

Useful information for walking lightly on the earth

THE **gentle**WORLD

C O N N E C T I O N

Number 1, Wednesday, September 24, 2008

What we're about ...

The GentleWorld philosophy is about the value of life – of eating well, raising our families, enjoying our culture and communities, and living lightly on the Earth.

The GentleWorld Connection is a free weekly newsletter bringing together useful information for people who share the GW philosophy on life.

We welcome your feedback and input – including notices of events – and hope you will pass The GentleWorld Connection on to your family and friends.



SUBSCRIBE to editor@frontpagepress.co.nz

In this edition

Why our food fighters are angry – P2

WIN a Bokashi bucket – P3

What we're doing in the garden – P4-5

 Broccoli is the buy of the week – P7

Eco lightbulbs that look like lightbulbs – P8

Find a farmers' market near you – P8

Worth knowing

DID YOU KNOW ... that we are already paying the financial price for our climate change-causing greenhouse gas emissions?

This year, the Government has budgeted \$480 million to pay for the more than 300 mega-tonnes of gases New Zealand will emit.

● **The emissions trading scheme and you – P9**



Food fighters see red

Food campaigners want artificial food-colourings banned, but there are moves to relax the rules on what can be put in icing.



FOOD safety campaigners battling to get food colourings out of our foods are seeing red over a move to loosen restrictions on one they thought they had almost beaten.

The organisation that sets controls on what can and can't be put in our food, Food Standards Australia New Zealand, is considering an application to allow a coal-based red food colouring called erythrosine to be used in icings on cakes and biscuits.

At the moment, the use of erythrosine, or 127 as its known, is restricted to colouring glace cherries, like those found in fruitcakes and tinned fruit salad. Similar controls exist in Europe and the United Kingdom, but not in the United States.

Alison White, of the Food Safe Campaign, was horrified when GentleWorld told her that there are moves afoot to relax controls on 127.

"There have been various tests which have shown several problems with erythrosine," she said.

"In the mid-90s we successfully campaigned against it and got it banned from everything but glace cherries, which tend to run with any other red colouring."

The Safe Food Campaign is one of a number of organisations in New Zealand and Australia that is trying to get food colourings removed from food.

At the moment they're concentrating on six – three yellows (102, 104 and 110) and three reds (122, 124 and 129) – which Alison says have been shown to affect all children who eat them.

Food Standards Australia New Zealand says that it has been asked by Golding Handcrafts of Wellington to relax the rules and allow erythrosine to be used in icing.

The company, which sells cake decorating supplies, says that erythrosine is the strongest red colouring available.

In its application to the authority, Golding Handcrafts argues that such a small amount of the colouring would be used that children were unlikely to exceed the acceptable daily intake of 0.1mg per kilogram of body weight.

In fact, it says, allowing erythrosine to be used will actually reduce the overall amount of food colouring eaten, because it is so effective, it can be used in smaller amounts than other red colourings can.

The food safety authority must consider submissions from the public before making a decision on whether to relax the controls on the use of erythrosine.

- Additive Alert describes erythrosine as a suspected carcinogen, linked to thyroid abnormality, brain dysfunction, hyperactivity and light sensitivity.
- To make a submission on relaxing the rules on erythrosine, go to www.foodstandards.gov.au. Submissions close on October 27.
- To sign the on-line petition to get additives 102, 104 and 110 (yellow colourings) and 122, 124 and 129 (red colourings) banned, go to www.additivealert.com.au



The numbers game

Two New Zealand women have written a book which includes a handy section on understanding "the numbers" in food, including colourings.

Living Green, by Annmaree Kane and Christina Neubert, lists the names, numbers, sources and possible side-effects of additives found in New Zealand foods.

Kane is an interior designer with a special interest in eco-friendly and sustainable building practices. Neubert is an occupational health worksite assessor.

Living Green is being published by New Holland, and is due in shops on November 5. Price \$34.99.

Editorial

Welcome to the quiet revolution

PUTTING food on the table is the bottom line – it’s what unites us across race, culture, ideology, religion and wealth. If we’re poor, having enough food to feed our families is an every-day struggle, and if we’re rich, it’s the quality of our food we’re concerned about.

The choices we make about what goes into our mouths and those of our children affect everything we do, and yet getting it “right” seems to be getting harder and harder. We’re extolled to eat healthy, fresh food, but at the same time we’re being bombarded with messages to buy packaged this and takeaway that – most of which our ancestors wouldn’t even recognise as food.

