

# Portland Curbsider

Bureau of Planning and Sustainability • Charlie Hales, Mayor • Susan Anderson, Director

Winter 2013

## Local Chef Dishes Holiday Prep Ideas



Photo by Dan Kvitka

**R**yan Gaul has been the executive chef at Southpark Restaurant for two years and has been in the food industry for over a decade. He and his wife live in Southeast Portland with their backyard chickens, ducks and pet pig named Clancy.

Ryan shared his thoughts on cooking and composting at home through the holiday season.

### Southpark is recognized for its sustainability efforts, including composting. Do you compost at home?

Yes, we do both curbside composting and we compost some food scraps in our worm bin. Our backyard pets also eat some of our scraps. I didn't grow up composting and it's a lot easier than I thought it would be.

### What works well for your kitchen composting set up?

We've found it to be pretty simple to maintain. We cook at home a lot so there are always onion skins, meat bones and things like that to go in the kitchen pail. I cut things up small to save space in our container and we dump it often into the green roll cart. I use liners in my pail when I am prepping something that is messy or has a strong odor.

### Are you hosting a holiday gathering this year? What's on the menu?

We had a Thanksgiving party this year with a turkey and all the traditional sides. I made my mom's stuffing with smoked oysters and bacon. The holiday season at Southpark is so busy that when Christmas arrives, I like to keep things simple. So this year, it might be frozen pizza and beer.

### What's your favorite holiday leftover?

Cold turkey sandwiches. I use store-bought potato rolls and add turkey, mashed potatoes, stuffing — all cold, out of the fridge with lots of kewpie mayo (popular Japanese brand). I think I like that better than the actual dinner.

### Ryan's tips for Portlanders preparing large holiday meals



There are many easy things you can do to simplify your holiday meal preparations and cut down on waste:



■ Plan your meals and shopping lists based on the number of guests so you don't overbuy.



■ Buy your produce from a farmers market.



■ Purchase things without a lot of packaging.



■ And don't forget to send leftovers home with your guests in reusable containers.

In recognition of its dedication to sustainable business practices, Southpark achieved Silver Certification through the City's Sustainability at Work program. Examples of Southpark's leadership include a comprehensive recycling and composting system, support of local farmers and ranchers and the installation of a bike corral for both customers and employees.

## Ryan's Mom's Holiday Stuffing

- 1/2 pound bacon
- 2 cups finely diced celery
- 2 cups finely diced yellow onion
- 8 cups chopped dried bread
- 2 tins small smoked oysters
- 2 cups chicken or vegetable stock

Fresh chopped sage to taste

- Preheat oven to 350 degrees.
- Sauté bacon on low heat until crispy.
- Add onions and celery and sauté until translucent.
- Add chicken stock and bring to a boil, then turn off and let sit for 5–10 minutes.
- Pour mixture into a bowl with the bread, oysters, and chopped sage and mix well. If it seems a little dry you can add a bit more chicken stock or a splash of water.
- Adjust seasoning then pour into baking dish or casserole pan and bake at 350 until a nice crust begins to form on top but is still moist inside, about 15–20 minutes.

### Vegetarian Option

- ★ Substitute 3 tablespoons olive oil for the bacon.
- ★ Add mushrooms to sautéed onion and celery mixture.
- ★ Omit oysters.

*You can also turn on the broiler at the end to get a nice crust.*

## Questions about curbside collection service?

**Call your garbage and recycling company first. They can access your account and are in direct communication with collection drivers to quickly resolve any issues.**

**Your garbage and recycling company can answer questions and provide information on:**

- Your account or bill
- Missed collections
- Lost or stolen containers
- Vacation credit
- Your pick up day or collection schedule
- What goes in each container
- Extra garbage or bulky items

Find your garbage and recycling company's phone number on your bill, the side of the green composting and blue recycling roll carts or online at [www.portlandoregon.gov/bps/carts](http://www.portlandoregon.gov/bps/carts).



