



Sustainable
Crediton

Newsletter

Sept 2010

1 to 31 September 2010

Please only print this newsletter if necessary.

**Sustainable Crediton
(formerly Crediton
Climate Action) is part
of the Transition Town
movement.**

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www.sustainablecrediton.org.uk

Hello Everyone



Sustainable
CREDITON

Autumn is on the doorstep and the season of plenty has arrived in the gardens and on the allotments. Our newsletter this month has somewhat of a foody theme as a result.

We would like to draw your attention to the Harvest Market being organised by our members in Town Square in a couple of weeks. At the market you can sell your excess produce or buy from other Sustainable CREDITON members. In fact we have included in this issue some seasonal recipes for gluts, two of which you could turn into jams and chutneys to sell at the market to make a little income or just make to enjoy over the winter!

In October the Food and Farming Group are also organising a Big Seasonal Supper at the Boniface to celebrate all the abundance that our Devon farms, allotments, smallholdings, gardens and hedgerows have to offer us at this time of year.

If you would like to join us at the supper, and everyone is most welcome, please see details of how to book below. The cost is just £7 for 3 courses! Yum!!

Paula Mossman Editor.

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Dates for Your Diary

Further details of all meetings including contacts are under the relevant section of the newsletter.

Mon 6th Sept

9.30am, Food Group Planning meeting
9.30am Park House, Sandford

Tues 7th Sept

6.30pm Transport Group Presentation to Crediton Town Council

Wed 8th Sept

7.30pm Core Group Meeting 26 Old Tiverton Rd, Crediton

Tues 14th Sept

8pm WEN Social Evening, 3 Little Pigs, Crediton

Wed 15th Sept

7.30pm Waste Action Group Meeting at Jill's house

Sat 18th Sept

10am to 1pm, Harvest Market, Crediton Town Square

Sat 9th October

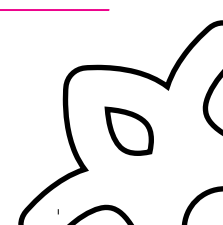
Big Seasonal Supper and celebration of local harvest,

Sun 17th Oct

WEN Local Group's Retreat, Southend (details below)

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2. News From the Action Groups

2.1 WEN News:

Well, we have been a bit dormant of late so we are kickstarting the WEN autumn programme of events with a social evening – Tuesday 14 September, 8pm at the 3 Little Pigs, Crediton. Please come along for a drink and catch up.

The next annual WEN Local Groups' Retreat will take place on Sunday 17 October, in Southend. This follows the Culture Kitchen event on the Saturday 16 October (also in Southend) celebrating World Food day with workshops on natural cosmetics, wild food, bee-keeping, seed saving and more.

If you are interested please contact Kate Metcalf, localgroups@wen.org.uk.

2.2 Food & Farming Group News

Sustainable Crediton Harvest Market

18th September, Crediton Town Square , 10am -1 pm

Sell or swap your excess vegetables and fruit, pickles, chutneys and jam or home made seasonal fare. Bring your own table or we have a Sustainable Crediton table available for small amounts. If you have no produce to sell why not come and buy locally produced, delicious, food lovingly produced by other Sustainable Crediton members.

For information contact Dee Ross
deeross@silversmith.eclipse.co.uk

There are no fees for table space but donations towards the cost of insurance for Sustainable Crediton to continue holding events in Town Square are very welcome. (We are required to have £5 million of insurance to put on even simple events in the Square..... yes I did say five million!!)

'Harvest' Seasonal Supper 9th October at the Boniface Centre

Don't miss out - book with Carol carollee3@googlemail.com or ring 01363 82794.

Ruth and Carol have designed another delicious seasonal menu:

Pumpkin soup and crusty bread

Chestnut stuffed pork fillet or chestnut, stilton and ale pie

Roast potatoes, mashed carrot and swede, steamed leeks

Pear, apple and quince charlotte with sheeps yogurt

All this for only £7 a head! [bring your own drink]

Because this will be a supper for a large number of people, our organisers are looking for a group of cooks to come early and help with all the preparation. They will work out quantities, do the shopping and give direction to make it easy. Why not help in this way and invite your friends and relations to come and enjoy the results.

