

APRIL 18

LIVE GREEN EXPO

Empowering North Texans

The *Live Green Expo* established its roots in 2007 and has since become the largest environmentally focused event in Texas! Our team aspires to deliver an increasing amount of opportunities to allow North Texans to see how easy green living can be!

The *Expo* will feature presentations and over 150 exhibitors offering a wide selection of products that fall within the following categories: **education, energy, food & agriculture, green-building & remodeling, indoor air quality, lifestyle & recreation, transportation, waste reduction, water, and yard & garden.**



Introducing.... Food Alley!

Discover the benefits of shopping locally and purchasing organic! **Food Alley** will feature cooking demonstrations with a variety of notables, including restaurateur, Kent Rathbun. *Abacus* and his latest creation, *Rathbun's Blue Plate Kitchen*, are two of Dallas's leading gastronomic sensations. While busy opening restaurants, Rathbun managed to



2008 Iron Chef Kent Rathbun will take center stage in the *Expo* Food Alley demonstrating healthy was to shop, cook, eat and consider the environment too!

become a national celebrity winning the Food Network's *Iron Chef America* with his Atlanta-based chef-brother Kevin. The Rathbun boys beat Iron Chef Bobby Flay.

Healthy and creative tastings from local growers and manufacturers will tantalize your taste buds, while local

farmers will be on hand to answer questions about the benefits of organic food and how to shop for the best-tasting, most nutritious food for your family. From gourmet crackers to pasture-fed beef, pure honey to the best in Texas wine - stop by **Food Alley**. Bon appétit!



Food Alley Participants:

Coppell Farmers Market, Dallas Farmers Market Friends, Dr. Kracker, Eco Dallas, Frisco Farmers Market, Frito Lay, Lavender Ridge Farm, Lucido Pasta, Newflower Farmers Market, Real Men Cook, Rehoboth Ranch, Rife Vinyards, Texas Bred Organic Meats, Texas Honeybee Guild, Texas Organic Farmers and Gardeners Association, Whole Foods and Windy Meadows Farm.

DFW Cities Team Up to Empower North Texans!

The Cities of Allen and Richardson have joined forces with the City of Plano to build a base of North Texans who adopt "green living" practices by attending the *Live Green Expo*. "The *Expo* provides an opportunity to educate people about the environmental considerations of day-to-day living," says Richardson's Special Projects Coordinator, Michelle Mann. We all benefit from this regional effort as a major step towards addressing the non-attainment status the Dallas/Fort Worth area is currently in with the federal standards for 8-hour ozone concentrations. The cities are committed to exploring other environmental projects and recycling campaigns that prove to be mutually beneficial and sustainable for the region.



Learn how to get the most from the *Expo*:

Looking for ideas? Seeking to share a green resource, business or upcoming project? We have created a platform where *Expo* attendees can share tips, stories, encourage green living and help us all learn from each other's experiences. Join the "**Share & Connect**" activity on event day! You can also post messages on the *Expo's* online "**Share & Connect**." blog.

Recycling Collections Drop-Off

The *Expo* will allow North Texans to participate in our Recycling Collections Drop-off. We're collecting TV's computers, cell phones, clothing, shoes, eyeglasses, books and more. Plan now to join our recycling effort!

Children's Activities Children can experience going green too! Activities to help children create, learn and play will be on hand. From art projects and games using recycled materials to eco-performances, cooking in a solar powered oven and more!

- ❖ Enjoy art and drama with Rover Dramawerks
- ❖ Hear earth friendly tales brought to life by Ann Newman, the DMA's Resident Storyteller
- ❖ View tricks performed by the Eco-Magician
- ❖ Tour a Recycling Truck
- ❖ Ride a bike and generate electricity to light a lamp
- ❖ Make a worm composting bin or compost tea
- ❖ Go fly a kite!



What to bring to the Expo?

