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ARTHA SUSTAINABLE LIVING CENTER/B&B
 9784 County Road K, Amherst
www.arthaonline.com
 715-824-3463

Artha Bed & Breakfast (B&B), part of the Artha Sustainable Living Center and a 100-year-old, renovated farmhouse, offers year round hands-on workshops and retreats in solar water heating, herbs and gardening. There are weekly yoga classes in the on-site studio and retreats throughout the year. The workshop/yoga studio is in the second floor of the barn, which has been renovated using straw bale construction with radiant floors for heat. For retreats and workshops, guests can stay onsite at the B&B for a true "green" experience, certified by Travel Green Wisconsin, the second highest "green" source rating in Wisconsin!

Eco-Design

Artha employs green building materials in all updates and new construction, with straw bales, a renewable resource and super insulator, as the primary building core, translating into less energy needed for heating and cooling. Any wood used in construction comes from trees that fell during windstorms at Artha or from the Menomonee Forest, which is a local, sustainable forest. All buildings have passive solar systems for heating and cooling.

Energy

All of Artha is solar-powered! A solar thermal system heats the domestic water and contributes to space heating during the winter. The sun's heat transfers through solar fluid into a two-foot sand bed under the B&B, which then stores and heats the facility. Radiant wall panels and a high efficiency wood stove in the living room serve as their secondary heat source.

Photovoltaic (solar electric) panels fulfill Artha's electricity needs. Artha uses as little energy as possible and most of it is renewable!

Conservation

Artha does its best to have the least impact on this earth. Its large organic gardens are watered only when necessary and are supplemented with drip irrigation systems and mulch. All food scraps are composted for use as fertilizer. Crop rotation helps preserve the soil and sap is harvested from sugar maple trees for maple syrup. Artha's walking and cross-country ski trails let guests experience the wilderness without directly impacting it. Wood only comes from sustainable forestry methods and Artha has planted over 5,000 trees in the past 35 years.

Ecological Sustainability

The B&B's towels and sheets are organic cotton and only non-VOC paint is used in the B&B. To conserve water, the bathroom is equipped with a low-flow toilet and showerhead. Guests are encouraged to reuse un-soiled linens and towels to save water and laundry detergent, of which Artha only uses non-toxic and biodegradable products. Artha also has a recycling program and all appliances are high-efficiency.

Artha creates their own organic herbal teas, beauty and bath products, which the B&B uses and sells to guests and through local craft fairs. Artha's mission is to live by example, teaching those who wish to live natural, healthy lifestyles, which they believe will result in happier people. Marguerite Ramlow, co-owner of Artha, explains, "While, these lifestyle changes require some initial effort, once made, they are easy to maintain. The outcome is well worth it. Our goal, which we invite all others to join, is to leave the planet as we found it for all future generations



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