In-Season Recipe

Baked Spaghetti Squash Lasagna Style:
1 spaghetti squash, halved lengthwise and seeded
1 onion, chopped
2 tablespoons minced garlic
2 (14 ounce) cans stewed tomatoes
1 tablespoon dried basil
1 cube vegetable bouillon
black pepper to taste
1 (15 ounce) can black olives, chopped
1 cup shredded mozzarella cheese
1 cup shredded Parmesan cheese

1. Preheat oven to 325 degrees F (165 degrees C). Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet.

2. Bake squash 35 minutes in the preheated oven, or until a knife can be easily inserted. Remove from oven, and cool.

3. Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, saute the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce.

4. Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese.

5. Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.
Grow your knowledge about sustainability - request a SEED program

The Housing and Residential Life has a special team of students in the Sustainability Office that does what few others dare to do – discuss sustainability and green living with their peers. This team, called Students Encouraging Environmental Deeds (SEED), hosts fun and engaging peer-to-peer education programs, planting seeds to grow more informed and aware Blugolds about how to live a sustainable and green lifestyle. Whether you’re an RA, hall director, student, faculty, or staff at the university, you can request a team of SEEDs to host a program anywhere on campus. Two friendly and energetic peers will to discuss aspects of sustainability and green living and do an entertaining project with you and your friends for about 45-60 minutes. The purpose of the program is to provide information so students make their own decisions about sustainability and green living. Programs cover a wide variety of topics and each one has an activity through which participants can apply information they gathered during the discussion. For example, while learning about green cleaning, make your own laundry detergent. After learning more about a vegetarian diet, learn how to make hummus and where to purchase locally grown food. Be creative upcycling a soda bottle into a container, a piggy bank, or any other innovative idea you come up with. Discover hidden secrets in your personal care products and see what goes into making your own chap stick. Weigh the pros and cons of plastics while making your own reusable bag. Figure out how to recycle in the Residence Halls and in Davies; then compete against your friends to be the Ultimate Recycler. Be sure to revisit programs – you will learn something new each time. Let SEEDs know if there is a topic you would like to learn about. To sign up for your educational and interactive adventure or learn more about the program, visit the SEED page under Housing and Residential Life.

www.uwec.edu/Housing/programs/SEED.htm

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In Season

Brussel Sprouts, Cabbage, Cauliflower, Leeks, Cranberries

Storage

Garlic, Onion, Parsnips, Potatoes, Rutabagas, Turnips,

While some produce is no longer in season by the end of fall, many hearty root vegetables and other produce are stored easily through winter months and can effectively be considered “seasonal.”
Still Looking for a Class for Spring Semester?

There are several classes that can be taken in spring semester for those interested in learning more about the environment.

**BIOL180: Conservation of the Environment**  
An introduction to natural resource conservation. Problems associated with the use and abuse of America’s resources are studied in an ecological framework. Resource management methods are explored.

**CHEM 304: Environmental Chemistry**  
A study of the chemistry of the environment, including the atmosphere, natural waters, and soils. Students will refine chemical knowledge by examining specific problems related to environmental issues.

**CJ491: Environmental Communication and the Public Sphere**  
After examining the concept of the public sphere and the ways in which we communicate definitions of and meaning for the environment (attitudes, values, beliefs, and behaviors), the course will turn its attention to different stakeholders/agents within the public sphere.

**ECON268: Environmental Economics**  
An economics analysis of environmental problems and policies in a market economy.

For a full list go to  