GREENING the HOLIDAYS

SHOMREI ADAMAH
A Jewish Stewardship Center
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Shomrei Adamah is a non-profit Jewish stewardship center. We have educational and liturgical resources on Judaism and ecology for kids, adults, teachers and rabbis. We’d like to serve you and we welcome your contributions to our resource bank. We invite your financial support to keep our work alive.

This booklet is dedicated to Jewish kids and Jewish kids at heart EVERYWHERE.

If you are in the midst of planting and it is said that the Messiah has come, FIRST complete the planting and then welcome the Messiah.

R. Yochanan ben Zakkai

Greening the Holidays by Ellen Bernstein and Honey Vizer
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Tu B'Shvat
The New Year for Trees

The Kabbalists honored nature with a special seder on Tu B'Shvat. They ate fruits, drank wine, and read passages about nature from the Holy Books.

Kick off the Trees’ New Year with a seder- create your own or order Shomrei Adamah’s haggadot.

Bring your celebration into the world!

Here’s how:

- Educate yourself and your community about ecology and environmental issues
- Adopt an environmental restoration project
- Use recycled paper (see back cover)
- Plant seeds or dedicate trees- if you live in the NORTH plant the tree you dedicated at Tu B'Shvat on Earth Day, Apr. 22.
At Purim, Esther petitioned the king to free the Jews. Now it's our turn to petition our "kings" for a free and healthy planet.

DEMONSTRATE, BOYCOTT, AND FIGHT FOR YOUR RIGHT TO A CLEAN PLANET!

Revelry and noisemaking are welcome at this time, so LET IT ALL OUT!

WHAT TO DO:

- Write to your congresspeople and let them know how important environmental issues are to you!

- Participate in environmental actions like demonstrations, boycotts, etc.

- "Green" your community—urge businesses, corporations, and supermarkets to recycle and eliminate excess styrofoam and plastic packaging...
Passover's coming, so you'd better start cleaning!
Traditionally we remove all leavened products because they are "unclean" for Passover.
But there are many more products in our homes that are downright poisonous to our planet.
Let's get rid of them NOW, once and for all!

It's an exodus, all right, but this time it's poisonous products leaving your house!

WHAT YOU CAN DO:

• Remove from your kitchen all your poisonous cleansers and substitute "Simple Green"—a non-toxic, non-abrasive biodegradable cleanser that really works!
• Get rid of detergents, floor waxes and toilet cleaners and use ECOVER products—effective and 100% biodegradable.
From Pesach to Shavuot, we count the Omer. We keep watch as the grain ripens.

So if you haven't done it already - now's the time to GET DOWN and PLANT A GARDEN!

Watch as your seeds miraculously turn into sunflowers, pumpkins, tomatoes...

The 33rd day of the Omer is Lag B'Omer.

It's time to wash away your Omer blues... you might shave and get a haircut.

Then get all your friends together and have a picnic and a bonfire and sing the night away!
Shavuot is the celebration of the giving of the Torah at Mount Sinai.

Mountains... Torah... Study... All night Tikkun... Hmm...
Find the closest mountain and get your community together for a hike, camp out... and STUDY!
Here's some suggestions:
• Genesis 1-2, 6-19
• Leviticus 25-37
• Deuteronomy 27

Honor your father and mother...

that you may live long in the LAND...
This is a VERY scary problem. Due to FUEL COMBUSTION, NOXIOUS FERTILIZERS, and STYROFOAM, there are chemical reactions taking place in our atmosphere that are causing our whole planet to warm up. Scientists predict a 5°-15° warming over the next 50 years. Consequences:
- Desertification of farm belts
- Destruction of our forests and wildlife
- Permanent flooding of coastline

CAUSES of GLOBAL WARMING

WHAT YOU CAN DO!

CO2
- Combustion of fossil fuels
- Deforestation
AVOID DRIVING
- Walk, ride a bike...
- PLANT TREES!
- Trees breathe in CO2.

CFC's
- Styrofoam manufacturing
- Refrigerants
AVOID USING AIR-CONDITIONING
- Sit in shade, or turn on a fan!
- DONT BUY STYROFOAM!
- Use "real" dishes.

