

Killhope Green Newsletter

INTRODUCTION

Well, we've had some lovely sunny weather and it feels like summer is here. There's lots to do in the garden at this time of year and here at Killhope we are very busy in our garden.

With the price of petrol and food being so high at the moment we have articles on Eco-Driving and being food savvy.

One of our Green Team, Hilly, has provided our seasonal recipe courtesy of her mum, and perfect for summer

Thanks Helen

What to do in your garden: June—July

June and July are very busy months in the garden so here are a few pointers to get you started

- ☼ Protect brassicas from pests with enviromesh
- ☼ Remove side shoots from your tomato plants (unless the plant is a bush variety) - this will direct more of the plants energy into growing fruit.
- ☼ Plant out pots of basil and other tender herbs

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Green Driving

Did you know that you could save up to £130 in petrol or diesel by adopting an eco-driving style. In this time of ever rising fuel prices why not try the following tips and see how much save.

How does it work?

Eco-driving means driving your car more efficiently. By doing this your car will produce less carbon dioxide into the atmosphere. As carbon dioxide is the main gas contributing to climate change, by producing less carbon dioxide we can start to combat global warming.

- Check your revs—change up a gear before 2500rpm petrol and 2000 rpm diesel.
- Anticipate road conditions and drive smoothly, avoid sharp acceleration and heavy braking.
- Use air conditioning sparingly.
- The most efficient speed depends upon your car but is typically around 45-50 mph.
- Accessories such as roof racks, bike carriers and roof boxes significantly reduce fuel efficiency, so remember to remove them when not in use.

Avoid short journeys—a cold engine uses almost twice as much fuel and catalytic converters can take five miles to become effective.

Plan your journeys to avoid congestion, road works and getting lost!

Check tyre pressure regularly

If you're stuck in a jam switch the engine off if you expect to be there for more than a minute or two.

Eco-Driving

Paying some attention to your car before you set off on a journey can help save money and reduce pollution.

Weight—reduce weight and fuel consumption by removing unnecessary items from your car that you don't need on that journey e.g pushchairs, golf clubs, tools etc.

Maintain your car—check that your engine is properly tuned as this improves performance.

Refuelling—avoid overfilling the tank as spilled fuel evaporates and releases harmful emissions.

Check your windows and lights—ensuring that your windows are clean and your lights working will make it easier for you to drive more smoothly.

STEAM WASHING MACHINES

Are you looking for a more energy efficient washing machine?

There are now steam washing machines available on the market with 'steam direct drive' technology that saves at least 36% water and uses 25% less energy than similar machines of its class.

Those that hate ironing will love this machine because the innovative steam programme continuously sprays steam and rotates the drum gently to effectively remove creases and odours from fabric.

Steam cleaning reduces clothes shrinkage and will extend the life of some.

CRAFT CORNER

MAKE A BUTTON BRACELET

A cute button bracelet is an easy gift you can make with all those leftover buttons you have lying around.

Materials:

Buttons (about 20)

Elastic (A piece just a little bigger than your wrist.)

Needle

Coloured thread

Instructions:

Choose the buttons that you want to use. You can choose buttons that are the same colour, colours that complement one another, or random colours.

Sew buttons on to the elastic until it is completely covered, I used clear thread but you could also use thread that compliments the colour of your buttons.

Use a larger button to start with, it can be used as a clasp to fasten the ends together. You can also just sew the two ends together and slip the bracelet over your hand.

If you are going to use the large button as a clasp, on the opposite end from your button, overlap and sew enough elastic so the button will fit inside of the loop. Try it on and make sure it still fits.

CRAFT TIP: It is a good idea to make a small hem on each end so the elastic does not fray.

How to save money on your weekly food bill and help the environment

Would you like an extra £610 in your pocket each year? That is how much money the average household with children throws away annually in food it paid for but didn't get around to eating. Shocking, isn't it? That could be enough to pay your annual utility bill.

If you want to save money and feed yourself, not the bin, Love Food Hate Waste has come up with five easy ways to get started.

Get familiar with your fridge and friendly with your freezer

Start saving money right now by making a date with your fridge! Just by opening the fridge door and checking the 'use by' dates on what's inside, you can begin saving your pennies and pounds. How often do you find that the 'use by' date on a packet of ham or bag of sausages has been and gone and you end up throwing it away. Move them into the freezer if you don't think you'll have time to eat them or cook them for tonight's supper.