# INCLUDE THE FOOD



## GREAT NEWS ABOUT PORTLAND'S CURBSIDE COMPOSTING PROGRAM

Portland residents have been composting their food scraps for two years

**Since the start of the program Portland residents have:**

- Reduced garbage going to the landfill by 37 percent!
- Turned close to 160,000 tons of yard debris and food scraps into rich compost for healthier farms and gardens. That's enough compost to fill 30 Olympic size swimming pools!

**Plus —**

- Almost 80 percent of Portland households are adding food scraps to their green composting roll cart.
- A recent citywide survey showed nearly three-quarters of residents feel "very good" or "good" about their curbside garbage, recycling, and composting service and it is one of the highest-rated city services.

While Portlanders are doing a great job of composting their food scraps, studies show there are still food scraps left in the garbage. Even small amounts add up, so remember to include the food when preparing meals, scraping plates and cleaning the refrigerator or pantry of leftovers or spoiled food. Big or small, we want it all!

“Where do my food scraps go?”  
And other questions ...



## An interview with Portland's Curbside Hotline Operator

**Q: Where are Portland's food scraps composted?**

**A:** Yard debris and food scraps from Portland's curbside composting program are processed either at Nature's Needs composting facility in Washington County or Pacific Region Compost in Benton County, Oregon. After just six weeks, they transform into a nutrient-rich fertilizer for gardens and farms.

Find out where you can purchase Portland's compost for your own garden at [www.portlandoregon.gov/bps/foodscraps](http://www.portlandoregon.gov/bps/foodscraps).

**Q: Can I put \_\_\_\_\_ in my green composting roll cart?**

**A:** To answer this, just ask yourself two questions: "Is it yard debris?" or "Is it food?" If the answer to either question is yes, then go for it! The only other items allowed in the green composting roll cart are paper napkins, paper towels, coffee filters, tea bags and pizza delivery boxes. Residents may also line their kitchen compost container with newspaper, a paper bag or an approved compostable bag. Check the resources section to find approved compostable bag brands.

**Q: What about products like to-go containers, utensils and cups that are labeled, "compostable" or "biodegradable?"**

**A:** Only yard debris, food and the five additional items listed above are accepted in Portland's residential composting program. Even if a product says "compostable," please do not include it in your green composting roll cart. **These items belong in your garbage container.**

**Q: Why are some "compostable" items accepted in restaurants or at events but not allowed in the green composting roll cart at home?**

**A:** Portland's commercial food scraps are processed differently than residential food scraps and businesses follow a different list of accepted items. Portland households should continue to just include the food in the green composting roll cart!

**Q: Can residents who live in apartments and condominiums compost food scraps?**

**A:** There are dozens of Portland multifamily communities that compost their food scraps, however many buildings haven't yet implemented a food scrap collection program or are not equipped to do so. To find out whether food scrap composting could work at your apartment or condo, contact the Multifamily Waste Reduction program.

**Resources**

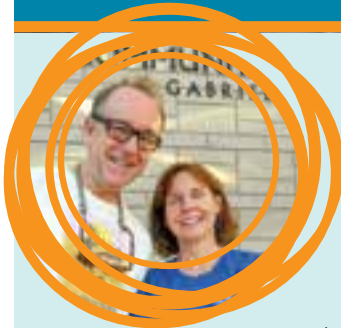
**Curbside Composting:** Where to purchase compost and a list of approved compostable bag brands  
503-823-7202 | [www.portlandoregon.gov/bps/foodscraps](http://www.portlandoregon.gov/bps/foodscraps)

**Multifamily Waste Reduction:** Recycling and food scrap collection resources  
503-823-5054 | [www.portlandoregon.gov/bps/multifamily](http://www.portlandoregon.gov/bps/multifamily)

**Sustainability at Work:** Business assistance  
503-823-7037 | [www.portlandoregon.gov/sustainabilityatwork](http://www.portlandoregon.gov/sustainabilityatwork)



## A sunshine fund for Portland's neighborhoods



Like many Portlanders, Beth and Richard Clucas were excited about solar energy. When their neighbors in Southwest Portland put up solar panels through the Solarize campaign, they took note.

**“ We really wanted solar panels to power our house, but large trees on our property made it impossible. Renewable energy is essential, so we were excited to find another way,” said Beth.**

Solar Forward offers a solution for Portlanders who can't put solar on their own roofs.

