



# TOP 10 TIPS FOR EARTH DAY

## 1. SWITCH TO TREE-FREE BILLING

Rather than writing checks and stuffing envelopes, pay everything from your credit card to your cell phone bills online. Approximately one billion trees worth of paper are thrown away every year in the U.S. For the paper product you do have to use, consult *The Green Guide's* Paper Products Smart Shopper's Card, [www.thegreenguide.com/doc/112/paper](http://www.thegreenguide.com/doc/112/paper).

## 2. JOIN A COMMUNITY SUPPORTED AGRICULTURE PROGRAM

By becoming a shareholder of a community supported organic farm or garden you can back pesticide-free agriculture and fund businesses in your area. Eating local, seasonal foods preserves indigenous crops and agricultural methods beneficial to a large variety of species. [www.localharvest.org](http://www.localharvest.org) or [www.biodynamics.com](http://www.biodynamics.com)

## 3. GET INVOLVED AT THE LOCAL LEVEL

Find out the quality of your community's rivers and streams at the EPA's "Window to My Environment." If those in your area show a high level of contaminants, go to a local government meeting and encourage political leaders to clean them up. [www.epa.gov/enviro/wme](http://www.epa.gov/enviro/wme).

## 4. BUY LOCAL HONEY

Buy at your farmer's market. All around the country large and small beekeeping operations are registering staggering losses of honeybees. While there is no obvious single cause, pesticides, parasitic mites and loss of woodland habitat are all considered culprits. Honeybees are responsible for pollinating \$14 billion dollars worth of U.S. crops and a third of the food Americans eat. [www.honeylocator.com](http://www.honeylocator.com)

## 5. TURN YOUR BACKYARD INTO A WILDLIFE HABITAT

Visit the National Wildlife Federation's "Garden for Wildlife," and see what you can do to attract songbirds, butterflies and native species. [www.nwf.org/backyardwildlifehabitat/certify/page1.cfm](http://www.nwf.org/backyardwildlifehabitat/certify/page1.cfm)

## 6. BUY A NATIVE HOUSEPLANT AT YOUR FARMER'S MARKET

Better yet, plant a native tree in a community park, by your local river way or seaside.

## 7. HELP THE BUTTERFLIES

Purchase \$16 worth of milkweed seeds. Monarch butterflies lay eggs in milkweed, which is the only crop larvae eat from the time they're born to the time they form a chrysalis. Butterflies are bio-indicators that scientists look to for signs of landscape quality and habitat loss. [www.monarchwatch.org](http://www.monarchwatch.org)

## 8. CONSERVE AN ENDANGERED OR THREATENED SPECIES

The Association of Fish & Wildlife Agencies provides a listing of state department web sites, where you can learn more about the plants and animals in your area and how you can save them. [www.fishwildlife.org/where\\_us.html](http://www.fishwildlife.org/where_us.html)

## 9. EAT HEALTHIER FISH

Not only do certain fish species contain high levels of mercury but many of the world's fisheries are either farmed destructively, severely over fished or under threat from invasive species. [www.thegreenguide.com/doc/115/nofish](http://www.thegreenguide.com/doc/115/nofish)

## 10. JOIN FROG WATCH USA

Frog Watch is a partnership of the National Wildlife Federation and the U.S. Geological Survey. Volunteer to help scientists study the state of the declining frog and toad populations across the nation. [www.frogwatch.org](http://www.frogwatch.org)