

# 36 Hours in Brooklyn, NY.

It appears like eco-tourism and New York don't have anything in common. In any case, there are approaches to be an eco-tourist in one of it's borough, Brooklyn.

As an eco-friendly tourist in Brooklyn, you will find everything you need to have a perfect vacation from organic beauty shops, green markets and solar-powered restaurant.



Prospect Park. Photo Credits : Maria Mateo

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Friday

**1) 3 p.m Take a Ride**

Citi Bike is a fun way to get around Brooklyn and its surroundings. By using bikes you are contributing to less contamination in the environment. Bikes don't require toxic batteries or motor oil. The city bikes are a cheaper way to move around the borough. The bikes can be rented and then returned to any station in the system, a day pass is (\$12) , and a 3 day pass is (\$24).

**2) 5 p.m Brooklyn Bridge Park**

To have a relaxed afternoon, **Brooklyn Bridge Park** is the perfect place, is a world-class waterfront park with rolling hills, riverfront promenades, lush gardens, and spectacular city views. This park has eco-friendly activities such as boating , biking, birding, some of the birds you might expect to see are Peregrine falcons, various wading birds, shorebirds and other waterfowl.

**3) 8:30 p.m Pizza Time**

To close your day with a delicious dinner, **Roberta's Restaurant** is the perfect place to enjoy a delicious slice of pizza. Roberta's Opened their doors in 2008. Roberta's may be best known for its pizza. If you've never been to this nearly-iconic Bush-wick restaurant you should know that the menu is deep and amazing. Their menu varies from pizza , salad and meats. Margherita pizza which includes tomato, mozzarella and basil (\$16) or the marinated cucumber salad (\$9), the calzone (18) or the grilled culotte steak with salsa verde, cooked lettuce and blood orange (\$26) . The kitchen grows their own everything, as much as possible, in the impressive backyard garden.

Saturday



Brooklyn Borough Hall Greenmarket . Photo Credit : Maria Mateo

#### 4) 10 a.m. Green Market

**Brooklyn Borough Hall Greenmarket** is located on plaza at Court St and Montague St , Tuesday , Thursday and Saturday. Greenmarkets are producer-only markets which means that everything available for purchase there was grown, raised , caught , processed or baked by the farm stand selling it. By purchasing locally grown , you are helping preserve our agricultural landscape. In the green market you will find fresh fruits , vegetables , baked breads and also flowers. When you supporting local farmers , you are helping ensure that there will be farms in your community tomorrow.



Bare-burger , a restaurant where every food they serve are based in organic ingredients.

Photo credit: Maria Mateo

### **5) 1 p.m. Bareburger**

Bare-burger is a restaurant where they use the best organic , all natural and sustainable ingredients. It has a very cozy atmosphere, the staff are super attentive and the food does not last so long to arrive. They have seats outside where in spring and summer you can enjoy the weather while you eat your food. Their menu varies from organic burgers , salads , fries and sweet. try the buttermilk buffalo (buttermilk fried chicken, blue cheese sauce, green leaf, buffalo sauce, brioche bun) from (\$9.95). and for something sweet try their Flourless Chocolate Cake (\$7.95).





Brooklyn Children's Museum. Photo credit: Maria Mateo

#### **6) 2:30 p.m. Brooklyn Children's Museum**

**Brooklyn Children's Museum** is New York City's first LEED certified museum. The Museum is already using carbon dioxide sensors to control the level of oxygen and CO<sup>2</sup> in the room. When less visitors are in the room, the ventilation system slows down and thus reduces energy costs. Occupancy sensors control the light in the rooms depending on the people inside. If there are no people in the rooms, the lights are off. Materials inside the museum are renewable and recyclable such as bamboo, cork, rubber and linoleum floors and carpets. The museum also have like a terrace in the second floor where are plants and tree and chairs where you can seat to relax and the kids can play. Infants (12 month under) are free and other admission tickets (\$11).



