

## ECO GARDENING TIPS

- Grow your own food (zero food miles!).
- Avoid products containing peat (extraction from peat bogs releases carbon dioxide!).
- Choose plants that don't need lots of water.
- Collect rainwater in a water butt to use on the garden or fill a pond.
- Line a trench with newspaper before planting, to hold extra moisture for growing plants.
- Use a broom to sweep leaves, rather than a powered blower (better for insects too!).

### NEW PLANTS FOR FREE!

- Save seeds for later use, and make the most of self-sown plants.
- Grow new plants from cuttings, or layer an existing plant.
- Exchange plants, seeds & cuttings with other gardeners.
- Buy fewer canes to support plants; if you can, use thicker twigs from prunings or small cut branches (e.g. raspberry canes).

### GARDEN OR OTHER WASTE

- Make your own compost from grass cuttings, weeds & thin twigs, including vegetable waste from the kitchen. Mix up well.
- Make leaf mould from fallen leaves to add to compost later (they take longer to rot).
- Use a wormery to compost non-meat food waste & provide rich compost for the garden.  
(Or a bokashi box will take meat waste too!) *Uses fermentation by specialist bacteria*
- Avoid putting too much in your brown (garden waste) bin. (Transporting it causes carbon emissions!)
- Crushed egg shells discourage slugs & snails from nibbling seedlings.
- Make plant labels from waste plastic, e.g. yoghurt pots.
- Use unwanted metal or plastic pots for plants.

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## ECO TRAVEL TIPS

- Avoid flying as much as you can (more carbon emissions than all other forms of transport!).
- Choose holidays closer to home.
- Combine several visits on the same trip.
- Walk, cycle or use public transport whenever possible.
- Offer or accept lifts, if going by car.
- Would a phone call do instead of a journey?
- When choosing where to work or live, aim for a short commute.
- Unless walking or cycling, avoid taking more things than necessary (more weight requires more fuel to move it!).
- Check everything in the car is really needed (easy to forget!).
- If you like walking, get off the bus a stop early, when it has already stopped for someone else.
- If waiting in a parked car, turn off the engine.



### LUGGAGE

- Avoid taking heavy items as much as possible, unless walking or cycling (then you'll do it any way!).
- Take small quantities of toiletries, medication, makeup, etc. (Collect small bottles for this purpose.)
- Can some items serve 2 purposes? e.g. sandals doubling as slippers.
- Take fewer clothes but have some drip-dry ones (easy to wash!).

### EATING OUT

- Choose local food & drink (reduce food miles!). (It's also less likely to cause tummy upsets, as the local people are used to cooking it.)
- Don't eat or drink too much (better for your health too!).
- Ask for drinks with no straw (reduce plastic!), and without ice (avoid carbon emissions from the electricity!).

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