

Interview about composting with Ronda Sherman, Extension Specialist, at North Carolina State University:

- 1) What is the difference between composting and vermiculture? Specifically, what do the worms do that is different?

With composting, the activity of microorganisms heats the pile and turns the organic materials into compost. With vermiculture, worms ingest microorganisms and tiny bits of organic materials to turn it into vermicompost.

- 2) Can you add worms to any composting bin?

No. Composting and vermiculture are two very different activities and should not be combined. Do not add worms to a compost bin.

- 3) Can you use any kind of worms or are there special worms that are good for composting?

There are over 9,000 species of earthworms and only seven species are suitable for vermiculture. There is one species that most people use for vermiculture: *Eisenia fetida* (red wigglers).

- 4) What is worm casting tea?

Casting tea is finished worm castings that are removed from the worm bin and placed in a mesh bag and brewed in clean water. (Note: The tea makes a great liquid fertilizer for plants!)

What Can You Do To Help?

- Use Reusable Grocery Bags

Only one percent of plastic grocery bags are reused, leaving all the other bags to be thrown into landfills or the ocean. (National Waste Management)

- Reduce Printing/Paper Copies and textbooks
- Use reusable water bottles instead of plastic ones

Green View



Original Artwork by Gayle Boyd, Dreher High School

In this issue: How Are Sports Companies like Nike and Wilson becoming more eco-friendly?



For the past 25 years, Nike has implemented a program dedicated to gathering donated and discontinued Nike shoes and recycling them to create flooring on athletic facilities, including school gyms, weight rooms, basketball courts, tracks, jungle gyms and outside playgrounds, even indoor wooden courts. This program is called Reuse-A-Shoe and it was started by Steve Potter, a Nike employee. In 1993, the first basketball court in Wilsonville, Oregon was installed using old shoes. A year later, Nike donated and installed another indoor basketball court at the Brooklyn Navy Yard Boy's & Girl's Club. From there, the project blossomed and turned into a world-wide sensation when Nike installed a new track for the Atlanta Olympics.



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This program inspired other projects, including an experiment done by Jim Goddard, Innovative Director at Nike, to test out a better way to recycle shoes. He found out that by removing the outsole and other materials, Nike

can reduce the amount of waste. Because of this incentive, Nike Grind was able to partner with FieldTurf, a turf company. Since then, they have been implementing recycled turf for international competitions, including the 1998 World Cup in Paris.

From there, Nike created a Nike Asia factory that recycles all its "footwear manufacturing scraps", and a year after that, over 40 of Nike's largest factories started recycling their leftover material for Reuse-A-Shoe.

Since then, Nike has taken so many more actions through this program. In 2006, Nike donated 40,000 soccer balls that were made using the Nike Grind material from leftover shoes and scraps from their factories, to refugee camps in Azerbaijan, Uganda, and Thailand. Products, including Air Jordan XX3 and the Pegasus 25, created and sold in 2008, were also partly made from recycled shoes.

Since the Reuse-A-Shoe and Grind programs have donated and reused so many shoes, Nike has become an environmentally friendly brand.

Impact of Tennis Balls

Every year around 300 million tennis balls are produced, which creates around 32.3 million pounds of waste. Not to mention, every three balls come

in a plastic container, adding to the non-biodegradable waste of these products. Not only do these balls contribute to physical waste in landfills, but when placed in landfills and garbage dumps, produce methane which can last in our atmosphere for 15 years. Scientists have proven that the direct impact of methane gases is the warning of the earth -- climate change.

Wilson Trinité Tennis Balls

In August 2019, Wilson released the world's first eco-conscious tennis ball.



Original Artwork by Gayle Boyd

The tennis ball's packaging is 100% paper, with no plastic, and therefore 100% recyclable. The ball is also proven to last four times longer than a traditional tennis ball, which reduces consumption and waste. Not to mention, Wilson claims that five percent of Trinité profits support worldwide sustainability efforts.

Additionally, the felt used is also 50% more flexible, allowing for longer use. Wilson also sells larger baskets of balls to use for teams, that have zero internal packaging, and zero waste.

Give away opportunity:

Follow the link and fill out a short survey to win a can of Wilson Trinité tennis balls!

<https://www.surveymonkey.com/r/6NY2LM2>