

## led lights: cool, warm, or getting warmer?



Not just for traffic lights.

Over the years, we've become familiar with the Light Emitting Diodes (LEDs) that light up our traffic lights and the display panels on our electronics. The interior of Boeing's new 787 jet is illuminated entirely with LEDs. On the home front, LEDs are used more and more in Christmas lights and other decorative lighting applications. And due to recent technological breakthroughs, it is now feasible to use LEDs in the home, in place of compact fluorescent lighting (CFL), halogen, or incandescent bulbs.

For lighting applications, one of the most notable advances has been the development of LEDs that generate warm light, instead of the cool light we have typically seen in the

past. Quality LED bulbs can now produce light that is closer to natural sunshine than incandescent light. LED bulbs are available in a variety of sizes and styles, and you can use them in most common halogen and incandescent fixtures.

LED bulbs use about 85% less energy than comparable incandescent bulbs, or about half the energy of CFLs. What's more, they do not contain mercury, a toxic element found in CFL light bulbs. And since LED's are designed to last about 50,000 hours, most bulbs will not need to be changed for 15-20 years. That's a lot less waste going to the landfills, and a lot less energy being consumed. What's more, LED bulbs are dimmable, turn on instantly, and don't need any time to warm up. And because they don't get hot and they're virtually impossible to break, they're extremely safe in the home.

So why don't we see these beautiful energy-efficient lights in every household? There are several reasons. First, they aren't widely available yet. But cost is the biggest factor. While some LED bulbs are now available at Home Depot, Lowe's, Costco, and other big-box retailers for about \$10-15 each, these low-cost, cool-light bulbs aren't really appropriate for anything more than utility lighting. And here's the catch—quality LED bulbs start at about \$60 each. The Cree fixture pictured below is around \$130.

Operating a \$60 EarthPAR PAR20 bulb (which uses 7 watts of power) costs about \$2 per year, based on eight hours of use per day. A comparable 50-watt incandescent bulb costs about \$14 per year to run under the same conditions, so the LED bulb takes about five years to pay for itself at this rate.

LED lighting is still expensive, but over time, the cost will probably come down. Being green is like buying any other high-tech product—does it make sense to jump in now, or wait for the cost to drop? Visit greenslc.org to join the discussion!

## can you kill-a-watt?

Ahh, the creature comforts that we've all become accustomed to in our daily lives—TVs, laptops, cell phones, microwaves, toaster ovens, coffee pots, electric nose-hair trimmers, replicators... the list goes on and on and grows every year. But what impact do these convenient devices have on our energy bills and on our planet?

Usually, electrical devices have their maximum power consumption (in watts) displayed on the back. But that isn't always accurate. An easy way to check actual power consumption, either at a specific moment or averaged over a length of time, is by using the Kill-A-Watt (\$20-\$25).

It's simple to use—just plug the Kill-A-Watt into a standard electrical outlet, then plug another device into it. The Kill-A-Watt displays exactly how much power is being consumed by that device. It will also help you calculate exactly how much that device is costing you per day, week, month, or year.

Now it's time to talk about our contest. Below you will see a picture of the Kill-A-Watt in action. The number on the screen indicates the power consumption (in watts) of the computer used to design this newsletter. The question is, what kind of computer?

To enter, go to [www.celestecouncil.com/contest](http://www.celestecouncil.com/contest) and enter your best guess for a chance to win a \$50 gift certificate to the Earth Goods General Store! Full rules available on the website. Good luck!



The Kill-A-Watt in action.

# asparagus with hollandaise sauce

recipe by jim light

eat

Spring is the best time of year. Its arrival announces the beginning of nature's cycle and kindles a fresh perspective in everything we see. It creates a sense of childlike curiosity and a wonderful desire to discover new things. It is a rebirth of the senses heralded by the newly fragrant air, red-breasted robins, and crocuses pushing their first tender shoots up through the warm soil. And for me, it announces (shouts) the arrival of asparagus season.

First come the tiny asparagus, no thicker than a knitting needle. These rarely make it out of the shopping bag and into the refrigerator. Later in the season, my thoughts gravitate toward Asparagus Timbale or Asian Asparagus Stir-fry as the larger spears grace the produce aisle. Finally come the thickest spears, the ones best suited for the asparagus dish "mother of them all," the "Queen of Spring" — Asparagus with Hollandaise Sauce.

As culinary value often "springs" from rarity, Asparagus with Hollandaise boasts a triple-dip. Good asparagus is rare because it is only available once a year, during springtime. The cardboard-tasting asparagus you see during other the seasons comes from somewhere very far away and is suspect at best. Second, true Hollandaise Sauce is rare because it's a darn tricky thing to make, so it isn't prepared very often. Lastly, and most obvious, is the superlative aroma and flavor of Asparagus with Hollandaise Sauce. This is rarity and value in spades.

