

# THE GREEN RESOURCE BOOK

Local, Organic  
& Sustainable

Chestnut Hill Garden Club

## GREEN BUILDING

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### **Boston Green Building**

<http://www.bostongreenbuilding.com> • 617-202-3777

Building contractors whose main focus is to provide homeowners with alternatives to “conventional” building techniques for an outcome that is more efficient and sustainable.

### **Living Structures, Inc.**

<http://www.livingstructures.net> • 617-524-5954

Living Structures is a green building company in Jamaica Plain.

### **Sustainable Construction Services**

[www.sustainableconstruction.com](http://www.sustainableconstruction.com) • 508-653-7274

A green design/build company.

## BUILDING MATERIALS

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### **Aggregate Design**

[www.aggregatedesigns.com](http://www.aggregatedesigns.com) • 617-913-1860

Kitchen and bath design. Manufacture countertops, basins, vanities using interesting element that are functional and sustainable.

### **Breathe Easy Cabinetry**

[www.breathe easycabinetry.com](http://www.breathe easycabinetry.com)

Cabinets constructed of non-toxic, environmentally friendly products. Meets requirement for LEED credit.

### **Environmental Home Center**

<http://www.environmentalhomecenter.com/home.shtml>

Resource for buying all kinds of eco-friendly home products, from building materials to bathroom fixtures, appliances and paints.

### **The Old Fashioned Milk Paint Co.**

[www.milkpaint.com](http://www.milkpaint.com)

Milk Paint is now gaining an even wider usage because it contains only ingredients that are all-natural and will not harm the environment.

### **Terrene, LLC**

[www.terrenellc.com](http://www.terrenellc.com) • 781-843-6530

Terrene Sustainable Building Supply sells high quality, environmentally responsible, “green” building products.



## RENOVATION

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### **The Building Materials Resource Center**

[www.bostonbmr.org](http://www.bostonbmr.org) • 617-442-8917

Accepts used windows, cabinets, lumber, doors, flooring and other construction materials that normally would go to a land fill.

### **Boston Restore, Inc.**

[www.bostonrestore.org](http://www.bostonrestore.org) • 617-288-8400

Affordable furniture and supplies for deserving non-profits. The ReStore accepts good quality building supplies and office furniture. The ReStore also deconstructs structures, salvaging usable materials.

## ALTERNATIVE ENERGY

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### **The Alternative Energy Store**

<http://store.altenergystore.com>

The altE store is a retailer of alternative energy goods, from solar panels to wind turbines to solar powered ovens.

### **The Northeast Sustainable Energy Association (NESEA)**

<http://www.nesea.org>

The Northeast Sustainable Energy Association (NESEA) is the Northeast's leading organization of professionals working in sustainable energy, whole-systems thinking and green technologies.

### **SolarFlair**

[www.solarflair.com](http://www.solarflair.com)

SolarFlair sells solar installation for homes and businesses in Massachusetts.



## FARMS AND FARMERS MARKETS

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### River Rock Farm

Paul Schmid  
236 Fisherville Lane, South Westport, MA  
508-636-5586  
pschmid3@att.net

Certified organic grass-fed beef.

### Chicoine Family Farm

Susan Chicoine  
116 Oliver Street  
Easthampton, MA 01027  
413-527-4882  
beefychic@aol.com

100% grass fed beef. Delivery available.

### Wheel-View Farm

John and Carolyn Wheeler  
212 Reynolds Road  
Shelbourne, MA  
[www.wheelviewfarm.com](http://www.wheelviewfarm.com)

Belted Galloway 100% grass fed beef. Delivery available.

### Newton Community Farm

303 Nahanton Street  
Newton, MA 02459  
[www.newtoncommunityfarm.org](http://www.newtoncommunityfarm.org)

Community Supported Agriculture (CSA) for next season will go on sale in February. Produce is also available at the farm stand through mid-October. Check the website for times.

### Federation of Massachusetts Farmers Markets

[www.massfarmersmarkets.org](http://www.massfarmersmarkets.org)

### The Dover Farm

5 Edgewater Drive  
508-785-2019  
[www.thedoverfarm.com](http://www.thedoverfarm.com)

The farm stand is located at 59 Main Street in Dover. CSAs available for the season.



## FOOD

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### **Appalachian Naturals**

324 Wells Street

Greenfield, MA

[www.appalachiannaturals.com](http://www.appalachiannaturals.com)

Hand-crafted authentic New England foods using local MA and New England ingredients. Products include dips, salsa and salad dressings.