An event not to be missed so book now!

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2.3 Energy Group News

There is a lot of interest in “rent a roof” solar panels schemes at the moment. We have reproduced part of an article by Cathy Debenham with kind permission from Yougen, an independent provider of information about renewable energy. There are a number of links embedded in the article which lead to further information.

Free Solar panels : Is it too good to be true?

Solar PV panels worth £10-12,000, installed on your roof, free of charge - it sounds too good to be true, but is it really?

The ‘rent a roof’ model, as it is known, is proving attractive to installers and investors. A Shade Greener, Homesun and Isis Solar are just three of companies offering the service, and more will follow. So it's good for business. But is it a good deal for the consumer too?

First let's look at how it works. The company looks for homeowners with a south facing roof that is strong enough to install solar PV panels. They install a system free of charge, and agree to maintain it for 25 years. In return you sign a contract agreeing that they should receive the feed-in tariff income on all the electricity that installation generates for the full 25 years. An average household solar PV installation is around 2kWp. It generates an income of around £800 from the feed-in tariff which, under a rent a roof scheme, will be assigned to the installation company. You will just benefit from a reduced electricity bill as a result of using some of the free solar electricity generated. This saving may be up to £100 a year (on this size installation). However, how much you actually benefit will depend on how much electricity you use during the day when the sun is shining. If all members of the household are out at work or school all day, then you'll probably save less than that.

If you've got the capital to invest, and you want solar panels, it makes more sense to install the solar panels yourself and benefit from the feed-in tariff. Even if you have to take out a loan for the up front cost, Consumer Focus reckons it's a better financial deal than renting your roof.

So, if you don't have capital, and don't want to, or can't afford to, take out a loan, is it a good deal? On the face of it, it could save up to £2,500 in electricity bills over 25 years (at today's prices - although it's likely to be more as energy prices rise). But I'd want to know more about all sorts of things before I went ahead. If you want to see the list of questions to ask the “rent a roof” companies, then click here to go to the full article.

Have Your Say about Renewable Energy

My name is Michael Foxcroft and I am conducting research into attitudes towards renewable energy (and in particular feed in tariffs for photovoltaics) at the University of Southampton. I have set up an online survey which could be of interest to members of the transition community, and I would greatly appreciate it if you could forward this to all your members.

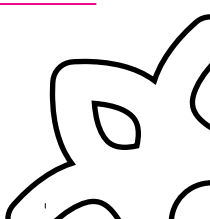
The survey is at: <http://www.surveymonkey.com/s/ttenergy> It should only take about 10 minutes to complete.

Thank you, and good luck in your endeavours!

2.4 Transport Group News

On Tues 7 September John Skrine and Laura Conyngham will make a presentation to Crediton Town Council about a possible Car Club www.co-cars.co.uk and ask permission for a designated, central parking place for the car.

If you or anyone you know are interested in joining the car club and have not yet registered with Laura then please contact her on laurac@conyngham.eclipse.co.uk for more details on how to get involved.



2.5 Waste Action Group News

Recycling Plastics - Please help us do MORE!!

We know that the overuse of plastics in food packaging and the fact that much plastic packaging is currently not collected by the MDDC recycling lorries, is a subject that causes a lot of anger and frustration among local households who are committed to the 3R's, reduce, reuse and recycle.

The Waste Action Group are listening and will be organising a pilot plastics collection scheme in Cridton in 2011. In the meantime however did you know it is possible to recycle much of your plastic food packaging waste at Punchbowl Recycling Centre just off the Barnstaple road near Cridton or at Ashleigh Recycling centre between Bickleigh and Tiverton. These centres are run by Devon County Council, not Mid Devon District Council (MDDC), and have a different recycling policy. This is why they take different materials to the MDDC recycling lorries that service our homes. Please make use of their facilities. Plastic uses up much valuable oil in its production and takes up to 500 years to degrade in landfill, but the plastic collected at these two centres is genuinely recycled.

Below is a list of what the 2 centres will and will not take. Please keep this list for future reference. In our household we collect up our clean plastic from the list below and drop it into one of the centres about once a month or so when we are passing. Once we got into the habit of doing this it was not difficult and it makes a dramatic difference to the amount of rubbish in our bin that goes to landfill.

