

resilient monroe

GREEN MAP

YOUR MAP TO LOCAL FRESH FOOD



local food



farmers market



eco organization



special garden



farm



eco expert



healthy eating



local business



significant habitat



waterfront



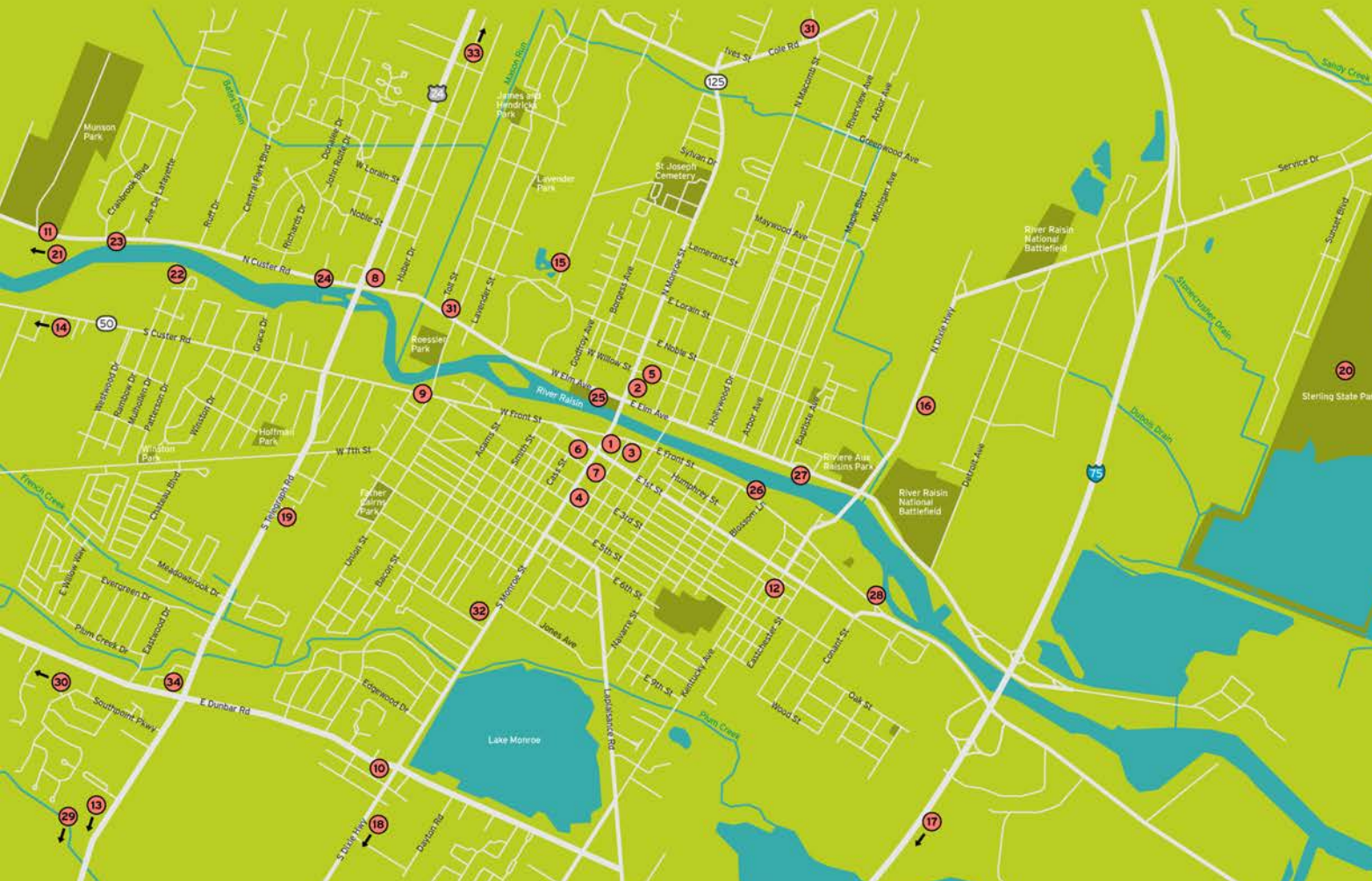
aquatic habitat



recycling



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- ### RESOURCES
- 1 / 🍴🍷 / Amaya's Fresh Mexican Grill / 29 S Monroe St
 - 2 / 🍴🍷 / Public House Food & Drink / 138 N Monroe St
 - 3 / 🍴🍷 / Village Bistro 15 Washington St
 - 4 / 🍴🍷 / Erie Bread Co. 311 S Monroe St
 - 5 / 🍴 / Monroe Farmer's Mkt 20 E Willow
 - 6 / 🍴🍷 / Agua Dulce Cafe 17 W First St
 - 7 / 🍴🍷 / Health Matters Herbs & More / 17 E Second St
 - 8 / 🍴🍷 / Independent Dairy 126 N Telegraph
 - 9 / 🍴🍷🍷🍷 / Parran's Greenhouse & Farm Market 1144 W Front St
 - 10 / 🍴🍷 / Monica's Baker Boy 5967 E Dunbar Rd
 - 11 / 🍴🍷🍷 / City of Monroe Community Gardens 2700 N Custer Rd
 - 12 / 🍴🍷🍷 / Arthur Leso Community Garden E Second St & Winchester St
 - 13 / 🍴🍷🍷 / Monroe Garden 14733 S Telegraph
 - 14 / 🍴🍷🍷 / Amber Garden Ministry / 3401 S Custer Rd
 - 15 / 🍴🍷🍷🍷 / St Mary Organic Farm (+ beekeeping) IHM Sisters Campus / 610 W Elm
 - 16 / 🍴 / R+M Recycling 500 N Dixie Hwy
 - 17 / 🍷🍷🍷 / Willow View Farm / 6619 Willow View Ct
 - 18 / 🍷🍷🍷 / Honey Boy Honey (local honey) / 14460 S Dixie Hwy
 - 19 / 🍴🍷 / Alive Naturally 1125 S Telegraph Rd
 - 20 / 🍴🍷🍷 / Sterling State Park
 - 21 / 🍴🍷🍷 / River Raisin Territorial Park / 3815 N Custer Rd
 - 22 / 🍴🍷🍷 / Waterloo Park
 - 23 / 🍴🍷🍷 / Cranbrook Park
 - 24 / 🍴🍷🍷 / Veteran's Park