### **Chappaqua Crunch Granola**

Wild Blue Yonder Foods

Marblehead, MA

[www.chappaquacrunchgranola.com](http://www.chappaquacrunchgranola.com)

Granola made by hand, good for you, local and totally delicious.

### **Equal Exchange, Inc.**

50 United Drive

West Bridgewater, MA

[www.equalexchange.com](http://www.equalexchange.com)

Equal Exchange offers organic and sustainably grown coffees, teas, chocolates, cocoas, and snacks from Africa, Asia, Latin America and the U.S.

### **Effie's Homemade**

One Westinghouse Plaza

Hyde Park, MA

[www.ffiesshomemade.com](http://www.ffiesshomemade.com)

A unique line of baked goods rooted in traditional family recipes.

### **Real Pickles**

Montague, MA

[www.realpickles.com](http://www.realpickles.com)

A small independent business producing traditional pickled foods by natural fermentation. The products are raw, vinegar-free and 100% organic.

### **Jenny's Ekobaby**

Jamaica Plain, MA

[www.jennysekobaby.com](http://www.jennysekobaby.com)

A great alternative to jarred baby food, this is high quality baby food frozen into individual portions.

### **Reseska Apiaries**

148 Adams Street

Holliston, MA

[www.bostonhoneycompany.com](http://www.bostonhoneycompany.com)

Producers of Golden Meadow and Boston Honey company brands of raw honey.



## **Shootflying Hill Sauce Co.**

96 Naples Road  
Brookline, MA

[www.dessertsauce.com](http://www.dessertsauce.com)

Shootflying Hill Sauce Company's sauces are delicious, easy to prepare and preservative free. They are handmade in small batches using natural ingredients. Sauces include Milk Chocolate, Dark Chocolate, Peach Bourbon and Salty Butterscotch.

## **LOCAL FOOD WEBSITES**

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### **Boston Localvores**

[www.bostonlocalvores.org/index.html](http://www.bostonlocalvores.org/index.html)

### **Edible Boston**

[www.edibleboston.net/content](http://www.edibleboston.net/content)

### **Eat Wild**

[www.eatwild.com](http://www.eatwild.com)

### **Urban Omnivore**

[www.urbanomnivore.com](http://www.urbanomnivore.com)

## **CLOTHING AND ACCESSORIES**

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### **Ella Vickers**

[www.ellavickers.com](http://www.ellavickers.com)

Ella Vickers – Recycled Sailcloth Collection of bags and totes is eco-friendly and handcrafted in the USA using yacht sails from around the world.

### **Envi Boutique**

164 Newbury Street  
Back Bay

[www.shopenvi.com](http://www.shopenvi.com)

Hip and trendy boutique with nothing but eco-friendly clothes.

### **The Green Loop**

[www.thegreenloop.com](http://www.thegreenloop.com)

Environmentally friendly clothing for women and men.

### **Hempest**

<http://store.hempest.com/catalog>

The Hempest hopes to provide you with an organic alternative for all your clothing needs.

### **In 2 Green**

Hastings-on-Hudson, NY

[www.in2green.com](http://www.in2green.com)

Environmentally responsible promotional gifts and apparel.



## **We Add Up**

[www.weaddup.com](http://www.weaddup.com)

We Add Up is a global campaign using organic cotton t-shirts that literally “counts you in” in the fight against global warming. These t-shirts make great gifts for your eco-friendly friends and family!

## **HOUSEWARES**

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### **Buy Green**

[www.buygreen.com](http://www.buygreen.com)

Everything green for your home, office and more.

### **Green Feet**

<http://www.greenfeet.com/index.asp?>

Greenfeet makes it easier to leave smaller, “greener footprints”. The planet’s home store sells everything from CFLs to hemp dog collars to cleaning products.

### **Greenward**

Eco-modern Goods  
177 Massachusetts Avenue  
Cambridge, MA

<http://greenwardshop.com/about.html>

Greenward, sells eco-modern goods that are elegantly designed, attractive, and functional.

### **Shop Green**

<http://shopgreen.pricegrabber.com>

From organic t-shirts to Energy Star compliant PCs, if it is environmentally sound you will find it here.

## **FURNITURE AND FABRIC**

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### **Brastilo**

[www.brastilo.com](http://www.brastilo.com)

Contemporary furniture with a Brazilian flair. Member of the Sustainable Furnishings Council.

### **Country Swedish**

[www.countryswedish.com](http://www.countryswedish.com)

Eco-friendly furniture, fabric, and wallpaper.