## Hollandaise Sauce (for 10 2-ounce servings)

- 4 egg yolks
- 12 fl. oz. melted whole or clarified butter (see below for clarified butter instructions)
- A reduction made from white wine or cider vinegar, minced shallots and cracked peppercorns
- A small amount of water to refresh and cool the reduction
  - Lemon juice, salt, pepper, cayenne to taste

1. Make the reduction. Cook reduction ingredients over low heat until nearly dry. Cool and moisten with a small amount of water

and strain into a stainless steel bowl of sufficient size to make the rest of the sauce.

2. Add the egg yolks to the reduction and whisk over barely simmering water (no visible signs of surface action). If the yolks seem to

be getting too hot and coagulating slightly around the bottom or edges, remove the bowl to a cool surface and

whisk until the mixture has cooled very slightly. Continue cooking over simmering water. When the yolks have tripled in volume and fall in ribbons into the bowl, remove them from the simmering water. Don't overcook or they will lose their ability to emulsify the sauce.

Jim Light offers morning, evening, and weekend cooking classes through Salt Lake's new Viking Cooking School. For more information, check the class schedule at [www.vikingcookingschool.com](http://www.vikingcookingschool.com)

3. Gradually whisk in the warm butter. Stabilize the bowl by setting it on a towel or in a pot that has been draped with a towel to keep the bowl from slipping. Add the butter to the bowl in a thin stream while whisking constantly as it is incorporated. The sauce will begin to thicken as more butter is blended in. If the sauce becomes too thick, add a little water or lemon juice. This makes it possible to add the correct amount of butter without breaking the sauce.

If the sauce starts to break, try adding a little water and whisk until smooth before adding more butter. If that doesn't work, cook another egg yolk over simmering water until thickened, as in #2 above. Gradually whisk in the broken hollandaise. Note, however, that a sauce restored in this manner will not have the same volume as an unrescued one, and it will not hold as well.

If the sauce becomes too hot, the egg yolks will begin to scramble. To correct this problem, remove the sauce from the heat and add a small amount of water. Whisk the sauce until smooth, and, if necessary, strain it to remove any bits of overcooked yolk.

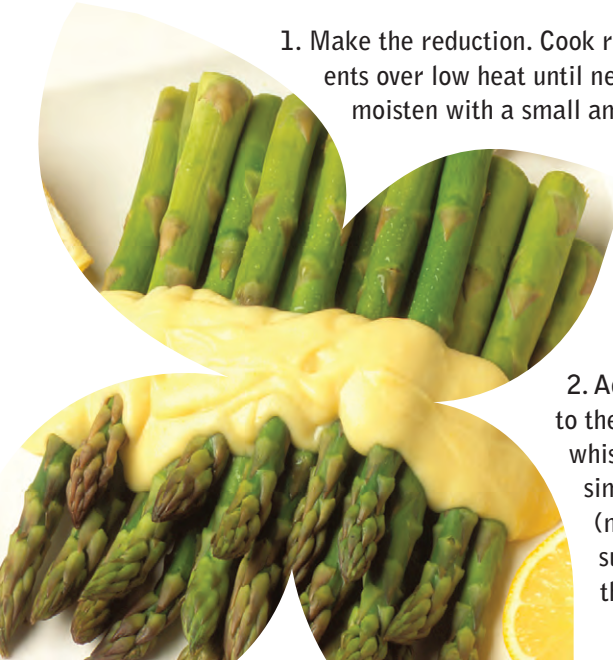
4. Season to taste. Add seasonings like lemon juice, salt, pepper, or cayenne as desired when the sauce is nearly finished. Lemon juice will lighten the sauce's flavor and texture, but don't let it become a dominant taste. Add just enough to lift the flavor. If the sauce is too thick, add a little warm water to regain the desired consistency.

## Asparagus

To cook the asparagus, simply boil it in salted water (lid off) until it feels the way you like to eat it. It can be "shocked" in cold water to stop the cooking process at that point. Just rewarm it in a microwave before service.

## Clarified Butter

Melt and simmer 1 pound of butter in a saucepan. Skim off white impurities as they rise to the top. Continue simmering butter until the milk solids settle to the bottom and the top is clear and golden. Cool and strain into an airtight container.



# drink

The bad news is that wine certified by U.S. government agencies as “Organic” usually isn’t very good, because the requirements work against the overall quality of the wine. To be certified as “Organic,” which is the most restrictive of the four categories established by the USDA’s National Organic Program, wine can have no additives. There’s the rub, mainly because sulfites are commonly added to wine (and to dried fruit) as a preservative. Few wineries seek this level of certification, since without this time-honored preservative wine tends to turn to vinegar. If the label includes the statement (required in the U.S. since 1987) “contains sulfites,” as most good and all great wines do, the wine is not “Organic.”

The good news is that another of the USDA’s categories, “Made With Organic Ingredients,” encourages the “natural” methods of viticulture that are threatened by large-scale commercial winemaking. Tablas Creek Vineyard, a winery in Paso Robles developed by two French wine families, is a good example. Their Web site explains why they sought certification as an organic vineyard:

“We believe that organic farming allows the grapes to show more varietal character, have more intense flavors and taste more like where they are grown” (<http://www.tablascreek.com/organic.html>).