- ◆ Dairy products are often forgotten at the back of the fridge.
- ◆ Grate odd bits of cheddar and mix with breadcrumbs for a savoury topping or stir into mashed potatoes.
- ◆ Use up your yoghurts in fruit smoothies or as delicious toppings on breakfast cereals.

When you get home with your shopping, it is a good idea to transfer as much as you can straight into the freezer. If you have large packets of chicken pieces or fish, divide them up and freeze individual portions.

It pays to Plan

Planning your meals is one of the most effective ways you can cut wastage and food bills. Start by checking your fridge, freezer and store cupboard so you don't shop for things you already have.

Before you go shopping, write a shopping list. Now that summer has arrived, consider buying perishable goods like soft fruit and salad vegetables in

smaller amounts more often and store in the fridge to keep it fresher for longer.

Store Cupboard Savvy

Try and keep your store cupboard and freezer well-stocked with a variety of canned, dried and frozen goods that you know your family love to eat. Tinned beans, frozen vegetables, meat and fish and dried fruit, nuts, pasta & noodles, rice & grains, are all essentials with a long shelf life - meaning you will always have the ingredients standing by to pull together a delicious meal or to jazz up your leftovers.

Use your store cupboard to create meals from leftovers.

Add a tin of lentils to your minced meat to make it stretch further.

Having a well-stocked larder will save you money in the long run as you will always be able to feed your family, even when you think there is nothing in the fridge!

Lovely Leftovers

It's amazing how many meals you can get from one chicken! If you enjoy a roast on Sunday, the remains of the joint would make a great curry or a delicious risotto later in the week and you'll always find enough for a sandwich. If you have time, the carcass can also be boiled up for stock and soups.

- ♦ If you have some dinner left in the pan, bag it and pop it in the freezer as a 'ready meal' for one.
- ♦ Crusts and stale bread can be blitzed in the food processor to make breadcrumbs which can be stored in the freezer.
- ♦ Cut the bruises off old apples and toss into the pan with your sausages.

Being crafty with your food is the clever way to save those pennies - and it really just means thinking before you throw. With a little bit of thought, you can create some delicious surprises from your leftovers - they don't have to mean second best.

HOW TO BE A CARING CARNIVORE

Have you ever considered eating less meat in your weekly diet?

Why should I you may ask?

Eating meat as part of a balanced and varied diet is recommended by leading scientists. However, the intensive way that animals are reared and then transported means that meat eating can have an immense impact on the environment.

The main impacts on the environment are:

Water—It takes 2500 gallons of water to produce a pound of meat, but only 25 gallons to produce a pound of wheat.

Land—90% of all agricultural land in the UK is used to raise animals for food, and we still need more food so we import it into our country.

Pollution—Raising animals for food causes water pollution as slurry leaches into the waterways. Methane produced by cows is also a major contributor to global warming.

Deforestation—Since 1950 half of the world's rain forests have been destroyed to make way for grazing.

So how can I eat meat in a green way?

☼ Choose to eat one or two organic locally produced cuts of meat a week instead of cheap processed meat every day.

☼ Roast a chicken and live off it for a week.

☼ Investigate meat alternatives such as tofu, tempeh and textured vegetable protein.

☼ Buy organic milk or try soya milk.

☼ Chicken and pork are more carbon efficient and produce less methane than beef.

☼ Be aware of other good sources of protein, including pulses, beans, nuts and seeds.

Seasonal Food—Summery Tomato Soup

Ingredients

Lots and lots of tomatoes,
4 carrots,
2 onions,
3 red peppers,
tomato puree,
olive oil,
cayenne pepper,
double cream.

Slice tomatoes in half and cut the peppers into quarters.

Chop the onions and carrots into small cubes.

Put it all into a roasting dish and cover the vegetables with olive oil to coat the veg. Add sea salt and pepper.

Roast in the oven (180 degrees) until tender.

Liquidise all the vegetables and their juices and then sieve to remove skins and seeds.

Pour into a pan and add cayenne pepper to taste.

Add a good squirt of tomato puree and a big splash of double cream.

Ladle into a bowl and enjoy!