

Sustainable Summer Week 8



Grow More, Waste Less: Tips for Composting & Gardening

Gardening doesn't have to mean buying more. 🌱 From reusing everyday household items as planters and seed starters to composting food scraps, there are plenty of simple ways to grow a garden while reducing waste. Check out these tips for making your garden a little more sustainable and your wallet a little happier!

Repurpose old items!

When it comes to gardening, reuse what you already have before buying something new! It helps keep useful items out of the landfill while saving you money. 🌱

Consider these ideas for the future:

- Egg cartons & newspaper pots can be used for seed starters!
- Old buckets & baskets can be converted to planters!
- Use wooden markers or painted rocks instead of plastic plant labels!

Lastly, another good tip is choosing metal or wooden watering cans and tools when possible.

[Explore more upcycling tips here!](#)





Skip Plastic Pots

There are many alternatives to the standard plastic pots. Before buying plastic, explore alternative options below!

- Buy from nurseries that collect and reuse pots!
- Swapping plants with friends instead of buying new!
- Choose biodegradable pots! There are many alternative materials that break down naturally in our environment such as wool, manure, coconut coir, etc.! Another interesting alternative is [Cowpots](#), where they turn cow manure into renewable and recyclable material! Turning methane waste into recyclable pots!

If you do have plastic pots, some places such as [Home Depot](#) have recycling centers where you can drop it off!

Join the Movement!

Compost! Compost! Compost!

Composting food scraps and other organic materials is a simple way to keep valuable materials out of the landfill. Through [New Hanover County Recycling & Solid Waste's](#) composting program, residents can drop off food scraps for free at the landfill to be turned into compost and even request finished compost for their own garden! Here are a few tips to help you make the most of your compost.

- Remove fruit and vegetable stickers before composting.

They can be a source of microplastics and [contaminate](#) the soil.

- Collect scraps in a reusable container or countertop compost bin.
- Line your bin with newspaper or paper bags if needed.
- Be sure to checkout Wilmington Composting Company for residential, commercial, and event composting. In addition, they provide landscaping materials such as compost, soil conditioner, topsoil, & more!

Wilmington Compost
Company!



If you have never composted, here are a few items to start with!

Food Scraps

- *Fruit, Vegetables, Coffee Grounds, Tea Bags, Grains*

Yard Trimmings

- *Leaves, Weeds, Potting Soil*

Paper Products

- *Paper towels, Black & White Newspaper, Shredded Cardboard*

Check out this [article](#) by the EPA for Composting 101!

Sustainable
Summer

LONGWAVE
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Thank You to Our Sustainable Summer Partners!

Be sure to catch Sustainable Summer Give Back days below!

[Longwave Yoga](#): Wednesdays "Seagals" 6am class & Friday 5:30pm Community Class (July & August) – all proceeds go to POP!

[Banter](#): Order the SEA BUNNY cocktail throughout August! A percentage of sales goes to POP!

[Dram Tree Tavern](#): Mondays & Tuesdays in August – \$1 toward every Waterline Beer

[The Ibis Coffee & Cocktails](#): Wednesdays in August – order the "Walking On a Dreamsicle" – a percentage of sales goes to POP!

[Azalea Station](#): Tuesdays in July & August – a percentage of sales goes to POP!

[Seaside Bagels](#): August 24th – a percentage of sales goes to POP!

[Savard Beer and Board](#): Order the Cerveza Bier Mexican Lager throughout the month of August!

[Waterline Brewing](#): Green Drinks event on August 25th at 6pm! A percentage of proceeds goes towards POP!

[Spoonfed](#): \$1 of every Stoke Water sold & Spoonfed matches!

[Plaine Products](#): All year long, a percentage of sales goes to POP using promo code "POP"

Explore POP events and add them to your calendar

Check out the POP Calendar!

Share this challenge with your friends and family, and help us to help you make the world a cleaner, healthier home.

Download your FREE Sustainable Summer Checklist to learn even more ways to increase your positive impact this summer :)

Download the Checklist!

Let's make this a summer of memories—not microplastics.
Share your sustainable adventures and tag us
@PlasticOceanProject.Inc!



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