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Environment

Composting for Fun and Food At Lake Arrowhead **Country Club**

BY RICK ZIMMERMAN

Special to the Mountain News

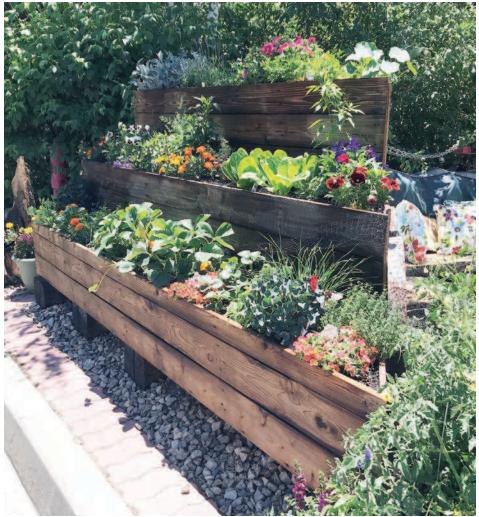
Composting brings to mind something our grandparents used to do to inexpensively fertilize their backyard vegetables and Victory gardens. As people have acquired an understanding the many benefits of composting, this process has made a resurgence with home gardeners in recent years.

Many people believed that the process was too complicated, messy, and created a bad odor. None of this is true. Composting is great for the garden and great for the environment, and is often referred to as "black gold."

Compost is organic material added to soil to assist with plant growth. It is nature's waste management process to recycle nutrients into the ecosystem. This humus is the best soil builder, and is comprised of green and brown vegetation. It also retains moisture, and suppresses plant disease and pests.

This trash takes up space in the landfills and rots to emit potent greenhouse gases such as methane, CO2 and Nitrous Oxide. Methane is roughly 30 times more potent than CO2, according to a Princeton study.

At the Lake Arrowhead Country Club (LACC), Chef Kathleen Sharkey was faced with a problem of what to do with the kitchen scraps they were throwing away, and also how to supplement organic produce for the kitchen. The solution was to create a large tiered organic garden and



Gardens grown with composted materials produce healthier plants, and provide trace minerals not usually available in chemical fertilizers. These fruits, vegetables, herbs and edible flowers are used in LACC's cuisine.



is to help eat various healthy kitchen vegetation scraps, and

make quality rabbit pellets for fertilizer. Rabbit pellets are

one of the best organic fertilizers. They are dry, odorless, and

not known to transmit any disease to humans. They are very

rich in nitrogen and phosphorous. These break down quickly

Chemical fertilizers are strong, and do not provide the

when composted and do not burn the plant roots.

Composted soil helps herbs grow better, providing a fresh resource for the kitchen's outstanding cuisine. Basil lives in the shade below.

section of the property, and used to augment the turf areas. Green vegetation consists of kitchen vegetable scraps, grass The other hero is a rescue a rabbit named Basil. Her job clippings, fruit scraps, coffee grounds and other vegetation,

and provides nitrogen. Brown vegetation consists of dead leaves, branches and twigs, and provides carbon. Green and brown vegetation

should be used in equal amounts with enough moisture to continue the production of beneficial bacteria and fungi breaking down the organic matter. Gardens grown with composted materials produce

available in chemical fertilizers. Chemical fertilizers can be expensive, and can burn the roots. Chemical fertilizers can over-stimulate plants, leading to other negative effects.

do not burn the roots, and promote a more natural growth

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trace minerals that organic fertilizers have. Basil is very healthier plants, and provide trace minerals not usually rabbit, named her Basil, and uses her pellets as spoiled, and she deserves the attention for her contributions a contribution of nitrogen and phosphorous to to the environment and the Lake Arrowhead Country Club. the compost mix. Organic fertilizers such as compost break down quickly, Food scraps and yard waste comprise 20 to 30 percent of what we throw in the trash. It could be composted instead.

Conservation Fund Wins Majority in U.S. House

start composting the kitchen

kitchen contributed to constructing the garden area, and continues to assist in maintaining the effort.

the

course clippings, leaves and wood debris are not used in the kitchen composting process,

due to the various fertilizers

and chemicals used. These are composted in a separate

chilies, lettuces, kale, beets, sunflowers, strawberries, and edible flowers, among other fruits and vegetables. Allv are used in Chef Kathleen's

garden

herbs.

vegetation.

Currently

cuisine. Golf

grows numerous

BY HEIDI FRON Reporter

The Land and Water Conservation Fund (LWCF), which has been instrumental in achieving project goals of the San Bernardino Mountains Land Trust (SBM-LT), throughout California and across America, surpassed a major hurdle when the U.S. House of Representatives voted July 18 to reject an amendment that would have cut funding for the program.

LWCF has protected iconic landscapes and waterways across America, scenic redwood forests and other woodlands in California, as well as the San Bernardino National Forest (SBNF).

Representative Andy Biggs of Arizona authored the amendment, which would have transferred LWCF funding from the Bureau of Land Management (BLM) to deferred maintenance needs of the National Park Ser-

Those maintenance projects were considered to be a mere fraction of the NPS

The amendment was offered to the Department of the Interior in an appropriations bill, but strong bipartisan support for LWCF resulted in Jim Asher a major victory for conservation of outdoor places and recreation programs.

The successful LWCF program costs the American taxpayer nothing, and last Wednesday's strong bipartisan vote demonstrates that Congress is honoring the original commitment of using those funds to continue creating and protecting the outdoor places Americans love most.

Jim Asher, president of SB-MLT, explained that the SBMLT has for more than 20 years been finding "private land holders inside the national forest desiring to divest themselves of the



Chef Kathleen Sharkey and her kitchen staff at

the Lake Arrowhead Country Club rescued this

burdens of ownership and wishing their properties to forever remain parts of the magnificent conserved natural forest. SBM-LT has acquired many beautiful (natural but threatened) parcels throughout the forest, to be protected and managed until sale to the U.S. Forest Service. Sale to the forest service depends upon its funding by the LWCF. This revolving cooperative sequence has made possible the nonprofit land trust's being instrumental in placing well over 12,000 acres into the permanent public conservation of the SBNF."

New added location: THE GRI At Lake Arrowhead Village (909) 744-9882 DINNER Monday-Sunday - 4:00 p.m. Saturday & Sunday Only - 11:00 a.m.-2:30p.m. 28200 Hwy. 189 R205/R210, Lake Arrowhead, CA 92352 At the Antler's Inn (909) 336-2600 DINNER Monday-Sunday - 4:00 p.m. Sunday - 11:00 a.m. - 8:00 p.m. 26125 State Hwy. 189, Twin Peaks, CA 92391 www.thegrillatantlersinn.com

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