



EMERALD KEEPERS

For an Emerald Green, Ocean Blue Coronado

CELEBRATE MOM & MOTHER EARTH

When it comes time to celebrate Mom on Sunday, plan a memorable Mother's Day while also honoring Mother Earth. Instead of giving another scarf or more chocolates, give the gift of time and reduce your carbon footprint — it's priceless. Here are ideas for a thoughtful Mother's Day for all the people who serve as moms in your life.

MAKE IT HOMEMADE

Instead of jumping into the car and rushing to brunch, slow it down and treat mom to a homemade breakfast served in the garden — or on a sunny balcony.

When possible, use organic ingredients produced without harmful pesticides. Pesticides contaminate the ground and water, and runoff eventually ends up in the ocean. Plus, chemicals in pesticides not only kill insects and weeds, but are also toxic to birds, fish, beneficial insects and plants.

If your mom's yard has been taken over by this year's prolific weed growth, get the family together for some gardening. Pull weeds to avoid toxic weed killer, which is harmful to pets, birds, and bees.

Plan ahead and have some fruit and vegetable plants ready to plant such as strawberries, tomatoes, carrots, and peppers. Putting them into the ground or into a pot is an easy project the whole family can enjoy.

Another option is to take a leisurely walk on the beach or a stroll through town and admire the front yards of your neighbors.

FLOWERS

Cut flowers are a \$7 billion business in the U.S. About a third of that business is for Mother's Day. While a fresh bouquet seems like an environmentally friendly gift, 80% of fresh cut flowers

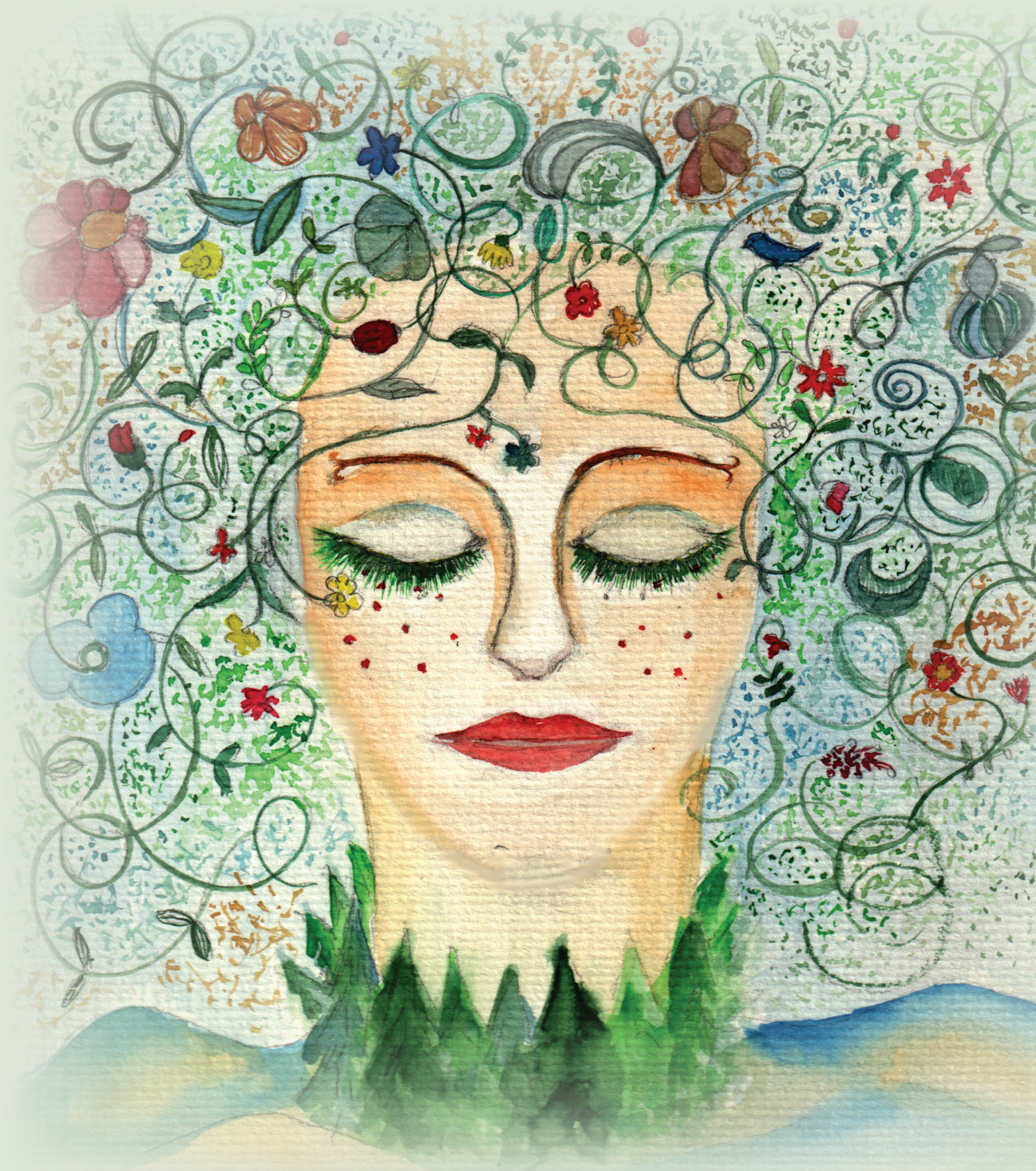
are grown out of the country, mostly in Columbia and Ecuador, according to the Green Business Network, which is part of the nonprofit Green America. That means long distance shipping

in refrigerated airplane holds. Instead, opt for a potted plant from a local grower. Living plants remove carbon dioxide and their blooms last longer than cut flowers.

CARDS

When buying or making a card, remember it's not recyclable if it has glitter, plastic, or metal.

Happy Mother's Day!



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