Solar Forward is Portland's first revolving community fund that aims to install solar energy systems on rooftops of well-loved community buildings like community centers, schools and libraries.

Thanks to a grant from the Oregon Community Foundation and the generous support of local residents and businesses, Solar Forward just celebrated the first installation at the Southwest Community Center. The project is raising funds to install solar on the next site, hopefully in your neighborhood.

**Beth and Richard love walking by the Southwest Community Center, knowing they helped to create Portland's clean energy future. Will you join them?**

Supporting renewable energy delivers real benefits to the community, from the quality of the air we breathe to the economic opportunity created for Portland's small businesses and workers. In return for your tax-deductible contribution, you'll receive permanent recognition and the feel-good benefit of paying it forward.

**Donate online at [www.portlandoregon.gov/bps/solarforward](http://www.portlandoregon.gov/bps/solarforward)**



## Protected Sick Leave is coming to Portland



On January 1, 2014, the City of Portland's new Protected Sick Leave ordinance goes into effect, and workers in Portland will have a protected right to earn sick time to use when they or a family member are sick, injured, or in need of preventive health care.

- Full and part-time employees will accrue one hour of job-protected sick time for every 30 hours worked and, if earned, can accumulate a minimum of 40 hours paid or unpaid sick time per calendar year.
- Earned sick leave may be used in increments of one hour or greater, and may be used to cover all or part of a shift.
- The ordinance applies to all employees who work within the geographic boundaries of the city of Portland for 240 hours or more in a calendar year.
- If you work for an employer with six or more employees, you will earn paid sick leave. For employers with five or fewer employees, an employee can earn unpaid sick leave.

**For employers and employees interested in learning more about this new law, visit [www.portlandoregon.gov/sickleave](http://www.portlandoregon.gov/sickleave) or call 503-823-3994.**

## 2013-14 FIX-IT FAIRS



**The Fix-It Fair season is underway! Bringing money-saving, health-promoting, resource-conserving resources to Portland residents.**

Fix-It Fairs are free community events that feature more than 50 exhibitors, workshops, lunch and childcare. Find resources for weatherization and energy conservation, garden and habitat maintenance, healthy eating, sound finances and more.

**January 25, 2014 Rosa Parks Elementary School  
8960 N Woolsey Ave**

**February 22, 2014 David Douglas High School  
¡Clases en español! 1001 SE 135th Ave**



[www.portlandoregon.gov/bps/fif](http://www.portlandoregon.gov/bps/fif)

## Fix-It Fair hosts Repair Café

Be more resourceful in 2014! Come to the repair café at the January 25th Fix-It Fair at Rosa Parks Elementary School.

Repair cafés (fix-it clinics) are popping up all over Portland, bringing volunteers who like to fix things together with people who have items that need repair. This repair café's focus will be small appliances and garments. Bring your curiosity, patience and a DIY attitude!

Not all items will be repaired. You may need to find parts or do additional research, however you will leave with connections to a network of handy Portlanders!

To help ensure equal access to City programs, services and activities, the City of Portland will reasonably modify policies/procedures and provide auxiliary aids/services to persons with disabilities. Call 503-823-7700 with requests.

# SOME FRESH IDEAS FOR A BRIGHTER HOLIDAY SEASON

## START WITH A LITTLE PLANNING

Lower stress and keep shopping trips organized by creating a gift list. Save time by mapping out the places you want to shop and combining trips.

### Don't forget your reusable shopping bags!

They're not just for groceries anymore. Since October 1, 2013, all Portland businesses, including retailers and food providers, are no longer offering plastic check-out bags.

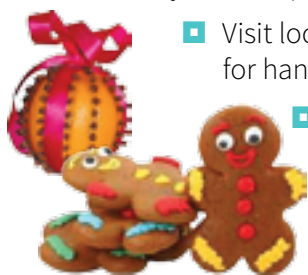
We can often feel like we're short on time, money and patience during the holiday season. But with some simple planning and creative thinking, you can tackle your shopping and to-do lists while saving money, reducing waste and enjoying the experience just a little more.