N2O
- Fertilizers used in agriculture
BUY ORGANICALLY GROWN FOOD!

or GROW YOUR OWN!
On Tisha B'Av, we grieve over the destruction of our temple, the spiritual Home of our people. Today we have lost much of our planetary home as well. Countless species, oceans, rainforests disappeared or destroyed...

But there is HOPE! Tradition tells us that the Messiah was born on Tisha B'Av... in the most awesome darkness, a light Shines Forth.

We must bring out the Messiah in each one of us and begin to practice Responsible Stewardship of the Earth. Each day we can perform at least one environmental "mitzva":

WHAT TO DO!

- Volunteer at a nature center
- Use only paper bags
- Avoid buying plastic products
- Use cloth diapers
Get ready for the New Year!

CLEAN YOUR HEAD OUT!
... by going somewhere clean and beautiful. Canoe or raft river trips are FUN and get you close to that cool, cleansing and healing water.

In Nature you'll discover a precious connection with the plants, animals, and water which you'll cherish forever.
Sukkot is a real live nature festival - the autumnal feast. It's time to enjoy the fruits of our garden and to recall the life of wandering in the desert. To help us remember, we dwell close to nature in an open-air three-walled booth called a "sukkah".

You can build your own Sukkah on your back porch or in your yard with 2×4's.

Here's How:

Make the walls out of colorful old material. The ceiling can be wire fencing or wooden slats, all covered with branches or "schach." Hang gourds, fruit, Indian corn and other harvest symbols from the ceiling.

For seven nights, you can invite your friends over for a feast!
It's time to cycle back to the beginning of the Torah!

We're never DONE reading the Torah... no, we use it again and again. Yet, when we're DONE with many products, we just throw them away. But where is "away"? Our beautiful oceans, our pristine forests, our Mother Earth??

Paper, aluminum, and glass can all follow the same circular paths as the rest of nature (and the Torah!) and not contribute to the Earth's demise.

SO START RECYCLING!
HERE'S HOW:

1) Buy 2 new trash cans—one's for glass and one's for aluminum. Throw your trash in the appropriate can.

2) When the cans are full, take the trash to a recycling center. You can take your friends' trash too if you want.

3) Don't throw out your newspapers! Store them in stacks, tie 'em up and take them to a recycling center.
Winters a-comin'! And it's a good idea to get ready!

**INSULATE!**
- insulate attic, walls...
- caulk and weatherstrip
- install storm windows and doors
- buy thermal curtains

**SAVE WATER HEATER ENERGY**
- Turn down thermostat to 120°-130° (instead of the usual 140°)
- Insulate your water heater!
- Put the thermostat on a timer.

**TURN DOWN YOUR THERMOSTAT**
Wear a sweater—remember the sheep!

**USE the LITTLE STOVE BURNERS**
Whenever possible—they use much less energy than the big ones!

By following these suggestions, you can contribute to the world's energy supply and slash your winter energy bills!
It's Chanukah! The great miracle of Chanukah was that the meager amount of oil left in the Temple for the lamps barely enough for one night lasted for EIGHT WHOLE DAYS. We can bring this miracle into our lives by replacing our high-wattage light bulbs with cool-burning fluorescents.

"Let there be lights in the heaven!"

AND GOD SAID

LET THEM BE FOR SIGNS AND FOR SEASONS AND FOR DAYS AND FOR YEARS.

WHAT TO DO:

USE ENERGY SAVING LIGHT BULBS like the "Marathon" Light bulbs available from Seventh Generation. (See back cover)

Better yet, ask your hardware stores to carry this environmentally sound product!
From the trees' perspective, this is the last month of the year. Time to finish up old business and start thinking about how we can be better caregivers to our Earth next year.

Did you ever send a check to Shomrei Adamah? What happened to your ideas about how to improve your local environment? Did you ever actually write that letter to Congress?

GET CRACKIN'!
For easy access to ecologically sound products, order the following catalogues:

Dept. 137
Earth Care Paper Co.
P.O. 3335
Madison, WI 53704
(free)

Dept. 6 SA 89
Seventh Generation
10 Farrell Street
So. Burlington VT 05403
($2)

Please let us know if you know of other places to buy ecologically sound products!