



# THE GreenGUIDE

The Green Living Source for Today's Conscious Consumer

Subscribe Now,  
GET FREE ISSUE

- [Product Reports Smart Shoppers' Card Just Ask Coupons](#)
- 
- 
- 

SEARCH

[Home](#) ► [Blog](#)

[Lighten Up](#)

[Back to the blog](#)

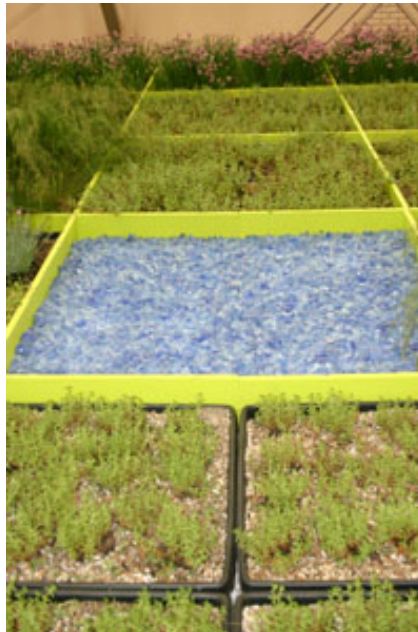
## Energy saving measures

### Grassy Rooftops

Related Articles

Filed under: [Insulation](#), [Energy saving measures](#), [Eco-Renovation](#), [Green homes](#)  
12:15 am - June 20, 2006

If summertime smog is turning the skies above your home a hazy shade of orange, turn the roof over your head into an oasis of green. GreenGrid, a Chicago-based business that reduced the energy load of many a business with their commercial green roofing systems, recently introduced a green roofing system for homeowners. The **GreenGrid DIY Kit** ([www.greengridroofs.com](http://www.greengridroofs.com), 847-918-4149) is so easy, the company says, you can install it in a Sunday afternoon.



Green roofs--roofs that are covered in grass, plants or other foliage--can really make a difference in the way your home impacts the environment. Not only do they absorb the ultraviolet radiation that increases the heat of your roof, thereby increasing the heat of your home and causing excessive energy drain, which in turn increases greenhouse gas emissions such as nitrous oxide and carbon dioxide from power plants, but they also trap dust and those very same power-plant generated, smog-forming pollutants. Green roofs also add an extra layer of insulation and serve as a sound barrier.

Currently, the GreenGrid kit is suitable only for people with flat roofs or roofs with less than a five percent incline. Otherwise, the plants will slide off the roof. The kits are sold in 2' x 2' x 4" modules that contain a variety of plants and foliage in a range of colors, so you can choose to cover as much of your roof as your budget will allow. And you can install it on top of your existing roof. Depending on the plant palette, the flowers will bloom as early as April and last as late as September. GreenGrid's roofs can also be installed with an Ecoballast (center module in the above image), a section filled with rocks, stones or gravel that helps manage stormwater runoff; the water is held in the module and then evaporates once a storm is over. If you consider installing a green roof, however, you should be aware that your current roof needs to be able to support 15 pounds per square foot (the weight of each module fully saturated with water).

Prices start at \$34.40 (plus shipping) per module with a minimum order of 12.

THE GreenGUIDE  
TO GO

FREE weekly e-newsletter

Enter email to receive

GREEN  
guidance  
Get it free on your site.

 Buy them here  
A Green Guide,  
Product Report or  
Smart Shopper's Card  
At Off The Shelf

Shopping Here  
 is fast, easy  
and supports  
The Green Guide  
click here...

WIN A  
GREEN  
GUITAR!  
Enter  
THE GreenGUIDE's  
raffle and win a  
Gibson  
SmartWood  
Les Paul guitar!  
click  
here  
to  
enter

## Turn them off, really off

Filed under: [Computers](#), [Energy efficiency](#), [Energy saving measures](#)

09:45 am - May 25, 2006

If your household is anything like mine, you're endlessly debating whether computers and other electronic devices should be turned off when you are not using them. The answer I have learned is not just "off" but "really off." Lots of appliances - TVs, computers, VCRs, DVDs, microwaves, etc- use electricity even when turned off. For many models, a TV running 4 hours a day will use more electricity during the 20 hours that it's turned off than during the 4 hours that it's running. So plug those appliances into a surge protector, and switch off that surge protector after you turn off the appliance.



Here are a few other energy-saving tips for office equipment:

- Many people leave their equipment on overnight because that's usually when they've scheduled their computers to receive security patches and antivirus and operating system updates. Setting up your computer to perform these functions during business hours addresses the problem of security and still allows for your equipment to be shut-down overnight.
- Turn off copiers when not used for extended periods of time.
- Turn off printers, especially laser printers, when not used for extended periods of time.
- Ensure that your equipment is configured for energy savings, done through the control or setup panel.
- Use energy-saving and cooler-running flat screen monitors.

---

[Older Posts](#)

[if lt IE 4] [endif]

[if lt IE 4] [endif]

[green homes](#) | [product reviews](#) | [bottled water](#) | [green homes](#) | [wellness products](#) | [green living](#) | [organic foods](#) | [child health](#) | [mad cow](#) | [environmental health](#) | [teflon](#) | [green building](#) | [recycled paper](#) | [recycled plastic](#) | [organic products](#) | [sick building syndrome](#) | [organic baby food](#) | [mercury in fish](#) | [earth friendly](#) | [food safe](#) | [organic pesticide](#) | [flame retardant](#) | [asthma and children](#) | [children allergies](#) | [bird safe wood](#) | [green homes directory](#) | [Privacy Policy](#) | [Resources 1 2 3](#) |

© **Copyright** 2006  
The Green Guide  
Institute.