

# Bearkats Soccer

GAME DATES



**WED., 9/25 IS  
SPIRIT DAY!**  
Wear your Post Oak  
or Bearkats Gear!

**WED., 9/25**  
at St. Catherine's  
4:30 p.m.

**WED., 10/9**  
vs. Memorial Lutheran  
4:20 p.m.

**WED., 10/16**  
vs. St. Stephen's  
4:20 p.m.

**WED., 10/23**  
vs. St. Stephen's  
4:20 p.m.

**MON., 10/28**  
at Memorial Lutheran  
4:20 p.m.

**WED., 10/30**  
vs St. Stephen's  
4:20 p.m.

## Garbage Smoothies

by Post Oak Parent Daniela Weil

In the spring, I wrote a few columns on what to do with food scraps, and the benefits to you and to the environment of not using the sink disposal and trying a composting pile in your backyard. I hope that this subject resonated with you, and I've received great feedback on the whole composting thing! But I'm not done yet...



There are several different ways to compost. Today I'm going to explore one, which for some of you might blow your mind! It's called, the Vitamix Composting. I'll just call it, Vita-Composting. Yes, you heard it, the Vitamix, my favorite kitchen appliance of all time, which makes the best green smoothies, ice-creams, and soups, and grinds anything you throw in there to a pulp! Yes, my beloved friend the Vitamix is now also my eco-friendly compost maker ally! Who knew?!! The benefits of composting with the VM, are: It is a cold composting technique, which, means that the soil will retain the beneficial microorganisms and nutrients, that are killed in some hot composting techniques. Because you "puree" the food, you automatically avoid putting any weed seeds into the compost. And because the compost is immediately applied after it's made, it's a fast and easy composting method.

The instructions are simple. All you need to make free, super nutrient-dense compost is a spare wet blade container (never use your normal food container for composting or making fertilizers and natural pesticides.) Loosely fill the VM container to the 6-cup mark with leftovers that you would normally run through a garbage disposal. The amazing Vitamix motor will even chop up such leftovers as banana peels, celery stalks, cantaloupe and watermelon rinds, etc. It is a good idea to include eggshells in the mix, and you can use coffee grounds (a couple of tablespoons) and coffee filters as well. Add enough water to cover the produce scraps. Blend for 1-2 minutes, by dialing 1-10, then "HIGH". Immediately after making the puree, pour it on the soil around your plants. Scrape a top layer of soil or mulch away making a long shallow trench alongside your plants. Cover the furrow back up and ... voila! You've just made your garden a delicious and nutritious garbage smoothie!

For those of you that have a Vitamix, (high-five) and here's to trying out this idea! If you don't have one, I will certainly not insist on you getting one as those things are super expensive (about \$400-\$500), and I totally get that it's not on everyone's budget and priority list. Either way, this is a good alternative to composting in your backyard, and some "pureed" food for thought!