

Sustainable Happenings

Cycle September

by Rosemarie Russo

September is National Workplace Bike Challenge month and the City of Moab has set up a team to participate. The community is invited to be part of the City's team or establish teams for local businesses and join as a member. This is not a slickrock type of challenge – participants can ride as little as 10 minutes per week, or as many miles as they wish. All efforts will help their team. Local bike shops may also benefit because the national organization that sponsors the event, Love To Ride, purchases prizes from local bike shops in participating communities across the country.

“Riding a bicycle, even for only a short time each week, helps people stay fit while also reducing carbon emissions and helping save money on gasoline,” said Moab City Sustainability Director Rosemarie Russo. She added, “If you haven't been riding because your bike needs a repair, check out the new bike repair kit at Swanny Park.”

“Cycle September” is part of the May through September National Bike Challenge organized by Love to Ride. The City of Moab Team participated in the May Team Bike Challenge, resulting in estimated energy savings of \$798 and a reduction of 3 metric tons of air pollution.

The Moab Team winner in May received a local prize of a collapsible, waterproof, rechargeable solar lantern and carrier.

Cycle September will also feature a variety of prizes given out by Love To Ride, including bike bags, trips to the Grand Canyon, bike shop gift certificates and a New Zealand vacation. The City of Moab's Sustainability Director, Rosemarie Russo, will also hold a local prize drawing on Oct. 1.

To participate in Cycle September, simply register on the website www.lovetoride.net (enter your information or sign up through Facebook). Create your own team or under “Join a Team” enter City of Moab to join the City's team.

Help the effort by riding at least 10 minutes per week and recruiting friends, businesses and customers to sign up.

Participants are encouraged to share their favorite pictures of riding to work on the National Bike Challenge photo gallery page and on the City's sustainability website, www.sustainablemoab.com.

For more information email Russo at: rrusso@moabcity.org, or call 435-259-5121.



Share your favorite picture of riding to work on the National Bike Challenge photo gallery page and on the www.sustainablemoab.com



National Bike Challenge 2018 Stats

37,019 Participants
1,302 New Riders
3,782,265 Miles
407,834 Trips



Castle Valley Farms

More than 90% of the produce consumed in the state of Utah comes from out of State, most of which travels hundreds and sometimes thousands of miles from farm to plate. To make this long journey, produce is picked green and



very early to ensure it makes it to market. Mass agricultural practices in this country have rendered our food devoid of

essential nutrients and are riddled with pesticides and herbicides. This situation has had grave effects on our health. This is why we, at Castle Valley Farms, are dedicated to bringing fresh, chemical free, nutrient dense produce to the people of Moab.

For the past month we have been operating a local farm stand each Tuesday evening from 4-7pm on the grounds of the Youth Garden Project. We are well into a full range of summer crops which include: heirloom tomatoes, cucumbers, peppers, red velvet okra, radish, beets, carrots, yellow summer squash, zucchini, salad mix,



arugula, kale, garlic, eggplant, peaches, and melons. We have also recently added micro-greens (which have 10 times the nutrient value of their full grown counter parts!), to our offerings. These include the shoots of: sunflowers, peas, radish, kale, arugula, broccoli, kohlrabi, and rainbow chard.

Alongside the farm stand, we have been serving our famous Castle Valley Carrot Hot Dog! That's right, a hot dog made with a whole carrot! Now, this isn't just any carrot, we lovingly steam and marinate each carrot in a homemade sauce, giving it a wonderful smoky flavor, resembling very closely the taste of a hot dog. Each dog is served on either a whole wheat or gluten free bun, starting with Veganaise, on up to all the toppings you can handle: from catsup and mustard to cultured sauerkraut, Bubbies dill relish, vegan chili and grilled onions. So come on down Tuesday evenings to support your local farm and get a nutritious homemade dinner. You won't regret it!



CASTLE VALLEY FARMS
FARMERS MARKET
WHEN: TUESDAYS 4-7PM
WHERE: YOUTH GARDEN
Jump on your bike and come on down to the Youth Garden Project on the bike path for some fresh veggies and a carrot hot dog!

DAVE'S CORNER MARKET
4th East & Millcreek Drive
259-6999
BEST CUP IN TOWN
Largest selection of gourmet coffee in Southeastern Utah.
Monday-Friday 6 a.m. - 10 p.m.
Saturday & Sunday 7 a.m. - 10 p.m.

SKINNY TIRE EVENTS
WWW.SKINNYTIREEVENTS.COM
TWO CYCLING EVENTS IN MOAB, UTAH
MOAB CENTURY TOUR
SEPTEMBER 22ND - 23RD
2-DAY EVENT
Covering Rides from our Mountain Range to the River!
MOAB SKINNY TIRE FESTIVAL
MARCH 9TH - 12TH 2019*
2-DAY OR 4-DAY OPTIONS
Ride through Arches National Park, along the Colorado River, and more!
*WE DONATE \$25 OF EVERY REGISTRATION TO CANCER SURVIVORSHIP PROGRAMS
All Skill Levels Welcome!
REGISTER NOW AT BIT.LY/STFMOAB

Community Recycle Center
1000 Sand Flat Rd.
435-259-3867
Monday, Tuesday, Thursday 8am - 5pm
Saturday 8am - 12:30pm
Plastic 1 ~ Plastic 2 (Milk & Water Jugs)
Glass ~ Office Paper ~ Aluminum
Tin Cans ~ Cardboard
Electronics Recycling 2nd Saturday every month
*Donations cannot be accepted outside of posted business hours