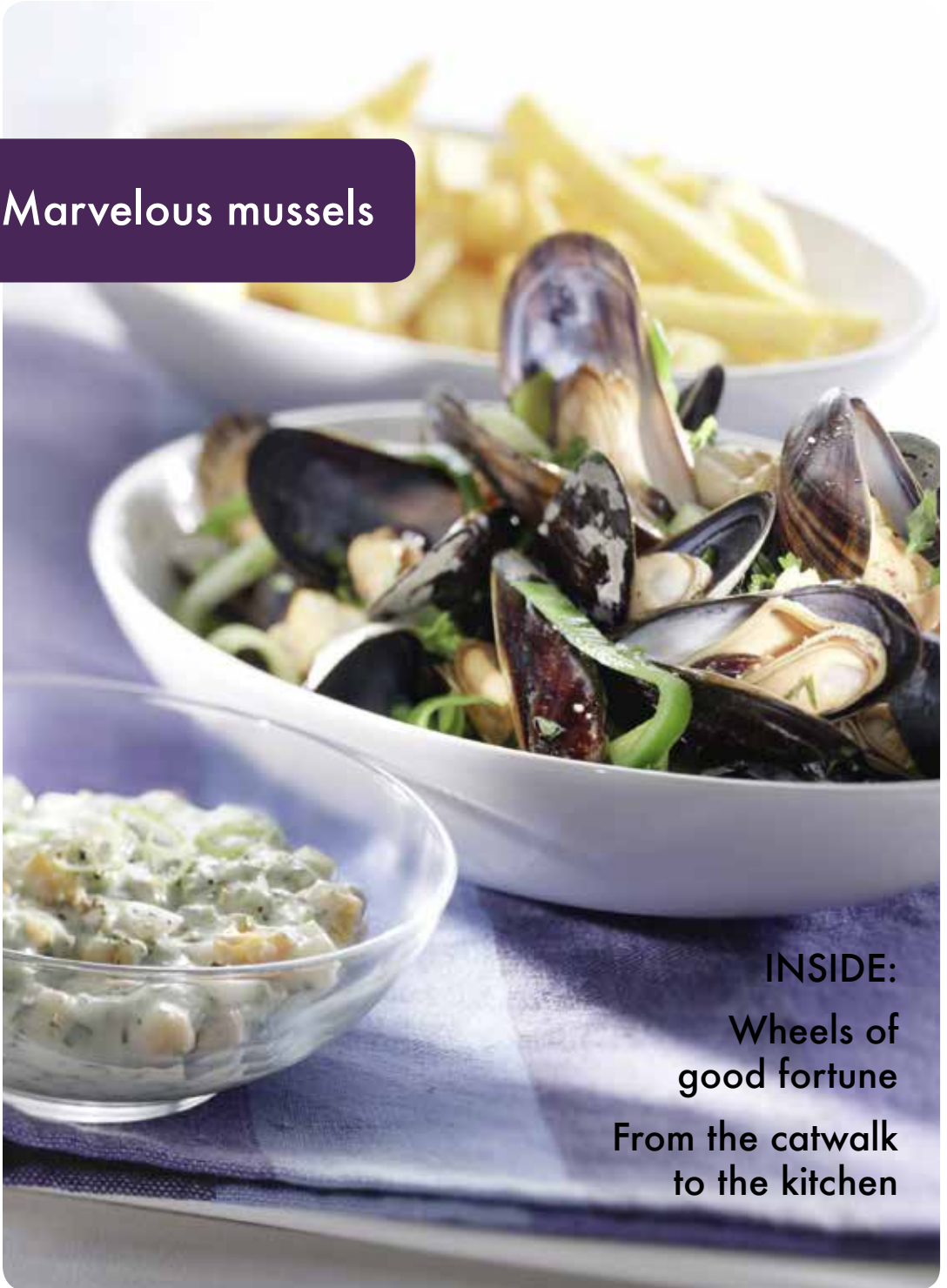




Marvelous mussels



INSIDE:
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to the kitchen

Housing that bolsters the disadvantaged and the environment



Units at Kings Beach Housing Now range from studios to three-bedroom apartments. Photo by Tom Zikas

For residents at or below the poverty level, it's becoming a little easier – and affordable – to live “green.”

The U.S. Green Building Council advocates for affordable green homes. LEED (Leadership in Energy and Environmental Design) is a USGBC program that encourages green building and sustainability in constructing buildings and maximizing utility efficiency. Nearly half of today's LEED-certified homes are denoted as affordable housing.

