

## *St Mary's Knighton Eco Tips!*

### **Do you know your carbon footprint?**

Many different aspects of our lifestyles affect our individual impact on climate change. Working out our carbon footprint is a great way to draw our attention to these factors and can be a good starting point for those who are willing to consider making some changes which will help to reduce their footprint, as we are all challenged to do.



There are a number of tools available for calculating your Carbon Footprint, we found the WWF the easiest to use. Why not join them in working out your carbon footprint?

[footprint.wwf.org.uk](http://footprint.wwf.org.uk)

## Use Your LOAF

We may feel that much of the efforts needed to combat climate emergency and help build a sustainable and ethical society are beyond our control. However, we do have consumer power. As consumers we can do our bit to show priorities beyond the bottom line of market forces. However, it is not simple. A principle in our purchases promoted by Eco Church are the LOAF principles. When buying try to prioritise at least one of the following-Local, Organic, Animal friendly or Fair Traded. It's not always easy to say which is the most important, however any one is usually a better choice than none.

***Being Seasonal***-saving money, improving taste and avoiding air miles.

We need to nuance 'Local'. Less Co2 emissions are emitted having lorry transported ripe tomatoes grown in Spain than using methane heated greenhouses in Kent to grow crops. We do need to look out for airmiles in our purchases and think accordingly. A way to address this is prioritising Seasonal fruit and vegetables. This is important for our connection with our environment. Church leads the way on this with harvest festivals. However, in reality, our disconnection with the countryside and farmed means of production mean we are more familiar with supermarket year-round produce than what our local seasonal products actually are. But, if we prioritise buying seasonally, it means we have better taste and cheaper produce as well as zero airmiles and less Co2. Let's take a quiz (answers at the bottom) \*-match which local produce are in season 1) Aug-Oct; 2)Jan-April 3) Sep-March. a) Broccoli b) Apples c) Cauliflower. If you found that too easy, well done. Some help is out there. Box schemes delivered to your door such as Abel & Cole and Riverford have seasonal box choices. (1a;2c;3b)\*.



### **Should I water my lawn in dry weather?**

For the first time, the Royal Horticultural Society is urging gardeners **NOT** to use mains (drinking) water to keep their lawn looking green in a dry summer. It recommends allowing the grass to turn yellow or brown to help prevent water shortages and to protect wildlife in rivers which are in danger of drying up. Lawn sprinkling can use as much water in an hour as a person would use in an entire week! A brown lawn will recover rapidly once a dry spell comes to an end with no long term effects. The RHS and Cranfield University have launched a website, [mains2rains.uk](http://mains2rains.uk), where gardeners can pledge to adopt measures to save water, including installing a water butt, placing drip trays beneath pots and adding mulch around new plants.

### **Flying!**

Air flight produces the equivalent Co<sub>2</sub> per passenger per mile as 3-4 passenger travelling by car. A return journey to New York produces the equivalent of 1.2 tonnes of CO<sub>2</sub> per passenger. We all love holidays and can justify air flight for our unique set of circumstances. I wonder if the old fashioned concepts of temperance are useful here. Just because we can, should we? The consequences of climate emergency adversely affects those least contributing to global warming, the poorest communities in the Southern hemisphere, Pacific Islands. Perhaps the

kinds of places one may wish to visit. Can we temper our desires? Can we fly only we really have to not because it is cheap or exotic? Who pays the price for our pleasure? Of course, with most of our choices, we have to live with a level of hypocrisy and compromise. We will fail in our quest for climate justice. However, the object is not to avoid failure perceived hypocrisy, rather, it is to at least try. That starts with the question-do I need to do this? Can I wait, or ration my choice? What are the consequences on others if I do? What alternatives may be available?

## **Meat!**

Perhaps if everyone who eats meat or fish, decided to have days without either then that is better than 2% being strict vegan and the rest unthinkingly eating meat. The problem with meat is the simple efficiencies of producing meat and the associate land mass required to host livestock and grow cereal based food which otherwise be used for human consumption. We lose forests to grow cereal crops for cattle. An Oxford University study published in the journal Climatic Change showed meat eaters being responsible for twice and a half times more CO2 emissions per day than a plant based diet. So if "all or nothing" does not appeal, how about 'gradual', 'in moderation' with the realisation that plant based food is better for tackling climate emergency, your health and not forgetting animal welfare than the typical meat alternative.

For more information visit [www.stmarysknighton.co.uk](http://www.stmarysknighton.co.uk)