

# The Environmental Sustainability Group Gift Guide

## Fair Trade, Holiday Ideas, & Gift Giving

*This holiday season and throughout the year, ESG's Gift Guide makes it fun and easy to choose local, sustainable, fair-trade and recycled gifts and more. There are suggestions here for gifts that support local small businesses and artisans as well as places to find fair-trade sustainable items from around the globe. Or maybe the perfect gift is something a little less tangible. Researchers have found that for those who already have plenty, experiences bring more happiness than material possessions. And San Diego has so much to offer! Consider giving tickets to the movies, a concert or the theater or a membership to one of our local gardens or museums, a gift card to a favorite restaurant, or charitable donation.*

*This year's guide is full of resources and ideas that are great for the local economy, easy on the earth, and delightful to receive.*

*Enjoy the season.*

### Sections:

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## SUPPORT LOCAL SAN DIEGO

[FARMER'S MARKETS](#) have crafts and homemade items for sale. Here are links providing information on the various farmers' market locations throughout the San Diego area:

- **Farm Bureau San Diego County** - Certified Farmer's Markets
- **Simply Local** - local merchants selling a variety of products
- **Summers Past Farms** - herb garden, gift shop, nursery and classes.  
Closed Monday and Tuesdays.

**MEMBERSHIP GIFTS** are a great way to support an environmental group or one of the beautiful museums or gardens we have in the area. Just to get you thinking, here are a few we came up with:

- **Balboa Park gift pass**
- **Birch Aquarium** - gift membership
- **CicloSDias San Diego** - giving people a break from the stress of car traffic
- **Japanese Friendship Garden in Balboa Park**
- **San Diego Botanical Garden**
- **San Diego Coast Keeper**
- **San Diego County Bicycle Coalition**
- **San Diego Food Bank** - give products, time, or donations
- **San Diego Zoo**
- **Sea World**
- **Water Conservation Garden** - located at Cuyamaca College has an online membership form

**JOIN A CSA (COMMUNITY SUPPORTED AGRICULTURE)** to support locally and organically grown food.

- **Be Wise Ranch** - select from several pick-up sites in SD
- **Garden of Eden Organics** - delivers to campus on Thursdays from 12:30–2:00
- **UC San Diego Roger's Community Garden CSA**
- **Suzie's Farms** - with over 50 pick-up locations all over SD

**CONSCIOUS DINING & COOKING** - the options are out there! Below are links offering lists compiled by the Surfrider Foundation, San Diego Coastkeepers, and UC San Diego:

- **OFR (Ocean Friendly Restaurants)** - list compiled by Surfrider Foundation, San Diego Chapter
- **San Diego Coastkeepers list and tips** - for finding sustainable seafood restaurants and food sources
- **UC San Diego Sustainability** - food sources and conscious eating tips, including PDF guides for on campus etc.

### **HOLIDAY & GIFT EVENTS**

- **December Nights at Balboa Park** - December 2nd 2016 from 3:00–11:00 p.m. and December 3rd from noon–11:00 p.m. Both evenings the museums in the park open their doors from 5:00–9:00 free of charge.
- **Peace Bazaar** - Support local social justice organizations with unique and socially conscious items that make great gifts. December 10, 2016 from 10:00–2:00 @ **Mid-City Gym** 4302 Landis St. San Diego 92105 Entrance on 43<sup>rd</sup> (one way street going South)
- **Really Really Free Market** - Everything is free! December 11, 2016 from 11:00–2:00

## **SHOPPING FAIR TRADE & FUN GIFT IDEAS**

**FOR CONSCIOUS DECISION-MAKING** check out these great resources before making your sustainable purchases:

- **GoodGuide** - a free online source for the social and environmental ratings of brands and companies
- **Where Am I Wearing** - a resourceful site created by author Kelsey Timmerman based on his book exploring where our clothing comes from, and the people who make them

### **ALL**

- **Bag It** - merchandise inspired by the documentary to use a little less plastic in your life
- **Fair Indigo** - clothing and gifts some made in the USA, some fair trade
- **National Wildlife Federation** - an online store with some organic t-shirts, and other neat gifts, your purchases help support their wildlife programs
- **Nature Conservancy** - for gifts and membership

### **ACTIVE LIFESTYLE**

- **Gaiam** - yoga clothing, exercise DVDs

- **Klean Kanteen** - for staying hydrated on the go
- **Patagonia** - environmentally conscious clothing