And then there’s the environment in which our food is grown – were pesticides used, were workers exploited, was rainforest destroyed, was the climate damaged?

For the past week or two we’ve been confronted by the awful reality of what can happen when the food system goes wrong. Who can turn a blind eye to the agony of Chinese parents, who know that there’s a very real chance that the milk they give their babies might kill them?

New Zealand hasn’t covered itself in glory in this affair. With four babies in China dead and more than 53,000 ill from drinking formula laced with melamine, much of the debate here at home has focused on the potential “reputational damage” to New Zealand because of Fonterra’s 43 per cent shareholding in San Lu, the company that made the product.

Some members of our dairy industry have even suggested that the disaster could be a boon for sales of New Zealand milk.

The fact that some of the people who live in our society appear to care more about reputation and sales than they do about babies’ lives is difficult to believe.

Or is it? Judging by the records of some of our politicians and businesses in recent years, perhaps the welfare of New Zealand children doesn’t rate much higher than that of the Chinese babies.

But change is in the air. More and more New Zealanders are taking matters into their own hands and making informed decisions about the lives they and their children want to live. It’s not always easy, but with perseverance, good humour and community co-operation, thousands of people are changing their lives for the better.

It’s a change that we’re making in our own lives, and are happy to share with other New Zealanders.

Welcome to the quiet revolution.



Adelia Hallett, editor



Win a Bokashi bucket – the ultimate solution to dealing with kitchen waste.

We’ve got a Bokashi bucket kit, worth \$60, to give away, thanks to Don and Rosemary Cave of Grow Healthy in Mangawhai.

Using Bokashi mix, a full bucket of kitchen waste takes just two weeks to process, and is then buried in the ground to produce wonderful, rich food for the soil.

Bokashi buckets eliminate the problem of rodents being attracted by smelly kitchen scraps in the compost bin, and are ideal for everyone from farmers to apartment dwellers.

To enter the draw, send your name and address to GentleWorld Bokashi Competition, PO Box 176, Paparoa, Northland 0543, or email to editor@frontpagepress.co.nz and put Bokashi Competition in the subject line.

Entries close October 31.

Garden Diary

Notes from a northern garden

Strathpeffer, Papanoa, Northern Kaipara, Northland

THE MOON is in the last quarter, which means it is waning.

The air is full of scent, with the freesias by the garden gate still flowering and the jasmine starting to open. There's even a hint of orange blossom in the air in the orchard, although I can't find any evidence of open blossom.

The Dutch irises bought at the local A and P show in February from world-famous bulb-breeder Trevor Brljevich are blooming, the wisteria is coming into its glory, and the first rose is open.

In the orchard, we're harvesting citrus – oranges, grapefruit and loads of tangelos, all good for making marmalade. There are even a few uglis this year, thanks to the attention given to the tree last autumn. This week is a good time to plant citrus, and we will be investigating limes, lemons and lemonades. Citrus do very well in northern climates, but need ample water, and to be planted with lots of compost and mulch.

The last of the plum trees are in blossom, the peaches and the nectarine are starting to put on their show, and the apples and the pears are budding up.

We'll foliar feed all the fruit trees with worm tea (the liquid from the worm farm, diluted at 1:10) this week; a job that would have been better done last week with the full moon, but we had to order a new nozzle for the sprayer.

In the vegetable garden, we've got silverbeet, beetroot and lettuces for harvest. We're now sowing carrots, beetroot, parsnips and turnips, along with more green leafy vegetables, and starting to prepare the kumara beds. Last year, we left planting the kumara until much later than recommended. We did, however, get a small crop, and are determined to be better prepared this year. Kumara like a hard pan below them, so we build the beds on top of the ground, using compost.

The garden books tell me it's also time to prepare asparagus beds. This is something I've been putting off for years, and continually regret. Successful asparagus-growing requires a strong will (you can't pick the spears for the first three years) and a free-draining, deeply prepared bed, so that the roots can get down.

The ground is starting to warm up and dry out, allowing for some weeding and light cultivation, but it's still too wet to really dig (digging water-logged soil can destroy the structure).

The chooks are starting to lay consistently, at about five eggs a day, which means that quiches and soufflés are on the menu again.



Wisteria hysteria in the north.



tip of the week



Mighty mungs

UNLOCK the hippy in you and sprout some mung beans.

Not only are they ridiculously cheap (you can buy a whole kilo – enough for a month's supply of fresh greens – for just \$5 at the Kaiwaka Cheese Shop), but they're incredibly good for you too, being rich in protein and amino acids.

