



ILLINOIS SUSTAINABLE LIVING &
WELLNESS
EXPO

Creating Healthy Communities

Saturday, April 9
9:00 a.m.-4:00 p.m.
Shirk Center

Highlights Include:

- Numerous Resources on Living Well & Living Green
- Local Food Producers & Cooking Demonstration
- The Annual Free-4-All Event
- Kids' Green Zone
- An Affordable Fashion Show
- Live Music & Entertainment

Ten Break Away Workshops

Expo Selected Film 2011:
Mad City Chickens-3:00 p.m.

Valet Style Bicycle Parking
Residential Electronic Recycle Event

View EVTown Mitsubishi "i" Electric Car

Everyone is Welcome—
Free Admission
For more information
www.islwe.org



Attending the expo? Get there by using sustainable transportation or take advantage of free bicycle parking service provided by the Friends of the Constitution Trail. Your bike will be securely parked while you enjoy the Expo!

www.iwu.edu/~wellness

HEALTH wise

APRIL 2011

THE SAFER PATH

Return of the Backyard Chicken

By Laurine Brown

Some days you remember for the rest of your life. The day I got picked in my 5th grade class to take home a freshly hatched baby chick was one of those days for me. I proudly raised little Peppy in my backyard, feeding and tending her while she grew, imagining fresh eggs one day. Even though she turned out to be a rooster (announcing this with a “beginner’s crow” at sunrise one day), my childhood experience of raising Peppy challenged and delighted me. And I gained respect for farmers who raised the chickens and eggs on my plate.

From my childhood till recently, urban chickens like mine all but disappeared from America’s backyards, being outlawed in many urban settings. But, as highlighted in the humorous film *Mad City Chickens* (this year’s Expo selected film*), a strong grassroots movement is beckoning the city chicken back. What’s all the fuss?

Why raise chickens? *Fresh, great tasting eggs with superior nutrition. Hands-on experience raising food. Chemical-free bug and weed control and great fertilizer. Fun and friendly pets with personality. Easy and inexpensive to maintain.* These are common reasons why people raise chickens. A cultural universal, almost every society has some domestic poultry flocking around the homestead, primarily for eggs and meat. Historically, this was also true in America. And “egg money” from the sale of extra eggs helped “make ends meet.” Children often tended the chickens and eggs, contributing in important ways to family needs. My parents did this as kids. But in postwar America the inexpensive, mass-produced chicken flourished. Alongside this, the gap between city and rural living widened, and ordinances popped up banning “farm” animals from city places.

Within a generation, urban-dwelling Americans were ignorant about what it took to raise the chicken and eggs they ate almost daily. Myths flourished. But recently, with growing concerns of industrialized poultry (e.g., safety and food recalls, flavor and nutrition, animal welfare) along-side a local foods movement, underground (sometimes illegal) flocks of backyard chicken-raisers have emerged. They’re gaining momentum across the country with a bounty of websites, books and magazines, workshops, and more, addressing common questions like these:

Are roosters needed for eggs? No, a hen will lay eggs regardless. They just won’t be fertile. Most store-bought eggs are unfertilized. Nonetheless some say that without a rooster providing his important social structure in the flock, one of the hens may stop laying eggs and start acting like one!

How many eggs do hens lay? A typical hen starts laying eggs at 6 months. “Good layers” produce one egg almost every day during their first “laying” year, with less as they age. For example, a five year old hen

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RETURN OF THE BACKYARD CHICKEN — CONTINUED FROM PAGE 1

may lay 1 to 2 eggs a week. When chickens “molt” in late fall/winter they stop laying, starting again in early spring (but a light bulb inside the coop can encourage cold weather laying). Chickens can live up to 8 or 10 years (But for farmers serious about the business, 2 years is typical for egg production, and 6 months for meat production.)

Are they noisy? Roosters crow at the crack of dawn. Even our children know this. Some early-risers delight in this alarm clock, but it’s the very reason cities often ban roosters. In contrast, hens just make soft, contented, clucking noises, with no sunrise chorus. Ok, they may squawk proudly when laying an egg. But this “functional announcement” pales in comparison to the ruckus of a barking dog. And hens are fast asleep by sunset.

Are chickens dirty, stinky, disease-causing? No more than other pets. But like other animals, they need care, like cleaning out soiled coop bedding and keeping their area dry. Bird flu is a growing concern worldwide, but experts feel disease risks like these are greater with crowding and confinement in industrial poultry operations, not outdoor backyard birds. Common-sense sanitary practices help prevent disease spread, e.g., taking shoes and jackets worn while cleaning a coop off before coming inside, and washing hands frequently after handling chickens and eggs.