## A BETTER EXPERIENCE FOR THOSE ON YOUR LIST — AND YOU



Give gifts of experience, rather than stuff, and make a lasting impression. Here are a few ideas: cooking lessons, yoga or dance classes, gift certificates, tickets to a play or museum, a cheese or wine club subscription or a Community-Supported Agriculture membership.

- Consider giving your time or expertise. For example, if you are an excellent cook, gift a couple of hours teaching someone how to prepare a special meal or make homemade jams and preserves.
- Visit local school and church bazaars or head downtown to Saturday Market for hand-made items and locally-produced goods.
- Share the experience and make a day of it with a friend or family member. Enjoy this time of year and what it offers, from twinkling lights to indulging at a local restaurant or holiday-themed play.



## WRAP WITH CARE

Creative options abound for wrapping and presenting gifts to cut down on waste and help you save money.



- Buy or make a fabric bag that can be reused.
- Use decorative bags and wrapping paper made from recycled paper.
- Create wrapping paper with old books or maps or involve your kids by using their art projects.
- Decorate gifts with ribbons and bows from other celebrations or add a bit of nature by using a sprig of greenery.

**BE RESOURCEFUL**  
SAVE MORE. LIVE MORE.

**ENJOY WHAT THE SEASON HAS TO OFFER.**  
SAVE MORE, LIVE MORE. BE RESOURCEFUL.



**FIND MORE HOLIDAY TIPS:**  
[www.resourcefulpdx.com](http://www.resourcefulpdx.com)  
[www.oregonmetro.gov/holidays](http://www.oregonmetro.gov/holidays)  
[www.sokindregistry.org](http://www.sokindregistry.org)

## HOLIDAY TREE COMPOSTING

Make sure holiday greenery and trees are ready for compost pick-up after enjoying them this season. Note that trees will not be accepted with garbage.

Prepare your tree for pick-up by removing all tinsel, lights, ornaments, wire, nails, stands and other materials that cannot be composted with the tree.

### Curbside collection: Whole tree

Trees that are 6 feet and under can be put out at the curb on collection day for \$4.50. Please cut larger trees down to 6 feet to ensure driver safety.



### Curbside collection: Tree pieces

- Cut the trunk and branches into pieces less than 36 inches long and 4 inches in diameter.
- Please ensure that any tree pieces in your green Portland Composts! roll cart do not poke above the lip of the cart; weight limit is 135 lbs.

### Extra yard debris only

Set out an extra 32-gallon can, kraft paper lawn and leaf bag or bundle of yard debris for \$3.75. Call your garbage and recycling company for a Yard Debris Only sticker to identify extra cans. Bundles must be securely tied with string or twine; weight limit is 45 lbs.

### Support nonprofit organizations

You can also arrange for a nonprofit organization to collect your tree. Fees may range from \$4-\$10. Call Metro's recycling hotline at 503-234-3000 for drop-off or pick-up information.

## OPTIONS FOR EXTRA GARBAGE

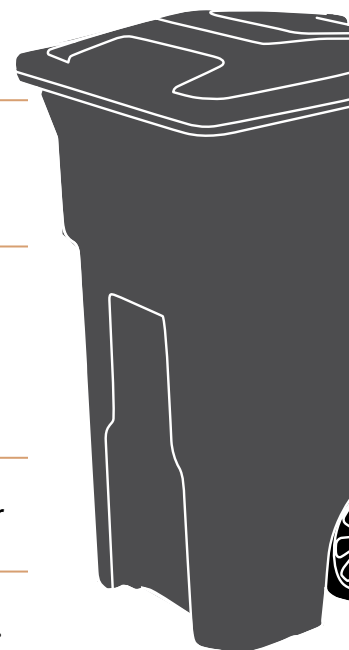
After holiday entertaining and gift giving, you may find excess packaging and bulky items filling your garbage can.

Set out an extra garbage can or bag on your collection day for a \$5 fee. Extra garbage must be 32 gallons or smaller and weigh 55 lbs. or less.

Items that are too big for your garbage container (such as appliances, furniture or large branches) can be picked up for an extra charge. Call your garbage and recycling company a week in advance for a cost estimate.