### CLOTHING & SHOES

- **Hazelnut Kid** - children's clothes, toys and games
- **PrAna** - clothing store
- **Soul Rebels** - fair trade footwear made in Ethiopia
- **Sustain U** - a clothing company offering 100% recycled apparel that's made in the USA
- **Toms Shoes** - For every pair of Toms shoes that is sold, another pair of shoes is given away to a child who does not have any. So buy shoes and feel good, not just because you have new shoes, but because in the process of buying one pair, you are donating a pair to someone in need. Now just think of the potential if other companies did this, even if they did it for just one month a year

### FOOD & SNACKS

- **Chico Bags** - reusable bags including snack bags and [produce bags](#) made from organic cotton and hemp.
- **Lunch Skins** - reusable snack and sandwich bags, made in America. Purchase online or click on the map to see what stores sell them in your area
- **Mountain Rose Herbs** - herbs, spices, teas along with body-care items and aromatherapy products.
- **People Towels** - instead of one-time-use paper towels, made of 100% organic Fair Trade Cotton
- **SKOY cloths** - reusable cleaning cloths made of cotton and wood-based cellulose pulp. Use SKOY instead of paper towels for all your cleaning needs
- **Soda Stream** - make your own sparkling water and carbonated drinks. No more empty bottles and just exchange carbonator cylinders when empty
- **Thailand Unique** - offers alternative sources of sustainable protein, insects!



- **To-Go Ware** - utensils sets made out of bamboo and stainless steel food containers. Click the link to find a retail store that carries their products close to home
- **Bee's Wrap** - an alternative to plastic wrap. Made from beeswax, organic cotton, and other natural fibers. Reusable and compostable.

### HANDBAGS

- **Harveys Bags** - handbags made out of recycled seat belts fabric
- **Yoogi's Closet** - authenticated pre-owned luxury goods

### HANDCRAFTED & HOME GOODS

- **Eco-Artware** - eco and animal-friendly jewelry, furnishings and gifts by indie artists
- **Ecochoices** - Natural Living store. This internet store has a variety of products for every room in your home, including the baby's. Enjoy shopping for ecotoys and games, furniture and garden products along with hemp greeting cards, made from a blend of hemp and post consumer recycled fiber.
- **Etsy** - the world's handmade marketplace offers neat one-of-a-kind gifts including recycled, upcycled and repurposed items
- **Great Green Goods** - everything featured on this blog is made from recycled materials.
- **Green America** - a national, 501(c)(3) not-for-profit, membership organization founded in 1982. Their "mission is to harness economic power—the strength of consumers, investors, businesses, and the marketplace—to create a socially just and environmentally sustainable society."
- **Green Field Paper Company** - handmade paper crafted in San Diego, includes hemp paper, junk-mail paper, garlic paper, Grow-A-Note greeting cards, and recycled wrapping paper. This company offsets its electricity use by purchasing wind energy credits.
- **Hempmania** - enjoy products made with hemp: think purses, backpacks, cords, twines, and lip balm. Earth-friendly hemp grows naturally without pesticides and fertilizers.
- **Mighty Nest** - an eco-friendly & non-toxic home
- **Northern Sun** - fun products, T-shirts many made from organic cotton and/or made in the U.S.A.

- **Novica** - handmade products from global artisans who benefit from fair prices, no binding contracts, and the freedom to make a success of their craft by building a sustainable business.
- **NaturalKidz** - children's clothing store, many of the clothes are made from recycled and/or sustainable products
- **Project Repat** - T-shirt quilts made from T-shirts you love but no longer use. Check out the website for more details and to find out how to design your own quilt!
- **Serrv** - to enrich and inspire, fair trade, handmade, nonprofit
- **Ten Thousand Villages** - a fair trade store with a variety of clothes and gift ideas
- **Uncommon Goods** -with a focus on sustainability and good design, artists worldwide offer household goods, clothing, jewelry, and more
- **Viva Terra** - recycled products including dishes, glassware and vases

## TECHNOLOGY

- **Grovmade** - eco-conscious bamboo and wool iphone & ipod cases made in Oregon
- **Kill-a-watt electricity usage monitor** - this device monitors home energy usage and shows how much electricity appliances and other things in your home and garage use. Also available is the Kill-a-watt power strip
- **Programmable thermostat** - for the handy person. These are available at most home improvement stores. According to the EPA, the average family would save approximately \$180.00 per year by installing a programmable thermostat in their home
- **Real Goods Solar** - carries many sustainable items including solar ovens and solar chargers for your phone and other small electronic devices