### **Greener Lifestyles**

[www.greenerlifestyles.com](http://www.greenerlifestyles.com)

Greener Lifestyles designs and manufactures upholstered furniture using eco-friendly and sustainable materials that don't harm the earth.



### **Lee Industries**

[www.leeindustries.com](http://www.leeindustries.com)

Eco-friendly furniture manufactured in the USA. Available at Crate and Barrel.

### **Mod Green Pod**

[www.modgreenpod.com](http://www.modgreenpod.com)

Whimsical, sophisticated, Organic cotton fabric and vinyl-free wallpaper.

### **NEST**

[www.nestplease.com/store](http://www.nestplease.com/store)

Furniture for kids. Modern, sustainable and fun.

### **Oliveira Textiles**

[www.oliveiratextile.com](http://www.oliveiratextile.com)

Environmentally friendly fabrics for the home.

### **Ortolan**

[www.ortolanorganic.com](http://www.ortolanorganic.com)

Collection of fabric products for kitchen, bed and bath made of 100% organic cotton.

### **Plover Organic**

[www.ploverorganic.com](http://www.ploverorganic.com)

Organic cotton bedding for the style conscious, earth conscious home.

### **Rubie Green**

[www.rubiegreen.com](http://www.rubiegreen.com)

100% organic upholstery fabric.

### **Swans Island Blankets**

[www.swansisland.com](http://www.swansisland.com)

Exceptionally beautiful handcrafted wool blankets and throws from Maine.

### **Viva Terra**

[www.vivaterra.com](http://www.vivaterra.com)

Organic and sustainable products for the home.

## **RUGS AND FLOORING**

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### **Eco Planet – Eco Choices Green Store**

[www.ecobydesign.com](http://www.ecobydesign.com)

Natural, non-toxic wool carpets and wool padding, cork tiles, bamboo flooring, and organic cotton and wool rugs.





## **Flor**

[www.florcatalog.com](http://www.florcatalog.com)

Flor carpet squares are eco-friendly and recyclable and are available in a wide variety of colors and styles.

## **Green Floors**

[www.greenfloors.com](http://www.greenfloors.com)

Environmentally friendly flooring products.

## **Planet Hardwood**

[www.planethardwood.com](http://www.planethardwood.com)

Eco-friendly flooring choices for your home.

## **Pure Home Center**

[www.purehomecenter.com](http://www.purehomecenter.com)

Located in Holliston, Massachusetts, they offer nontoxic paints, sealers, and finishes from AFM Safecoat, natural wool carpets from Earthweave and Nature's Carpet, Eco Timber hardwood and bamboo floors, Marmoleum & Cork Floors, air and water purifiers.

## **Terramai**

[www.terramai.com](http://www.terramai.com)

Uses reclaimed wood from around the world to produce flooring, paneling, siding, decking, beams and lumber.

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## **ORGANIC FLOWER DELIVERY**

### **California Organic Flowers**

[californiaorganicflowers.com/default](http://californiaorganicflowers.com/default)

### **Diamond Organics**

[www.diamondorganics.com](http://www.diamondorganics.com)

### **Organic Bouquet**

[www.organicbouquet.com](http://www.organicbouquet.com)

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## **ORGANIC LAWN CARE**

### **Greenscapes Lawn and Garden Services**

36 Tanager Street

Arlington, MA

617-794-7108

[www.greenscapeslawnandgarden.com](http://www.greenscapeslawnandgarden.com)



### **Leahy Organic Lawn Care**

56 Sanderson Avenue  
Lynn, MA 01902  
781-581-3489  
[www.leahylandscaping.com](http://www.leahylandscaping.com)

### **Minuteman Landscaping**

60 Lark Street  
Boston, MA 02127  
617-782-7332  
[www.minutemanlandscaping.com](http://www.minutemanlandscaping.com)

### **Totally Organic Lawn and Garden**

84 Medford Avenue  
Methuen, MA  
978-686-6600  
[www.totallyorganic.net](http://www.totallyorganic.net)

## **GARDEN**

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### **New England Wildflower Society Native Nurseries**

The Garden in the Woods  
180 Hemenway Rd.  
Framingham, MA 01701  
508-877-7630

### **Nasami Farm**

136 North Street  
Whately, MA 01373  
413-665-3402 (Open weekends, spring and fall.)  
[www.newenglandwildflower.org](http://www.newenglandwildflower.org)

Largest selection of nursery-propagated native plants in the northeast. All sales benefit the society's plant conservation programs. Seeds available January through March. Members receive discounts. Plants available at the garden April through September.

