

Eco-Guide for First Year Students at the Tufts Cummings School of Veterinary Medicine

Information provided by student members of the Grafton Green Team

Overview:

This guide provides an introduction to sustainability-focused resources at and in the vicinity of the Cummings School, including places to buy local produce and shop for second-hand clothing and furniture and information about composting and recycling. For additional information about being green on campus or to get involved with these initiatives, please visit <http://sustainability.tufts.edu/grafton-green-team/> or sustainability.tufts.edu

Sign up for the Grafton Green Team!

We're a group of faculty, staff, and students who work on sustainability projects on campus. In the past few years we have set up the community garden, started on-campus composting, run the Zero Waste Week Challenge and many more things! Anyone is welcome to join - time commitment is low and depends on how much you want to do. We usually meet once a month to discuss topics or environmental concerns on campus and are always looking for more ideas. It's a great way for you to personally get to know more staff and faculty in Grafton. For more information, contact the Green Team leaders at GraftonGreenTeamAdmin@tufts.edu.

Places to buy local produce:

Grafton Farmer's Market

Held on Thursdays from 2:00 – 6:00 PM on the Grafton Common from 6/29/16 – 10/12/16.

Cummings School Community Garden

A free community organic vegetable garden run by and open to all Cummings School community members. The garden runs on an open basis - if you join and spend a certain amount of time tending the plants you can take any vegetables for free. Contact Delaney.Honeyford@tufts.edu (V19) to get on the list.

Library Farmer's Market

Run by Betsy Like (Betsy.Like@tufts.edu) of the library, there are often vegetables available for sale at the library. Betsy sends out e-mails during the semester with updates as to what is available and the costs. All proceeds go to [the Travis Fund](#).

Houlden Farm, North Grafton

There is a farm stand located close to campus at 139 Old Westboro Rd. The cross street is Wesson Street. Visit their [Facebook page](#). They are open from 10-7 on weekdays and 10-5 on weekends.

Canal District Farmers Market, Worcester

Saturday mornings from 9:00 AM – 12:00 PM year-round in the Crompton Collective building at 138 Green Street.

Nourse Farm, Westborough

Seasonal farm store located at 76 Jasper Street in Westborough and an awesome CSA (Community Supported Agriculture, aka farm share) from June-October for those around in the summer.

Westborough Farmer's Market

Held on Thursdays from 2:00 – 6:00 PM on the lawn of the Congregational Church (57 West Main Street) from 6/2/16 – 9/29/16. Additional information and updates are also available on the farmer's market [Facebook page](#).

Harvey's, Westborough

Sells produce and gives gardening advice; sells herbs and other plants. Open 7 days a week from 9:00 AM – 6:00 PM at 7 Maple Avenue.

Purchasing meat and eggs at the Cummings School

To buy eggs, enter the chicken room (the building across from the sheep barn and next to the farm parking lot), and select eggs from the refrigerator. It is the honor system, and eggs are \$4/dozen. The container to pay is located on the top shelf of the fridge. To buy meat, you fill out a form, mark what you would like, and send to Jim Phillips of the farm (James.Phillips@tufts.edu).

Seafood Watch

A great resource for purchasing and eating sustainable seafood. Download the [Seafood Watch app](#) to access information on the go.

Places to shop for second-hand clothing, furniture, and other household items:

Savers Thrift Store, Worcester

Enjoy half-off on clothing and other items on many holidays! Just make sure to arrive early and be prepared for many other customers. Located at 490 Lincoln Street.

ReStore, Worcester

A great store for second-hand furniture in Worcester, where proceeds go to Habitat for Humanity. Located at 11 Distributor Road at Gold Star Blvd. and open Tuesday – Saturday 10:00 AM – 5:00 PM.

Goodwill, Worcester

Goodwill often has lightly used rugs, furniture, kitchen appliances, dishes, etc. located at 25 Park Ave.

Composting options:

Bring compost from home – once you register (Contact Arshiya.Goel@tufts.edu) you can deposit your vegetable scraps in the compost dump truck parked near the Goat Barn 1/Amelia Peabody Pavilion. The truck is emptied regularly by farm staff who also compost all the waste from Tufts farms and hospitals. Information on what can and cannot be composted is posted on the sign by the dump truck.

Volunteer to manage the V20 class compost! This is a great opportunity to make a difference every day. Every year there is a student volunteer who is in charge of bringing the compost bin to class and taking it away after class is done. They're responsible for emptying it and keeping it clean. We can also have multiple people do it in shifts. Contact Arshiya for additional information and to sign up.

Local recycling information:

Plastic bag recycling

[Wegmans](#) in Northboro and Stop & Shop (there are several) have recycling bins for plastic grocery bags. Don't put plastic bags in the regular recycling bin as they are not recyclable there!

Grafton recycling information

Find information about recycling in the town of Grafton, including curbside collection and how to get a recycling toter, on the town website: www.grafton-ma.gov.

Bring your dishes! Many events at Tufts encourage the use of reusable dishes, so save some paper and plastic and bring your own. Also, bring your own utensils rather than using plastic utensils at the event. [To-Go Ware](#) is a great option.