THANKS FOR JOINING US FOR RECYCLE MANIA OLYMPICS & ART OF RECYCLING!

RECYCLE MANIA 2012 SPONSORS

SNAP KITCHEN is a certified dine green restaurant committed to the community. They use only reusable/recyclable materials and prepare meals with naturally grown and organic ingredients from local sources.

WEISENBAUER RECYCLED PRODUCTS manufactures and brand promotional products, office items, and consumer goods made of recycled and environmentally preferable materials.

RECYCLE MANIA helps motivate students and staff to increase recycling efforts and reduce waste generation.

RUGGLES GREEN is a Houston fast casual health food restaurant known for their good, healthy, organic, all natural foods and wines that tastes great.

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### March 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>Horticulture Society Weekly Meeting</td>
</tr>
<tr>
<td>31</td>
<td>Urban Harvest Spring Fling: 11 am - 1 pm at Fifth Ward Farmer Street Garden, 4110 Farmer St, 77020&lt;br&gt;Urban Harvest Class: Installing a Cistern</td>
</tr>
</tbody>
</table>

### April 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Urban Harvest Class: Restoring Nature Series (4 Sundays)</td>
</tr>
<tr>
<td>6</td>
<td>Horticulture Society Weekly Meeting</td>
</tr>
<tr>
<td>14</td>
<td>Urban Harvest Class: Hands-On: Constructing the Home Fruit &amp; Vegetable Garden&lt;br&gt;Urban Harvest Class: Summer Herbs</td>
</tr>
<tr>
<td>26</td>
<td>Urban Harvest 2012 Gala: Local Flavor</td>
</tr>
</tbody>
</table>

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**interested** in getting **INVOLVED**

EMAIL volunteer.greenuh@gmail.com TO SIGN UP
TOASTED PITA AND BEAN SALAD

Ingredients:
- 2 6-inch whole-wheat pita breads, cut or torn into bite-size pieces
- 2 cloves garlic, peeled
- 1/8 teaspoon salt
- 2 tablespoons fresh lemon juice
- 2 tablespoons ground toasted cumin seeds (see Tip)
- 3 tablespoons extra-virgin olive oil
- Freshly ground pepper to taste
- 2 cups cooked pinto beans, well drained and slightly warmed (see Tip)
- 1 cup diced plum tomatoes or 1/2 pint cherry tomatoes, quartered
- 1/2 cucumber, peeled and diced
- 1 cup sliced romaine lettuce
- 1 cup crumbled feta cheese
- 3 tablespoons chopped fresh parsley
- 3 tablespoons chopped fresh mint

Directions:
1. Preheat oven to 400°F.
2. Spread pita pieces out on a large baking sheet. Bake until crisp and beginning to brown, 5 to 7 minutes. Let cool on the pan.
3. Mash garlic and salt with the back of a chef’s knife to form a paste. Transfer to a bowl, add lemon juice and ground cumin and whisk to blend. Add oil in a slow, steady stream, whisking continually. Season with pepper.
4. Place beans, tomatoes and cucumber in a serving bowl. Add the toasted pita, lettuce, feta, parsley, mint and the dressing; toss to mix. Season with more pepper. Serve immediately.

URBANHARVEST

class schedule

Installing a Cistern
WHERE: TBA
WHEN: Sat, Mar 31, 1:30 pm - 5:30 pm

Restoring Nature Series (4 Sundays)
WHERE: TBA
WHEN: Sun, Apr 1, 1:00 pm – 6:00 pm

Hands-On: Constructing the Home Fruit & Vegetable Garden
WHERE: TBA
WHEN: Sat, Apr 14, 9:00 am – 11:30 am

Summer Herbs
WHERE: TBA
WHEN: Sat, April 14, 1:00 pm – 3:30 pm

2012 Gala: Local Flavor
WHERE: 6550 Bertner Avenue Houston, TX 77030
WHEN: Thursday April 26, 2012

Urban Harvest EVENTS FREE for UH Students/Staff/Faculty
email lwolth@central.uh.edu

farmer’s market

Wednesdays
City Hall Farmers Market
11am - 2pm
901 Bagby

Thursdays
Sugarland Town Square
4pm - 7pm
2711 Town Center Boulevard

Saturdays
Eastside
8am - 12pm
3000 Richmond

Fridays
HCC Southwest
3pm - 7pm
5601 West Loop Freeway

Sundays
Highland Village
10am - 2pm
2720 Suffolk Drive

www.urbanharvest.org
THIS WEEK IN PHOTOS

PLANT THE PRIDE
Sustainability Interns, Weingarten Realty

Intern will assist property management department with sustainability and green initiatives for Weingarten owned and managed properties. Internship pays $12 per hour. Candidates must be actively working on degree in real estate, environmental science/sustainability or related field. Master’s degree student preferred but not required. For more information, contact Dena Moon at dmoon@weingarten.com.

