



Newsletter

Spring 2025

Holiday Schedule

If your pickup day falls on a weekday on or after any of the holidays listed below, your pickup will be delayed by one day during that week. Friday collections will take place on Saturday.

The following holidays are observed by Western Disposal:

Memorial Day — May 26, 2025

Independence Day — July 4, 2025

Labor Day — Sept. 1, 2025

Thanksgiving Day — Nov. 27, 2025

Christmas Day — Dec. 25, 2025

New Year's Day — Jan. 1, 2026

For holidays not listed above, your residential collection service will not be affected. For questions give us a call at 303-444-2037 or refer to your collection calendar.

Customer Spotlight: From Midwifery to Mainstream: The Journey of WishGarden Herbs

In the vibrant era of the 1970s, a quiet revolution was taking place—the herbal renaissance. This movement aimed to reconnect people with ancient plant healing traditions that had been largely forgotten. It was during this time that Catherine Hunziker recognized the opportunity for women to reclaim their health and wellness. Understanding the power of herbal plants to support healing, she began handcrafting liquid herbal tinctures to help midwives care for moms and babies.



Founder Catherine Hunziker

Driven by her vision, Catherine transformed WishGarden from a small operation into a nationwide brand with a robust direct-to-consumer business and space on major retail shelves, including Sprouts, Natural Grocer, Vitamin Cottage, and Whole Foods. She simplified the path to natural wellness by creating effective herbal blends with catchy names, making herbalism more approachable and accessible. Today, WishGarden, based in Louisville, remains proudly woman-owned and family-run.

For over 40 years, WishGarden has sourced premium herbs from organic regenerative farms, forest farmers, and ethical wildcrafters. The company's transparent partnerships, traced through a vigorous Vendor Verification Program, are centered around a commitment to ecological and community well-being.

(continued on page 3)

Conserve Water and Save Money: Free Rain Barrel Workshops for Boulder County Residents

