



# Virginia Green Attractions



Profile:



## Apple Cottage Organic Teaching Garden Luray, Virginia

**Virginia Green** is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. **Virginia Green Attractions** have been thoughtfully planned and designed to minimize their impacts on the environment. This attraction has met the established "core activities" for **Green Attractions** and has committed to communicate its activities to its guests. Below is a list of this attraction's "green" activities that guests can expect.

### Apple Cottage Organic Teaching Garden

"The Apple Cottage organic, biodynamic, and sustainable teaching garden includes more than 50 culinary and medicinal plants. Supervised tastings are available upon request. Gourmet and Health Foods retail shop and self-help natural healing library on premises. No pets, please. Children welcome."

**Green Statement:** "Apple Cottage has a deep respect for nature and a strong desire to preserve and protect wildlife so that future generations will be able to enjoy and appreciate its wonders."



### CORE ACTIVITIES for all *Virginia Green Attractions*

**Recycling and Waste Reduction.** Virginia Green Lodging facilities must recycle Glass Bottles and are highly encouraged to maintain a comprehensive recycling program. This facility pledges that they:

- Recycle: glass, aluminum cans, cardboard, packing supplies, electronic equipment
- Donate excess food from events
- Compost food waste and other compostables
- Have an effective food inventory control to minimize waste
- Purchase locally grown produce and other foods
- Purchase organic and "sustainably-grown" foods
- Use reusable dishware and glassware & minimize the use of disposables
- Use non-bleached napkins and coffee filters
- Provide condiments, cream and sugar, etc. in bulk
- Use water pitchers and filtered water to minimize the single-use bottles
- Use bulk soap dispensers in public restrooms
- Purchase recycled-content paper towels and toilet paper

- Use a last-in/first-out inventory and & effective labeling systems
- Encourage suppliers to minimize packaging and other waste materials
- Purchase from vendors and service providers with a commitment to the environment
- Use electronic correspondence and forms
- Use “green” cleaners that are dispensed in bulk
- Purchase durable equipment and furniture
- Use reused building materials or those from sustainable sources
- Use latex paints
- Properly recycle/dispose of thinners and solvents
- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Use less toxic materials
- Use integrated pest management (IPM)
- Minimize the use of pesticides and herbicides
- Use a nutrient management plan that minimizes the use of fertilizers
- Other: Discount incentives for customer to bring glass containers for refilling orders. Use of glass containers with rubber rings and aluminum clamps for bulk food storage. (also sell those glass containers) Use of lard rendering buckets to store bulk grains and other bulk items and longer term storage. Seed harvesting from teaching garden for reuse in garden the following season and for sale to local customers.



**Styrofoam/Disposables Minimization.** Participants are encouraged to minimize use of all disposables and eliminate the use of Styrofoam products for take-out and left-overs. This restaurant pledges that they:

- Use disposable containers made from bio-based materials, recycled content paper, and that are compostable and/or recyclable

**Water Conservation.** The facility must have a plan for conserving water that should consider plumbing modifications and landscaping. This facility pledges that they:

- Perform preventative maintenance to stop drips and leaks
- Have an effective landscape management plan which utilize drought tolerant species

**Energy Conservation.** The facility must have a plan in place that encourages replacement of lighting and equipment to energy-efficient alternatives. This facility pledges that they:

- Track overall energy bills
- Use:
  - compact fluorescent light bulbs in all rooms and in canned lighting
  - ceiling fans
- Have geothermal heating and cooling
- Have installed additional insulation
- Use natural lighting
- Purchase EnergyStar-rated computers, copiers, and appliances

**Green Events Package.** The facility must offer a “green” or “environmentally-friendly” package for conferences, meetings and other events. Even if the facility only offers occasional, small events, at least recycling will be provided. This facility pledges that they:

- Promote the availability of “green meetings/conferences” in marketing packages
- Encourage interested customers to attend Green Festival in Wash, D.C. every year. Attend Green Festival and carpool with other local attendees. Member of Co-Op America and Slow Food USA. Support the Luray Festival of Spring and the Luray Heritage Festival.

**Other:**

- Empower people to grow their own food organically, sustainably, and bio-dynamically by example and through education. Year-round demonstrations include: selecting & purchasing seeds/live plants & garden layout; starting seeds indoors; turning & enriching the soil; outdoor planting; caring for the plants & garden critters; harvesting & 2nd planting; drying, seed harvesting & storage. Use of the plants in cooking and home remedies is also included.
- Educate people about the importance of buying locally and recycling.
- Utilizing local suppliers whenever possible and recycling old food inventory to the local farmers as compost and feed for their animals.
- Actively working in the formation of a local organization called Sustainable Shenandoah ([sustainableshenandoah.blogspot.com](http://sustainableshenandoah.blogspot.com)) to promote localization, sustainability, green living, in every aspect of daily living.

For more information on **Apple Cottage Organic Teaching Garden**, see [www.applecottagefoods.com](http://www.applecottagefoods.com) or contact Ilene Reilly at [ir@applecottagefoods.com](mailto:ir@applecottagefoods.com) or 540-743-7299.

For more information on *Virginia Green* program, see [www.deq.virginia.gov/p2/viriniagreen](http://www.deq.virginia.gov/p2/viriniagreen) or [www.viriniagreentravel.org](http://www.viriniagreentravel.org).



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