EPA, DC, Environmental Conflict Resolution Internship (Grad Students)

Seeking a student intern interested in environmental conflict resolution. CPRC houses EPA’s experts in environmental collaboration and conflict resolution and provides a range of services to EPA managers and staff, including access to professional mediators and facilitators, case intake and consultation, process design, conflict coaching, and training. Applicants are asked to submit a resume, cover letter, and project proposal. For more information, please visit http://www.internationalpeaceandconflict.org/forum/topic/show?id=780588%3ATopic%3A709969&xgs=1&xg_source=msg_share_topic

Green Build Education

Green building immersion opportunity: Volunteer with the Program Director of the City of Houston Green Building Resource Center serving the mission: “To enable the public to experience and learn more about healthy and energy, water, and material conserving design and construction; also known as Green Building.” Internship is offered for minimum 4 hrs/week, consecutively. Interested? Email the Director at steve.stelzer@houstontx.gov

Communications, Grant Writing: Keep Houston Beautiful

For 28 years, Keep Houston Beautiful has been reaching out to all segments of our community to educate and empower individuals to take greater responsibility for beautifying and enhancing Houston’s environment.

Job Duties:
Grant Writing; Assist community organizers with completing cleanup packets and registering their event with Keep Houston Beautiful and Site Box Score retrievals; Sending communications to KHB volunteer database; Assist with Adopt a Block processing.
For more information, email rbeaty@houstonbeautiful.org

Urban Harvest Business/ Accounting Intern

This position will include any or all of the following: Accounts payable disbursements, schedules of disbursement in Excel, spreadsheets of expense reports, database management, comparison reports of budgets vs. actual, membership communications, department reports. We can work with you on the number of hours needed. juli@urbanharvest.org or call 713-880-5540

Urban Harvest Community Gardens Intern

Can include any or all of the following: Gain/use knowledge of bioregional gardening, which includes information on vegetables, fruits, herbs and habitat plants; Assist community gardeners in maintaining gardens; Promote ecological pest management; Assist with managing gardens; Community building; Volunteer recruitment; Help build gardens. Physical requirements and working conditions apply. For more information contact Becky Blanton at becky@urbanharvest.org or call 713-682-9480

Urban Harvest Writer Intern

Writing is needed in all of our programs and can include any or all of the following: Articles for our newsletter; class descriptions for our website; farmers Market descriptions for the website and weekly newsletter; fundraising assistance; advertising for classes, farmers markets and community gardens; spanish translation is needed periodically, but not a requirement for internship. We can work with you on the number of hours needed. Email gary@urbanharvest.org or call 832-656-2819 for more information.

Urban Harvest Farmers Market Intern

Responsibilities include general operations at any of our five farmers markets. Work with the intern coordinator to design a program specific to your strengths and needs. This can include any or all of the following: small business management; general accounting; digital communications; marketing. We can work with you on the number of hours needed. For more information contact Rebecca O’Brien at rebecca@urbanharvest.org or call 203-788-3886

Urban Harvest Youth Garden Instructor and Outreach Coordinator Intern

To Apply send resume and cover letter to schoolandyouth@urbanharvest.org or call Carol Burton at 281-865-1966. Twelve hours weekly, but can be negotiated to fit your needs. Internship can include any or all of the following: TEACHING, GARDEN SITE SUPPORT, and COMMUNICATION, LEADERSHIP, AND OUTREACH.
Facebook

Green UH
https://www.facebook.com/#!/pages/GreenUH/134243949929

Campus Community Garden
https://www.facebook.com/#!/profile.php?id=100001733434088

RecycleMania
https://www.facebook.com/#!/RecycleMania

Twitter
https://twitter.com/#!/GreenUH

Urban Harvest
http://www.urbanharvest.org/

Outdoor Adventure

Education
http://www.uhrecreation.com/outdoor-adventure/educational-series/

Trips
http://www.uhrecreation.com/outdoor-adventure/trips/