Renters: Talk to the landlord about setting out large or bulky items or extra garbage for collection. There is a fee for these services.

Visit Metro's website to learn where to recycle items that cannot be left at the curb.  
[www.oregonmetro.gov/recycling](http://www.oregonmetro.gov/recycling)



Recycle your  
**holiday spirit.**

From spent string lights and batteries, to supporting a nonprofit by recycling your holiday tree, learn where to take it all. Plus, ask for tips on waste-wise holidays.

Ask



Metro

503-234-3000

[oregonmetro.gov/holidays](http://oregonmetro.gov/holidays)

Holiday schedule on page 4.

## Zoom into your neighborhood



A community member explores the Comprehensive Plan Map App — an interactive online map that allows users to view and comment on the city's infrastructure and demographics.

## Comprehensive Plan Map App gives Portlanders another way to engage

“You can use it 24/7, from any computer or tablet,” said Kevin Martin, BPS technical services manager. “We want ideas from people who aren’t able to attend community meetings.”

In the next 20 years, Portland is expected to gain approximately 280,000 residents. The City is preparing for that growth by updating the Comprehensive Plan, a long-range plan for the growth and development of Portland through 2035. But it’s not always easy to convince people to become personally invested in a complex planning process.

This fall, BPS launched a new way for Portlanders to get involved in planning for the future of their city. The online mapping tool allows you to view dozens of maps, combine map “layers,” make comments and view comments from other users. You can also share the personalized maps that you create with others via email, Twitter, and Facebook.

You’re invited to play with the Map App, explore your city and find out what’s going on where you live. Community input received via the Map App will help the city answer questions such as:

- Where is there a need for more grocery stores or other retail and commercial development?
- Where should development be limited to reduce environmental risks and landslide impacts, and make it easier to manage stormwater?
- Which areas of the city need greater connections to nature? Or better bike and pedestrian connections to services?

### Learn more about the Plan!

On the web: [www.portlandoregon.gov/bps/pdxcompplan](http://www.portlandoregon.gov/bps/pdxcompplan)

By email: [pdxcompplan@portlandoregon.gov](mailto:pdxcompplan@portlandoregon.gov)

At your local library or neighborhood coalition offices.

At Mapping Conversation workshops in the coming months.

View the maps at [www.portlandoregon.gov/bps/pdxcompplan/mapapp](http://www.portlandoregon.gov/bps/pdxcompplan/mapapp) and leave comments before December 31.



**Bureau of Planning and Sustainability**  
Innovation. Collaboration. Practical Solutions.

City of Portland, Oregon  
Charlie Hales, Mayor • Susan Anderson, Director

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[www.portlandoregon.gov/bps](http://www.portlandoregon.gov/bps)  
503-823-7202



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- Holiday schedule changes
- Composting update and resources
- 2014 Fix-It Fairs

# Portland Curbsider



## Holiday Schedule Changes

No collections on  
**Wednesday, December 25, 2013**  
or **Wednesday, January 1, 2014**

If your regular pick-up day is From December 25 to January 4, your pick-up day will be

Monday	Monday
Tuesday	Tuesday
Wednesday	Thursday
Thursday	Friday
Friday	Saturday

All other holidays are regular pick-up days.  
Questions? Call your garbage and recycling company or the Curbside Hotline at 503-823-7202.

## WIN \$100 CREDIT ON YOUR GARBAGE BILL!



**SIGN UP FOR FREE COLLECTION DAY EMAIL REMINDERS AND A CHANCE TO WIN!**

Tired of checking to see which containers your neighbors set out to know if it’s garbage week? With free collection day email reminders, you can take the guesswork out of garbage day. Plus you’ll be entered for a chance to win \$100 credit on your garbage bill.

Go to [www.garbage reminders.com](http://www.garbage reminders.com) to sign up and be automatically entered to win one of ten \$100 credits.

Contest is open to all single-family and smallplex (2-4-unit) households and runs through March 1, 2014, or until ten winners are selected. Full contest rules at [www.garbage reminders.com](http://www.garbage reminders.com).