- ✓ Plastic shopping bags for exchanging
- ✓ Electronics and televisions for recycling
- ✓ Personal documents for shredding
- ✓ Books, eyeglasses, clothes and shoes for reusing
- ✓ Kites for flying
- ✓ Children for fun activities
- ✓ Green ideas for story sharing



Thanks to a wide array of treatment options and earlier diagnosis, we're well on our way to better understanding cancer. But what can you do now to help win the war against this disease? Evidence suggests that changing your diet may be your best defense. Try our healthy recipe compliments of [Real Men Cook](#) and join us in the *Expo's* Food Alley for a tasty treat!

SUPER STUFFED TOMATOES

Healthy Recipe

- 4 large beefsteak tomatoes
- 2/3 cup miniature pasta (any shape)
- low fat non-stick vegetable spray
- 1 celery stalk, chopped
- 2 small cloves of garlic
- 1/2 cup sliced mushrooms
- 2 shallots, chopped
- 1/3 cup breadcrumbs
- salt and pepper, to taste

Cut off tops of tomatoes. Using a teaspoon, scrape out the flesh of each tomato and reserve. Arrange

tomatoes in an ovenproof dish and set aside. Boil pasta according to directions. In a large saucepan coated vegetable spray, saute vegetables with garlic until tender. Add half of tomato centers and cook until liquid reduces. Add bread crumbs, pasta, salt and pepper. Preheat oven to 400 F. Stuff each tomato with the mixture, placing any extras on the bottom of the dish, and bake for about 20 minutes or until heated through.

~Serves 4 ~

FEATURE PARTNER

THE BOLD LOOK OF KOHLER®

To help homeowners better understand water conservation, Kohler is also launching a grassroots campaign, where company experts plan to visit more U.S. cities currently facing water shortages. These events will demonstrate to consumers the environmental and financial benefits of saving water inside the home - and how easy it is to accomplish.

MORRISON
PLUMBING | APPLIANCES | HARDWARE



City of Richardson

The City of Richardson's residential recycling program uses blue bags and is collected once a week. The recycle program accepts aluminum, steel and empty aerosol cans; clear, green and brown glass; plastics numbered 1-5 and 7; newspapers, junk mail, phone books, magazines, catalogs and many more items. All items can be placed in the blue bag, and all blue bags need to be set out before 7 am on your recycle pick up day. For additional recycle items accepted and when your recycle day is scheduled, please visit www.cor.net.

Media Partners



DART is the official Transportation provider for the *Live Green Expo*. DART will provide on-site shuttle service to the Plano Centre from the remote parking facilities at Collin College, along with FREE transportation to and from the Parker Rail Station.

Residents of Irving will have a private shuttle service running all day from Irving to the Plano Centre. Call ahead to reserve a ticket on the Irving shuttle at 972-721-2533.

WWW.LIVEGREENEXPO.NET

Join us!

Contributors

Presenting: City of Plano

Earth: City of Allen, City of Richardson, DART, The Dirt Doctor, GreenCraft, Kohler, Morrison Supply

Water: Allied Waste

Air: Profitable Green Solutions, Star Newspapers, Southwest Airlines

Fire: TXU Energy, Pat Lobb Toyota, Strada Verde, Perot Systems, Rathbun's Blue Plate Kitchen

Last Call for Designers

Here's your last chance to join our Eco-fashion Event. We will continue to accept applications until March 27. Contact us today to start a trend on our runway, 972-769-4393.



Important Contacts

Plan to join us as a Sponsor, Exhibitor, Designer or Volunteer!

Sponsorship & Event Management

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Eco-fashion Event Coordinator

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Lawn Mower Exchange

Trade a working gasoline-powered mower for a clean electric or manually powered unit. A voucher of up to \$150 will reduce the purchase price of an eco-friendly model from participating area suppliers. Program is limited to the first 250 residents from Allen, Plano and Richardson who call to reserve a voucher. Contact Yarcus Lewis at 972-769-4381 for a reservation.

This project is made possible by a grant from the Sue Pope Fund, a project of Downwinders at Risk, www.suepopefund.org.