## FOR THE ANIMAL & PLANT LOVERS

*Many of these non-profits survive on donations and need help feeding and caring for animals that they rescue throughout the year. If you have an animal lover on your list, this might be one gift idea that they will enjoy.*

### ANIMAL LOVERS

- **Animal Place** - located in the Sierra Nevada foothills, this organization rescues farm animals
- **Farm Sanctuary** - rescued farm animals live out their lives in comfort while helping educate farm guests Adopt an animal for a year. Or **Adopt-A-Turkey** - for a one time donation of \$30.00. And for a donation of \$200.00 you can sponsor the entire flock! Don't worry they don't send the turkeys to you in a box, once they receive your money; they send you pictures and fun facts about the birds.
- **Gentle Barn Farm Sanctuary** - rescues, rehabilitates and gives sanctuary to abused animals. Children and other farm guests learn reverence for all life when they meet and learn the stories of the animals here. Adopt an animal for life!
- **Muttville Senior Dog Rescue** – older dogs in shelters often do not find a home, which is where Muttville steps in. A \$65.00 donation provides care for one rescued dog for an entire month.
- **San Diego Audubon Society** - "The mission of San Diego Audubon Society is to foster the protection and appreciation of birds, other wildlife, and their habitats, through education and study, and advocate for a cleaner, healthier environment."

### PLANTS & GARDENING

- **Back to the Roots** - a NorCal start-up offering a variety of products including a **Gourmet Mushroom kit** grown from coffee grounds.
- **California Organic Flowers** - organic bouquets
- **Olivewood Gardens** - a local garden and nutrition education center in National City. "Olivewood's purpose is to build healthy families and a healthy environment. We work with children, families and adults through hands on classes in the garden and the kitchen."
- **Seed Savers Exchange** - for the gardener on the list, the exchange is dedicated to saving and sharing heirloom seeds
- **Spikenard Farm Honeybee Sanctuary** - this Virginia farm raises money to educate people about the importance of honey bees. They recently purchased the land they were leasing and now are raising funds to construct a building on the property to hold classes and lodge the interns who tend to the bees and the farm
- **United Plant Saver** - protects native medicinal plants of the United States and Canada and their native habitat while ensuring an abundant renewable supply of medicinal plants for generations to come.
- **City Farmers Nursery** a San Diego garden center with organic seeds, hydroponics and pond supplies, koi and water plants

## SECONDHAND TREASURES



### THRIFT & RETAIL SHOPS

**Experience the thrill of the hunt!** Wonderful one of a kind items—vintage, secondhand, and even new—can be found in San Diego's many area **thrift and resale shops**. With their constantly changing inventory, these stores always have something new (to you).

Added bonus? Supporting a favorite charity, buying items at a fraction of their retail price, even de-cluttering if you choose to donate or trade in some of your own things, while enjoying the satisfaction of knowing that you are protecting the environment by taking time to find the perfect gift.

A sampling of stores can be found on Yelp [here!](#)

**Some staff favorites include:**

- **Amvets**
- **Goodwill, San Diego** Notes eco-stylist Danny Seo, "It's amazing what you can find at Goodwill. Vintage fabrics, wallpaper, and sweaters all make great wrapping -- just look for rich textures." The inventory at Goodwill stores varies by neighborhood and clientele. Try a few to find your favorites. And don't miss Goodwill's bookstores...
- **Fabulous Finds-** According to one of our librarians who volunteers there, "Fabulous Finds ... is so well laid out and stocked that shoppers forget it is a thrift store and not a fancy gift shop. . . ." "I almost always leave with a few bargains. I find great gifts for Christmas and birthdays there. I actually bought a beautiful piano and a loveseat there in the past few years."

### VINTAGE & CONSIGNMENT

Curated, rather than simply collected, vintage and consignment shops offer treasures with a little less hunting. Save money and declutter by selling or trading in some of your own things for cash or store credit. These stores tend to cluster in neighborhoods that have great coffee shops, too. Try La Mesa, OB, or a day south of the 8 and check out the many vintage stores in Hillcrest, North Park, and South Park. \_

- **Best Used, Vintage & Consignment in San Diego**
- **Best Consignment in San Diego**

### BOOKS. BOOKS. BOOKS

From mass market paperbacks to vintage volumes and collectors editions, secondhand bookshops have something for everyone, at prices that are often better than those found online. Experience the joy of browsing actual shelves while supporting a local business.

