

It's Not Easy Being Green...Or Is it?

[Civetta Comunicazioni](#) has long been dedicated to promoting local foods, chef-farmer networks, sustainable seafood and artisanal producers. We live by eco-conscious philosophies and believe in the value of sustainable practices. This commitment and our depth of experience in this movement have made us trusted resources for the media, food groups, culinary and environmental professionals, and our circle of friends and colleagues.

How do we keep ourselves "in-the-know?" Where do we go to get the real story? Why are we looked at as leaders in this ever-developing lexicon? And most importantly, how do we "walk the talk?"

In honor of the New Year, we thought we'd share with you an inside look on how we keep moving toward a healthier, more balanced future. We couldn't be the resource we are without the crucial information that the following writers provide. **A big thank you** to all of them for telling it like it is and helping us navigate ongoing developments in today's environmental arena.

Staying on top of the news

Some sites and blogs we couldn't be green without

Let's be honest, environmental issues can be difficult to grasp. In addition to keeping up with our favorite food policy and conservation newspaper reporters, we have found that new media offers a quick and easy way to stay educated and tapped into the issues. From politics to community news, green lifestyles and trends, these blogs and websites have it all covered!

http://www.epicurious.com/gourmet/blogs/foodeitors/politics_of_the_plate/index.html

<http://www.plentymag.com/blogs/ecoeats/>

<http://www.ediblecommunities.com/edibleNation/>

<http://sprig.com/>

<http://www.idealbite.com/>

<http://carlsafina.wordpress.com/>

<http://www.seasonalcornucopia.com/cc/searchResults.asp>

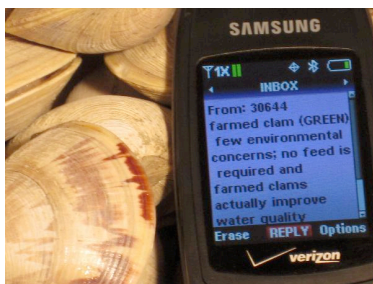
<http://www.treehugger.com/>

<http://chefs collaborative.org/category/blog/>

<http://www.seafoodchoices.com/newsroom/news.php>

<http://dotearth.blogs.nytimes.com/>

<http://www.thegreenguide.com/>



chefs
collaborative

local. sustainable. delicious.



Doing our part

A few things Civetta Comunicazioni does to give back

- We enjoyed a bountiful CSA from [Red Fire Farm](#) this past spring, summer and fall. Picking up our weekly share at Harvest Co-op was indeed the highlight of our busy week - trying to figure out what to do with celeriac and an abundance of cabbage helped increase creativity in the office, too! Try New England Soup Factory's [Sweet and Sour Cabbage Soup with Dill](#).
- We've stopped junk mail. (Yes, it's possible!) www.greendimes.com is a simple, cheap and efficient way to cut back on 90% of the junk mail you receive each day. Upon signing up, ten trees were planted in honor of Nancy and Colleen.
- Yes, it's a huge party with delicious oysters and clams and lots of beer, but the annual [Wellfleet OysterFest](#) takes a lot of work to plan! It's because we love the local shellfishermen and believe in their dedication to keep sustainable aquaculture thriving that we do it all for free. This weekend-long party raises money for community work, educational grants and scholarships.



The grass is always greener

How we stay balanced and sane amidst the daily grind

At the end of the day, sustainability is about balance.

Working out is key for the CivCom team! [Nancy](#) is an avid long-distance butterfly swimmer who loves her early morning swims. This is her time to clear her head before the busy day starts. (Read more in [Stuff @ Night](#)'s "**Bodies by Boston**" issue.) [Colleen](#) prefers the night-time workouts with her personal trainer, saying that it's a great way to unwind.



Spending time with family and friends is perhaps the best way to keep your finger on the pulse of what's really important in life. We've got fourteen kiddies between us (no, not our own!) that keep us both grounded...and young!

We know that for those pushing the local food movement forward, **being green is not exclusive to making green**. It can be done, and producers, consumers and whole communities can prosper, not just financially, but also with a feeling of abundance.

We wish you all an abundant New Year!
Nancy & Colleen