Affordable-housing communities nationwide possess eco-friendly building components once solely associated with expensive neighborhoods. Among residences in this sector, features such as nontoxic materials, highly energy-efficient appliances, and green roofs and solar panels aren't the anomalies they used to be.

Kings Beach Housing Now in California's North Lake Tahoe area is an example of this shift in the housing market. Established in 1926 as a campground, the community of Kings Beach is now a largely vacation-home community. In 2010, the median home price in Kings Beach was \$468,300. Meanwhile, per capita income for permanent residents – many working in service and tourist-related jobs catering to wealthy vacationers – was \$23,607. So the demand for affordable workforce housing far exceeded supply.

Many workers occupied poorly insulated camp cottages, overcrowded trailers and converted motels that lacked heat and running water. Although the area has many single-family homes, these are typically unaffordable for the workforce.

“Prior to Kings Beach Housing Now, decent, affordable living solutions for the workforce simply did not exist in the area,” says Meea Kang, president of Domus Development, the project's lead developer. “People chose to either commute 70 miles every day from Reno, Nev., or settle for high-cost, substandard housing in Kings Beach. ...”

The five Kings Beach Housing Now sites, Chipmunk, Deer, Fox, Trout and Brook, consist of a total of 77 apartments. Fox was the first site to be completed in August 2011, and residents started moving in that month. Residents moved in to Chipmunk – the last site completed – in October 2012, one month after construction ended.

Of the 229 residents, nearly two-thirds are Hispanic. The remaining one-third of the population consists mostly of whites and a small number of Native Americans.

One of Kings Beach Housing Now's residents shared that he used to pay \$2,000 per month to rent a very small, substandard cabin and paid over \$1,000 per month in heating bills alone. Now he pays just \$770 in rent and approximately \$40 per month for utilities. Reduced rents and utilities; free bus passes; and proximity to jobs, goods and services all contribute to significant cost savings for residents.

Winner of the USGBC's 2013 Green Building Super Heroes Award, Kings Beach Housing Now includes numerous green site design features. Inside are energy-efficient appliances, low-flow bathroom fixtures, low-VOC paint, and recycled and non-emitting finishes and materials such as insulation, interior doors and flooring. Exterior green features include a bio-filtration system that naturally filters 100 percent of onsite stormwater, drought-tolerant landscaping without conventional turf and high-efficiency drip irrigation systems with moisture sensors.

“Kings Beach Housing Now,” says Meea Kang, “is a model for best practices in sustainable rural infill development.”

Wheels of good fortune

Downtown Tucson is home to a bike shop where the word “mobility” applies to more than transportation.

Part bicycle-recycling center, part educational organization, BICAS – which stands for Bicycle Inter-Community Art & Salvage – promotes sustainability in terms of the environment and people. BICAS focuses on helping at-risk youths and the homeless.

“The bicycle as a form of transportation and the ability to learn to maintain it, as well as access to specialty tools to do repair, are extremely important to these two groups,” explains BICAS Shop Coordinator Troy Neiman, “as the bicycle/mobility opens up doors to other opportunities such as work, school, food, shelter, etc. Learning to ‘do it yourself’ teaches skills, self-respect and independence.

“Although homeless and youth are a focus for our organization, BICAS welcomes and encourages all to come use our services.”

Those services include a Work-Trade program. Participants get an \$8-per-hour credit toward a bike, used parts or shop time to repair a bike.

“Over 900 people used the WT program this past year (2013), completing a total of 3,960 hours of work in the shop. That’s the equivalent of over \$30,000 worth of bikes, parts and services earned by those in need,” says Neiman.

In addition to providing these services, BICAS creates bike art, including custom recycled bike racks, some of which were installed on Tucson Medical Center’s campus in 2013.

According to its website, bicas.org, BICAS started in late 1989 as an organization called Bootstraps to Share. Residents came together to help the homeless find work, shelter, food and transportation.



Fifteen part-time employees and numerous volunteers are part of the BICAS team.

Over the years, the focus was on “sustainable transportation as a requisite for sustainable work,” which included providing recycled bicycles and the skills needed to maintain them.

BICAS, as it’s known today, came into existence around 1994, although the name BICAS wasn’t used until 1996. The organization has trained thousands to repair, maintain and restore bicycles instead of discarding them.

