

LOW CARBON LIVING



Reflections from Eynsham Apple Festival 2010 – a packed programme for growers, cooks and consumers

Eynsham residents are taking up the challenges of a low-carbon economy with enthusiasm. Transition Eynsham Area (GreenTEA) has set the pace by awareness-raising and example but support is gathering in many other quarters. Since a more sustainable life-style is cheaper by definition, its time has probably come. The various strands are almost inseparable:

Minimising waste

- The District Council has taken a lead in reduction, re-use and recycling, with an integrated programme launched in November 2010
- Eynsham Area Waste Watchers (EAWW) – affiliated with GreenTEA – hold free Swap Shops twice a year to re-home usable goods and reduce land-fill.

Saving energy

- Pick up insulation ideas and other money saving tips at the Swap Shop energy stall or the monthly GreenTEA Café – or visit the Energy Saving Trust for business and domestic advice
- Switch to a green energy supplier. The electricity and gas cost no more than your local supplier and GreenTEA receives a donation to help with local energy saving projects
- Install solar photovoltaic panels. The government pays for the energy you generate, at a rate guaranteed for 25 years. The system should pay for itself in about 10 years. Or consider a cooperative approach to share the costs and income¹.

Reducing travel

- Walk, cycle, use public transport or car share. The school run would be pleasanter for everyone.
- Shop locally. The Eynsham Shopping Guide, launched in summer 2010 and widely distributed by GreenTEA members, makes a simple case: “Why go further?”
- Build more links with local suppliers, if you’re a local business, as Eynsham Co-op has done.



Rethinking food >>

¹ Eynsham’s investment in the People’s Power Station was celebrated in 2012.

Re-thinking food

- Make the most of seasonal produce, with monthly recipes from Helen Peacocke.
- Grow your own – in a window box or an allotment; or pick off the hedgerows for free. Visit Eynsham Millennium Wood (10 years old this year), for apples, blackberries, sloes and plums and more.
- Look to the future. Eynsham as Orchard is a vision to recreate the village as a fruit growing area. The group has begun to map existing fruit trees and orchards; to arrange courses on pruning and care; to encourage sharing; and to plant new areas including some of Eynsham's old apple varieties. Volunteers at Long Mead Orchard have an even wider vision.



Hearts and minds

- Measure your carbon footprint. GreenTEA offers a free home visit to anyone in the Eynsham area, to help you analyse your household's activities. Armed with instant results, charts and comparisons, you will then know where to focus your money / energy saving.
- Follow up with carbon conversations, a series of meetings to exchange tips and experience on things like travel, insulation, electricity.