 - 25 / 🍴🍷🍷 / St Mary's Park & Downtown Riverwalk
 - 26 / 🍴🍷🍷 / Soldiers & Sailors Park
 - 27 / 🍴🍷🍷 / CD "AI" Cappuccini Park
 - 28 / 🍴🍷🍷 / Hellenberg Park
 - 29 / 🍴🍷🍷 / Annette Heck Farm (local honey+) / 4309 W Albain Rd
 - 30 / 🍴 / Monroe Charter Twp Hall (Recycling Wednesdays) 4925 E Dunbar Road
 - 31 / 🍴🍷🍷 / Danny's Fine Foods Market 199 Cole Rd & 1002 W Elm
 - 32 / 🍴🍷🍷 / Kroger 850 S Monroe St
 - 33 / 🍴🍷🍷 / Meijer 1700 Telegraph Rd
 - 34 / 🍴🍷🍷 / HI-Lite Supermarket 15539 S Telegraph Rd

LAKE ERIE

YOUR MAP TO
LOCAL FRESH FOOD

GREEN MAP

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This project is made possible with funds from the Monroe County Environmental Fund and the Community Foundation, and is a collaboration between River Raisin Institute of Monroe, Michigan & Kelly Salchow MacArthur, of Michigan State University. Printing: Allegra Printing Design: Kelly Salchow MacArthur

Printed on Sustainable Forest Initiative certified stock with soy-based ink.

HOW TO CREATE A HABITAT FOR POLLINATORS (bees + butterflies) IN YOUR OWN YARD:

Lavender
Rhododendron
White Clover
Cotoneaster
Heather
Purple Toadflax
California Lilac
Bachelor's Buttons
Bellflower
Thyme
Forget-Me-Not
Yellow Mustard
Sage + Oregano
Escallonia
Cranesbill
Aster
English Daisy
Rosemary + Mint
Borage
Calendula
Lily of the Valley
Shrubby Veronica
Blackberry/Raspberry

Trees for Bees:
Bigleaf Maple
Northern Catalpa
Southern Crabapple
Flowering Dogwood
Tulip Tree
Black Willow
Staghorn Sumac
Eastern Redbud

fact

Birds and insects pollinate over 85 percent of the world's flowering plants.