They're also the fastest crop you'll grow; you can be eating tasty, crunchy sprouts in your sandwiches, salads and stir-fries in just two or three days.

And there's no need to stop at mung beans; just about any legume (of the pea and bean family) or seed that hasn't been irradiated can be sprouted. Try chickpeas, lentils, alfalfa or snow peas. Even radish seeds can be sprouted for something with a bit of bite.

Just make sure the seeds you've got are suitable for consumption, soak them in water then drain. Rinse and drain them several times a day, and keep in a container covered with gauze, mesh or something that allows air to circulate. Once they've sprouted, put them in the fridge.



We supply everything you need to grow your own organic heirloom nutrient-dense food

- seeds ■ seedlings
- herbs ■ subtropicals
- fruit tree catalogue available February 2009
- organic inputs & pest control tools ■ books
- workshops

ORGANIC GARDEN CENTRE & HEIRLOOM NURSERY

State highway 1 (4km north of Kaiwaka)
7 DAYS 9am - 5pm www.koanga.co.nz ph 09 431 2732

Garden Diary

Notes from a southern garden

Kilmarth Farm, Amberley, North Canterbury

WE HOPE that the ground will be dry enough for cultivation this week, after an extremely wet winter.

Where the soil has dried enough, we'll dig green manure (oats sown in autumn) into last season's allium, salad, brassica, sweet-corn and potato beds, allowing a couple of sunny days drying before hoeing and adding fine lime.

We'll prepare pumpkin and zucchini beds with lots of animal manure mixed with organic material, such as untreated sawdust, and mulch the fruit trees to suppress weeds and add organic matter.

Weeding will focus on beds planted with herbs (rosemary, parsley, mint and sage) and vegetables such as silverbeet, garlic, brassicas, broadbeans, curly endive, celery, leeks, rhubarb, fennel and sorrel, plus lettuces under cloches.

We'll "renovate" silverbeet by removing old outer leaves and cutting off flower spikes.

The wet winter has also delayed the planting of fruit trees, but this week we intend to get into the ground:

- Plum Kereru gold (pollinates well with our Santa Rosa and Black Doris plum trees).

- Pear Starkrimson - an early red pear that's sweet and juicy.

- Apple Fuji – late season and a good keeper.

It's also time to get the potatoes in. We're planting Jersey Bennie (a "first early" variety, which means it tolerates colder ground) for end-of-year harvesting, and Whataroa, which grows well in the North Island, to see if it is suitable for North Canterbury conditions. We'll also lay out Heather (described as the best by local gardeners), and Maris Anchor potatoes to chit (sprout).

Rocket seedlings will be sown into a pot by the kitchen door, because they're excellent in egg-salad sandwiches.

It's too early to sow seeds outdoors, so we are sowing indoors in seed trays kept in under-bed storage boxes.

Seeds going in this week include:

- Pumpkins: Buttercup (fast maturing), Hybrid Grey Crown, Australian Oilseed (hull-less seeds, good for eating) and Musquee de Provence.

- Brassicas: cabbage Earliball, cauliflower All Seasons, and broccoli Shogun.

- Tomatoes (all chosen for their ability to ripen where the nights are cool): Oregon Spring (had great success with this one last year), Russian Red and Sub-Arctic Plenty (hoping these too will prove to be good at ripening in our climate).

- Eggplant: Florence Round Purple (described as hardy) and zucchini Ambassador F1.

Other tasks this week include:

- Making disks out of blue plastic lids and hanging them from fruit trees to attract bees.

- Refreshing hens' grit now that they are in high egg production-mode.

- Putting slug traps containing beer-bait near susceptible greens.

- Getting frost cloth ready to cover emerging potato shoots in case of late frosts.

We're harvesting side-shoots of broccoli planted in late summer, winter lettuces, miniature celery, parsley, mint, silverbeet, rhubarb and curly endive, and the leeks, fennel bulbs, parsnips and celery are nearly finished.



Jersey Bennies happily chitting

SAFFRON FOR SALE



Saffron is the most precious and expensive spice in the world.

Prized for centuries for its exotic flavour and intense colour, saffron is extracted from the filaments of the crocus flower.

Saffron grows in areas where there is a hot, dry summer, and a very cold, well-watered winter.

New Zealand is recognised as producing some of the finest-quality saffron in the world.