Now in its 25th year of existence, BICAS is looking toward a future in a new location. “The Downtown Links roadway is planned to start construction within the next two years,” says Troy Neiman, “and would heavily impede access to our community shop for our patrons for approximately two years. Also, the unknown future of the state-owned building (where BICAS is located) and our desire to expand our services are forcing us to look into a new home.”

Despite the uncertainty, Neiman expresses optimism about BICAS’ future.

“We are a very sustainable organization. Our expenses are fairly low, we fund the shop (staffed by volunteers and 15 part-time employees) with sales and don’t need to rely on outside funding for our general operating expenses. This year, we are relying on our community to join us in efforts to purchase a building, hopefully in the vicinity of our current location. Once we can stabilize our future home, we can start focusing on the many ideas we wish to pursue in the next 25 years.”



BICAS serves more than 25,000 people each year.
Photos by Dominic Arizona Bonuccelli

Cause for preservation and celebration



For more information on our cultural fine art collection, visit www.picture-that.com. Picture That, LLC

Many artists are addressing sustainability in myriad ways. The ability to convert recycled materials into impressive works of fine art symbolizes a commitment to protecting our natural resources. The works of the three artists in this edition of *Unity* reflect a series of ideas about the role art plays in our environment and society.

LYNDA SMITH-BUGGE

Lynda Smith-Bugge (Boo-Gah) was born and raised in Popayan, Colombia, in rural South America. Later, she came to the United States and earned a B.A. in fine arts from Hunter College and an M.S. in museum education from Bank Street College, both in New York City. In her first job, Smith-Bugge taught woodworking to inner-city children in the Catskills. Afterward, she worked at the Smithsonian and Library of Congress. Smith-Bugge says that after a long hiatus, a book by Mark Lindquist rekindled her true passion: working with wood.

"I craft trees into works of art with a balance of spirit, structure and timelessness," says Smith-Bugge. Her piece, "Breaking Open," exudes that balance with contrasts of light and dark and smooth and rough. A black walnut sphere is engulfed by maple crescents carved with an angle-grinder tool, which is then broken to create the jagged edges.

"Epiphany" embodies "rolling waves from which the phoenix rises," says Smith-Bugge. The light-colored sapwood and black walnut anchor the curved black walnut branches. A vignette of birds on strings of a harp is made from lightweight dogwood that "allows the shapes to take flight ..." remarks Smith-Bugge. "Gnosis" is a sphere topping a tall, triangular structure of walnut. The geometric shape provides a cradle for the nested ventricles of boxwood root.

Smith-Bugge's work has been shown in the Washington, D.C. area, New York and Santa Fe. In 1998, J. Carter Brown, director emeritus of the National Gallery of Art in D.C., presented the Sculpture/Mixed Media Award to Smith-Bugge for one of her sculptures.



"Gnosis" by Lynda Smith-Bugge



"Epiphany" by Lynda Smith-Bugge



"Breaking Open" by Lynda Smith-Bugge



"Mixed Beauty" by Mira Gandy



"Tahitian Inspiration"
by Mira Gandy



"Pink" by Mira Gandy

MIRA GANDY

Mira Gandy studied at the American University of Paris and received a B.A. in fine arts from the University of Southern California Roski School of Fine Arts. Even as a young child, she aspired to be a professional artist. Gandy was raised in New York City's East and West villages, surrounded by a multitude of diversity, freedom of expression and artistic innovation. Gandy's father was an artist/musician; her mother was a theatrical publicist/producer. "My mother exposed me to many strong, beautiful successful women like herself. My art is representative of all these influences."

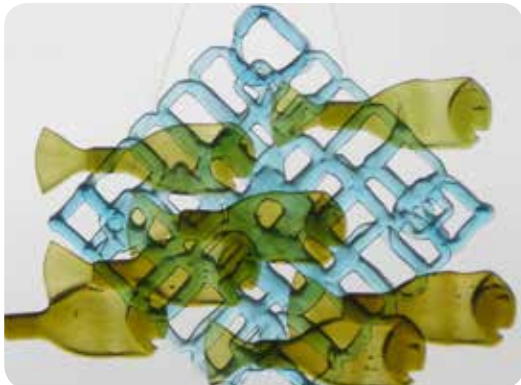
Gandy's work highlights female identity, beauty and race, and their intersection in media and culture. Her collage, "Tahitian Inspiration," represents the influence of Gauguin without using the medium of paint. Gandy used travel and interior design magazines; she chose each piece of paper for its color and texture, then ripped and positioned each one. "Mixed Beauty," a part of Gandy's Beauty series, highlights women's hair, eye color, ethnicity and adornment, which, Gandy comments, are "elements that society uses to deem a woman's beauty." Another piece, "Pink," symbolizes the breast cancer-awareness ribbon. Gandy says it is a statement of solidarity for women with breast cancer.



