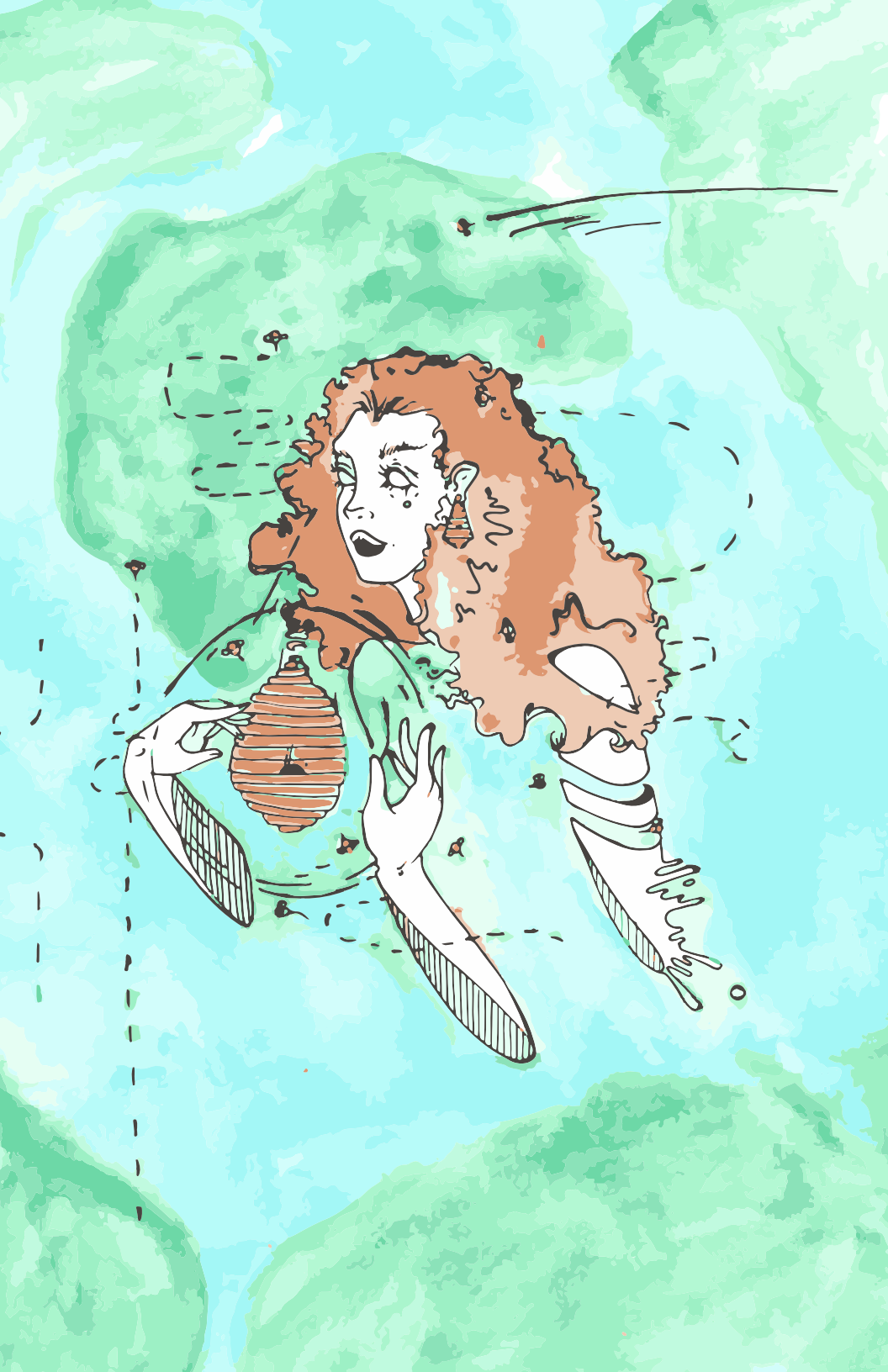


green



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green

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from, the presidents

This year was a year of firsts for us. Every officer who helped found Bee Enthusiasts at Emerson (BEE) came to Emerson College in January 2018. Although the organization is young, there's so much potential in store for us. We created a little buzz on campus and met so many great people who are just as passionate about honey bees as us. Our passion comes from Will's dad's own beehives, Thea's hippy parents, and Dori's own beehive. We hope to continue the conversation with fellow Emersonians on how we treat every living being on this earth with love, and how we can make an effort to leave our planet healthy and happy. We can't wait to grow our organization and see what's in store for us next! Peace, love, bees!

