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Turkey Time

This holiday season, consider buying local! Below is a list of farms and community supported agriculture (CSA) here in Colorado that carry locally grown meats and produce throughout the season.

Sustainable Settings in Carbondale

(970.963.6107) is a great resource for where to buy locally grown birds in the area.

Don't want to cook? **Aspen T.R.E.E.** is offering their 4th Annual "Early Bird" Community Meal on November 22, starting at 5:00pm at the Aspen High School Commons. For more information, [click here](#).

Black Canyon Foods
Olathe, CO
970.323.5733
Heritage turkeys and fall produce

Circle A Garden
Montrose, CO
970.249.9725
Fall produce

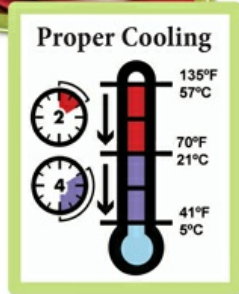
Osage Gardens
New Castle, CO
970.876.0668
Local turkeys and fall produce

Peach Valley
Silt, CO
970.876.2850
Winter CSA

Round Earth Farm/Turkey Hill CSA
Hotchkiss, CO
970.872.4413
Fall produce

Sustainable Settings
Carbondale, CO
970.963.6107

Tips for a Turkey-licious Thanksgiving Celebration



It's that time of year again. Thanksgiving is nearly here and in addition to the day being about giving thanks, it's about food, turkey and fixings to be exact and a lot of it.

A big beautiful bird has become a household staple, but many of us make the same age-old mistakes when it comes to thawing, cooking, cooling and storing the centerpiece of our bountiful feast.

This year ZGreen is here to help. Environmental Health, located on the 2nd floor of City Hall, is offering **FREE food thermometers** during the month of November.

Follow the step-by-step guidelines below to having a safe and healthy Thanksgiving turkey dinner:

If you buy a raw turkey, be sure to keep it in your refrigerator (at a temperature of 41 degrees F or less) or freeze it until needed. With a frozen bird, you will need to thaw it properly. Proper thawing technique requires 24 hours in the fridge or 30 minutes of running, circulating cold water for every 4-5 pounds that the turkey weighs. That means a 15 pound turkey requires 72 hours in the fridge, or about six hours under cold, slowly running water (though not your best option for water conservation), to defrost.

Microwaves are not recommended for the thawing process as they distribute heat unevenly. Once the bird is thawed out, it's on to the cooking process.

When handling raw poultry, be very careful. Never place any kind of raw meat on a wooden cutting board. The wood will absorb meat and poultry juices, including bacteria contained within them. Also, always thoroughly wash your hands with soap and warm water after handling raw meat or poultry.

One of the mistakes that many people make is stuffing the turkey before cooking it; this can lead to uncooked stuffing and either a raw or an overcooked bird. Neither of those options is healthy, so we suggest cooking them separately. If you're adamant about having a stuffed bird, add the stuffing in afterwards.

There are many options for cooking your turkey. Deep-frying has become extremely popular, but can be dangerous if not done right. For specific deep-frying instructions, [click here](#) to check out a series of YouTube videos from Alton Brown of the Food Network's Good Eats.

970.205.0107
Heritage turkeys,
potatoes, eggs

Cameron Place CSA
Palisade, CO
970.402.8364
Organic winter vegetables

White Buffalo Farm
Paonia, CO
970.275.2076
Fall produce

**Winter Farmer's
Markets**

**Jack's Fruit Stand at
Peaches**
Aspen, CO
Fall produce, Milagro beef
by request
W, TH, F through
Thanksgiving

Willits Farmer's Market
Basalt, CO
Food and crafts
Saturdays 10am-3pm,
November 27-February 26

**Carbondale Farmer's
Market**
at Crystal River Meats
Carbondale, CO
Winter farmer's market
Saturdays, 10am-2pm

And more...

Many of the markets in
and around the valley
carry turkeys that are
organic, free-range or
both. Here's the
breakdown:

**Organic, Free-Range
Turkeys:**
- Vitamin Cottage,
Glenwood Springs
- Clark's Market, Aspen

Free-Range Turkeys
- Village Market,
Snowmass
- Epicurious, El Jebel
- Butcher's Block, Aspen

Organic
- Village Market,
Snowmass
- City Market, Aspen
- Butcher's Block, Aspen
- Roxy's Market, Aspen

**ZGreen
PROGRAM LINKS**



No matter what cooking method you use, a food thermometer can help determine if your turkey is cooked thoroughly; it should read 165 degrees F in the thigh and thickest part of the breast.

