

***Attention Coffee Drinkers!(The following is from the Audubon coffee club website)**

"By choosing shade grown coffee, coffee drinkers not only help common birds that use shade coffee plantations during the winter like the Baltimore Oriole and Ruby-throated Hummingbird, but also a host of at risk Watch List species.

Traditionally, coffee was grown under a canopy of shade trees, providing critical wintering habitat for many species of migratory birds and preserving the rich biodiversity inherent in tropical rainforests.

Increasingly, however, industrial coffee farms, where land is cleared of its lush vegetation to grow coffee in full sun, are replacing traditional coffee farms. With this conversion from traditional shade grown to industrial sun-grown coffee comes a corresponding decrease in migratory bird species, and this decrease in species diversity is dramatic -- over 90% fewer bird species are found on sun-grown coffee farms than on shade-grown coffee farms."

Cut the junk by cutting your disposable cup habit. Instead of a foam or paper cup, sip your daily dose of coffee out of your own travel mug if you are on the go, or ask the café for a "to stay" mug if you have a few minutes to hang. If you purchase one cup of coffee every day in a disposable container, you create about 23 lb of waste each year. If you insist on getting a disposable paper cup, make sure that you at least recycle it.

Also, one more reason not to take disposable cups: Polystyrene (aka Styrofoam) can actually disrupt your hormones, and the chlorine used to bleach paper cups creates carcinogenic dioxins during production.