



Earth Care Resources

Brief resource list

<https://www.acterra.org/>

Local solutions for a healthy planet. Offers a wealth of information on electrification, sustainable food choices and practices including reducing waste, and workplace sustainability.

<https://www.nytimes.com/section/climate>

Excellent resource for up-to-date climate issues.

<https://coolcalifornia.arb.ca.gov/low-carbon-diet>

The low carbon diet encourages reducing your carbon footprint by making healthy food choices.

<https://www.paean.earth/>

Peoples Alliance for Earth Action Now (PAEAN)

Other reading material

<https://regeneration.org/>

Beautiful website showing actions and solutions that can be found on many levels, to reverse global warming. (e.g., The 6th highest ranked solution is “Educating women and girls”.) This website references solutions described in the books *Drawdown* and *Regeneration* by Paul Hawken

Books: Buddhist authors, Eco-dharma and Engaged Buddhism

- Bikkhu Bodhi: *The Buddha’s teachings on Social and Communal Harmony*.
- Bikkhu Analayo: *Mindfully Facing Climate Change*
- Thanissara: *Time to Stand Up: An Engaged Buddhist Manifesto for Our Earth*
- Thich Nhat Hanh: *Love Letter to the Earth*
- Karza, Stephanie and Kraft, Kenneth: *Dharma Rain: Sources of Buddhist Environmentalism*
- Loy, David: *Ecodharma: Buddhist Teachings for the Ecological Crisis*
- Macy, Joanna and Brown, Molly: *Coming Back to life: The Updated Guide to the Work That Reconnects*
- Paul Hawken (editor), *Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming*

Individual Actions for the Sake of Us All¹

- Shop at your local farmer's market. Subscribe to a CSA Box (Community Supported Agriculture)
- Compost your food and garden waste in your backyard, community garden, or in a "green bin" if your municipality offers green waste pickup.
- Cut back shopping for new clothing. Shop second-hand stores.
- Hang your clothes to dry outside, especially if you have a gas dryer.
- Keep electrical products for as long as feasible, unplug small appliances when not in use to conserve energy.
- As far as possible, reduce air travel. Look for carbon offset opportunities when you book flights.
- Use public transport, walk or bike whenever possible. Also, consider an electric vehicle as an option.
- Keep your existing vehicle for as long as possible.
- Move to green energy in your home by installing solar panels, replacing gas furnaces and water heaters with heat-pump systems, and insulating your home.
- Move your pension or retirement savings to fossil-free funds.
- Practice carbon-conscious gardening: plant native trees and other native flowering plants that attract pollinators; stop tilling and the use of conventional fertilizers; replace lawns that need mowing with native ground covers that do not.
- Avoid buying/acquiring plastics when possible. Bring your own bags to shop, and plastic containers for restaurant leftovers.
- Conserve water: replace sprinkler systems with drip lines, install rain barrels or other catchment systems.
- When heating the house, consider adding more clothing rather than turning up the temperature, and when using the air conditioner consider increasing the temperature. These actions will reduce your carbon footprint.
- Avoid greenwashing when you shop
<https://www.kqed.org/forum/2010101886423/how-to-spot-and-avoid-consumer-product-greenwashing>

Learn, Donate to Research and/or Volunteer for a Climate Caring Organization

There are numerous excellent choices. Here are some:

- Foundation for Climate Restoration (funding research and projects in using the lithosphere (rocks!) to capture and permanently store CO₂. You can join one of numerous local Chapters around the country. www.foundationforclimaterestoration.org
- Citizens' Climate Lobby: A non-partisan civic organization committed to climate Change. <https://citizensclimatelobby.org>
- Al Gore's Climate Reality Project www.climaterealityproject.org
- Land Trusts like www.sempervirens.org that are working on forest preservation and restoration.