After you've enjoyed a wonderful meal, it's time to store all those leftovers. Bacteria begin to grow once food drops below 135 degrees F. At room temperature (70 degrees F), you have four total hours to cool food to 41 degrees F or below before it's no longer safe to eat. This means that food that has sat out for two hours at room temperature and was then frozen only has two additional hours after it's been thawed at room temperature before it is unsafe to eat.

Be sure to put your leftovers in a shallow dish (no more than four inches deep) so that food cools evenly. A mounding bowl of mashed potatoes, for example, will cool unevenly with the edges cooling faster than the inside, which then promotes bacteria growth. Such dishes should be cooled in a container less than four inches deep without a lid, if possible.

If you follow the above instructions, your leftovers should be good for up to five days.

Enjoy and happy Thanksgiving from ZGreen!

Ask ZGreen!

Dear ZGreen,

My wife and I are always debating about the best way to have clean clothes and protect the planet. Is hot water really necessary for clean clothes?

Thanks,

Up to My Ears in Hot Water

Dear Up to My Ears in Hot Water,

Here are a few basic tips to help you conserve water and the life of your clothes.

Wear Clothes Longer between Washes:

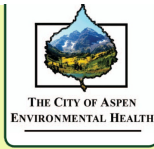
Many people wear an article of clothing once, and then throw it into the dirty laundry. Next time, check to see if it really is dirty. Did you work up a sweat or sit at a desk all day? Did the spot of mustard fall onto your lapel or land on the napkin? Most of the time, we can just hang our clothes to air out for 24 hours before putting them back in the closet. Try keeping a set of 'house clothes' that you can change into after getting home from work and use the same set for a week. Save your nice clothes for going out in public. Not only will these practices save water, detergent and electricity, they will also help your garments last longer.

Getting Out of Hot Water:

While you may need to use hot water when washing cloth diapers, linens, or items with grease stains, cold water works just as well on other items, especially now that detergents are formulated for this purpose. If you are concerned about stains or odors, try presoaking in the machine and add vinegar or hydrogen peroxide (beware of over using chlorine bleach, as it is a toxin). Since cold water is less harsh on clothing, you can protect your bank account as well as the environment.

Hang-Dry Clothes Indoors:

We know that line drying clothes is a great way to conserve energy in the summer, but what if you don't have a yard or it's the middle of winter? While hanging clothes to dry indoors doesn't work so well in humid climates, it's a great alternative for Coloradans because the humidity in our homes is so low. You can avoid the look of 'hanger shoulders' by folding shirts in half then draping them across the bottom of a hanger. Or install a retractable clothes line down the length of your room or hallway (as high as you can comfortably reach).



As an added benefit, hang-drying clothes indoors can relieve some of the typical dry air ailments like flaky skin, itchy eyes and dry throat because they will add humidity to the air. In addition it saves your clothes from the damaging high temperatures of dryers and reduces your energy consumption at the same time.

Wash On,
ZGreen

Have an environmental question for the ZGreen team? [Email us](#) and you might see your answer in next month's ZGreen newsletter!

ZGreen Business Spotlight



[The Aspen Club and Spa](#)
1450 Ute Ave, Aspen
970.925.8900

The Aspen Club is a private membership health club that features advanced fitness equipment and training, the world-renown SpaAspen, and the internationally recognized Sports Medicine Institute, a healing center that combines time-honored knowledge with contemporary medicine.

SEVEN BIG THINGS that The Aspen Club and Spa is doing to be ZGreen:

1. The Aspen Club had a professional energy audit in 2008 and has been working towards the recommended improvements.
2. The Ute Trail area, including two river parks and trails, were created by the Aspen Club and continue to be managed by them.
3. Aspen Club and Spa purchases toilet paper, paper towels, toilet seat covers, napkins, and tissues made from post consumer recycled content paper and purchases unbleached paper and other paper products as appropriate.
4. The Aspen Club recycles toner cartridges, batteries, and building materials among other things.
5. Subsidized bus passes are available to Aspen Club employees and the Club contributes to the RFTA cross-town shuttle service which has a stop at the Club.
6. The Aspen Club has established an employee green team and also covers green practices during employee orientations.
7. The Aspen Club hosted our September 2010 Aspen Green Drinks event.

To learn more about what The Aspen Club and Spa and other ZGreen businesses are doing, [click here](#).

Canary Initiative - 970.429.1831
Environmental Health Department - 970.920.5039
City of Aspen - 130 S Galena Street - Aspen, CO 81611

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