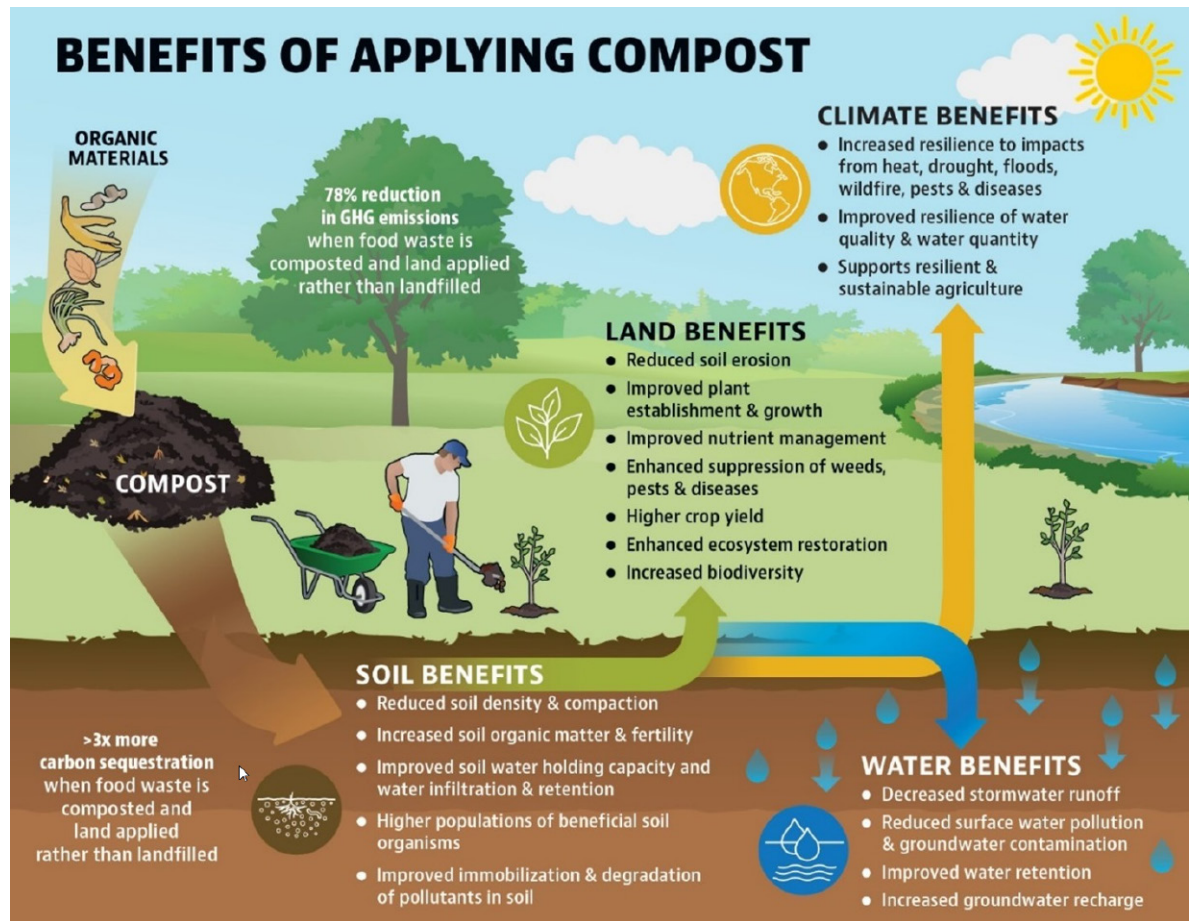


Conserve water, cut expenses, and safeguard water quality by adding a rain barrel to your home! Rain barrels are a modest addition that can supply hundreds of extra gallons of water each year for your grass, flowers, and trees. By collecting rainwater, you can make the most of this precious resource and prevent it from becoming stormwater runoff that may pick up pollutants on its way to storm drains. Boulder County residents can register for one of four free workshops to learn how to choose, build, install, and maintain a rain barrel. Participants can request a free 55-gallon rain barrel and installation kit but will need to provide additional information to ensure compatibility and complete a post-workshop survey. For more information and to register, visit keepitcleanpartnership.org/rainbarrel.

Revitalize Your Garden with the Power of Compost

Spring is here, and many of us are eager to get back into gardening. Soil often suffers from erosion, compaction, and nutrient depletion, making it difficult for plants to thrive. Compost can help address these issues by adding essential organic matter to the soil, improving plant growth, conserving moisture, reducing reliance on inorganic fertilizers, and preventing nutrient runoff and soil erosion.

Source: US EPA: <https://www.epa.gov/sustainable-management-food/benefits-using-compost#Benefits>



They Deserve a Happily Ever After!

If your bear-resistant cart needs repair or replacement, please call customer service at 303-444-2037. We will accommodate your request by the next business day.

Along with showers, flowers and warmer weather, spring heralds the return of active black bear season in Boulder. Now is the time to make sure your trash and compost are secured! Bears that find food sources in town are likely to stay in town, increasing the likelihood of human encounters and losing their natural fear of people, which rarely has a happy ending. The City of Boulder mandates bear-resistant carts and containers west of Broadway and south of Sumac Avenue, but bear activity often extends well beyond the regulated “bear zone.” Bear-resistant carts are available city-wide.

Following these simple tips will help protect you, your family and our community’s bear population:

- If trash and compost are put out the night before pickup, it **MUST** be secured in an approved bear-resistant container (this is per city ordinance and applies city-wide).
- Ideally, store your trash and compost in a house, garage, shed or other enclosed structure until the morning of collection.
- Livestock attracts bears. Keep goats, chickens and bees in bear-secure enclosures or *install electric fencing (*city permit required).
- Feed birds in winter months only.

Customer Spotlight: WishGarden Herbs

(continued from page 1)

Wish Garden's dedication to wellness extends to its employees and the environment. After years of documenting and refining its social and environmental initiatives, the company is poised to release its first Annual Impact Report in pursuit of B Corporation certification. This certification underscores its commitment to social and environmental performance, transparency, and accountability, actively and continuously incorporating these principles into an ever-evolving business and decision-making model.

"At our core, we are herbal medicine makers with an innovation mindset," says Sam Hunziker, WishGarden CEO and Catherine's son. "We craft legendary liquid herbal extracts for every family member at every stage of life, empowering individuals to take ownership of their wellness. Plant medicine, the original medicine, beautifully combines tradition and science to support holistic health."

Focusing on employee wellness and engagement benefits employees, customers, and the business. Sam explains, "Our products are available nationwide, but we retain a small business mindset. Our organizational structure is designed to prevent silos, encouraging quick and collaborative decision-making. This ensures that every team member, regardless of their role, can contribute ideas and insights, fostering a culture of innovation. Customer journey specialists, all trained herbalists, are essential in building customer trust, actively seeking feedback, and advising customers in meeting their unique needs. This comprehensive approach empowers employees, strengthens customer relationships, and keeps the company agile and responsive to market changes."

On the sustainability front, one of the company's most significant opportunities for impact is waste diversion and reduction through internal processes and upstream and downstream waste management.

In 2024, they attained an impressive 73% waste diversion rate, composting nearly fifteen tons of spent botanicals and five tons of single-stream recycling, avoiding more than eighteen metric tons of CO₂ generation. They collaborated with Western to optimize their collection service, saving money and transportation energy and enhancing the accuracy of their waste measurement.

Another key focus is reducing waste and improving the recyclability of upstream and downstream packaging, which involves engaging ingredient suppliers (upstream) and fulfillment practices (downstream).

