

Notes on Eco Saturday 18th Jan 2020 Jan Goffey

What is the use of a house if you haven't got a tolerable planet to put it on? Henry David Thoreau

Plastics!

1. Be a 'Refill' Town...like Fairtrade designation.
2. Encourage local shops to have Refill stations, eg. For water also other products deemed suitable for own containers.
3. Think about what clothes you buy (washing fleece-microfibres- dye in jeans!)
4. Shampoo bars and soap bags not plastic bottles.
5. Compostable coffee cups (author wrote combustible, but both are valid, if you have a woodburner!)
6. Re-install Victorian type drinking fountains in public places.
7. Re-usable bags for loose veg. Take your own containers when shopping.
8. Emphasis on shops with facilities for customers to refill and /or recycle.
9. Campaign to be 'Plastic Free' town ie bags from shops.
10. Link with 'Surfers against Sewage' anti-plastic materials – nearest group is Moretonhampstead. Local rep is Kaylee Wonnacott from Winkleigh. We can become part of **the Plastic Free Community network** . (I have the Leader Agreement downloaded.)
11. Store and re-use as much plastic packaging/pots etc as you can.
12. Plastic pothole filler? Gabon sea defences?

Clothes?

1. The fashion industry is the 2nd largest polluter in the world next to the Oil Industry.
2. 20% of Industrial water pollution comes from textile treatments and dyeing.
3. Donate to and buy from - Charity shops.
4. Make your own style and ignore 'fashionistas!'
5. Try to buy clothes made from natural materials , wool, bamboo, hemp.
6. Avoid polyesters and microfibre shedders!
7. Buy good quality clothes and swap/ unpick and remake as different item.
8. Avoid all enterprises which require a new set of clothes! Quote from Henry David Thoreau.

Trees and Wilding?

1. Plant more Agro Forestry strips to break up large open fields/spaces to help capture CO₂; help mitigate flooding, help against weather extremes, and provide shelter for livestock.
2. Plant useful trees, not just for CO₂ capture . More diversity of types= more diversity of wildlife and habitats.

e.g Sea buckthorn, Alder, Eleugnes (Oleaster) , Apple, pear, cherry, Nuts, willow, Hemp, Oak and Lime trees! (last especially for bees!) for food, fuel and fibre!

3. Support planting of native flowers, and trees where-ever possible (with proper advice and maintenance plans!)
4. Build more cob and willow houses.
5. More mature trees and hedges left alone and factored into new building development.
6. More hedgerows and species rich grassland.
7. Advise homeowners on planting native species and making meadows/wildlife areas.
8. Unesco – Woods4water and Biosphere Nature Improvement Group.
9. Free trees for schools from Woodland Trust Schools Project and individual students encouraged .
10. VERGES! Plant them - don't shave them flat!

Food!

1. Local groups for food procurement ?
2. Avoid products containing Palm oil.
3. Put a tax on pollutive farm systems. Give tax breaks to farm/food producers who do not use oil or chemicals or artificial inputs to produce food.
4. Tax system which levels out playing field for small and large food producers. Farm policies to help small scale family type farmers supplying local markets/selling direct to consumers.
5. [Not] Getting rid of livestock a) turns thousands of acres into weed infested bramble/gorse which will need fuel powered machines to control. b) human vegans will produce more methane.
6. No to meat substitutes, not as eco friendly as people think! Virgin land for soya beans. Stop intensive animal farming (actually, stop all intensive farming as crop growing destroys the soil goodness too!) Animals should be grass fed as much as possible. Grass fields absorb a lot of carbon.
7. Environmentally friendly food systems should be included in the curriculum.
8. Cook from raw ingredients, try not to buy supermarket pre prepared food.
9. Reduce the amount of meat you buy (and buy locally produced as much as possible) and buy more pulses, lentils beans etc.
10. Support local food suppliers and subsidize producers of food not land owners!
Avoid Food miles!
11. Encourage grow your own and sharing crops (ie. Community garden)
12. Avoid food wastage, communal 'cook ups!'

13. Becoming vegan will not solve the problem we need a global fair economic system where communities can live sustainably from mixed food sources.
14. Explore other food sources...seaweed? Insect proteins ? Algae?

Transport?

1. Government needs to make alternative transport affordable in rural areas. I.e. Small buses on rural routes more frequently. Train service to Exeter needs to be regular and cheaper than the bus (?)
2. Co-Cars like in Exeter.
3. Hydrogen powered vehicles being manufactured
4. Electric bikes subsidised?
5. Car sharing promoted more?
6. Walk to work or to school!

What are you doing to Save Our World?

1. Buying locally
2. Upcycling old clothes
3. Using bar soap and bar shampoo in soap bags.
4. Greta Thunberg's fight is with Governments and Corporations . They need to accept the need for change and our focus should be local.
5. Use local wool for insulation not polystyrene , nor fibreglass.
6. Having a 'wild' area for hedgerows, birds, bees, and wild flowers.
7. Stop flying!
8. Capturing carbon by using Agroforestry and 'no till' practices on our farm. No Ploughing, no rotovating, no soil disturbance which releases soil carbon. Agroforestry system for growing trees captures Co2 and helps protect against wind and soil erosion.
9. Buying second hand clothes and furniture etc as much as possible.
10. Keeping my beard on for 50 years has saved soap and razors!
11. Using own storage tubs at supermarket deli counters and own bags for loose veg. /fruit.
12. I became a vegetarian, I shop locally, I stopped washing my car, stopped flying, persuading friends to do the same . Trying to live more sustainably.
13. Recycled paper items. Kitchen, bathroom, Office
14. Reducing energy usage oil/gas/electric