resilient monroe
GREEN MAP
YOUR MAP TO LOCAL FRESH FOOD

RESOURCES
1. /Acme's Fresh Mexican Grill / 29 S Monroe St
2. /Public House Food & Drinks / 138 N Monroe St
3. /Village Bistro 15 Washington St
4. /Erie Bread Co. 31 S Monroe St
5. /Monroe Farmer's Mkt 20 E Willow
6. /Aqua 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 5967 E Dunbar Rd
10. /Monica's Baker Boy 2700 N Custer Rd
11. /City of Monroe Community Gardens 4309 W Albright Rd
12. /Arthur Lesto Community Garden E Second St & Winchester St
13. /Monroe Garden 1473 S Telegraph
14. /Amber Garden Ministry / 2401 S Custer Rd
15. /St Mary Organic Farm (+ bookkeeping) IHM Sisters Campus / 610 W Elm
16. /R/M Recycling 500 N Dixie Hwy
17. /Willow View Farm / 669 Willow View Ct
18. /Honey Boy Honey (local honey) / M4605 S Dixie Hwy
19. /Alive Naturally / 1125 S Telegraph Rd
20. /Sterling State Park
21. /River Falls 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. /Cappuccini Park
28. /Heilenberg Park
29. /Annette Heck Farm (local honey) / 4309 W Albright Rd
30. /Monroe Charter Twp Hall (Recycling Wednesdays) 4925 E Dunbar Rd
31. /Danny's Fine Foods Market 199 Cole Rd & 1002 W Elm
32. /Kroger 630 S Monroe St
33. /Meijer 1702 Telegraph Rd
34. /Hi-Lite Supermarket 15539 S Telegraph Rd

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

- Lavender
- Rhododendron
- White Clover
- Cotonaster
- Heather
- Purple Tafodias
- California Lilac
- Bachelor's Buttons
- Bellflower
- Thyme
- Forget-Me-Not
- Yellow Mustard
- Sage + Oregano
- Escallonia
- Cranebill
- Aster
- English Daisy
- Rosemary + Mint
- Borago
- 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 (neonic) cause illness and death, confusion, and colony contamination in honey bees.

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

- 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 Department of Agriculture and Rural Development's Fish Safe Fish Guide www.michigan.gov/eatsafefish.

TO RECYCLE

PAPER / Office paper, junk mail, newspapers, 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 cans, 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 8900 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, 238B 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/compost starch based cups
  - organic packing material
  - spoiled juice
- BROWNS:
  - fall leaves
  - spent plants
  - small twigs + wood chips
  - sawdust + wood shavings
  - shredded newspaper
corn cobs
  - 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
corn cog
  - cheese + dairy
  - fats + grease
dog + cat waste
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