### **Project Native**

342 North Plain Rd.  
Housatonic, MA  
413-274-3433  
[www.projectnative.org](http://www.projectnative.org)

### **Tripple Brook Farm**

37 Middle Rd.  
Southampton, MA 01073  
413-527-4626  
[www.tripplebrookfarm.com](http://www.tripplebrookfarm.com)



### **Underwood Shade Nursery**

P.O. Box 1386  
North Attleboro, MA 02763  
[www.underwoodshadenursery.com](http://www.underwoodshadenursery.com)

### **Hillside Nursery – Wholesale only**

107 Skinner Road  
Shelburne Falls, MA 01370  
[www.hillsidenursery.biz](http://www.hillsidenursery.biz)

### **New England Wetland Plants – Wholesale only**

820 West Street  
Amherst, MA 01002  
413-548-8000  
[www.newp.com](http://www.newp.com)

### **Worm Java**

617-785-8401  
<http://www.wormjava.com/about.html>

The company cultivates packages and sells liquid worm castings. Worm Java is great for orchids and indoor plants.

## **SELL, GIVE AWAY, DON'T THROW AWAY**

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### **Ebay**

[www.ebay.com](http://www.ebay.com)

### **Freecycle**

[www.freecycle.org](http://www.freecycle.org)

Sign up and post any items that you can give away and not throw away. You would be surprised what some people want!

### **Craigslist**

[www.craigslist.org](http://www.craigslist.org)

This is a great place to sell or buy used items and equipment. Craigslist has local sites so you can narrow your market to greater Boston.

### **Gazelle**

[www.gazelle.com](http://www.gazelle.com)

This is the site for selling or recycling your electronic gadgets.



## ENVIRONMENTAL WEBSITES

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### Earth 911

[www.Earth911.com](http://www.Earth911.com)

Earth 911 delivers actionable, local information on recycling and product stewardship that empowers consumers to act locally, live responsible and contribute to sustainability.

### Environmental Defense Fund

[www.Environmentaldefense.org](http://www.Environmentaldefense.org)

The EDF tackles the most serious environmental problems with strong science, innovative markets, corporate partnerships and effective laws and policies.

### Stop Global Warming

[www.stopglobalwarming.org](http://www.stopglobalwarming.org)

### Tree Hugger

[www.treehugger.com](http://www.treehugger.com)

Tree Hugger strives to be a one-stop shop for green news, solutions and product information.

### Scorecard

[www.scorecard.org](http://www.scorecard.org)

Get an in-depth pollution report for your county covering air, water, chemicals and more.

### Earth Works Boston

[www.earthworksboston.org](http://www.earthworksboston.org)

Earthworks is a community-based non-profit organization dedicated to creating a healthier and more sustainable Boston through the planting and care of urban orchards, urban wilds, community trees and hands on education for all.

### Massachusetts Climate Action Network

[www.massclimateaction.net](http://www.massclimateaction.net)

MCAN is a coalition of locally organized groups fighting the climate crisis.

### National Geographic's The Green Guide

[www.thegreenguide.com](http://www.thegreenguide.com)

Buying guides, blogs, tips and tools for green living.



## PRINTING AND PAPER PRODUCTS

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### Earth Love'n Paper Products

[www.earthloven.com](http://www.earthloven.com)

Recycled wrapping paper and note cards.

### PapOrganics

[www.paporganics.com](http://www.paporganics.com)

Recycled wrapping paper, note cards and holiday cards.

### Pixxlz

[www.pixxlz.com](http://www.pixxlz.com)

The planet's green printers.

### Red Sun Press

<http://redsunpress.com/>

## ECO TRAVEL

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### Urban Adventure Tours

<http://www.urbanadventours.com/index.php>

Urban AdvenTours offers environmentally-friendly and exciting bicycle tours of Boston - from historic landmarks to quaint neighborhood streets of Boston and Cambridge - for families, students and visitors. Ride with us and see Boston the way it was meant to be seen - on two wheels!

### Perfect Earth Tours

<http://www.perfectearthtours.com/>



## GREEN GLOSSARY

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**ORGANIC** – Produced without the use of sewer-sludge or synthetic fertilizers, without pesticides, without genetic engineering (biotechnology), growth hormones, irradiation and antibiotics.

**NATURAL** – In fact, the word “natural” on a food package may mean next to nothing because--unlike “organic --”natural” has no meaning in law or regulation. “Natural” may even be misleading if it implies that a product is free of chemical additives (often not the case) or that competitors’ products are “unnatural and therefore bad for you.

