

# Killhope Green Newsletter

## INTRODUCTION

*Exciting news, Killhope are finalists in the One North East Sustainable Tourism awards. We are attending the award ceremony on the 19th September and will find out on the night if we've won a gold, silver or bronze award. The award is a great recognition of all the hard work the Killhope staff have put into making Killhope a greener place to visit and to work. Well done to everybody and keep up the hard work.*

*Thanks Helen*

### **What to do in your garden: September—October**

- ♦ Plant spring bulbs now for a lovely display next year. Tulips, daffodils, hyacinths and crocus can all be planted now.
- ♦ Bring houseplants back indoors after their summer outside.
- ♦ Lift and store potatoes ready for use over winter.

### **In this Issue**

	Page
Powerwalking	2-3
Craft Corner	4
Recycle Used Stamps	5
Household Hints	5
Wine Saver	5
Green Clothing	6
Organic Fortnight	7
Seasonal Recipe	8

# Powerwalking

Did you over-indulge on your summer holidays this year and need an easy, fun and green way to lose a few pounds? Walking is one of the most effective forms of exercise. It can be done almost anywhere and is free!

Walking is not only good for you, but it's also a "greener" type of exercise. You don't need to buy any equipment (that might only end up gathering dust in a cupboard), you can do it anywhere, it gets you out in the fresh air and won't add to your carbon footprint!

## What are the benefits of walking?

- It burns calories
- It helps to boost your metabolism
- It helps to reduce body fat
- It boosts your energy levels
- It promotes positive mental health, including higher levels of self-esteem
- It helps you to manage stress and release tension
- It helps to improve the ability to fall asleep quickly and sleep well
- It can be done almost anywhere
- It's more environmentally friendly than driving
  - It's free

Don't forget to drink plenty of water whilst exercising, however, try not to buy a new plastic bottle of water every time you go for a walk. Try to re-use a bottle that you already have or if necessary buy a bottle of water that's made using recycled plastic.

## **Fit More Walking Into Your Day**

### **At Work:**

- Park your car in the space that is the furthest away and walk to the office
- If you take the train/bus get off a stop or two early and walk the rest of the way
- Walk to work
- On your lunch break go for a walk around the block
- Don't take the lift, use the stairs

### **With the Kids:**

- Walk the children to school/playgroup
- Walk to the park and back with the kids at the weekend
- Find the time for one walk each week with each child - make this your special time when the two of you are alone and you can chat / catch up
- Make it your mission to plan a new walk for each weekend - look out for local parks, country walks, etc

### **With Friends:**

- Plan to go walking for fitness once a week with a friend
- If you plan to meet friends, walk to their house, or get them to meet you half way
- Offer to join your friend when they are walking the dog
- Rather than meeting your friends for coffee, suggest going for a stroll

### **At Home:**

- Get up early and go for a walk
- Cancel the paper / milkman and walk to the shop instead
- If you run out of essentials, walk to the local shop to buy them - don't take the car
- Set yourself a goal to walk up and down the stairs a certain amount of times per day

# CRAFT CORNER

Autumn is a lovely season to get out and about in the fresh air before the winter weather starts in earnest. Have a long walk and gather as many different leaves as you can and then go home into the warm and try this craft project.

## Autumn Leaf Place Mat

### Materials Needed:

Clear Contact Paper

Leaves

### Instructions:

Cut 2 pieces of clear contact paper about 18 inches long. Remove the backing from one piece.

Stick the leaves randomly onto the sticky side of the contact paper. Once you are satisfied with the design, peel the backing off the second piece of contact paper and cover the leaves with it to seal them in between the contact paper sheets.

Trim around the edges; use pinking shears or other fancy edged scissors if you like!

## Recycle used stamps

At Killhope we keep all the used stamps from our daily post and recycle them by sending them to a different charity every few months. You can help charities fundraise by sending them your used stamps. Tear the stamps off and take them into your local Oxfam shop or send them to RNIB Stamp Recycling, PO Box 185, Benfleet SS7 9BH.

## Household Hints

Tea tree oil is a great natural antiseptic and disinfectant. It's great for cleaning mould and mildew too - try a dilute mix of 3-4 drops in 2 litres of water (cold or hot). Soak mildewed items or spray on to trouble spots using a plant mister. Scrub, then rinse off.

Remove dust properly from furniture with a slightly damp cloth - a duster will simply move the dust around. Then for a bit of a shine, try beeswax (great for unpolished wood) or use olive oil (sparingly!) rather than furniture polish, then buff with a dry cloth.