Thea Farber & Will Palauskas

co-presidents of B.E.E.



from,
the editor-in-chief

Emerson has a lot of publications, which is to be expected from one of the top publishing schools in the nation. None, however, have been able to express the school's yearning for ecological accountability in the way that green does. This newsletter is a product of Emersonians' way of interacting with the the world and holding themselves and their peers to a standard that is committed to respecting the earth and all its inhabitants. green hopes to bring our local community together to save the environment, to educate on issues that affect all of us directly, and to get green.

John Corredor
editor-in-chief of green

Bee-st Buds

written by diana lima art by thea farber

Bees travel a far distance —typically 2-3 miles per flight and even sometimes even further— from their homes to do very important jobs. Imagine that commute? Sometimes we complain that we have to walk a block or two to get some food and these little guys have to fly miles to find a flower in search for pollen. While making stops at other flowers, they will cross pollinate which is essential to yielding and resisting diseases. For every one pound of honey produced, bees must visit 2 million blossoms. For them being bees, they are pretty big A list celebrities in our ecosystem.

New England has many flowers that support bees locally. So living in New England, you can do a lot to help the bees! This article will talk about a few of the flowers that New England bees gravitate towards more. Think of it like you're making a food run, where everybody has either food restrictions or just a preference but they're far away. To



make a long metaphor short, where some bees are generalist pollinators being able to pollinate with all different types of flowers, other bees are specialists that only associate with certain flowers. So some bees stick to the ones they are most familiar with. That is why it is so important to plant flowers appropriate to their region. Since only a few of flowers will be discussed, I strongly urge you to visit the Native Bees of New England's website for more information.

black eyed susans - Not to be confused with the hit band “The Black Eyed Peas” that actually have a song called “Imma Bee.” I’m telling you, bees are everywhere, even in your music. These flowers can be found in fields, prairies and open woods in June from October. Located throughout North America, excluding Arizona and Nevada. These cuties thrive in full sun, so if you plant these make sure they have a lot of light to grow.

oxeye daisies - “He loves me, he loves me not, he loves me, he loves me not” He better love the bees though! These flowers are tied to that song

that was previously quoted but please don't pick their petals off! They are not responsible for your relationship insecurities but they do play a big role in providing a place for New England bees to get pollen. From June to August, they bloom in meadows, pastures and even roadsides.

wintercress - Winter(cress) is coming ... but only from April to August when these flowers bloom! Wintercress flowers can be found in moist (sorry to use that

helps the bees. Find you a flower that can do both, oh wait you just did! Blooming from April-July, they can be found in your classic fields and meadows but also in your lawns! These flowers thrive with nutrient-poor soil that is well drained so they are pretty low-maintenance but are so beautiful.

As beautiful as flowers are, it's important to remember that they are this way because they are rooted in the ground amongst nature. So, please refrain from