What space or housing do they need? Poultry housing can be simple. The challenge is protecting the birds from weather extremes, night predators (raccoons, owls, coyotes) and domestic dogs or cats, while also letting them forage outside for bugs and grasses. Thus backyard basics include *a simple but sturdy coop for shelter* (minimum 2-3 square feet per chicken inside) and *a fenced run* outside (about 4-5 square foot per chicken.) Some clever designs (Chicken Tractors) are “portable”—you move them around the yard to give birds fresh bugs and greens (while mowing your lawn.) Chickens like to “roost” at night so give a “perch” in the coop, and a nest if you want eggs.

Does my city allow backyard chickens? An online search of ordinances or quick call to your city government will answer that question. I phoned the Town of Normal, Illinois, where I currently live, and confirmed that, even though I’m perched in the heart of America’s farmland “**it shall be unlawful to keep, propagate or culture any live swine or pigs, pigeons, poultry or any form of livestock, other than riding horses, in the Town.**” Out of curiosity I called the city in Marin County, California, where I raised my rooster Peppy decades ago, and was surprised to learn that today “**up to 12 hens are allowed per single family residence (but no roosters because they’re noisy.)**” Sorry Peppy. Poultry may be illegal in your town, but note that, with some thoughtful community organizing, cities like Madison, Wisconsin and Seattle, Washington have successfully passed ordinances allowing urban chickens (often 3-4 per household). This may

be a good time to spark discussion and change. It starts with education and awareness.

For more information. Watch the film *Mad City Chickens* at this year’s Expo*, and see www.MadCityChickens.com and www.BackYardChickens.com. Or just Google “backyard chickens.” You’ll find plenty to squawk about.

Studies have found eggs produced by hens raised on pasture to be nutritionally superior to those sold in supermarkets. A 2007 study by Mother Earth News found that, compared with USDA nutrient data for commercial eggs, eggs from hens raised on pasture may contain:

- 1/3 less cholesterol
- 1/4 less saturated fat
- 2/3 more vitamin A
- 7 times more beta carotene
- 3 times more vitamin E
- 2 times more omega-3 fatty acids

Source: Long C, Alterman T. “Meet Real Free-Range Eggs.” *Mother Earth News*. Oct/Nov 2007. <http://www.motheearthnews.com/Real-Food/2007-10-01/Tests-Reveal-Healthier-Eggs.aspx>.

Additional references at www.iwu.edu/~wellness

Recipe of the Month



Hilary’s Heavenly Eggs

*It’s all about chickens and the food they provide for us this month!
Here is a delicious recipe you can serve anytime of the day.
This combination of eggs braised in tomato sauce served
on crusty bread is a little slice of heaven. Enjoy!*

INGREDIENTS	
2 tablespoons extra-virgin olive oil	4 large eggs
1 medium onion, thinly sliced	6 large fresh basil leaves, torn into small pieces
2 cloves garlic, sliced	1 tablespoon grated Parmesan cheese
1 ounce pancetta, chopped (optional)	1/4 teaspoon freshly ground pepper
2 cups prepared marinara sauce	4 slices whole-wheat country bread, toasted

DIRECTIONS

1. Heat oil in large skillet over medium heat. Add onion, garlic, and pancetta (if using). Cook, stirring occasionally, until soft and beginning to brown, 4 to 6 minutes.
2. Reduce heat to medium-low. Add marinara and adjust heat to maintain a simmer. Crack an egg into a small bowl, taking care not to break the yolk. Make a well in the sauce roughly large enough to hold the egg and slip it in so that the yolk and most of the white is contained (some white may spread out). Repeat with the remaining eggs, evenly spacing them around the pan. Sprinkle the sauce with

basil; cover and cook until the eggs are the desired doneness, 6 to 8 minutes for medium-set. Remove from the heat and sprinkle with Parmesan and pepper.

3. To serve, top each slice of toasted bread with an egg and sauce. Serve immediately.

Source: <http://www.delish.com/recipefinder/hilarys-heavenly-eggs-recipe>



Creating Healthy Communities

Workshop Schedule

Saturday, April 9, Shirk Center Classrooms, 10:00 a.m.-3:00 p.m.

Come join an array of presenters as they explore topics related to Living Well & Living Green.

