

MARCH 2022



RECYCLING MATTERS

FOR A WASTE-FREE COLLAR CITY

WHAT'S INSIDE OUR NEWSLETTER:

THE 12 R'S OF 2022

RE-PLANT

COMMUNITY NEWS

UPCOMING EVENTS
SCHEDULE

12 R's of 2022

We normally talk about Reducing, Reusing, and Recycling, but there are other ways we can do good things for us, our communities, and the earth ☑ Keep reading for an interview with Capital Roots, info on our composter and rain barrel sale, and more, in our 'Re-plant' issue of Recycling Matters ♻️

If you know a local Troy business, person, or organization who's doing cool things involving sustainability, contact us at recycling@troyny.gov or call (518) 279-7313. We'd love to hear from you!



Pictured: a picket fence stands behind a raised bed garden, an orange watering can, and a bag of garden soil.

Re-plant

Spring is only a few weeks away! You may have a garden, you may have house plants, or maybe you're looking into becoming a "plant parent." Either way, there are some awesome benefits to gardening, caring for, and protecting plants.

Benefits of gardening, or joining/forming a community garden:

- Cleans our air
- Strengthens our soil
- Growing your own food saves money
- From garden to home - the trip your fruits and veggies take is much shorter than to the grocery store
- By growing your own produce you can share it with friends, family, and neighbors
- Gardens soak up extra rainwater, preventing chemical-capturing runoff from reaching the Hudson River
- Reduces stress
- Gives us something to nurture and care for ❤️

In urban areas like Troy, we can create and grow vibrant pockets of greenery. Here are some resources to get you started on your gardening journey:

- Cornell Cooperative Extension (Rensselaer County) Website: <http://ccerensselaer.org/>
- Capital Roots' Workshops/Classes page: <https://www.capitalroots.org/classes/>

[VISIT OUR WEBSITE](#) OR [FOLLOW US ON FACEBOOK](#)

Community News

Capital Roots

In 1975, Capital Roots started as a community service project serving 4,000 families throughout Troy, Rensselaer, Cohoes, and Albany. The organization has since grown (no pun intended) in both their audience reach and sustainability efforts.

We spoke to Matthew Schueler, the Director of Learning and Job Development, to learn more.



Pictured: one of Capital Roots' community gardens with raised beds and lots of greenery.

Capital Roots provides a variety of services to the Troy area and beyond, including the Veggie Mobile, a traveling produce market; Squash Hunger, a food recovery and distribution program; community gardening opportunities, classes, and more. The projects don't stop there, though!

"We've re-planted nearly 1,000 street trees here in Troy over the past 30 years," Schueler said. "When the trees start blooming in April in Downtown and North Central, you'll see a bunch of trees we, with the help of volunteers, have planted all around the City."

Capital Roots plants bare root trees, which means they have no soil around the roots. This means lighter trees and less energy to transport them, and they're easier to plant since the roots aren't covered in soil.

In addition to planting street trees, Capital Roots has 17 community gardens across Troy, with over 50 in total. Most have compost bins, which are monitored to make sure the compost pile has the right balance of materials.

The organization offers a range of classes for those interested in organic gardening, composting, and more. For a list of classes, visit <https://www.capitalroots.org/classes/>.

Even the organization's headquarter building, The Urban Grow Center, was created with our City in mind: "A quarter of our power is through the solar panels on our roof." The Urban Grow Center was also designed to capture rainwater runoff from carrying ground chemicals to the Hudson River.

In the day-to-day, Capital Roots' staff enjoys making planet-friendly actions. "People here at the office arrange book swaps and clothing swaps, and ride their bikes," Schueler explained.



Pictured: the roof of Capital Roots' Urban Grow Center lined with solar panels.

Capital Roots' programs highlight how we can do our part for Troy and the earth.

"By encouraging one another to do different things, then what once seemed impossible becomes commonplace," Schueler said.

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Online Backyard Composter and Rain Barrel Sale

Interested in composting at home? View discounted backyard composters, rain barrels, and more on our vendor's website: www.troy.compostersale.com! Orders **must** be placed by Wednesday, April 6, 2022. Order pick-up will be Saturday, April 9, 2022. Pickup location to be announced. If you have any questions, call 1-800-842-0527.



Pictured: a black Earth Machine backyard composter and a tan rain barrel.



Did someone say reusable bags?

To all nonprofit or community/neighborhood organizations: we've got boxes of bags! If your organization is interested in receiving 1-100 reusable bags (in a variety of colors), please contact us at recycling@troyny.gov or call (518) 279-7171 to arrange a pick-up.

Upcoming Events

COMMUNITY-BASED SUSTAINABLE EVENTS

FOOD SCRAPS DROP-OFFS - TROY RESOURCE MANAGEMENT FACILITY

THURSDAYS, 9 TO 1

COMPOSTING WORKSHOP @ TROY PUBLIC LIBRARY - LANSINGBURGH

SATURDAY, MARCH 26 - REGISTER AT [HTTPS://BIT.LY/MARCH-WORKSHOP](https://bit.ly/march-workshop)

ONLINE COMPOSTER AND RAIN BARREL SALE - SALE ENDS APRIL 6

WWW.TROY.COMPOSTERSALE.COM

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