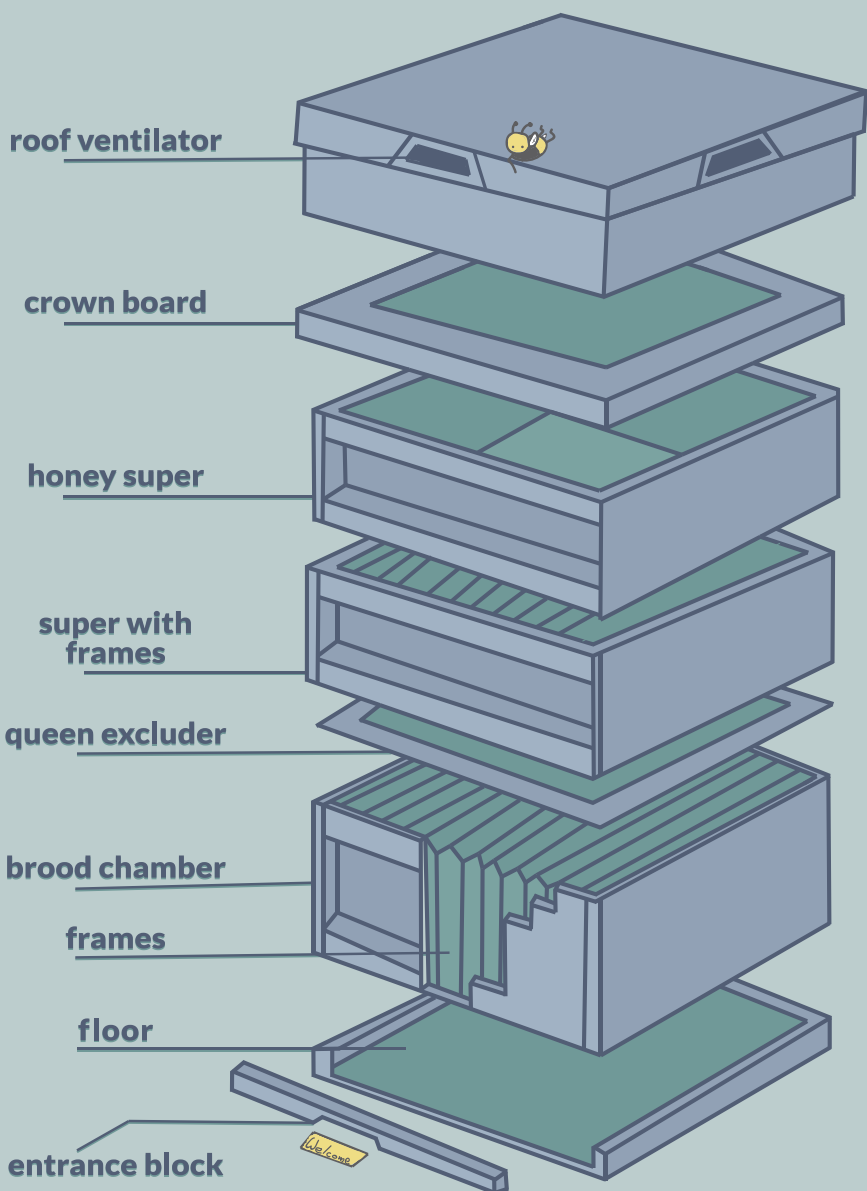


word) soils in fields, meadows, and brooksides. They can also be found in waste places and that just goes to show how beautiful things can be found in ugly places.

wild geranium - Wild Geraniums grow in a habitat from dry to moist woods. The best spot to grow these are in area that they can receive a lot of sun, ample water and some love because let's be honest, we could all use some of that.

picking them because they will not live as long as they could if you take them out of the soil. Instead, can I suggest planting your own flowers? The accomplishment of growing plants is a very fulfilling feeling that helps the environment too! If you want to give your partner some flowers how about replacing that with giving them some seeds. You could plant it together which is a cute date idea because nothing is sexier than caring about the Earth.

bulbous buttercups - Cheer up buttercup! An uplifting statement and a New England Flower that



building a bee hive

written by dori davis

art by marco amendola

From trees or human made structures, bees live, work, and make honey in different places! This article is going to give information on how to build a beehive!

parts

covers - “The Roof” of the hive that protects the colony.

honey super - Holds the frames together and this is where the bees store their honey.

queen excluder - This holds the queen separate (apart of the hive body)

brood chamber - This is where the eggs, larvae, and pupae develop and this can also hold honey, nectar, and pollen used to feed the larvae until fully grown or large enough to get their own food.

floor board - Forms the base and provides support for the hive.

assembly

1. Cinder blocks are used to create an angle for the rainwater to fall off the hive and not into it, and also helps elevate the hive.
2. The Bottom Board goes on top of the cinder blocks to hold the hive body.
3. The frames including the brood chamber and queen excluder go inside of the hive body
4. Let the queen bee navigate her way through the hive body and put cover on top. The queen can lay up to 1,000 eggs in a day, so soon the hive will be full!



#divestemerson

written by maddy garfunkel

It seems like global warming has been “past the point of going back” for my whole lifetime. There has always been a sense of urgency about taking steps to reduce carbon emissions. These methods and ideas easily run out of momentum and become quickly forgotten. The severity of global climate change can seem daunting and make you feel powerless in the grand scheme of action. It can be discouraging to feel like one person’s action won’t contribute to the greater good. As well as overwhelming of where to begin with earth-conscious actions. I get asked all the time

why I bother to make small, personal, sustainable changes. The reasoning behind these question makes sense: what is one person going to do in the greater scheme of things?

I am a strong believer that large change starts with just one person. It only takes one person to start an idea and gain a following. For if one person doesn’t make a small change, how will anything get done?

As an Emerson student there is one small action you can do that will make a greater impact. And that is getting on board with #DivestEmerson. Earth Emerson, our school’s environmental advocacy



written by maddy garfunkel

art by marlee mesarchik

what living vegan has given me

Transitioning to a vegan lifestyle was pretty easy for me. There was never much meat around my house growing up based on my older sisters vegetarians and my parents passion for environmental, human and animal rights. So I must accredit them with providing the space for me to follow in their footsteps and making this lifestyle change work. Their efforts to shop locally, avoid big-corporations and give back to our earth have been ingrained in me and my sister since birth. I must say I am privileged to belong to a family that was accustomed to vegan lifestyle.