For descriptions about each workshop, go to www.islwe.org

TIME	NORTH CLASSROOM	SOUTH CLASSROOM
10:00 AM	Renewable Energy Strategies Presenter: Matt Aldeman	Getting Started with Natives Presenter: Sherrie Snyder
*11:00 AM	Food and Irritable Bowel Syndrome Presenter: Kathy Link	How Wind, Solar, and Energy Efficiency Work: Becoming Energy Independent Presenter: Ben Harroun
NOON	Homesteading 101 Presenter: Deborah Nieman	Science of Windows Presenter: Angie Scott
*1:00 PM	Cut Your Carbon Footprint by Half or More Presenter: William Rau	Illinois Energy Policy & Consumer Savings Presenter: Rebecca Devens
2:00 PM	Backyard Chickens Presenter: Deborah Nieman	Living Off the Grid, Really! Presenter: Aur J Beck

*11:00 AM—Shirk Practice Gym: **Bicycle Maintenance Workshop**—Presenter: **Jessica Gieson**

*1:00 PM—Shirk Practice Gym: **BellyFit**—Instructor: **Aliah**

Residential Electronics Recycling at the Expo!

Shirk Center Parking Lot—302 Emerson, Bloomington
9:00 a.m. – 4:00 p.m.

This event will be held in conjunction with the Illinois Sustainable Living & Wellness Expo on Saturday, April 9. The City of Bloomington and Illinois Wesleyan University in cooperation with the Ecology Action Center are hosting a free residential electronic devices recycling event. Residents can bring up to 10 items. Enter from Titan Drive off Fell Avenue and follow to the parking lot on the east side of the Shirk Center Parking Lot.

The event is being sponsored by Sims Recycling Solutions (SRS). Sims Recycling Solutions is a leader in environmentally responsible management of end-of-life electronics. No electronic equipment or components ever go to landfills and all processing occurs domestically. Sims Recycling Solutions removes hazardous components prior to processing, maintains strict controls on all of its outgoing products and selects its downstream vendors for their strength and reliability.

The idea is to get people to dispose of their unwanted, obsolete or damaged electronic products in an environmentally

sound fashion. Electronics are filled with nickel, lead and mercury, which, if sent to the landfill, can end up in the ground water. Old electronics from the U.S. also can wind up in developing countries, where workers are put in danger extracting metals and other components.

The following represents a comprehensive list of the materials that the State of Illinois has authorized as acceptable CED/EED's under the State Law:

CED's, Computers (PC, Laptop), Computer Monitors, Televisions or Printers from Residents, EED's, Mobile Telephones, Computer Cables, Mouse, Keyboards, Fax Machines, MP3 Players, PDA's, Video Game Consoles, Video Cassette Recorder/Player, DVD/CD players or similar Video Devices, Zip Drives or Scanners.

If individuals cannot take part on Saturday, or if the collection capacity is reached on the day of the event at the Expo, please visit the Ecology Action Center website at www.ecologyactioncenter.org for additional information about local electronics recycling locations.

The Expo's FREE-4-All

Don't throw it away! Give it away!

In the tradition of Ecology Action Center's semi-annual FREE-4-ALL, we will be creating an opportunity to give away your unwanted stuff and to take what you like — FOR FREE! Last year's FREE-4-ALL was a big success. So let's do it again!

Here are the rules:

Please Bring:

Household Items

- Knick-knacks, lamps, vases, paintings, prints etc. Items must be clean and in good condition.
- No large furniture

Men's & Women's Clothing

This year we are going to attempt giving away gently used clothing.

- Adult men & women's clothing only
- Clothes must be clean and in good shape

And for the Kids! FREE-4-ALL Toy Giveaway!

Bring in your gently used toys to give away to others!

- Toys must be in good shape (all parts and pieces etc.) and clean.

Please bring items that deserve a second life to the IWU Wellness Office by April 5. Please contact us with questions or if you need help with pick-up, x3334 or wellness@iwu.edu.

Donated items will be available at the Illinois Sustainable Living & Wellness Expo April 9, 9 a.m. - 4 p.m., Shirk Center

**2011 Expo Selected Film*

Mad City Chickens

Saturday April 9, 3:00 p.m.

Shirk North Classroom



Mad City Chickens is a sometimes serious, sometimes whimsical look at the people who keep urban chickens in their backyards. From chicken experts and authors to a rescued landfill hen or an inexperienced family that decides to take the poultry plunge — and even a mad professor and giant hen taking to the streets — it's a humorous and heartfelt trip through the world of backyard chickendom.

All are invited!