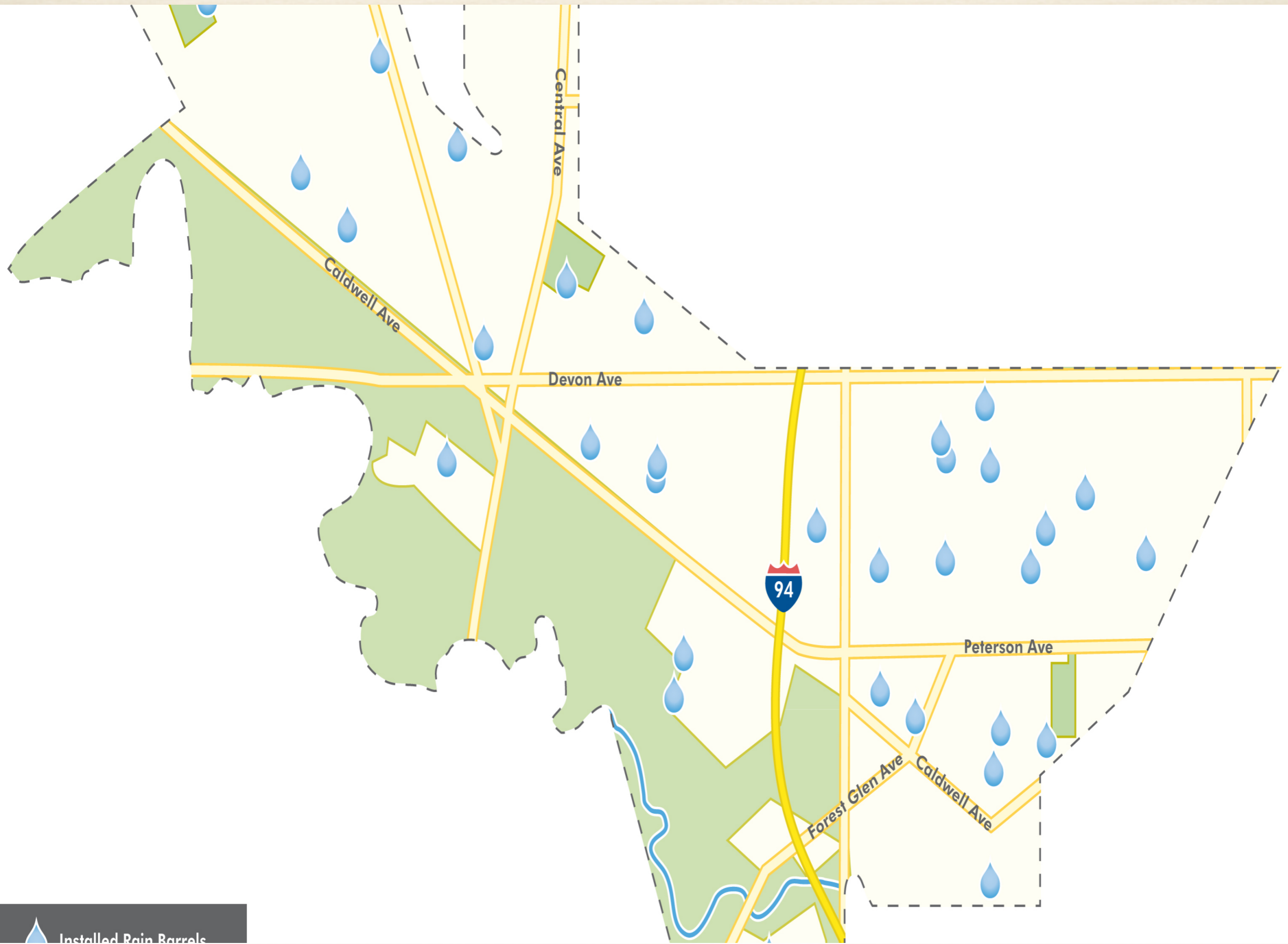
- ❖ The girl scout troop planted a small straw bale garden behind a local church
- ❖ Troop 626 installed a free rain barrel for fresh garden water
- ❖ The garden included peppers and many types of vegetables

Straw bale garden



Why it was good

- The straw bail garden was very unique instead of digging into the soil, the straw bales let them plant above ground
- Growing food locally “Garden to table” reduces our carbon footprint
- It’s all fresh and organic



 Installed Rain Barrels

Rain Barrel sign

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World of difference right here at home.

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chicago.fieldmuseum.org/forestglen



Rain Barrel

This is one of 40 rain barrels installed by Boy Scouts of America in Edgemoor, Wildwood, Forest Glen and Sauganaw. Rain barrels are part of the Field Museum's Community Climate Toolkit project. Rain barrels collect rain water that flows from roofs through gutter downspouts. This water can be used to water lawns, gardens and houseplants. It also helps reduce flooding during intense storms in Chicago. Rain barrels are a twofold benefit: they help conserve water during dry periods and collect storm water during wet periods. This means that using rain barrels is a great way to help reduce flooding in our neighborhood.

This rain barrel is made from a recycled pickle container. The water that can be used to water lawns, gardens and houseplants. It also helps reduce flooding during intense storms in Chicago. Up to 75% of our summertime water usage is for outdoor watering. A single rain barrel can make a big difference!

Find out more about this and other climate action projects on the left.

This was the sign describing the rain barrels

Sustainability

- Now that the work is done we need to keep the projects going
- We use communication which is what these signs are for
- We replicated the straw bale garden at a local school last summer

North Branch Arts Garden



This is the North
Branch Arts
community garden
including a rain
barrel and holistic
sign

Metra sign



This is one of two
Metra stations that
have a holistic sign in
the background