"Botropolis #3" by John Bassett



"Portrait of the Artist as a
Young Dancer" by John Bassett



"7th Wave" by John Bassett

JOHN BASSETT

John Bassett is a self-taught artist in glasswork skilled in carpentry and architectural drafting. He received a B.A. in architecture from the Harvard Graduate School of Design. His uncle, an artist himself, encouraged him to paint and draw when he was young. Bassett was also influenced by his grandmother's gardener, who made toy machines out of discarded lumber, used nails, Popsicle sticks and leftover house paint. Bassett says that's when he realized the possibility of making something useful and beautiful from recycled, discarded materials.

Bassett loves recycled glass, especially bottles, and focuses on the most conventional quality of glass: its transparency. His work, "7th Wave," showcases an eclectic glass pattern of muted greens contrasted with the brightness of baby blue. The shape of warm brown bottles with glowing red centers in "Botropolis #3" suggests tall buildings. It provides a nice contrast against the coolness of a seemingly paneled blue sky and light-green paved streets.

"When I was young," says Bassett, "I wanted to dance but always felt a bit like an outsider." His whimsical creation, "Portrait of the Artist as a Young Dancer," allows him to fulfill that dream.



Much ado about mussels

Q. What's black and white and loved all over?

A. That would be mussels. Their shells can be black as well as light brown, greenish or dark blue. The color of the meat encased in those shells can be creamy white, to brown, to orange. And they're coveted, as well as cultivated, in the U.S. and abroad.

From a sustainability standpoint, though, mussels are – pun intended – quite a powerhouse. Farm-raised mussels are the ideal, ocean-friendly seafood option. The Shedd Aquarium in Chicago, the largest such facility in the world, denotes mussels as a “best choice” in its ocean-friendly seafood list.

Like other shellfish, mussels are filter feeders. This means that they capture and feast on tiny particles, plants and nutrients by filtering ocean water. The result: Mussel-farming operations can actually purify the water where they are located.

Most farmed mussels are raised on suspended ropes that never make contact with the seafloor, so there's no risk of destroying habitat. Some mussel farmers raise their mussels in mesh bags or cages, either suspended in the water column or attached to the seafloor. When the mussels are large enough to harvest, all farmers have to do is collect the bags or cages from the farming location.

Those who enjoy eating mussels are effusive in their praise for them. Cooks everywhere are pleased with the endless possibilities for recipes, from baked to bisque and chowder to salad. Low in fat and high in protein, mussels also get a nod of approval from nutritionists and doctors.

No question about it: Mussels can do no wrong.

Mussels With Thai Seasonings

Courtesy of Chef Jessie Price

- 1 tablespoon canola oil (or extra-virgin olive oil)
- 2 minced garlic cloves
- 14-ounce can “lite” coconut milk
- 2 tablespoons lime juice
- 2 teaspoons Thai green curry paste (or to taste)
- 1 tablespoon brown sugar
- 1 tablespoon Thai fish sauce (or 1/4 teaspoon salt)
- 4 pounds mussels, cleaned
- 1/2 cup chopped fresh basil and/or cilantro

Add oil to the pan and heat over medium heat. Add the garlic cloves and cook, stirring often, until just starting to brown, 30 seconds to 4 minutes.

Add the coconut milk, lime juice, green curry paste, brown sugar and fish sauce; bring to a boil over high heat. Stir in mussels. Cover and cook just until the mussels have opened, 4 to 6 minutes. Remove from the heat (discard any unopened mussels). Stir in the basil and/or cilantro. Serve with the sauce from the pan.

Yield: Makes 4 servings



From the catwalk to the kitchen

Runway models have been sporting eco-friendly versions of haute couture for years. But there's no reason for the catwalk queens to have all the fun, as evidenced by the growing availability of organic/sustainable attire crafted for cooks in kitchens large and small.

Typically, these items are made of organic cotton, bamboo or hemp. Organic cotton is grown without the use of pesticides and insecticides. Bamboo is a fast-growing grass that doesn't need help from pesticides or insecticides. And hemp, like bamboo, doesn't need help from toxic herbicides.