## Wine Saver

Near the end of a bottle of wine but don't fancy finishing it? Pour into an ice cube tray and put it in the freezer (red or white wine is fine). Then add a cube or two when you next cook pasta sauce, gravy, soup, risotto etc for a bit of extra flavour!

## Environmentally Friendly Clothing

Now that the summer has departed (did it ever really arrive) woolly jumpers and winter clothes will be making their way back into your wardrobe. If you need to stock up on winter clothes (or even thinking of buying Christmas presents) then why not try some of the new "Green" clothing ranges that are available.

I've been doing my research this summer and have noticed that a lot of high street shops are now stocking more ethical clothing ranges. Dorothy Perkins have a clothing range that includes a donation to the Woodland Trust in the purchase price. This money is then used to plant more native trees in the UK.

A lot of the organic clothing lines available are accessible via the internet.

Natural Collection have a huge range of affordable clothing for the whole family—some of their organic clothes are guaranteed Fairtrade as well so you really are making a difference.

For those of you who prefer a wardrobe full of shoes (I admit that I'm one of them) there are lots of 'green' shoes out there.

One of the best concepts I've come across this summer is 'Worn again Trainers'. They are a great idea for anybody who loves individual trainers (can also be used for Powerwalking (see pages 2-3)!)

'Worn again trainers' are the creation of Anti-Apathy, the campaign group dedicated to social and environmental progress with imagination. Unlike other trainers, these are made from 99 per cent recycled materials - including prison blankets, suit jackets, towels and silk parachutes! As a result, no two pairs are exactly the same. Find out more at <http://www.wornagain.co.uk>

*Happy Shopping!*

# **The Soil Association Organic Fortnight 2007 runs from 1-16 September**

During the Soil Association Organic Fortnight, businesses, individuals and communities across Britain join together to celebrate all things organic, staging events and promoting organic products up and down the country. This year the theme is '**Wake up to an Organic Breakfast**'. Retailers, brands and restaurants across the UK are preparing to promote their organic breakfast items, encouraging everyone to try an organic breakfast during the Fortnight whether at home, at work or out and about.

## **Whats Happening in the Local Area?**

### **Organic food tastings**

Saturday 1 September 2007 , Saturday 15 September 2007

Howbarrow Organic Farm is hosting food tastings, Wednesday to Saturdays from 12am-5pm. For details, contact Paul Hughes and Claire Wickham, Howbarrow Organic Farm, Cartmel, Grange-over-Sands, Cumbria LA11 7SS. T: 015395 36330. [www.howbarroworganic.co.uk](http://www.howbarroworganic.co.uk)

### **Hexham farmers' market**

Saturday 8 September 2007

A vibrant farmers' market with approximately 30 producers of which approximately a third are certified organic. 9am-1pm, Hexham market place, Hexham, Northumberland, NE46 1XF, T: 0796 3426932, [www.hexhamfarmersmarket.co.uk](http://www.hexhamfarmersmarket.co.uk)

# Seasonal Food

September and October are two months where fruit and vegetables are plentiful and hopefully gardeners have a glut of produce after a good summer.

Butternut squash, leeks, artichokes and courgettes are all available as well as blackberries, damsons, plums and pears.

Try the following recipe as a different way to use up a surplus of squash (or pumpkin).

## Butternut Squash and Potato Gratin

### Ingredients

- 2 pounds butternut squash
- 3 large potatoes
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh marjoram
- 1 teaspoon chopped fresh sage
- Salt and pepper to taste
- 3 cloves garlic, peeled and minced
- 2 cups double cream
- 4 ounces Gruyere cheese, coarsely grated

### Method

Preheat the oven to 200 C. Generously butter a 9-by-12-inch gratin dish. Peel the squash and trim the top and bottom. Cut off the seed-filled bottom, halve it, and remove and discard the seeds. Slice squash and potatoes.

Mix the thyme, marjoram, and sage in a bowl. about 1/3 of the squash slices in the gratin dish. Sprinkle with some of the herbs and season. Layer 1/2 the potato slices over the squash layer. Sprinkle with some of the herbs and 1/2 of the minced garlic. Season.

Repeat this process. Pour the cream over the top.

Cover the dish with foil and bake the gratin for 45 to 50 minutes. Remove the foil and sprinkle with the Gruyere. Continue to bake, uncovered, for 25 to 30 minutes, or until the vegetables are tender, the cream is nearly absorbed, and the top of the gratin is lightly browned. Let the gratin rest for about 10 minutes to absorb all the cream before serving.