This boutique crop is suitable for small horticultural operations. It can be started with a modest outlay, requires little land or irrigation, uses basic cultivation tools, and has a short harvest season.

Dry River Saffron is taking orders now for summer planting.

Phone 03 314 7541
email swagman@xtra.co.nz

gw photo of the week



JOHN MACDONALD, Waiheke Island

On Waiheke Island, the lack of a trailer doesn't stop GentleWorlders taking their garden waste to the composting depot.

GentleWorlder of the week



The worthy Lady Elworthy

OUR inaugural GentleWorlder of the week is Lady Fiona Elworthy, for teaching us to value something we've always taken for granted – the humble cabbage tree, or ti kouka (Cordyline Australis).

Lady Elworthy, widow of the farming leader Sir Peter Elworthy, is the patron of Project Ti Kouta, set up to save the trees from possible extinction.

There's something quintessentially New Zealand about a cabbage tree blowing in the wind, and it's a sight future generations have the right to see.

The Elworthys protected stands of cabbage trees at their Timaru farm, Craigmore, and now Fiona is leading the charge in getting farmers to plant them on their land.

Cabbage trees grow fairly quickly, to about 8m. Plant in sun or part-shade. The dry leaves make great fire-starters.

Email us on editor@frontpagepress.co.nz to nominate someone for GentleWorlder of the week.



book of the week

SOONER or later, everyone interested in self-sufficiency gets to John Seymour.

Born in Britain before the First World War, it was after the Second World War that, with a family to feed and little money, Seymour began applying what he learnt from old farmers and gardeners around the world to growing his own food.

His classic *The Complete Guide to Self-Sufficiency* has sold more than 700,000 copies and is packed full of useful information for homesteaders.

But it can all seem a bit beyond the urban gardener (not many need to know how to kill a sheep or plough a field with a horse), so Dorling Kindersley has re-issued his *The New Self-Sufficient Gardener – The Complete Illustrated Guide to Planning, Growing, Storing and Preserving Your Own Garden Produce*.

This is practical information of the backyard nature, from planning your garden to turning its produce into pickles and preserves at the other end. But the joy of Seymour is not in what he says, but in how he says it. His style is delightful, capturing a time few now remember and reminding us of what is really important in life.

This edition is in hardcover and illustrated with paintings and drawings that Beatrix Potter would have approved of.

The New Self-Sufficient Gardener is \$65 and available now.

Worth noting

GST protest procession hits the road

A PETITION to get GST taken off food is making its way to Parliament over the next week.

Organised by the political party Ram (Residents Action Movement), the People's Procession is working its way down the North Island with the petition.

The Goods and Services Tax was introduced to New Zealand in 1986, and adds 12.5 per cent to the cost of what we buy.

That means that for every \$100 you spend at the supermarket, \$11.11 goes as tax to the government.

The procession is not travelling the South Island, but Ram says that South Islanders wanting to sign can download it at www.ram.org.nz and post it to PO Box 13-157, Auckland, to arrive by next Wednesday.

The petition will be presented to Maori Party MPs outside Parliament at noon on Friday, October 3.

North Shore, noon today (outside Information Centre, Hurstmere Rd, Takapuna); **Waitakere**, noon tomorrow (New Lynn library, Memorial Dr, behind Lynn Mall); **Auckland**, noon Friday, (Aotea Square, Queen St); **Manukau**, 9.30am Saturday, (Mangere Mall, Bader Dr); **Hamilton**, 11.30am Sunday (Garden Pl, Victoria St); **Tokoroa**, 3pm Sunday (at the part by shopping centre), **Tauranga**, noon Sunday, (Fraser Cove, next to The Warehouse); **Rotorua**, noon Monday, (Focus, central city); **Porirua**, 11am Tuesday (under the canopy at the shopping hub); **Upper Hutt**, noon Wednesday, (outside ANZ Bank, Main St); **Lower Hutt**, noon Thursday, October 2, (outside Queensgate Mall, Bunny St entrance); **Wellington**, noon Thursday Oct 2, (cnr Cuba and Manners Malls); handover of petition to Maori Party MPs, noon, Friday Oct 3 (on the steps of Parliament).

One small step ...

