

# Kiwi

Growing families the natural and organic way.

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MARCH 2010

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**HOW TO RAISE  
A HAPPY FAMILY  
4 SIMPLE STRATEGIES**



# the **buzz** life

## "I'm a KIWI mom"

Marguerita Rollins

mother of 2-year-old Avery, from Henderson, Nevada



**WHY I'M A KIWI MOM** Even though every day isn't always perfect, I try to make the best possible choices for my family's health, wellbeing, and carbon footprint. I focus on how my decisions are shaping the world for my child. Whenever possible, we buy organic food and household products, and even though my daughter's still young, we like to cook healthy food together. We also recycle and buy secondhand goods.

**OUR EASIEST ECO CHANGE** We install CFL bulbs whenever a traditional one burns out and we eat organic produce.

**THE HARDEST GOAL TO REACH** Living in the desert makes eating local a challenge: Farmers' markets just aren't accessible here, which is disappointing.

**MY INSPIRATION TO LIVE GREEN AND HEALTHY** My daughter. Watching her explore the world, it's impossible not to ask myself, "What world am I leaving for her? What do I want her to be able to enjoy in her life? What can she learn from my example?"

**WHAT I FEEL HOPEFUL ABOUT** Maya Angelou said, "You did what you knew how to do, and when you knew better, you did better." When it comes to living green, my job is to educate myself and refuse to be stagnant. That way, I can make good choices going forward and educate others rather than judge the decisions they may have made unknowingly.

—As told to Marygrace Taylor

Are you a KIWI mom? Tell us why! E-mail [kiwimom@kiwimagonline.com](mailto:kiwimom@kiwimagonline.com)

## GARDEN POTTY

Potty training is a time for cheering on your little guy and celebrating his steps toward growing up. Now you can celebrate the earth while you're at it! The **Becopotty** is made from bamboo and rice husks (left over from farming), which are bound together with a biodegradable resin. The potty lasts as long as you need it to; just wash it out after your kid uses it. And here's an incentive for him to move to the grown-up toilet: When he's ready, he can take his potty outside and plant it in the garden, where it will feed the plants and biodegrade naturally within a few years. (\$13, [trendykid.com](http://trendykid.com))

**kiwi PICK**



## VILLAGE GREEN | Baltimore

Meet some fantastic sea creatures, shop local eco goods, and munch on tasty grass-fed beef burgers when you visit this scenic city by the Chesapeake Bay.

**SLEEP** Situated in prime harbor-view territory, Fairfield Inn & Suites is the first LEED-certified hotel in Baltimore, which means it features an energy-efficient design. It uses biodegradable cleaning products, a recycled-rainwater irrigation system, and a green roof that insulates the building. (\$159–\$209/night, [greenfairfieldinn.com](http://greenfairfieldinn.com))

**PLAY** At Port Discovery Children's Museum, kids can "cook" food and ring up orders in a mock diner, play a game of indoor soccer, and learn about life on a farm. (\$13, free for kids under 2, [portdiscovery.org](http://portdiscovery.org))

**LEARN** There are more than 600 different aquatic creatures at Baltimore's National Aquarium; your kids are sure to find one they love! In addition to the aquarium, families can see a dolphin show and watch a 3-D video accompanied by wind, mist, scent, and vibration effects. Plus, ticket sales support worldwide conservation efforts. (\$30 for adults, \$20 for kids 3–11, [aqua.org](http://aqua.org))

**SHOP** For eco-friendly handbags, wallets, soaps, jewelry, and more, check out Earth Alley. The green merchandise is made by local artisans. ([earthalley.com](http://earthalley.com))

**EAT** The décor alone at the Golden West Café—bright walls, funky artwork, colorful paper lanterns—will be enough to put a smile on your kid's face. And with organic eggs, beef (grass-fed), chicken, and sausage patties that come from local farmers, it'll make you happy too. ([goldenwestcafe.com](http://goldenwestcafe.com))

—Stephanie Eckelkamp