Prospect Park. Photo credit: Maria Mateo

### **7) 5 p.m. Prospect Park**

It is one of the largest parks in the city. From baseball to birdwatching, and skating to nature programs, there are many ways you can enjoy Prospect Park. This Park is ideal for birding, with more than 250 species spotted each year, including migrating songbirds in spring and fall, and a large diversity of waterfowl and resident birds throughout the year. Prospect Park has been designated one of New York's 130 Important Bird Areas (IBA), which are critical for bird conservation. Enjoy a serene afternoon exploring Brooklyn's only lake by renting a pedal boat or kayak at the LeFrak Center at Lakeside. Boating is offered seasonally.

### **8) 8 p.m. A Sweet Night**

If you never tried organic ice cream, **Blue Marble Ice Cream** is the right place to enjoy a delicious organic ice cream. In June 2012 Blue Marble began cranking out award-winning, certified organic ice cream. They are making their statement loud and clear. They want healthy animals and sustainable ecosystems. They use grass-fed organic dairy in their ice cream. By using organic ingredients, they support small farms and producers and help build a solid market for their products.

Sunday

**9) 11:00 a.m. Botanic Garden**

To know more about plants and be in touch with the beauty of different types of plants **Brooklyn Botanic Garden** inspires people of all ages through the conservation, demonstration, and enjoyment of plants; with educational programs that emphasize learning by doing; and with research focused on understanding and conserving regional plants and plant communities. Tickets are very affordable, adults from (\$15) , senior and students (\$8) and children under 12 are free.

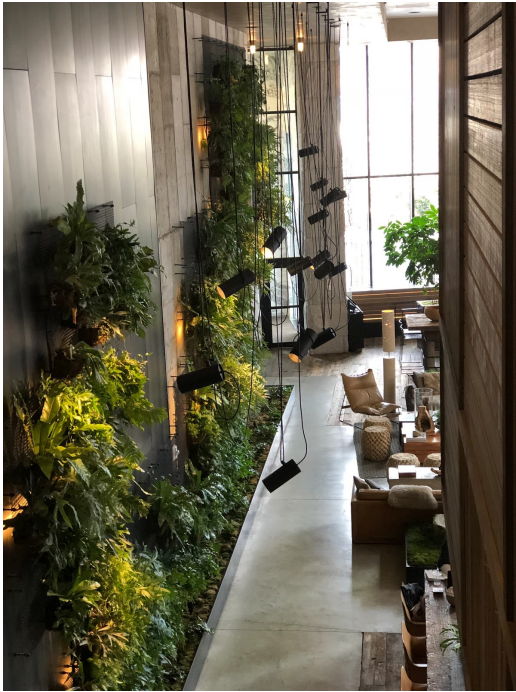
**10) 4:00 p.m. Fusion Cuisine**

What a perfect combination, Mexican and Cuban food together! Habana outpost located in Front Greene, Habana Outpost not only serves first-rate Mexican and Cuban street-food dishes as well as strong margaritas and mojitos, but it was also the first completely solar-powered restaurant in New York City. Plus: bicycle-powered blenders.

**11) 6:00 p.m. Organic Products**

You can't leave Brooklyn without buying organic cosmetics, **The Body Shop** strives to protect our planet and the people who depend on it not because it's fashionable, but based on the belief that it's the only way to do business. The Body Shop became the first cosmetics company to source sustainably harvested palm oil and introduce the ingredient into the beauty industry, working in partnership with a certified organic producer in Colombia, in 2007.

# LODGING



1 Hotel. Photo credit: Maria Mateo

**12)** The 1 Hotel is located at Brooklyn Bridge and is an eco-friendly hotel. They recycle and reuses objects. The ceiling of the rooms are made by mushroom that are already molded and baked. Is a very nice ambience and the staff are very friendly.

Other ways to go around Brooklyn and at the same time have an eco-friendly vacation and contribute to the preservation of our environment is taking trains and bus, wherever you are you can find a train or bus station.



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