Not surprisingly, the Internet is an ideal source of "green" kitchen garb.

At bambeco.com, for example, there's a collection of aprons, dishtowels and mitts constructed of linen and cotton. The items are part of bambeco's extensive offering of sustainable home furnishings and décor that are "all reclaimed, repurposed, renewable, recycled, natural or organic," says the website.

For professional chefs and retail/commercial kitchen staffers, the sustainable clothing trend is just as prevalent. Chefwear, which sells a full line of hospitality uniforms, offers an earth-friendly collection of clothing at chefwear.com that coincides with



the explosive increase in the number of organic appetizers, meals and drinks on foodservice menus across the country.

Eco-friendly garments and accessories are the height of culinary chic for those who feed the masses in cafeterias and restaurants, or smaller, intimate gatherings at home.



Tastes Like Summer Green Smoothie

Recipe by Chef Bev Shaffer, www.chefwear.com

- 1/2 cup water
- 1 1/2 cups to 2 cups green grapes
- 2 1/2 cups fresh spinach leaves
- 1/2 cup fresh basil leaves
- 1 tablespoon fresh parsley leaves, optional
- 1/2 orange, peeled, seeded
- 1 cup fresh or frozen, thawed mango chunks
- 1/2 to 1 cup ice cubes

Place all ingredients into the Vitamix container in the order listed and secure lid.

Select Variable 1.

Turn machine on and slowly increase speed to variable 10, then to high.

Blend for 30 seconds or until desired consistency is reached.

Yield: 2 3/4 cups



How to keep food from spoiling

Wrinkled veggies. Rotting fruit. Containers that you wouldn't dare open because of the smells that might escape. How many times have you cleaned out your refrigerator and been dismayed at how much food has spoiled?

Every year, billions of dollars are wasted because of food spoilage. In fact, the Environmental Protection Agency notes that "in 2011 alone, more than 36 million tons of food waste was generated, with only 4 percent of food waste generated diverted from landfills and incinerators for composting."

Meanwhile, the United Nations Food and Agricultural Organization paints a wider picture by noting that one-third of food produced for human consumption is wasted, which translates into 1.3 billion metric tons of food per year.

Food waste not only depletes money from our pockets but also our natural resources. The FAO notes that the global result of food waste is the addition of 3.3 billion metric tons of greenhouse gases to the planet's atmosphere.

Luckily, a handful of social entrepreneurs have realized the possibilities of extending the life of food, thus saving consumer dollars and reducing industrial agricultural costs, and possibly alleviating global poverty. Interestingly enough, these lofty goals all come from fairly simple solutions.

For example, Sustainable Brands Innovation Open 2013 winner Fenugreen impressed judges with its

product, FreshPaper (<http://shop.fenugreen.com>), a biodegradable square of paper that can keep food fresh two to three times longer due to a mix of organic spices that inhibit bacterial growth in fruits and vegetables.

The young company now has competitors, such as BerryBreeze. Similar to FreshPaper, BerryBreeze promises to slow down the spoilage of food by two to three days.

Priced at \$50, BerryBreeze (www.berrybreeze.com) is a compact, battery-operated device to be placed on a refrigerator shelf and release oxygen to combat decomposition caused by bacteria. The goal is to "eliminate, neutralize and sanitize undesirable microorganisms, germs, mold, yeast, fungus, bacteria, viruses and odors in the refrigerator." The company states that reduction of these unwanted bacteria in the fridge is the key to maintaining food for two to three times longer.

BerryBreeze generates activated oxygen for 60 minutes, then switches to standby mode (170 minutes), reactivates for 10 minutes and repeats the cycle for 230 minutes until the batteries need replacement (usually five to six months).

The company estimates that BerryBreeze has the potential to save the average family of four up to \$2,200 per year by avoiding common food spoilage.

This report is an edited version of news and information available on sustainablebrands.com.

On the cover: Farm-raised mussels, the ideal, ocean-friendly seafood option. *Unity* is a celebration of food, art and culture. Published six times per year, *Unity* is exclusively distributed to clients of Thompson Hospitality and Compass Group, both world leaders in foodservice. To contact us, send an email to marketing@thompsonhospitalityjv.com. ©2014 Thompson Hospitality and Compass Group. Produced by Final Edit, www.finaledit.net

