

FUN ECO-TRAVEL | BOBBY FLAY | BEST BURGER EVER

EVERY DAY

with RACHAEL RAY

rachaelraymag.com

inside: **AWESOME
VALUES!**

save \$500 at
the supermarket

great dinners for \$10 or less
treat yourself for under \$20

331
recipes
& tips

30
MINUTE
MEALS

turn to page 72
for **Rach's
ultimate
popcorn**

**the
SECRET**
to making
everything
taste
better

keep your family happy!

get food on the table—
and still have time to chill out

 NOW ON RECYCLED PAPER!

easy ways to travel green

BY DAVID LAHUTA



Greensboro, NC



Mattituck, NY



Las Vegas



Portland, OR

START BY BOOKING AN ECO-FRIENDLY HOTEL *

REASON #1

It's more chic than you'd think.

WHY More modern designers are going green by making stylish, eco-conscious goods. All hotels have to do is stock up!

OUR PICK Proximity Hotel, Greensboro, NC

The lobby looks as trendy as any W Hotel, with dual spiral staircases and mohair sofas. Its 147 rooms are dapper, too, with 10-foot-high ceilings and modern furniture. So how does the Proximity use 39 percent less energy and 33 percent less water than conventional hotels? Not by using scratchy eco-towels. The hotel is green behind the scenes, using smart energy technology. They make the sacrifices so you don't have to. Best of all, bikes are free for all guests; use yours on the town's many public trails. (704 Green Valley Road, proximityhotel.com, 800-379-8200; doubles from \$249)

REASON #2

The food is better.

WHY Many hotels reduce their carbon footprints by offering locally grown food. (Produce grown far from home arrives via gas-guzzling refrigerated planes and trucks.) The best part: Fresh-from-the-farm cuisine tastes delicious.

OUR PICK Shinn Estate Vineyards & Farmhouse, Mattituck, NY

Stay in this winery-turned-B&B on the North Fork of Long Island and co-owner and chef David Page will cook you and your fellow guests a seasonal breakfast, including sunny-side-up duck eggs and pork belly bacon, cured and smoked on-site. Walk it off with a guided tour of Shinn's grapevines, led by Page's wife, co-owner Barbara Shinn, who will explain her largely organic technique. (2000 Oregon Road, shinnfarmhouse.com, 631-804-0367; doubles from \$200, wine tasting, breakfast and afternoon snack included)

REASON #3

The crowd is cooler.

WHY Green is glamorous. Direct any skepticism to Leonardo DiCaprio. Hip crowds seek out conscientious hotels that don't skimp on luxury.

OUR PICK The Palazzo Resort-Hotel-Casino, Las Vegas

You could stay an entire week at the opulent Palazzo without realizing it's one of the greenest hotels on the Strip. Its 3,000-plus suites are among the biggest in town, all with remote-controlled Roman shades and flat-screen TVs (not to mention low-flush toilets and water-efficient showerheads). Admire the beautiful people at the casino and solar-heated swimming pools, then hit up stores and restaurants run by boldfaced names like Diane von Furstenberg, Wolfgang Puck and Mario Batali. (3325 Las Vegas Blvd. S., palazzolasvegas.com, 877-883-6423; doubles from \$199)

REASON #4

It's more affordable.

WHY Green doesn't have to be fancy. Some hotels smartly decorate with vintage furniture—the best kind of recycling—and pass that savings on to you.

OUR PICK Ace Hotel, Portland, OR

Using funky repurposed materials (salvaged claw-foot bathtubs, reclaimed Douglas fir desks) has kept the hotel's design costs down; that's one of the reasons you'll pay just \$95 a night. Rooms include murals by local artists, end tables made from stacks of old books and, if you're lucky, an old-school record player. Reward yourself for staying in such a cheap, chic place: Have your picture taken in the vintage-style photo booth in the lobby or sip a cup of coffee at Stumptown Coffee Roasters, an environmentally focused café adjacent to the hotel. (1022 S.W. Stark St., acehotel.com/portland, 503-228-2277; rooms from \$95)

*Preferably one in your region. Vacations closer to home save gas (and money).

travel101

Be green—at home and on the go.

home

UNPLUG ELECTRONICS. Computers, TVs and microwaves drain power even when they're not being used—same goes for smaller devices like alarm clocks and cell phone chargers.

PACK THESE PRODUCTS:



Solar Style's solar-powered charger (\$40, solarstyle.com) stores energy from the sun and transfers it to cell phones, MP3 players and digital cameras.



U by Nuun hydration tablets (\$8 for 16, uhydration.com) replace sports drinks in single-use bottles: When dissolved in water, they create a tasty, electrolyte-packed beverage.

Made of toxin-free stainless steel, Innate water bottles (\$17, rei.com) are non-leaching and have an eco-friendly message.



Regular sunscreen damages coral reefs. (Who knew?) The biodegradable ingredients in Caribbean Solutions sunscreen (\$15, caribbean-sol.com) make it safe for the environment.



PLANE

Book a nonstop flight.

The majority of fuel use and harmful emissions occurs during takeoff and landing, so avoid layovers when possible.

Check ratings.

Fuel is wasted when planes are stuck waiting for takeoff or landing clearance, so compare the on-time track records of the airlines you're considering at flightstats.com. The site lists carriers' performance ratings and alerts you via text message or e-mail if your gate or flight time has changed.

Fly smart.

Continental was the first major U.S. airline to add to its planes blended winglets—small upright wing extensions that lower greenhouse gas emissions and fuel usage by more than 35 percent per passenger mile flown. (Other conscious carriers include low-cost airlines Southwest and AirTran.)

Buy a carbon offset.

Companies like TerraPass (terrapass.com) invest in clean-energy projects to offset the environmental impact caused by air travel and automobile use.

car

Ditch AAA. Instead, join the Better World Club (betterworldclub.com). In addition to providing emergency roadside assistance, the club donates 1 percent of its yearly revenue to environmental advocacy and cleanup projects.

Rent a hybrid. Some hotels, like the Kimpton chain, give discounts to guests who are driving fuel-efficient vehicles.

Skip the roadside rest stop. Instead of eating in fast-food chains, picnic with food bought from farmers' markets. Or search eatwellguide.com for restaurants that prepare locally raised food.



hotel

Book the right one. One of the best Web sites for researching hotels is ecotourism.org, run by the International Ecotourism Society. Its directory of eco-friendly hotels, lodges and tour operators is one of the most wide-ranging. Plus, its members sign a code of conduct promising to be green or suffer the consequences! (They'll be, you know, dropped from the site.) You can also try greenhotelbookings.com, which lists certified green properties all over the country.

Take shorter showers. The average showerhead uses 2.5 gallons of water per minute. If you take a 15-minute shower, that's more than 37 gallons of water down the drain.

Do not disturb. Use that door sign to prevent the housekeeping staff from wasting electricity and water by vacuuming and washing linens more than every other day or two.

Hang up your used towels. Neatly hung bath linens alert housekeeping staff that you're willing to reuse them—a surefire way to conserve water.

A LITTLE HELP FROM OUR FRIENDS Green tips provided by: **Graham Hill**, founder of treehugger.com • **Jennifer Paull**, senior editor at Fodor's, the publisher of *Green Travel: The World's Best Eco-Lodges & Earth-Friendly Hotels* • **Ed Begley Jr.**, co-star of *Living with Ed* on Planet Green TV.