



# The HUSKIE HERALD

*A weekly newsletter to help keep you entertained and healthy while self-isolating*



## HEARD OF KITCHEN SCRAP GARDENING?

*Try out these sustainable gardening hacks that will benefit both your wallet, and the earth. You can grow your own vegetables in your Residence apartment using produce waste and repurposed planters from recyclable items!*



## ROOTING IN RESIDENCE



*Are you interested in growing your own food? Find fresh produce expensive and wish you could grow your own? Well now you can! Check out the easy tips and tricks on the next page to learn how to turn produce waste into fresh and sustainable food! All you need is a sunny, warm and well-ventilated area; a space next to a bright windowsill in your apartment will work great.*

# DANCE IT OUT

If you're looking for a fun and free workout to try that you can do indoors or outdoors, or whenever you want, check out 305 Fitness!

If you're a Zumba or dance lover, or even if you're just looking to have some fun or stay active, this is a great option for you. 305 Fitness posts new dance-cardio workouts daily, and you can access all of them for free!

There are a variety of levels available, so whether you are a beginner or a seasoned Zumba pro, there is sure to be something to suit your experience level.

305 Fitness posts all of their workouts on their Youtube channel: <https://www.youtube.com/user/305Fitness>

What are you waiting for? Click the link above and get moving!



## HOW TO: GROW YOUR OWN SALAD

First, gather scraps of a scallion bulb (root), the base of a Celery stalk, and the base of a romaine heart. Find some containers in your recycling bin. Some ideas include: glass or plastic jars, yogurt/ sour cream containers, transparent milk jugs, coffee canisters or soup cans

Next, locate the prime location for growing in your Residence apartment and start your growing journey! You can find full instructions for growing each type of produce below:

Green Onions (Scallions)

<https://www.thekitchn.com/re-growing-green-onions-grow-your-scallions-back-on-your-windowsill-165274>

Celery

<https://www.17apart.com/2012/02/growing-celery-indoors-never-buy-celery.html>

Romaine Lettuce

<https://lifehacker.com/regrow-fresh-heads-of-romaine-lettuce-from-chopped-down-5992390>

These are just some examples of what you can grow using kitchen scraps, so be sure to research what other foods you can try growing!

Once you have grown your produce, pair with your favourite dressing, add other vegetables as desired and enjoy!



## Ready Reads

Talking to Strangers

by Malcolm Gladwell

How I turned a deadly plant into a thriving business

with Achenyo Idachaba

[https://www.ted.com/talks/achenyo\\_idachaba\\_how\\_i\\_turned\\_a\\_deadly\\_plant\\_into\\_a\\_thriving\\_business?language=en](https://www.ted.com/talks/achenyo_idachaba_how_i_turned_a_deadly_plant_into_a_thriving_business?language=en)

## Shameless Showtime

Money Heist

On Netflix



Thoughtful Thinking

Memeworthy