Neonicotinoid pesticides (neonics) cause illness and death, confusion, and colony contamination in honey bees.

REUSABLE GROCERY BAGS?

yes! ...BUT WHY?

- It takes a plastic bag 1,000 years to decompose.
- On average, 90 plastic bags are consumed per family in 6 trips to the grocery store.
- One reusable bag can eliminate 1,000 plastic bags over its lifetime.
- Each year the US uses 30 billion plastic bags and 10 million paper grocery bags = 12 million barrels of oil and 14 million trees.
- Many grocery stores give discounts if you bring your own bags.
- Plastic bags and other plastic garbage thrown into the ocean kill as many as one million sea creatures every year.
- Recycling plastic saves twice as much energy as burning it in an incinerator.
- Plastic bags cannot be recycled at RecycleNOW drop-off locations (to the right), but may be at your grocer.

source: <http://www.recycling-revolution.com/recycling-facts.html>

THE MOST COMMON LOCAL FISH

Channel catfish
Largemouth + Smallmouth Bass
White Bass
Walleye
Yellow + White Perch
Bluegill
Pumpkinseed (Sunfish)
Rock Bass
Rainbow Trout
Sucker
Northern Pike
Muskellunge (Muskie)

REMEMBER TO STAY safe

Smaller fish are better
Avoid predator fish and bottom feeders
Fat should be removed
Eat fish that have been grilled or broiled

Please check the consumption guidelines for this region in the Michigan Health and Human Services' Eat Safe Fish Guide www.michigan.gov/eatsafefish.

what TO RECYCLE

PAPER / office paper, junk mail, newspaper, phone books, paper bags, magazines
PLASTIC / clean empty and rinsed: #1, 2, 4, 5, 7 containers, jugs + bottles, mixed rigid
GLASS / clean empty and rinsed: jugs, bottles, jars
CARDBOARD (pieces 2' x 2' or smaller) / plain + corrugated boxes, food boxes, shipping/moving boxes
METAL / clean empty and rinsed: aluminum, metal can, pots + pans, clean foil + trays
CARTONS / clean empty and rinsed: aseptic containers, milk + juice cartons, juice boxes, soup cartons

where TO RECYCLE

RecycleNOW DROP-OFF LOCATIONS 7am-6pm:
Every Tuesday / Bedford Township Hall
8100 Jackman Rd
Every Wednesday / Monroe Charter Township Hall
4925 E Dunbar Rd
First Tuesday of the month / Dundee Kroger
571 E Monroe St
Second Tuesday of the month /
St. Joseph Catholic Church, 2238 Manhattan St

more info at www.greenmonroecounty.com

TIPS FOR COMPOSTING

WHAT TO COMPOST: GREENS:

fruit + veggies
coffee grounds + filters
tea bags
fresh leaves
green plants
prunings + hedge trimmings
grass clippings (pesticide free)
weeds (without seeds)
flower bouquets
seaweed
feathers
bio/cornstarch based cups
organic packing material
spoiled juice

BROWNS:

fall leaves
spent plants
small twigs + wood chips
sawdust + wood shavings
shredded newspaper
egg shells + nutshells
corncobs
bread + grains
wood ashes
old potting soil
food-soiled paper towels + napkins
dried flowers
food-soiled cardboard (recycle if clean)
stale flour, cereal, spices, beans

WHAT TO AVOID:

meat + fish
cheese + dairy
fats, oils + grease
dog + cat waste
large branches
pressure-treated lumber
invasive weeds
weeds with seeds
pesticide-treated plants + grass
diseased plants
vacuum cleaner dust
coal + charcoal ashes
colored or glossy paper
plastic, metal + glass
anything with glue

5 EASY STEPS:

- 1 / ADD compost items continually
- 2 / LAYER with green and brown waste
- 3 / DAMPEN compost each year
- 4 / TURN/MIX the compost once in a while
- 5 / TO USE, mix compost with 2/3 soil

source: Green Apple Map