



www.oaklandnursery.com

Phone 614.268.3511

# SUSTAINABLE LIVING

## Sustainable Living

Oakland Nursery's Green Living Page

Sustainable Living is more of an ultimate goal and lifestyle, than a specific list of things to do. Sustainable living brings together all the aspects of protecting the environment, conservation and organic living, and incorporates them into your daily living and daily decision making. If you are growing your vegetables organically, changing incandescent light bulbs for compact fluorescents and recycling aggressively, you are well on your way to living sustainably. If not, your life will have to change a little to make to jump to Sustainable living.

Change, Habits, Choices.....Ugh, those words again. Can't we just keep things the same? Sorry, but no. To keep going at the current rate of consumption and discharge, we need the resources of three more Earths. So, living sustainably means changing your lifestyle (for the better), changing destructive and wasteful habits (for the better), and making deliberate choices to live a more healthy, more simply, more locally, and more responsibly.

Believe us, it's not hard, and it can be an uplifting experience for your family and community. And it can be fun. It is something we will have to do all together eventually anyway, because our earth cannot support our current way of life. Better to start now, before things get ugly.

There are lots of very wordy definitions, but the one I like is "a thoughtful approach to leading a fulfilling life by balancing the needs of the present without compromising the needs of future generations."

What does this mean? It means buying as much of your food locally at farm markets, growing your own fruits and vegetables, recycling as much as possible, and driving a fuel efficient car, for a start. And for the finish, teaching your children these lessons.

Sustainable Living is NOT some weird religious cult, a mandate to stop buying things or an attempt to revive 1960's utopian hippism. It IS a response to being a better citizen, leaving the world in a better condition for our kids, saving money, saving the environment, or making a change in how we live our lives.

To address the problems of global warming, unneeded development, global warming and unlivable cities, it is going to take a unique solution. Us. Each individual is needed to do their part to conserve, recycle and save their corner of the world from themselves.

Several articles follow, in no particle order that address some facets of living sustainably. There are lots of books, websites, and even college courses on this topic. I'll list a few below to get started. But get started we must. Have fun.



www.oaklandnursery.com

Phone 614.268.3511

## Sustainable Living, cont'd

Oakland Nursery's Green Living Page

### Resources

Earth Easy: [www.eartheasy.com](http://www.eartheasy.com). A expansive website all about sustainable living. Many articles on all aspects of healthy living. Go as deep as you want.

The Sustainable Living Project, Oregon State University: [www.cof.orst.edu/cof/extended/sustain/](http://www.cof.orst.edu/cof/extended/sustain/) This website, hosted by Oregon State University helps introduce you to the concept of sustainable living. The link to their "Living Sustainably: It's Your Choice" is an excellent place to start the journey.

Lighter Footstep: [www.lighterfootstep.com](http://www.lighterfootstep.com). Good collection of articles on eco-friendly living.

Earth 911: [www.earth911.com](http://www.earth911.com) A call to action website. Articles on what's going wrong on the planet and what you can do about it.

Mother Earth News: [www.motherearthnews.com](http://www.motherearthnews.com) The website for the venerable magazine is pretty good. Ever-changing topics and easy navigation will keep you busy.

The Good Human: [www.thegoodhuman.com](http://www.thegoodhuman.com) : Good informative articles on green living.

Yahoo! Green: [www.green.yahoo.com](http://www.green.yahoo.com) : Well built website on green living and planet matters.

SUSTAINABLE LIVING