



Welcome to Lostwithiel Transition December 2009

e-newsletter

TRANSITION LOSTWITHIEL

NEWS AND PROJECTS

Happy Yuletide

Dickensian Evening – **10 December 6pm onwards**

come and meet us and get great ideas for a green Christmas – from decorations to presents

visit the Transition Lostwithiel stall in the Church Rooms and pick up your FREE Love Food ,Hate Waste recipe book

Lost Threads HUB

This is a new hub to share skills, knowledge and learn from each other - from the basics to some experience - lots of interesting workshops planned , and our first meeting has shown that there is a lot of enthusiasm ,skills and resource on our doorstep.....

Next HUB: Monday 7 December 10 until mid-day at the Royal Talbot

We will be having a swap of any useful textiles and craft materials, learn to thread a sewing machine ,basics of starting to knit and setting up a loan of equipment and books (phew! all in 2 hours!)

Many thanks to the Royal Talbot for making us welcome

HUB contact Lesley Bower 873363

Fruit and Nuts: Orchard project

The planting of Lostwithiels first new Orchard will be on the morning of Saturday 12 December :4 trees will be planted at the new brambles orchard.. all details on www.transitionlostwithiel.org

We can all be very proud of what Lostwithiels Transition has achieved this year and there will be much more in 2011

Have a great big ,huge, green transition Christmas



THOUGHT OF THE MONTH – there must be a good way to cook and eat swede

Naughty Baked Cheesy Swede (with cream)

Mix 2 tsp plain flour, 1 tsp ground pepper, 1tsp ground coriander or cumin, salt to taste (no more than 1tsp). You can also add a little crushed garlic if you wish or dried mustard powder. Peel and thinly slice 450g of swede and coat with the flour mix. Grease an oven proof dish and layer the swede slices with grated cheese finishing with a cheese layer. You will need 85-100g of cheese. Dot with marg or butter and pour on 500ml of single cream! For a crispier topping you can then sprinkle with bread crumbs or dry stuffing mix. Bake at 180 C for 60-90 minutes until tender (cover with foil if you want a paler crust) and serve.

Another thought as its Christmas!

Hydropal Filter Water Bottle - filters tap water so you don't have to buy and throw away bottled water

Hydropal is a unique filtered water bottle which you can take with you to work, the gym or even to use while you're at home. It has a built-in active carbon filter which removes all the chemicals so you can fill it from the tap, and enjoy filtered water every day without having to buy and throw away plastic bottled water.

In fact one Hydropal bottle can replace about 400 plastic throwaway bottles, saving landfill and benefitting the environment. Just fill the bottle, put the lid back on and enjoy filtered water wherever you are. **A great eco gift for anyone who drinks water!**

The activated carbon filter removes all volatile organic chemicals (VOC), pesticides and herbicides, as well as chlorine, benzene, trihalomethane (THM) compounds, radon, solvents and hundreds of other man-made chemicals found in tap water.

The filter lasts up to 6 months then you start to notice that it needs to be replaced, equivalent to 250 refills.

- Reduce your carbon footprint
- Save money by not having to buy bottled water daily
- Enjoy filtered water from any water source
- Contents: 750ml
- Unique non spill cap
- Ideal for children; designed without the push pull cap
- water comparable to most "bottled water" on the market

Made from: 35% recycled plastic and Low Density Polyethylene

(LDPE)

available online from Nigels Eco Store

Water Facts:

1. Six million litres of bottled water are drunk in the UK every day
2. A quarter of all bottled water is simply filtered tap water
3. In 2006, 99.96% of UK tap water tests by the Drinking Water Inspectorate passed quality sampling
4. 27 million tonnes of plastic are used worldwide to bottle water each year
5. When Decanter Magazine conducted a blind tasting of 24 brands of bottled water in December 2007, Thames tap water came joint third
6. Of 13 billion plastic bottles sold in the UK last year, only 3 billion were recycled
7. It takes seven litres of water to make a single one-litre plastic bottle
8. £2 would buy you 10,000 litres of tap water versus two litres of bottled water
9. Transporting bottled water creates 33,200 tonnes of CO₂ each year in the UK alone