The following is suitable:

- All plastic drink bottles (please squash and put lid back on)
- Plastic milk bottles (please squash and put lid back on) (these can also go into your MDDC recycling box)
- All plastic household cleaning bottles
- Pre formed biscuit or chocolate box trays
- Plastic sandwich containers
- Yogurt pots, margarine tubs, ready meal containers etc
- Plastic fruit & veg containers (unless made from expanded polystyrene)
- CD's & cases
- Plastic flower pots (must be clean)

The following is not suitable


- Nothing contaminated with food, grease or oil (wash first please)
- Nothing made from 'biodegradable' plastic (bags made of this feel 'silky' to touch)
- Nothing made from more than one type of plastic
- Plastic bags (these can be put into your MDDC collection)
- Waxed juice type containers (Tetrapaks) (wash out these and put into your MDDC collection)
- Paint containers, plastic toys, videos, ink cartridges etc
- Pet food pouches or soft drink pouches
- Expanded polystyrene packaging including EPS food trays
- Individual crisp and shiny biscuit wrappers
- Anything lined with silver paper
- Cereal packet inners, Cellophane wrapping
- Toothpaste tubes or disposable razors
- Containers for hand and other skin creams (unless very clean)
- Any large items made from plastic - No furniture - but such items could be taken to the Centres and handed in for resale if they are still in useable condition.
- Bubble wrap (save and reuse again and again), cling film

Thank you and happy recycling!!

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3. How green was your holiday?

It would be great to hear about what SC supporters have been up to by way of green holidays. Why not write in and tell us about your holiday for next month's issue.

Gerald Conyngham has this to tell us about a break he and his wife Laura took this summer:

"In July, Laura and I cycled from Barnstaple to Plymouth, with one overnight stop in Okehampton. We took our cycles to Barnstaple on the Tarka Line. The first part was along the Tarka Trail, so was very easy going. Then came a somewhat hilly section along minor roads to our B & B in Okehampton. Day 2 started on the Granite Way to Lydford (the old railway to Plymouth), with lovely views across to Dartmoor, and then after another hilly section near Tavistock, we came to the Plym Valley Trail which takes one onto Plymouth through the beautiful Plym woods. Then to Plymouth station and back by train. If you enjoy cycling, I strongly recommend this Coast to Coast ride. It is well signposted."

4. Campaign of the Month - Pakistan Floods

This month's campaign is all about the Pakistan floods.

The numbers are mind-boggling and mind-numbing: 20 million people are affected, which is more than the 2004 Indian Ocean tsunami, the 2005 Kashmir earthquake, and the 2010 Haiti earthquake combined; 20 percent of Pakistan's landmass is now affected.

That is greater than the size of all England and some 140 different countries. One out of every nine Pakistanis is affected. This number is greater than the entire population of countries like Sri Lanka, the Netherlands, Switzerland, and over 150 different countries: 6 million are in life-threatening conditions, 3.5 million children are at risk of life-threatening diseases, 2 million need immediate shelter assistance. But the most telling number is that only half a million of these are currently being reached by any relief or assistance. Some commentators are blaming climate change for the severity of the rains, others are blaming deforestation in the north of the country and poor town planning which have turned urban streets into torrential rivers.

Whatever the causes, there are many ways in which you can assist, but this link takes you through to the Disasters Emergency Committee: <http://www.dec.org.uk/>

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5. Articles of interest in the press

5.1. Epic Cold water Swim

Pushing his body through epic cold-water swims, Lewis Pugh wants to draw attention to our global climate. At the end of May 2010 he swam 1 kilometer across Pumori, a meltwater lake situated next to the Khumbu Glacier on Mount Everest, at an altitude of 5300 meters, to draw attention to the melting of the Asian glaciers. He completed the swim, the highest any person has undertaken, in less than 23 minutes. "Glaciers are not just ice: they are a lifeline, they provide water to 2 billion people, and we need to protect them," he says.

