

EAC Nature News

Brought to you by
The Charlestown Township Environmental Advisory Committee
(EAC)

EAC@Charlestown.pa.us

April, 2022

Welcome to Spring
The Birds will sing

Everything is green
We do a spring clean

We spend time outside
To the trees we confide

The sun warms our skin
Let Spring begin!



MISSION

The Charlestown Environmental Advisory Committee's (EAC) mission is to advise the Board of Supervisors on environmental issues, the protection and preservation of natural resources, the use of open land and creating inventories of natural areas with unique features. All of the aforementioned advice to be focused within the township and in the best interest and general welfare of its residents.

You are receiving this email because at some event or activity or through networking you signed up to be on the Charlestown EAC mailing list. Please feel free to share this with others who might be interested in future volunteer activities. To see the EAC's annual meeting schedule go to [Charlestown Township](#).

HAPPENINGS

- *Our Regular monthly meetings* are open to the public. Please join us on the second Monday of the month at 7:00 p.m. Our next meeting is on May 9 in Rm 154- the Choral Room - of the Great Valley Middle School.
- We are *very excited* to be having a *tree ecologist, Will Ryan*, come to Charlestown to teach us how to identify tree species. Learn to identify trees by their leaves, bark, flowers and buds. Save the date: April 30th, 10:00 AM, at 2137 Yellow Springs Rd., Malvern. See the invite you should have received. If you did not receive an invite and would like to attend please contact us at the email above. Please register at: <https://forms.gle/NbY9g47Cj2FJ5jvFA>.
- *Weed Warrior Program* – Kickoff meeting was held at the beginning of April by Parks and Recreation and the EAC. You can still get involved! For more details about this program and the invasive plants

being targeted, please send an email to eac@charlestown.pa.us. Our kick-off meeting was a big success. You can thank the nine volunteers for removing a great deal of invasive multiflora rose from near the hiking path and within the riparian tree plantings. If you can't join this group effort, you can help by pulling invasive and noxious plant on your own. We can help you recognize what invasive plants look like so you are sure not to touch native species. **See information sheets posted on the EAC page of the township website. [Charlestown Township](http://CharlestownTownship).**

√ **SAVE THE DATE:** Our next Weed Warrior Meeting will be on Saturday June 4 on the Pickering Trail – details to be announced. We will be targeting the very invasive Garlic Mustard and Narrowleaf Bittercress (another mustard).

- If you are passionate about the environment in which we live, consider becoming a *member of our EAC*. Contact us at eac@charlestown.pa.us if you are interested.



THINGS TO KNOW



Our focus this month is on spring and summer food options. Buying local products of any sort saves energy, water, and other natural resources that are used to ship products from around the world to us.

So, back to the main topic. We are very lucky in Chester County to be blessed with beauty and productivity in Spring, Summer, and Fall. There are so many local farmers that make it easy for us to buy locally all year, but especially in the three seasons. Below is a list of some things you can do locally which will have a positive effect on our environment.

- Buy locally so as to minimize transportation, water and other natural resource costs
- Support our local farmers so that local farming continues to grow
- Eat Seasonally
- Buy extra fruits and veggies, then freeze, can, or dry them for use in the winter. By doing this you can avoid buying produce grown far from PA and shipped here, which is very costly to our environment. The food is also not nearly as tasty.
- If you eat meat, buy locally raised, grass fed. Although animals do produce a lot of green house gases, thus taxing the environment, if you eat meat, grass fed locally raised is best.
- Consider joining a CSA. More on CSAs below.
- Consider picking your own produce when available. This is a great, family-friendly way to get the freshest of the fresh produce. What tastes better than a hand-picked strawberry?? 🍓
- Take the family to outdoor spring celebrations where local food is sold or provided.

At the bottom of this newsletter is a chart of what is grown locally April to August.

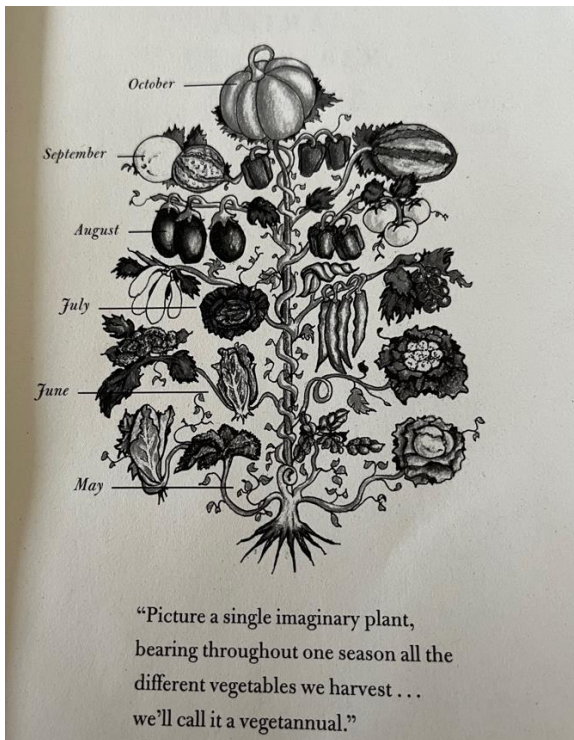
The most useful resource available for finding local food is “A Guide to Local Farm Products in Chester County”. This is a free publication that you can reference here [Local Farm Products in Chester County](#). This guide contains a map of local producers, and you will notice how large the list is. This is not even complete as more have been added since this was published. We are indeed fortunate. We won't provide recommendations on where to shop. We all have preferences and experiences we bring to the table. . The Charlestown Township Website also has a page of helpful links, including farmer's markets: <http://www.charlestown.pa.us/links.aspx>.

Many local producers offer Community Supported Agriculture (CSA) shares or subscriptions for a season. There are many different types, lengths of time covered, and amount of produce per share as well as cost. The advantage of CSAs is that they provide up-front support for our farmers and guarantee that you will get what they have to offer before it sells out at a market. The disadvantages are that the cost is usually paid in advance of the season, and you may not get exactly what you want or how much you need. It's a tradeoff but worth investigating as there are so many options.

So, with all of this said, stop buying that grocery store produce that is packed in plastic! Bring your own containers, bags etc. to local farms, farmers markets, farm stores etc. and start buying the food that was picked, pulled, and gathered in the past few days!! Buy extra and save for winter.

TIP: Most of the produce you can buy in season is displayed openly, not prepackaged unless necessary e.g. for things like sprouts. Where possible avoid all single use plastic bags (unless you are reusing them) and clamshell containers. Bring your own and when you do have to buy something in plastic, wash it out and reuse it! The earth says ‘thank you’.

“In the spring, at the end of the day, you should smell like dirt”
Margaret Atwood



Kingsolver, Barbara, Animal, Vegetable, Miracle, Harper Collins, 19??

This is not a comprehensive list but a sampling of the most popular produce of the season.

Early Spring (April, May)	Late Spring/Summer (June, July)
Strawberries, other berries	Cabbage
asparagus	broccoli
mushrooms	broccoli raab
arugula	cauliflower
chard	carrots
garlic scapes, early garlic	sweet corn

Green onions	cucumbers
Lettuce	Kale and other leafy greens
radishes	potatos
spinach	sweet peppers, hot peppers
	Summer squashes
	peas

Don't forget other products that are produced locally and so important to minimizing resources used to produce, ship and delivery non-local products. Keep in mind that some produce simply does not grow in this area, such as mangos, papaya, pineapple, avocado (most of those we eat are from Mexico).

This includes:

- Coffee
- Honey
- Plants
- Soaps
- Baked Items, sweets, nut butters