



Sustainability Office Newsletter

EARLY TAP

By Elly Backes & Con Brady
Abbey Arboretum Forest Specialists

When Minnesotans think about winter activities, they may think of snow, sledding, skiing, ice fishing, or one of the countless other cold-weather activities. This year, however, we can add maple syrup to that list. A record-warm winter has led to a very early maple syrup season. A typical season usually spans from mid-March to mid-April as spring temperatures bring days above freezing but nights below freezing, a cycle necessary for sap flow within maple trees. This year, our very first taps were put in on January 29th, the earliest tapping date in the over 80-year history of the Saint John's Maple Syrup operation. The first collection of the year was on February 1st, forty-five days before the average first collection date (March 18th) and beating the previous earliest collection date by seventeen days (February 18th, 2017). Why such an early season this year? We believe that this record year is due in part to El Nino weather conditions, during which Minnesota and much of the upper Midwest tends to see warmer than average temperatures and below average precipitation during the winter season. It is also believed that climate change plays a role in amplifying El Nino conditions, possibly contributing to the extremes we are seeing this winter. Despite an odd year, maple syrup production is strong and underway! Finishing our season in mid-March we collected 23,515 gallons of maple sap and produced 647 jugs (577 gallons) of finished syrup. The hard work, passion, and flexibility of our countless volunteers has led to such a successful and fun maple syrup season! If you want to volunteer with us, sign up for our email list by visiting Outdoor U's webpage. Also join us for the Maple Syrup Festival on Saturday, April 6th from 1-4 PM! More details on the Saint John's Outdoor University website.



LIVE TO 100

By Jaden Evenson
Sustainability Project Coordinator



A lifestyle discussion in February hosted by the Sustainability Office and the Minnesota Street Market Food and Art Cooperative (5-minute walk from CSB) brought community and students together to discuss the secrets of living a happier, healthier, longer life. Each participant made simple changes to their lifestyles according to steps outlined in the book *The Blue Zones Challenge* by Dan Buettner. Participants dined on easy to make, affordable recipes perfect for college students including apple lemon breakfast bowls, balsamic goji berry oats, Ikarian Longevity Stew, and warm sourdough sandwiches while discussing the "Power Nine Principles" and the Netflix docuseries "Live to 100, Secrets of the Blue Zones." Over the month, participants learned how simple actions like moving naturally, identifying your purpose, eating sustainably, and prioritizing community can positively impact your life.



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THE HUMBLE HOAGIE

Quotes from Phil Paulson
Associate Director of Culinary Services

Food waste can be a huge problem in university settings, both before and after food reaches students plates. Thankfully, there is a secret service that takes joy in finding ways to reduce food waste and in turn, greenhouse gas emissions on campus. Associate Director of Culinary Services, Phil Paulson vouches for his dedicated and innovative culinary staff members by sharing the story of CSB bread. "900 lbs. of flour..." This is how much flour comes into the CSB kitchen each week. From this delivery the bakery makes every loaf of bread, bun, hoagie, muffin, cookie, and more. "What would have required purchases from a dozen different manufactures, requiring several different deliveries is dropped by a single truck delivering 900 lbs. of flour." This has a significant reduction on the carbon footprint of the bread products students consume at the dining hall. Going a step further, Paulson explains how culinary is combatting food waste with a... hoagie? Yes, a hoagie. "In our pursuit of sustainability, we try to make a sincere effort to minimize waste. One example of this might be shown with the 'life story' of a humble hoagie bun delivered to McGlynn's every day. It starts at 3:00 a.m. being scaled, measured, mixed, allowed to rest, cut and shaped, proofed, baked, cooled, and finally packaged. This is delivered to McGlynn's and used to serve students a delicious sub sandwich." Bread that is leftover is returned to Gorecki and made into croutons. "As we use those croutons, they inevitably produce crumbs, we screen those and mix them into our Meatballs made from scratch and served at our Pasta or Home Style Station. It is nearly impossible to eliminate all waste, but we are fortunate in Culinary Services to have a team that takes pride in finding ways to keep usable food out of our pig buckets." Small actions truly do lead to big change. What can you do to reduce your food waste and your carbon footprint?

Follow your Food

How does what you eat impact the environment?



CSBees UPDATE

By Lauren Sitzman
Sustainability Staff

The CSBees are preparing to emerge from their hives soon to forage for nectar from the wildflowers around campus and the St. Joseph area, making honey to feed themselves over the spring and summer months. Around October, the bees began to prepare for winter. Even though this winter was relatively moderate in temperature and precipitation, the honeybees had to hunker down in their hive to survive winter. Female honeybees that reach adulthood in the late fall live through the entire winter and take care of the queen bee. The queen slows or sometimes stops egg production during the winter and the population remains stable. The beekeepers from the Sustainability Office closed all the entrances to the beehives, took off extra supers (the boxes that hold the honey) and wrapped the remaining deep box in dark insulation. This keeps the bees and the heat they generate inside the hive. The bees cluster together and beat their wings to generate heat. The center of the cluster measures about 95°F and the warm air rises to the top of the beehive. The bees spend their winter eating honey and sticking in a cluster to keep warm. In a few weeks, the beekeepers will reopen the hives to check on the bees and, if necessary, install new bees.



THE IMPACTS OF FLIGHT

Have you ever glanced up to catch a plane soundlessly gliding through the blue sky, leaving behind a crisp white cloud in its wake? It can be quite fascinating to watch, however this cloud conjuring craft is anything but impressive to our warming planet. Condensation trails (contrails) are the visible "clouds" you see trailing a plane high in the sky. During flight, engine combustion creates a stream of hot gases composed of soot (black and organic carbon), sulfur, and nitrogen compounds. These contrails alter the balance between radiation from the sun and reflected radiation from the surface of the earth resulting in radiative forcing; a term that defines what occurs when emissions are released at higher altitudes and result in a higher global warming potential. As a result, flying accounts for approximately 4% of anthropogenic caused global warming. In 2023, CSB+SJU students emitted 2,097 MTCO_{2e} (metric tons of carbon dioxide equivalents) from study abroad flights. It is important to be aware of the enormous impact flying can have on global warming. We encourage students, staff, and faculty to calculate their flight emissions and consider ways to offset their flying impacts.

4.6 MTCO_{2e}
average emissions from a CSB+SJU study abroad flight



16 MTCO_{2e}
average annual emissions per person in the U.S.

*Data collected from The Nature Conservancy and CSB+SJU FY23 Greenhouse Gas Inventory

Flight Emissions Calculator

