



Increase your joy (and help create a healthier community) by bringing organic increasingly into the circles of your life. Here are some more ideas for ways that you can.

Daily Life

- **CREATE FUN ECO-ACTIVITIES.** For ideas, explore Annual Events, Restaurants, and Farms (get to know your local farmers). Garden with your family or community; see Nurseries, Community Gardens, and the article on Page 43. Enjoy local nature; for inspiration and resources, see Pages 50 and 171. Share organics with friends by exploring the Guide together.
- **MANAGE YOUR HOUSE LESS-TOXICALLY.** See Pest Control Services, Nurseries (for landscapers), and Page 150.
- **VACATION LOCALLY.** People come from all over the world to explore the variety of regions here. Enjoy your own backyard, while reducing the environmental and financial costs (and hassles) of long-distance travel. Find places to escape in Lodging & Retreat Centers. (Also find spots there for visiting guests.)
- **ENJOY SPECIAL HOLIDAYS.** Find a place for your holiday meal in Restaurants. Explore Farms for fun activities. (There's a pumpkin patch, corn maze, hayrides – even organic Christmas trees!) Consider a live potted tree; plant it outside after the holidays end. (Note: Listings hours can change at the holidays.)
- **GIVE GIFTS THAT SUPPORT LOCAL ORGANICS.** The Guide is full of ideas. Mail order products are marked “ML”. Products in stores are marked “R”. And, of course, the Guide is a fun and useful gift!
- **NURTURE YOUR LIFE PATH.** Deepen your knowledge, and develop your skills and career, through the Education listings.
- **SUPPORT THE CHILDREN IN YOUR LIFE.** Children's developing systems are more susceptible to toxics. Help nurture children with organic food and a less-toxic home. Provide opportunities for them to connect with nature and learn about food and farms (see the Education and Farms listings). Find natural clothes, toys, and books in Clothing Stores & More.

Weddings & Events

Weddings and other events are a chance to express yourself, including your eco-values. Plus, by choosing eco-options, your money helps support a healthier world. You can use the Guide to help find:

- **ECO-EVENT LOCATIONS.** For leads, explore Farms, Restaurants, and Lodging & Retreat Centers.
- **ORGANIC FOOD & DRINK.** For catered food, see Catering, Natural Food Stores, and Restaurants. (In Restaurants, look for the catering symbols.) For beverages, see Coffee & Tea, Food Products, Wineries, and Breweries.
- **ORGANIC FLOWERS & GREENERY.** Use local organic flowers to avoid the toxics and environmental costs of mainstream ones (most are imported). Or grow your own! For leads, see Farms, Natural Food Stores, and Nurseries.



- **ECO-TABLEWARE.** Consider recycled napkins, biodegradable utensils, and more. See Natural Food Stores.
- **GIFT REGISTRY.** Register at places that offer organic and other eco-options. Explore Guide listings for leads.
- **FAVORS.** Give organic treats from a local farm or business – for instance, a jar of homemade preserves. Treat your guests and support local organics at the same time.
- **HONEYMOON.** Explore Lodging & Retreat Centers for special local spots to start off your new life together. (The Guide can also help you set up your natural home.)

For more ideas, see *Organic Weddings: Balancing Ecology, Style, and Tradition* (Michelle Kozin), and *Green Weddings That Don't Cost the Earth* (Carol Reed-Jones). These books also make great engagement gifts. Also see <www.organicweddings.com>.

At School

Teachers, administrators, and parents can create a healthier school and encourage children's appreciation of organics. For example:

- **TAKE FIELD TRIPS** to places here (for instance, Farms).
- **CREATE A GARDEN,** and maybe even integrate it into the lunch program and curriculum. For ideas, see Pages 43 and 54.
- **REDUCE TOXICS.** See Pest Control Services, including the information box. The California Healthy Schools Act mandates certain actions and offers assistance; see Resources, Page 169.

At Work

To include your values at work, you can:

- **USE ORGANIC FOOD AND BEVERAGES** on-site and at events, large and small. For sources, see Farms, Natural Food Stores, Grocery Stores, Wineries, Catering, and Festival Services.
- **HOST MEETINGS AND EVENTS** at restaurants committed to using organics. For leads, see Restaurants. The Weddings & Events section to the left has more ideas for greening your events.

Retailers & Restaurants

Consider bringing (more) local organic products into your store or restaurant. You'll get fresh tasty food, support local organic agriculture and businesses, help preserve the beautiful open space of farms, and build community as you get to know the offerings of your neighbors.

- **FIND SOURCES.** The Guide can help! Especially see Distributors, Farms, and Farmers' Markets. Look throughout the book for products marked “R”.
- **EDUCATE YOURSELF** about organics, to better support your purchases, and your presentation to customers. What does certified organic mean and what are the benefits? What's the definition of organic vs. natural meat? The Guide answers questions like these, and offers resources to find out more.
- **ASSESS WHERE YOU ARE NOW AND SET FUTURE GOALS.** For input, restaurants can look at our criteria in that section. How do you stack up? Does it give you ideas for targets?

The following pages offer more information and ideas for integrating organics into your life.