



Blue Bin News

St. Louis City Residential Recycling Newsletter



Vermi (worm) Composting at Home

Composting with worms is an easy, convenient way to turn your food waste into a nutrient rich soil conditioner that gardens, house plants, and lawns love. According to a 2007 Missouri Waste Characterization Study, food waste makes up the second largest portion of St. Louisian's trash by weight, at 16.7% (second only to paper at 38.2%).

Once you've set up your worm bin, the rest is smooth sailing. You need only a few things to get started. 1. A worm bin (make your own or buy one) 2. A catchall (to collect compost tea) 3. Red Worms (*Eisenia foetida* or *Lumbricus rubellus*) 4. Bedding (e.g., shredded newspaper, corrugated cardboard, coconut fiber) 5. Food waste.

Worm bins are available on-line, or at your local garden supply or hardware store. Or, home-made bins can be easily constructed from an opaque plastic storage tub, or untreated plywood and 2"x4" planks. Before buying your worms, determine how many you'll need by using the rule that worms eat about half their body weight per day. So, for every pound of food waste you produce each day, you will need 2 pounds of worms (note: 1,000 worms weigh about 1 pound).

Worms need bedding; to prepare a bed for your worms, shred whatever bedding material you've gathered and moisten with water until it feels like a well-wrung washcloth. Place bedding in bin and fluff. Next, release the worms into their new home. Then feed them kitchen scraps on a regular basis (fruit and vegetable scraps only). Bury the food waste in the bedding to reduce pests and odors. After a couple of months, the worms will transform your food waste and the bedding into a highly nutritious soil amendment. For detailed information about how to set up your own worm bin, visit <http://stlouis.missouri.org/citygov/recycle/documents/vermicompost.pdf> or www.wormwoman.com. Mary Appelhof's *Worms Eat My Garbage* is a great book full of thorough information for anyone interested in starting up or expanding their worm bin.



Buy Recycled Holiday Greeting Cards

National Wildlife Federation
www.cardshopnwf.org



A portion of the National Wildlife Federation's proceeds fund and support conservation programs.

Check out this month's featured products at
<http://stlouis.missouri.org/citygov/recycle/buyreusedandrecycled.htm>

Upcoming Events

Thursday, November 13, 2008

Native Trees in Winter
1:00 pm - 4:00 pm
Shaw Nature Reserve

<http://shawnature.org/nativeland>

Friday, November 14, 2008

Home Eco Holiday Open House
5:00 pm - 9:00 pm
4611 Macklind Avenue, St. Louis, Missouri 63109
www.home-eco.com

Saturday, November 15, 2008

Textile Recycling Drop Off
10:00 am - 4:00 pm
Recycle unwanted bedding, towels, clothes, etc.
4611 Macklind Avenue, St. Louis, Missouri 63109
www.home-eco.com

Friday & Saturday, November 28 & 29, 2008

6th Annual Green Gift Bazaar
Shop for reused and recycled holiday gifts.
220 Alton Square Mall
<http://illinois.sierraclub.org/piasapalisades>

Recycle Bottle Caps



Plastic bottle caps pose a dilemma for many recyclers. You can recycle the bottle, but not the bottle cap. But, why? Most plastic bottle caps are not marked with a number. So, it is difficult to identify what type of plastic it is. The numbers that you see inside the recycling arrows on plastic bottles represent the type of resin that the plastic is made from. Each resin type has its own chemical composition and physical properties. Mixing resins can create a material with unknown characteristics, which is not ideal for manufacturing processes. Even if a small amount of the wrong type of plastic gets into a load to be recycled, the entire batch can become contaminated.

Aveda has announced a new recycling initiative for these unmarked caps. Aveda has developed ways to make new caps and containers from used caps. So, they are creating a network of salons, stores, and schools to collect caps and prevent them from ending up in landfills or becoming litter that birds and marine creatures mistake for food.

Locally, you can take your caps to the Chase Salon and Spa at 232 North Kingshighway, St. Louis, Missouri 63108. Use the Maryland entrance to access the salon. The salon will send your bottle caps to Aveda to start a new life. For more information about this program, or to find out how your school can participate, visit <http://aveda.aveda.com/aboutaveda/caps.asp>.

Reducing, Reusing, and Recycling Conserves RESOURCES

Use the letters in the word **RESOURCES** to make as many words as you can. Only words with four or more letters count toward your total word count. Find answers at the bottom of page 2.

Score yourself as follows: Average = 0 - 12 words, Good = 13 - 24 words, Excellent = 25 + words

We Challenge You To Spread The Word

With the elections coming to an end, a glut of political yard signs will be pulled from the ground and possibly thrown away. The good news is the signs can be recycled. The bad news is that many people are unaware about their recycling options.

Yard signs do a good job of bringing attention to passers-by, but they can create a lot of waste once an election is over. So, tell everyone you know how they can prevent their sign from ending up in a landfill.

Recycle corrugated plastic yard signs at:

Recycling Concepts

www.recyclingconcepts.com
8526 Mid County Industrial Drive

Very large quantities can be taken to:

Central Paper Stock

www.paperrecycler.com
6665 Jonas Place

Corrugated cardboard or paperboard yard signs can be recycled with regular cardboard.

Be sure to remove any metal or wooden posts before recycling.



City of St. Louis Refuse Division's Recycling Program



Web:<http://stlouis.missouri.org/citygov/recycle>
Email:recycle@stlouis.missouri.org
Phone: 353.8877

Reader Submissions Welcome

The Recycling Program invites you to submit material for this monthly newsletter. Would you like to share your "how to" tips, upcoming events, or something else related to residential waste management?

Words using four or more letters from the word **RESOURCES**:

SCORE	SURE	CURSES	SCOUR
CORE	RUES	ORES	SEER
CROSS	USES	ROSE	SUES
OURS	COURSES	SORE	ECRU
RESCUER	EUROS	CURE	CUES
USER	ROUSE	CRUSE	CUSS
SOURCE	SOUR	RESCUE	SEES