

New Jersey State Federation of Women's Clubs  
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While our society is recovering from the devastating impact of the Covid19 pandemic, we can still make a tremendous contribution to protect our environment. Now more than ever, environmental organizations need your help. Below is a link to a list of organizations throughout New Jersey that are dedicated to the protection and preservation of our State that may be able to use your help. Many of these organizations will have a "wish list" of items that they may need. Consider donating an item on their list or helping out on a project. Don't forget to check your local municipalities and environmental organizations too.

[www.njenvironment.org/environmentallinks.html](http://www.njenvironment.org/environmentallinks.html)

### **Plant Pollinators**

Consider planting a native New Jersey pollinator friendly plant. Our State butterfly, the black swallowtail relies on *Zizia aurea* (Golden Alexander), but any plant in the carrot family will do, such as fennel, parsley or dill. Be sure to provide a nectar source as well. A container filled with colorful annuals such as zinnia, petunia, and verbena will attract many thirsty pollinators.

**NABA** (The North American Butterfly Association) **has a butterfly count project on July 4<sup>th</sup> 2020.** Visit [www.naba.org](http://www.naba.org) and go to the Butterfly Count Program for information. This is a great way to learn about our butterflies, become a citizen scientist, and help collect crucial data needed for conservation. Make sure to document and share your day with us!

A few other environmentally friendly ideas to try this summer:

-consider reading a book about the environment: *Bringing Home Nature* by Douglas W, Tallamy, *The Last Butterflies* by Nick Haddad, and *Braiding Sweetgrass* by Robin Wall Kimmerer.

-skip the supermarkets and buy from local producers. By purchasing vegetables directly from the grower or your local farmers market, you greatly reduce your carbon foot print. Many farms now have CSA programs (community-supported agriculture). Consider joining one and split the weekly veggies with a friend. Or better yet grow your own.

-if you do go to the supermarket, bring your own reusable bags (make sure they are washable).

-go for a walk every nice day even if it is for a few minutes! If you venture out and visit a local park, or beach, make sure to bring a plastic bag and gloves with you to collect any garbage you may encounter.

-Consider holding small meetings outdoors.

-Use stainless steel reusable water bottles-or reusable coffee mug (fill a thermos with extra water or coffee and skip refilling it at a store) - get into the habit of bringing them with you whenever you leave the house.

Get outside and enjoy the summer!