I stopped eating dairy about ten years ago, and I had always eaten meat on and off. In early fall of 2015 I made the commitment to being permanent vegan. After these three years I have learned and gained so many vital skills.

patience

The ability to remain calm in the face of stupidity is the main trait I have earned after these years. It's hard to hear "I could never do that" or "How do you not eat bacon?!" every time I tell someone I'm vegan. It's even more frustrating when people are not willing to hear my reasons, or dismiss them. Whether it's the stigma surrounding veganism or the lack of accommodations, my patience is tested everyday. Over many years of not having the ease of non-vegan living, I have learned how to place my personal morals over immediate satisfaction.

self-control

This one is pretty obvious but I learned that I have the strength to not give into temptations of non-vegan food or cruelty- full (opposite of cruelty-free) products.

When I started going vegan, it was difficult to resist food especially in social situations. But after so long it's habitual to avoid certain foods, but again this is something I had to learn. I think it's important to test which you place first: personal morals or simple convince. Learning to ignore the convenient path and wait for products that do not damage the earth, animal life, or people teaches you self-control.

self-advocacy

I find myself in many situation involving dining out or eating at someone's house where I am left with no food options. I recognize how without knowledge or experience with veganism it can be hard to accommodate. Being in this situation continuously has allowed me to further develop a skill I always lacked. Living a vegan lifestyle has given me a valid platform to stand up for my needs. While I still hate watching my sandwich with cheese go back to the kitchen to be thrown out, advocating for my needs was something I needed to learn. I feel this skill has spread into other parts of my life, allowing me to advocate for myself in ways I was never able to.

self-validation

Knowing I am making an impact on the world is very self-validating. When I got into the groove of sustainable and ethical living I have felt more powerful.

For me, helping people or knowing I am not causing harm or death makes me feel like a better human. I believe there is nothing harmful in using this to validate myself and my ethics. Learning how to empower yourself is one of the most important things to learn about your identity.

ethics

Before going vegan I thought killing animals was sad, testing on animals was sad, and climate change was scary but I did compost and recycle. After becoming vegan my scope for ethical issues has grown exponentially. After educating oneself on the horrors of animal agriculture, it's impossible to shut yourself off from all the related issues; water and food scarcity, deforestation of the rainforests, human labor exploitation, natural wildlife murdering, Big Pharma, government subsidies the list goes on and on. Once you're an advocate for yourself and for animals, you become an advocate for all. The most rewarding part of veganism is feeling that I am a active global citizen.

lead yourself to follow the honey

written by diana lima

Plug in 1132 Massachusetts Ave in Cambridge on your GPS and head on down to Follow the Honey, a shop that specializes not only in selling honey and other various bee-related products but also a spot where the workers are happy to educate you on apiology. When you walk down the stairs and into the store, there is so much to explore. From large honey-filled chrome canisters where you can fill your own honey to beauty products, candles, trinkets and even coffee! Follow the Honey is so special because they only do business with bee farms that foster human (and bee) rights. They have partnered with the Tanzanian government amongst other apiaries around the world and since they sell so many different things, it's all hands on deck between farmers, painters, glass blowers and candlemakers and of course the bees! Follow the Honey also has another location in Orange, MA where they have a beanery. All there beans are purchased from small farmers, mostly made of indigenous people working towards maintaining their culture. The honey that is sold at these locations are called "Human Rights Honey" because it creates a sustainable job for these people while also caring about the environment. Everything they sell is natural and organic. Their honey is untreated so that means for example if you get orange flavored honey it came from an orange blossom that a

bee pollinated. They have information about what everything is on the walls so it's a good educational experience but don't be afraid to ask the workers any questions because they are more than eager to teach you about their products and also the bees that make them.

Going there you are introduced to a mixture of different flavors. Something that is unique about this shop is that they have what they call a raw honey bar. No, this is not somewhere to pick up the hunnies but you can pick up a different type which is actual honey. Here you can taste a variety of different honeys which is an incredible experience because it broadens your idea of what

honey can taste like. This shop not only focuses on different types of honey but also the many things you can make with honey and how essential it is to our livelihoods. They are big advocates on fair trade and supporting farmers from all backgrounds and are passionate about how much of an impact bees make in our world. You can visit their website at followthehoney.com or follow them on facebook, but I strongly urge to you stop in and take a look for yourself at the amazing things they are doing.



honey butter recipe

written by marlee mesarchik

"I need a honey butter."