## what makes a wine green ?

This sounds remarkably like the claim that terroir—a term long-used to refer to the total natural environment where the grapes are grown and processed—determines the character and quality of wine. The quality-control systems in most of Europe are based on *terroir*, so in France for instance we identify wine as Burgundy or Bordeaux, not by the grapes (Pinot Noir, Cabernet Sauvignon) out of which it is made. Wine must be made according to strict guidelines in order to gain a particular *Appellation d’Origine Contrôlée* designation.

To produce “wine grown from organic grapes” is entirely voluntary, but since it merges an old-fashioned focus on terroir with the increasing awareness that organic food is simply better, many good winemakers are seeking either this certification or something close to it. There is no government category of “natural wine,” but some makers who are reluctant to seek certification—either because of expense or the desire to keep their chemical options open—intervene as little as possible in this “natural” process, and usually identify this approach on their labels.

A couple of months ago at the downtown State Wine Store (255 South, 300 East) someone posted an unofficial list of “Wineries Producing Organic Wines.” There are about sixty wineries on the list, a few of



which are certified as organic (Frey Vineyards, for example), but most are somewhere on the scale between “organic” and “natural.” Twenty are available at the store. The list may no longer be there, but the wines are. Here’s a selection:

Jeriko, Sanford, Bonny Doon, Tablas Creek, Grgich Hills, Robert Sinskey, Turley, King Estate.

Good hunting.

Questions or comments?  
Write: [UrbanWine@greenslc.org](mailto:UrbanWine@greenslc.org)

## coming next issue

LEED, follow, or get out of the way—there are now many green certifications for homes. Learn what they all mean.

How fuel efficient is your ride? We’ll look at some vehicles that get the equivalent of 300 miles per gallon!

And thanks to our many contributors, our next edition may be eight pages. Stay tuned!

## petcorner

This very pretty girl is January. She’s one-and-a-half years old and she has a wonderful and sweet personality. She came from the home of a hoarder in South Salt Lake who had more than 70 cats in her apartment. In spite of her unpleasant past, she is social and friendly and she helped us by serving as a foster mom to some orphaned kittens. She’s an adorable girl and she is very ready to meet her loving new people.

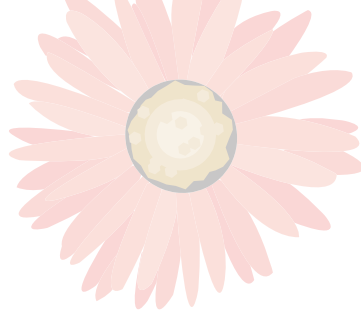
January is waiting to meet you at the Utah Animal Adoption Center, 1955 North Redwood Road, SLC. 801-355-PETS [www.utahanimaladoptioncenter.org](http://www.utahanimaladoptioncenter.org)



# realestate

## the energy efficient mortgage

by celeste council, realtor® and eco broker®

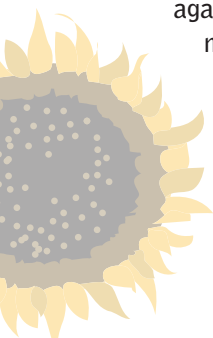


Did you know that if you buy an energy-efficient home, you might qualify for a "green mortgage"? The Energy Efficient Mortgage (EEM) lets consumers realize the savings associated with an energy-efficient home. These mortgages can be used to purchase or refinance a home that is already energy efficient. The funds can also be used to purchase or refinance a home that will become energy-efficient after energy saving improvements have been made.

When you purchase a new energy-efficient home, the lender will use the estimated cost savings on utility bills to help you qualify for the home. Typically, this will help raise your allowed debt-to-income ratio by about 2%, thus allowing you to qualify for a larger loan amount for a better home.

When you purchase or refinance a home in need of energy-saving improvements, the lender will again calculate the cost savings on utility bills to help you qualify for money needed to make the improvements. Amounts available to make improvements vary depending upon the loan program, so seek advice from your lender.

EEM's are available through both conventional and government loan programs, but it is currently somewhat difficult to find lenders that participate in the programs or are familiar with the process. However, you can learn more about EEM's at [www.celestecouncil.com/EEM](http://www.celestecouncil.com/EEM) or by calling Melonie Carson of Princeton Mortgage at 801-232-6326.



**inside this issue of greenslc**

Wine comes in many different shades of green— "organic," "natural," and "wine made from organically grown grapes." What sets them apart?


Enter our first contest and win a **\$50 gift certificate** to the Earth Goods General Store!

Find out about home LED lighting—enjoy better light quality than that provided by CFLs. And LEDs are even more energy efficient.

And meet January, a sweet kitty who used to have over 70 feline roommates. She now needs a new home.

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