Next Thursday (October 2) is National Carbon Footprint Day in Britain – but there's no reason why we New Zealanders can't join in and measure our footprints too. See www.nationalcarbonfootprintday.org

Life in the badlands

How does your suburb rate on transport efficiency? The Greens have drawn up maps showing how well – or poorly – prepared eight of our major cities are for the impact of rising fuel prices. Those doing well include Kapiti, Massey, Hagley Park, Cathedral Square, Linwood and Riccarton. At the other end of the scale are Oaklands West, Mansfield, Halswell, Howick, Pakuranga, Horokiwi, Totara Park and Emerald Hill. Go to <http://www.greens.org.nz/node/19894>

Life of Roger

With former Finance Minister Roger Douglas trying to make a political comeback as an Act Party MP, it's timely to talk Rogernomics. *Someone Else's Country*, Alister Barry's documentary on the New Right revolution in New Zealand over the 1980s and 1990s, screens at Massey University, Wellington (lecture theatre 10A02) on Monday at 6pm, followed by a panel discussion with Alister, and *The Hollow Men* author Nicky Hager. For those who don't live in Wellington, *Someone Else's Country* will screen on TV1 at Labour Weekend.

Rights rule

Concerned about human rights? Get along to Auckland University's series of evening lectures. The first one, *The Place of Human Rights in a Globalised World: The Universalist-Relativist Debate in the 21st Century*, will be given by Mohsen al Attar, at university, 7pm-9pm, see <http://www.humanrightslectureseries.co.nz/humanrights/lectures.cfm>



recipe of the week



Pumpkin and red lentils

A QUICK, hearty meal to take advantage of the pumpkins that are plentiful at the moment.

Heat 1tbl of oil in pan. Add a finely chopped onion and fry gently until soft. Add 100g mushrooms, 2 stalks of chopped celery, 2 cups of peeled and chopped pumpkin, 3tsp cumin seeds (or 2tsp ground cumin) and 2 cloves chopped garlic.

Fry for a further 3 minutes, stirring. Add 300g split red lentils, 1 tin tomatoes (or five chopped fresh), and 450ml of water or chicken or vegetable stock to the pan and bring to the boil.

Reduce heat to very low. Cover and let barely simmer for 20-30 minutes, stirring occasionally, until lentils are soft and the liquid has been absorbed. Stir in 2tbl lemon juice and serve garnished with parsley. Serve in pita bread or wraps, with salad.

Serves four.

Buy fresh and keep it local by shopping at your community market

- Bay of Islands Farmers' Market**, Hobson Ave, Kerikeri, Sunday, 8.30am-noon.
Whangarei Growers' Market, Rust Ave, Saturday, 6.30am-10.30am.
Paparoa Village Farmers' Market - Village Green, every second Saturday, 9am - noon.
Matakana Village Farmers' Market - 2 Matakana Valley Rd, Saturday, 9am-1pm.
Orewa Beach Farmers' Market, Orewa Square, Sunday, 8am-12.30pm.
Clevedon Village Farmers' Market, Showgrounds, Sunday, 8.30-noon.
Franklin County Farmers' Market, Town Square, Pukekohe, Saturday, 9am - 12.30pm.
Devonport Farmers' Market - The Devonport Wharf, Sunday 9am-1pm.
Auckland City Farmers' Market, Britomart, corner of Galway and Gore Sts, Auckland, Saturday, 8.30-12.30pm.
Parnell Trust Farmers' Market, Jubilee Building carpark, Saturday, 8am- noon.
Oratia Farmers' Market, 99 Parris Rd, Saturday, 9am to noon.
Tauranga Farmers' Market, Tauranga Primary School, cnr 5th Ave & Cameron Rd, Saturday 8am to noon.
Hamilton Farmers' Market, Wintec car park, cnr Collingwood & Tristram Sts, Sunday 8am-noon.
Cambridge Farmers' Market, Town Square, Saturday 8.30am-noon.
Tokoroa Farmers' Market, The Blue Building, Leith Pl, SH2, Saturday 8am-noon.
Paeroa Farmers' Market, Saturday, 8am-noon.
Gisborne Farmers' Market, Army Hall carpark, Fitzherbert Ave, Saturday 9.30am-noon.
Napier Farmers' Market, behind the Daily Telegraph building off Tennyson St, Saturday 8.30am-12.30pm.
Hawke's Bay Farmers' Market, Hawke's Bay Showgrounds, Sunday, 8.30am-12.30pm.
Taranaki Farmers' Market, Mill carpark, New Plymouth, Sunday 9am-noon.
Feilding Farmers' Market, Manchester Square, Friday, 9am-2pm.
Porirua Farmers' Fresh Market, 65 Kenepuru Dr, Porirua, Saturday 9am-1pm.
Wairarapa Farmers' Market, Solway Showgrounds, Fleet St entrance, Masterton, Saturday, 8.30am-12.30pm.
Lindale Farmers' Market, Lindale Complex, Main Rd North, Paraparaumu, Saturday, 9am-2.00pm.
Nelson, Farmers at Founders, Founders Heritage Park, Atawhai Dr, Nelson, Friday 3pm to 6pm.
Westport Farmers' Market, Carnegie Library carpark, Saturday 11am-2pm.
Canterbury Farmers' Market, Riccarton House & Bush, 16 Kahu Road, Riccarton, Saturday, 9am-noon.
Lyttelton Farmers' Market, Lyttelton Main School, Oxford Street, Saturday 10am-1pm.
Otago Farmers' Market, Railway Stn (north carpark), Dunedin, Saturday 8am-1pm.
Invercargill Farmers' Market, Southland Boys' High School, Herbert St, Sunday 9.30am-12.30pm.