- Merlyn Wood, Brockhampton

step 1: gather your materials

For this recipe you will need... a mason jar with a lid a marble of any color and size heavy whipping cream salt & your favorite local honey!



step 2: shake it (like a polaroid picture)

Pour the heavy whipping cream into the mason jar until it's about $\frac{1}{2}$ to $\frac{3}{4}$ full, depending on how much or how little honey butter your soul needs in that moment. Make sure not to fill the jar all the way. Plop the marble in said mason jar (this will help to stir the cream and let you hear when the butter is ready). Pull up your best playlist for dancing in the kitchen. Try to include songs that contain the words honey and/or butter. Now shake that thing! This will be enough of an arm workout for a year. Shake the mason jar with a fair amount of force for 10-15 minutes. Don't give up if it takes longer, it's different every time. When you can't hear the marble anymore, check and see if the cream has clumped into butter. If not, keep on shakin'!

step 3: finish it up!

You might notice that your butter is surrounded by what looks like a pool of milk, nice. Drain that remaining liquid so all that's left is a clump of butter in the middle of the jar. Make sure to not spill any of the butter, you worked hard for it and you should be proud. Stir in a pinch of salt and a spoonful (or more) of honey. If you'd like you can keep adding a little more!



step 4: you're all done! spread it on some toast and enjoy!



vegan eating

written by julia rouillard

art by marlee mesarchik

Eating at college can be a struggle, but being vegan can be much harder! Here are two easy vegan recipes!

no-bake granola bars

ingredients:

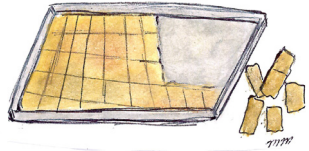
2 cups Rolled Oats

1 ¼ cups Peanut Butter (optional)

¾ cup Honey

¾ cups Dried Cranberries

1 cup any combination of nuts or seeds



instructions:

Mix ingredients in a bowl and put onto a flat sheet/baking sheet

Refrigerate for at least 1 hour and cut into 12 bars and enjoy these quick and easy granola bars!

chia pudding

ingredients:

2 cups unsweetened almond/plant milk

1/2 cup chia seeds

1-2 tablespoons honey/other sweetener



instructions:

Mix all of the ingredients into a bowl or jar and let sit for over-night. Top with fruit to make a great breakfast!

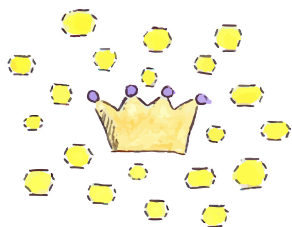
meet the hive

written by julia rouillard
art by marlee mesarchik

Okay, so we've all encountered honey bees. They buzz around our gardens and flowers, send grown adults running, and give us the honey we all love. For a lot of us, that's pretty much where it ends. We swat at them when they buzz past our heads and move on. But, there are actually some spectacular things going on in the hive! Let me break it down:



We've got the **queen**. Instead of a crown, she sports an extra long abdomen which allows her to have enough space to hold as many eggs as possible. And she means business about reproduction.



I'm talking laying her bodyweight in eggs every single day. She does this by going on nuptial flights where she mates with multiple drone bees. Of the eggs that are inside her, she can decide whether or not to fertilize them as they move through her reproductive system. Unfertilized

eggs become male drone bees, and fertilized female eggs can either become worker bees or another queen (should the hive need one). The queen will live up to 7 years (hint: that's a really long time for a bee!)



Next up are the **drones**, aka the male bees. Their sole purpose is to have sex with the queen, after which they die. Until

queen amongst all the drones is apparently pretty hard). As far as jobs go, they don't work very hard...but, I mean, I'm sure they have great...personalities?

Last but not least, we've got the **female worker bees**. They're also known as foragers. These are probably what you think of when someone says "honey bee." During their 6 week life span, these bees will only make about 1/12 of a teaspoon of honey. Can you imagine that? Working your entire life to make 1/12 of a tablespoon? And then dying?! Don't worry; they may not live long, but they're integral to the function of the hive and the environment we live in. They're best known for flying from flower to flower carrying pollen, which fertilizes the plants and what the bees eat for protein. They also collect water and nectar (which is the bees' primary nutrient source). They're smaller all around to be able to maneuver where they need to go and work efficiently.

Think this is it? Not exactly. These are the 3 main types of honey bees, and here are a few

melts thinking about grandma and grandpa bees sitting around in a bee-nursing home ... that's not exactly what happens, but a girl can dream.

young bees. These bees aren't quite babies, but they aren't working full time yet because they can't fly or sting. Instead, they clean the cells.

Middle Aged Bees. I like to call these housekeeper bees. Before they can become foragers, these bees spend some time doing in-the-hive tasks like building comb, fanning the hive, evaporating honey, and standing guard at the entrance to the nest.

So now you know! Hopefully our honey-making friends are a little less intimidating now.



