



## Green Lingo: Vermicomposting

"Vermicomposting is a method of using worms to transform organic waste into a nutrient-rich fertilizer. It is a healthy and clean way to eliminate wastes going into our landfills, which improves the environment. Vermicomposting is inexpensive, and only takes two to three months to produce results. Vermicompost improves the root structure, plant growth, new shoots and blooms of plants. An increase in crops is also noticeable. Vermicompost also has ingredients that repel insects, and it can be used as an insect repellent. Over time, soil can become robbed of key nutrients. Vermicompost replaces those nutrients and optimizes soil content. Vermicomposting can be done indoors, because worms are sensitive to extremes of hot and cold temperatures. Keeping worms healthy is the key to nutrient-rich fertilizer. For the worm bedding, egg cartons that have been broken down or lint from your dryer are good options. Vermicomposting uses red worms. When the scraps exit the worms' intestines, "worm castings" are formed. These castings are an immaculate, natural fertilizer." Read more:

[http://www.ehow.com/facts\\_5139794\\_definition-vermicomposting.html#ixzz1CqC70DpN](http://www.ehow.com/facts_5139794_definition-vermicomposting.html#ixzz1CqC70DpN)

## Green at PARE:

PARE helped sponsor and moderate a round table session (Rail with Trail: Opportunity, Process, and Successes) at the first New England Bike – Walk Summit organized by the East Coast Greenway Alliance. The Summit was a day-long event held in October 2010 with over 175 individuals in attendance. The audience consisted of design professionals owners, users, vendors, and Federal, State, and Local officials. Some of the Round Table Sessions included:

- What can be done to foster more bicyclists and walkers
- Multi-jurisdictional Trails: Challenges, Strategies, and Successes
- Advocates and Agency Personnel: Maximizing Effectiveness through Collaboration
- Connecting Underserved Communities
- Rail with Trail: Opportunity, Process, and Successes

During the "Rail with Trail: Opportunity, Process, and Successes" Roundtable Session, common topics raised by individuals included the Not In My Back Yard (NIMBY) syndrome and the concern of liability for non-profit caretakers of some facilities. PARE will be attending the South Coast Regional Bikeway Summit sponsored by SRPEDD on February 15.

## Green Product of the Month: Autoclaved Aerated Concrete (AAC)

Autoclaved Aerated Concrete (AAC) was developed in Sweden in the late 1920s and has been used successfully in a variety of applications in commercial, industrial and residential construction in the USA since the '90's. AAC is a lightweight, high strength building material and is produced in a variety of forms from blocks to structural floors and wall panels.

**AAC is credited by LEED (Leadership in Energy and Environmental Design) and USGBC (US Green Building Council) as a "green" alternative to traditional construction materials.**

AAC consists of 80% air. It is manufactured by combining silica in the form of sand or recycled fly ash, cement, lime, water and an expansion agent – aluminum powder – and pouring it into a mold. For structurally reinforced AAC products like lintels or roof panels, steel rebar or mesh are also placed in the mold.

The hydrogen evaporates, leaving a highly closed cell aerated concrete. It is then cut into blocks or panels which are then steam and pressure cured in an autoclave. Using AAC is very advantageous because it is environmentally friendly and qualifies as a 'green' building material from manufacturing to recycling.

All the waste material like trimmings and rejected units are all recycled and hence there is zero waste. All the waste on the sites is crushed and safely used as a fill or buried shallow underground. AAC dust spread on the lawn serves as a great lime supplement.

AAC is so lightweight, it weighs 1/5th of the weight of the standard concrete, which results in lower transportation costs, faster work-flow, lower material handling costs, etc. AAC is a 'ready to build' material, requiring no onsite curing time. It has unparalleled workability because it can be sown, drilled, nailed, screwed and milled with common hand tools. AAC openings are easily and alternately cut.

For more information check out the website. <http://www.aacpa.org/index.htm>

## Green Current Events: Institute for Sustainable Infrastructure (ISI)

Soon there will be a new rating system for civil infrastructure projects. The Institute for Sustainable Infrastructure (ISI), a collaboration of the American Council of Engineering Companies, American Society of Civil Engineers, and American Public Works Association, has targeted this spring to unveil its new sustainable rating program.

Many sustainable rating systems currently in use, such as USGBC LEED certification, are geared towards building and site construction or renovation. The ISI's new rating system, which will be scalable to accommodate infrastructure projects of all sizes, is aimed at providing a sustainable framework for infrastructure projects that don't fit into these systems. Projects will be evaluated on the principles of the **Triple Bottom Line** to evaluate whether they provide economic, environmental, and social benefits to the community. Education and training, individual certification, and firm certification will all be developed to complement this rating system.

Visit this website for more information: <http://www.asce.org/PPLContent.aspx?id=12884903891>



"The Sustainable Design Committee is looking for your input! Tell us all the green things you do both at home and at PARE. The best answers will be featured in an upcoming newsletter!"