Bright idea

FANCY a lightbulb that looks like the ones you've always used, but uses less energy?

Osram is launching halogen lightbulbs in New Zealand, which it says look just like the old-fashioned incandescent ones, but use 30 per cent less power and last twice as long.

And they comply with the new rules coming in next year which will ban traditional lightbulbs.

Importer Garth Mudford, of Redeal, says that with New Zealand and Australia the first countries in the world to pass legislation promoting low-energy bulbs, it makes sense to launch them here first.

The bulbs can be used in fittings with dimmers, and will come in a wide range of shapes and sizes.

Some sizes are available now.

ETS

What it means
and what you
can do about it

NEW ZEALAND'S world-leading emissions trading scheme is about to become law.

The Governor General will sign the royal assent this week that will officially put the ETS on the statute books.

But what does it mean for us?

Very little, to start with, but within two to three years we will all be feeling the impact.

The ETS is designed to push us into cutting the amount of greenhouse gases we release into the atmosphere. The vast majority of scientists believe that greenhouse gases, including carbon and methane, are speeding up the rate at which the climate changes, and, left unchecked, will lead to catastrophic results.

New Zealand has signed an international document, the Kyoto Protocol, agreeing to hold our emissions levels at the same level as they were in 1990.

In reality, that means we have to cut emissions. The ETS is designed to financially penalise us if we don't, by forcing us to purchase what are called carbon credits for any emissions we're "over budget."

The scheme won't apply to most of us directly, but will instead be imposed on the "big emitters", like power stations, fuel companies and the agricultural industry. But in reality, we're the ones who will ultimately pay, through increases in the price of electricity (from 2010), petrol (2011) and agricultural products (from 2013).

And it won't stop there; products produced using large amounts of energy will also go up, and with our entire economy based almost entirely on the availability of fossil fuels (petrol and diesel), we can expect to feel the pinch on just about everything, from the price of a humble cabbage (grown with petrol-based chemicals, harvested by a diesel-powered machine, and then driven to markets, warehouses and supermarkets) up.

But the good news is that we have time to mend our ways and cut our greenhouse-gas emissions before the price rises kick in.

We New Zealanders are each responsible for an average of eight tonnes of greenhouse gases (measured as carbon dioxide equivalent) a year.

Professor Ann Smith, the brains behind the carboNZero programme which helps businesses and individuals to cut their emissions, says that it can be relatively pain-free to at least start to reduce emissions.

Cut your carbon footprint by:

- Recycling household waste, such as newspapers and food, into garden compost.
- Switching to an electricity company which generates energy from renewable sources, such as hydro, geothermal or wind (see www.cleanenergyguide.org)
- Improving the energy-efficiency of your home through actions like blocking gaps, installing energy-efficient lightbulbs, and investigating the feasibility of better heating systems.
- Cutting the petroleum industry out of your diet, by growing your own organic fruit and vegetables and shopping locally at farmers' markets and local stores.
- Using public transport, car-pooling, biking or even walking to work or school.
- Finding out exactly how much carbon you are emitting by using the household calculator on www.carbonnzero.co.nz



Broc's best

PETER Turner, managing director of Fresh Direct and great-grandson of Turners & Growers founder Edward Turner, says that greens are in short supply, thanks to the wet winter.

As a result, he expects vegetable prices to stay high until the end of November.

BEST BUYS

Broccoli, pumpkin, kiwifruit, apples (especially Granny Smith) and imported grapes.

WORST BUY

Cauliflower.

COMING IN

Asparagus, but still very expensive.