- **Best Used Bookstores** in San Diego

**Some staff favorites include:**

- **Bluestocking Books** in Hillcrest
- **Verbatim Books** in North Park
- **Mysterious Galaxy** in Clairemont
- **Maxwell's House of Books** in La Mesa

## D.I.Y.

- [45 Different Ways to Use Plastic Bottles in Sustainable DIY Crafts](#)
- [16 Cereal Box Projects That Will Reinvent DIY](#)
- [19 Brilliant Ideas to Label the Plants in Your Garden](#)
- [Regrowing Vegetables from Scraps](#)
- [Easy 7-Ingredient DIY Natural Beauty Recipes](#)
- [50 Handmade Natural Beauty Products for Gifts](#)

## IDEAS FOR WRAPPING GIFTS GREEN

### REMEMBER TO RE-USE AND RECYCLE!

- [Earth911](#) has some creative ideas for wrapping gifts, think fabric and old calendar pages. [11 Low-Waste Gift Wrapping Alternatives to Buy or DIY.](#)
- According to [Eco-Chick](#) if every family wrapped just three gifts with re-used materials we would save enough paper to cover 45,000 football fields!!! That is huge, so see if you can find fun ways to wrap just three presents this holiday season.
- [Furoshiki](#) is Japanese wrapping cloth and can be made from all types of fabrics including cotton, rayon and silk. See some ways to wrap various gifts under the technique tab on their site.  
There are also some [YouTube videos on Furoshiki wrapping techniques](#)
- [Herbal Dye Gift Bags](#) make gift bags using plant material
- [Eco Gift Wrap](#)

### CLEANING UP AFTER CELEBRATION

- [Tips on how to by Mother Earth Living](#)
- [Recycle your tree](#)
- [ESG Holiday Recycling Guide](#)

## WHAT TO DO WITH "EXTRA STUFF"

- [Rare Hare Studio / Art FORM \(Found Objects Recycled Materials\)](#) - a nonprofit that provides arts education with creative reuse to schools, teachers, and the community. Art FORM also offers creative reuse materials and art supplies to the community every Saturday from 10am–2pm. Visit the Saturday store at 3316 Adams Avenue, San Diego, CA 92116 and choose among fabulous reuse materials and art supplies, all available for a low-cost donation. All proceeds from the Saturday store benefit Art FORM's school and community programs.
- [Terracycle](#) - This is the company that purchases the UC San Diego Library defunct pens and markers. Check out the fun items that they have made from recycled materials, including ours.

## FOR MORE INSPIRATION:

## BOOKS & MAGS YOU MIGHT ENJOY

- [Eco-Friendly Crafting with Kids](#)  
Quirky, colorful and fun projects for pre-school kids and their parents to make together. Small children love crafting and creating, and it's educational as well as enjoyable - crafting can help develop fine motor skills and teaches small children to follow instructions and work alongside someone else.
- [Green Crafts for Children: 35 Step-by-Step Projects Using Natural, Recycled, and Found Materials](#)  
None of the projects in this book use any special materials. Instead, they all rely on ingredients that you are likely to have in the cupboard or items that can be found around the house or garden, or out on walks in the park or at the beach.
- [Recycled Crafts Box](#)  
Corrugated Castle. Fancy Foil Fish Mobile. Paper Bead Bangles. Braided Rag Coasters.

Old Shoe Flower Pots. Puppy Dog Sock Puppet. With a little imagination, just about anything we think of as trash can be transformed into an art project good enough to give as a gift or to keep and treasure yourself.

- **Junk Genius: Stylish Ways to Reinvent Everyday Objects**  
In Junk Genius, you will find highly rewarding and money-saving repurposing projects, and discover why making your own is a trend well worth exploring.
- **Junk Beautiful: Room by Room Makeovers with Junkmarket Style**  
One person's trash is another's treasure.
- **Restore. Recycle. Repurpose. : Create a Beautiful Home**  
Renovation that's eco-friendly...AND economically smart!
- **ReMake It!: Recycling Projects from the Stuff You Usually Scrap**  
To the green and crafty kid, vintage LP covers, empty tissue boxes, and broken umbrellas are not trash--they're treasures!
- **The Resilient investor: A Plan for Your Life Not Just Your Money** by Hall Brill Michael Kramer and Christopher Peck.  
A guide to investing in changing times that considers our lives and communities as well as our finances.
- **Sustainable Happiness Live Simply, Live Well, Make a Difference** edited by Sarah Van Gelder and the staff of *YES! Magazine*.  
A collection of stories and essays about what true happiness is.
- **Yes! Magazine** - A nonprofit, reader-supported, independent magazine that doesn't just report problems in the world, but also focuses on what people are doing to find solutions.

**HAPPY CONSCIOUS SHOPPING!**

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