**GREEN** – A term more people understand to mean using products and doing activities that are environmentally friendly.

**SUSTAINABLE** – Techniques in agriculture which allow for minimal or controlled environmental damage qualify as sustainable agriculture. Similarly, forest products such as lumber, plywood, paper and chemicals can be renewable resources when produced by sustainable forest management techniques.

**RENEWABLE** – A natural resource qualifies as a renewable resource if it is replenished by natural processes at a rate comparable or faster than its rate of consumption by humans or other users.

**CARBON NEUTRAL** – A scenario where the net discharge of carbon dioxide into the atmosphere is zero. Carbon neutrality can be achieved by planting enough trees so that CO<sub>2</sub> emissions as a result of combustion would be offset by CO<sub>2</sub> absorption by the plants. In the presence of water and light, trees convert CO<sub>2</sub> into sugar and oxygen thru the process of photosynthesis. The average tree absorbs 10 kg (22 lbs) of CO<sub>2</sub> per year. Carbon neutral is also referred to as “net zero carbon”.

**CARBON FOOTPRINT** – A measure of the amount of carbon dioxide emitted through the combustion of fossil fuels. A carbon footprint is often expressed as tons of carbon dioxide or tons of carbon emitted, usually on an annual basis.

**ECO-FRIENDLY** – Little or no impact on the native eco-system.

**ECOLOGICAL FOOTPRINT** – The area of land and water needed to produce the resources to entirely sustain a human population and absorb its waste products with prevailing technology. The concept of an ecological footprint is used as a resource management and community-planning tool.

**FOSSIL FUELS** – Fuels found in the earth’s strata that are derived from the fossilized remains of animal and plant matter over millions of years. Fossil fuels include oil, natural gas, shale, and coal. Fossil fuels are considered to be non-renewable since they are consumed faster than their natural production.



**FUEL CELL** – An electrochemical device in which hydrogen is combined with oxygen to produce electricity with heat and water vapor as by products. Natural gas is often used as the source of hydrogen with air as the source of oxygen. Since electricity is produced by a chemical reaction and not by combustion, fuel cells are considered to be green power producers. Fuel cell technology is quite old, dating back to the early days of the space program. Commercial use of fuel cells has been sporadic, however, the use of fuel cells in automobiles and buildings is expected to increase in the next decade.

**GREENHOUSE EFFECT** – Greenhouse gases in the earth's atmosphere permit solar radiation to pass through but prevent most of the reflected infrared radiation from the earth's surface and lower atmosphere from escaping into outer space. This process occurs naturally and has kept the earth's average surface temperature at approximately 60°F. Life on earth would not be possible without the natural greenhouse effect, but environmental scientists are concerned about the increased emissions of greenhouse gases from human activities, leading to climate change and its consequential adverse effects.

**GREENHOUSE GASES** – Any gas that absorbs infrared radiation in the earth's atmosphere. Common greenhouse gases include water vapor, carbon dioxide (CO<sub>2</sub>), methane (CH<sub>4</sub>), nitrogen oxides (NO<sub>x</sub>), ozone (O<sub>3</sub>), chlorofluorocarbons (CFCs), halogenated fluorocarbons (HCFCs), perfluorinated carbons (PFCs), hydrofluoro-carbons (HFCs) and Sulfur Hexafluoride (SF<sub>6</sub>). Carbon dioxide, methane and nitrogen oxides are of particular concern due to their long residence time in the atmosphere.

**PHOTOVOLTAIC CELL** – A device that converts sunlight directly into electricity. Photovoltaic (PV) cells are silicon-based semiconductors and are often referred to as solar cells. PV cells were developed in the mid-1950's and have become cost effective where it is difficult to extend conventional power lines. PV cells are often used for remote motorist call aid boxes, irrigation systems and navigational lights.

**VOLATILE ORGANIC COMPOUNDS (VOC)** – Organic compounds that evaporate at room temperatures and are often hazardous to human health, causing poor indoor air quality. Sources of VOC's include solvents and paints. Many materials commonly used in building construction such as carpets, furniture and paints emit VOC's.

**WIND TURBINE** – A device that converts the kinetic energy of the wind into mechanical energy that can be used to drive equipment such as pumps. The addition of a generator allows the wind's kinetic energy to be converted into electricity. There are two types of wind turbines, namely: horizontal axis turbines - blades rotate about a horizontal axis; and vertical axis turbines - blades rotate about a vertical axis.





**CHESTNUT HILL  
GARDEN CLUB**

P.O. Box 67442  
Chestnut Hill, MA 02467