

Green Tips

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We're not encouraging you to go on a shopping spree! However, sometimes we need a new shower curtain, t-shirt, or pair of shoes. Below are some basic facts and several websites to help you shop Green.

You may not know that conventional cotton growers spend \$2.6 billion annually for pesticides. Raw cotton's cost per pound is only 25 cents more for organic than conventional, but the organic market is still small so it lacks economies of scale. FACT: About 25% of all pesticides used in the U.S. are applied to cotton; globally, about 10% of all pesticides are used on cotton.

To support the organic cotton industry, buy organic clothing, towels, bedding, and other dry goods. Check out:

- www.sustainablecotton.org
- www.bluecanoe.com (women's undergarments & more)
- www.beanproducts.com (shower curtains and more)
- www.nativeorganic.com (bath towels)
- www.gaiam.com (bath robes)
- www.gardenkids.com (for little ones)
- www.wildlifeworks.com (t-shirts)

Be the hippest cat on the block in a pair of Splaff Flop Hipsters. These hemp-canvas flip-flops feature soles made from recycled auto tires and straps made from recycled bicycle inner tubes combined with a hemp and canvas top. \$38 at www.splaff.com

Each lightweight Pachira hiking shoe is made with loads of recycled materials: tires, plastic soda bottles, pre-consumer hospital rubber gloves, foam, and metal. They're sporty and oh so comfy! \$75 at www.jadeplanet.net.

There are a variety of ways to 'shop green' and we hope you'll share some of your good ideas with us. Send your tips to Barry Peters.