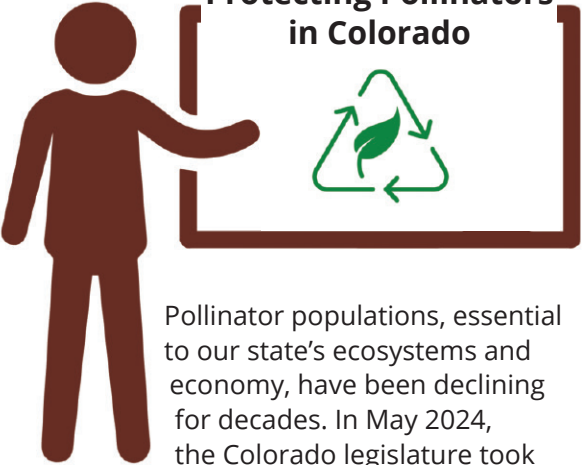
WishGarden works with suppliers for all incoming shipments to evaluate whether they can reduce waste coming into the building. Their team is looking for anything in a delivery that cannot be diverted to recycling and will then work with their supplier to have that item transitioned so that it can be diverted. The ultimate goal is to decrease waste and increase diversion.

Downstream efforts concentrate on minimizing packaging while ensuring product protection during shipping. As a practical matter, packaging must be conveniently recyclable by the end consumer, or it is unlikely to be recycled.

They are making significant strides. Prior to 2024, tincture bottles were cushioned and cradled with bubble wrap, a petroleum-based material that is not commonly recyclable. Their fulfillment team experimented with cardboard substrates and devised a design that reduced bubble wrap usage to just one sheet as a floor cushion. This change marks a substantial improvement, considering the thousands of packages they ship annually.

As WishGarden grows, its commitment to sustainability and innovation remains steadfast. The company's efforts in waste reduction, employee engagement, and customer satisfaction highlight its dedication to positively impacting both people and the planet. Visit: wishgardenherbs.com to learn more.

Protecting Pollinators in Colorado



Pollinator populations, essential to our state's ecosystems and economy, have been declining for decades. In May 2024, the Colorado legislature took action by reclassifying pollinators like bees and butterflies as wildlife, enhancing the state's ability to allocate resources for their conservation and enabling Colorado Parks and Wildlife to make land management decisions focused on pollinator preservation. (see HB24-1117)

Gardeners can contribute by establishing sunny, pollinator-friendly environments, avoiding pesticides and lawn chemicals, and planting a variety of native plants to attract diverse species and ensure continuous blooming throughout the season.



April Cool-Weather Plant Sale

Visit the Growing Gardens Boulder farm this April to stock up on all your early spring gardening needs! Gardeners can shop all the best cool-weather plant starts and seeds and get them in the ground as early as possible. Growing Gardens will have onion starts, kales, greens, cabbages, peas, early spring flowers, and more! Gardening supplies will also be available for season extension to make the most of the growing season! The Cool-Weather Plant Sale will be open Friday, April 11th, and Saturday, April 12th, from 9am - 4pm, at 1630 Hawthorn Avenue, Boulder.

May Community Plant Sale

Join Growing Gardens for their 25th Annual Community Plant Sale this May! This highly anticipated event will take place during the first three weekends in May on each Saturday and Sunday from 8am - 4pm (May 3, 4, 10, 11, 17, and 18) at 1630 Hawthorn Avenue, Boulder. You'll find Organically Grown and Bee-Safe (neonicotinoid-free) heirloom tomatoes, veggie, and herb starts, grown locally in their greenhouses. All of their annuals and perennials are Bee-Safe as well!

All proceeds support Growing Gardens' food access and education programs. For every 2 seedlings sold, they donate 1 to their Food Project Program. Visit their website at <https://growinggardens.org/communityevents/> to learn more.

Spring Happenings

Earth Day: April 22

Earth Day was founded in the US in 1970 as a day of education about environmental issues and is now celebrated in 192 countries. The global theme of 2025 Earth Day is "Our Power, Our Planet," championing renewable energy, including solar, wind, hydroelectric, geothermal, and tidal energy. Visit the site for toolkits, quizzes, news, and stories.

earthday.org

International Compost Awareness Week: May 4 - 10

The 2025 theme is "Sustainable Communities Begin with Compost!" Composting plays a crucial role in creating a sustainable resource management plan for any community. This theme aims to emphasize the importance of composting at all levels, from individual backyard composters to community initiatives and large-scale facilities.

compostfoundation.org

Pollinator Week: June 16-22

An annual celebration in support of pollinator health. A time to raise awareness of the challenges facing pollinators, and the individual actions to help them thrive.

pollinator.org

Win One Month Free Trash Service

Congratulations! If your name is listed below, you are the lucky winner of one FREE month of trash service!

Call our Customer Service Department at 303-444-2037 to receive credit on your account.

- Ronald & Doris Pak
- Rodney Felzien
- Martha Vandermersch

Materials Management Drop-off Center

2051 63rd Street

Hours of Operation:

Monday - Saturday: 7 am - 5 pm

Phone: 303-444-5794

Paperless Billing

Sign up for paperless billing and receive your newsletter electronically! Visit westerndisposal.com and sign in or sign up under "my account".



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