Watch him talk at http://www.ted.com/talks/lewis_pugh_s_mind_shifting_mt_everest_swim.html

5.2 Happy 40th Birthday to the Ecologist

The Ecologist: A useful publication for those interested in environmental matters. Four decades of global warning

<http://www.independent.co.uk/environment/the-ecologist-four-decades-of-global-warning-2036135.html>

6. Book For Loan

From Linda Lever

contact: lindaandcolinl@phonecoop.coop and 01363 777624

'Totnes Energy Descent Plan' - recently published by TT Totnes who were the first Transition Town in the UK. The book details their plan to become the first zero carbon community in the UK and draws on much of their experience since they began 4 years ago and where they see it heading.

Linda comments on the book: "very interesting to dip into and good for ideas of where we might be heading"

7. Some Recipes for Late Summer Gluts

7.1 Crab Apple and Blackberry Jelly

Sent in by Linda Lever

Linda comments: 'Worked well last year and I can provide lots more crab apples for anyone who wants them.' Linda's contact details for crab apples are: 01363 777624.

- 4lbs crab apples, just chopped up a bit, 3lbs blackberries, a couple of pints of water - stewed together
- When cool, pass through muslin suspended on an upside down stool.
- Measure the resulting liquid and add less than 1lb sugar for each pint.
- Boil as for jam until set and put in clean (scalded) warm jars.

Editors Note: I made this last week and it is really flavoursome and tangy, great on toast and sets well.

7.2 Courgette and Lentil Soup/Dhal

Sent in by Jo at Catspaw Authentic Entertainment.

Jo comments 'I ended up with quite a glut of courgettes last year and this was the best recipe I came across for using them up. This makes courgette and lentil soup, with only half the water it makes courgette and lentil dhal which is quite scrummy. You can get away with more courgettes than it says as they just blend into the dhal.'

Ingredients:

450g/1lb/2 1/2 cups red lentils, soaked in cold water for 20 minutes, 2litres / 3 1/2 pts 8 1/2 cups water, 2.5ml/1/2 tsp ground turmeric, 1.5ml/1/4 tsp chili powder, salt, 45ml/3 tbsp oil, 1.5ml/1/4 tsp cumin seeds, 2 onions, finely chopped, 4 cloves garlic, finely chopped, 1cm/1/2 in ginger root, chopped, 1 large tomato, chopped, 900g/2 lb courgettes, sliced, 15ml/1 tbsp chopped fresh coriander

Method:

Boil the lentils in the water with the turmeric, chili powder and salt for about 20 minutes until tender. Heat the oil and fry the cumin seeds until golden. Add the onions, garlic and ginger and fry until browned. Add the tomato and fry for 2 minutes. Pour over the lentils, stir well cover and simmer for 5 minutes. Stir in the courgettes and cook for a further 5 minutes. Garnish with coriander and serve hot as a soup or with chapatis or plain rice.

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7.3 Courgette Relish

Sent in by Lin Stapleton

Lin comments: 'I made this for the first time last year. The friends who gave me the recipe raved over it. It is delicious and keeps well.'

1.5kg unpeeled courgettes shredded, 250g onions finely chopped, 5tbsp salt, 625ml cider vinegar, 1kg caster sugar, 1tbsp grated nutmeg, 1tbsp dry mustard, 1tbsp turmeric, 1tbsp corn flour, 1/8tsp cayenne, 1green pepper chopped, 1red pepper chopped

Method:

Combine the courgette and onions in a large bowl, sprinkle with the salt and leave to stand overnight. Drain the juices that have collected in the bowl, then rinse the vegetables in cold water and drain once more. In a large pot combine the courgette and onion with the rest of the ingredients and bring to the boil, stirring. Reduce the heat and simmer, uncovered, for about 40min until the mixture has reduced and thickened. Sterilize six jars of 500ml capacity and spoon the relish into them while hot. Cap and seal tightly.

8. Thought for the Month

"Action is a great restorer and builder of confidence. Inaction is not only the result, but also the cause of fear. Perhaps the action you take will be successful, perhaps different action or adjustments will have to follow. But any action is better than no action at all."

Catherine Pulsif

Editors note: I think this applies equally as well to our thoughts and feelings about climate change and peak oil as it does to the rest of our lives!



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**For More Information,
please contact us in the
following ways**

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