The Livable City

Quality of life
Urban as nature
Promote healthy & viable communities
- Transportation
- Energy
- Envisioning alternatives
- Housing
- Food security
- Water resource management

Transportation
Curitiba

Smart Car

Solar Shuttle
Solar

- Seattle Federal Courthouse, 2004
- Seattle City Light; U.S. Dept of Energy; GSA; and Washington State University Energy Program
- First project on a high rise building in this region.
- Oriented flat to minimize shading from other buildings

Wind Power

Green roofs

- Garden on a roof
- Building insulators
- Reduce water runoff
- Lengthen roof life
- Reduce heat island effect
- Habitat for local birds
- More aesthetically pleasing
- Reduce ecological footprint
Urban Slums

- 837 million people live in urban slums
- Is there a solution?

South Africa

Food Security
COMMUNITY SUPPORTED AGRICULTURE (CSA)

- Do YOU know where your produce comes from and who grows it?
- Supports local farmers/local economy
- Often organic
- Less energy/resource costs in transport
- Nationally, more than 400 CSAs, locally, 30.
- Less focus on monocropping, pesticide use, and mass production.
- Often more “sustainable”

Conventional and local food production and marketing:

- A grocery store in Albany
- The Pike St. Market

Pros and Cons

**CONVENTIONAL**
- More processed food
- More imported food
- Less ripe, imported produce
- Many things less expensive
- Seasonal items available all year ‘round.

**FARMER’S MARKET**
- Less processed food
- More local food
- More emphasis on organic and “heirloom” varieties
- Can be more expensive
- Seasonal produce not available all year.
Lesson 21: Livable Cities

Pike Market History
- Established 1907
- Eliminate the "middle man" between farmers and consumers.
- Cheap food through the 1930's
- Declined in popularity in the 1940's and 50's with the growth of car travel and supermarkets
- Revived in the 1970's

Seattle’s P-Patches
- P-Patch Trust
- Cared for by community members—produce may be shared or given to food banks, but not sold.
- $30-60/year fee, plus labor

Sustainable Housing
Sustainable Housing in the NW

- Healthy houses promote physical, mental, and social well-being.
- "Green" buildings promote health through low VOC's, low energy costs, resource conservation, light, air flow, and building to the specific needs of the occupants.
- NW sustainable housing communities: Breitenbush, Stewart Island, "ecovillages"

LEED

- Portland, OR—Green Building center of the NW.
- The USGBC's LEED Certification.
- Merrill Hall at the UW Urban Horticulture Center, etc.
- Merrill Hall is LEED "Silver Certified"—the first LEED building at the UW.

Northwest Sustainability Conference

- A symposium of healthy, low-energy, resource-conservation living options—transportation, housing, food, water quality, city design.
- March 10th and 11th, Seattle.