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Eco

3 great ideas with...

Leftover Milk

Got milk? Got too much milk? Don't pour it down the sink – whip up some quick snacks and meals that will mean it keeps longer

PREPARE some pancake batter ready for breakfast the following day. Mix 120g plain flour with a pinch of salt. Make a well and crack two free-range eggs into it. In a separate bowl, mix together 210ml milk with 90ml water. Beat the eggs into the flour and gradually add the milk and water mix until it has the consistency of single cream.

TURN your leftover milk into milkshake by simply mixing it in a

blender with a scoop or two of vanilla ice cream and chocolate syrup, blackcurrant cordial or why not try fresh berries or bananas?

COOK something that requires a bechemel sauce for dinner, such as lasagne or macaroni cheese. Try our simpler, no-roux recipe; melt 40g butter in a saucepan over a moderate heat. Whisk in one pint of milk and slowly add 40g plain flour. Keep stirring until the sauce thickens. For a macaroni cheese sauce, simply add the weight of grated cheese as dried pasta.



Top Tip

MOST DON'T REALISE THAT FRESH MILK DOES FREEZE. SIMPLY FREEZE BEFORE THE USE-BY DATE, DEFROST IN THE FRIDGE FOR 24 HOURS AND TRY TO USE IT UP WITHIN A COUPLE OF DAYS



HOT TOPIC!

With the **rising prices** of food, it's **great** to see that people are **joining forces** and **setting up** food **co-ops** so they can get good food at a more **affordable** price, and have more **control** over where it comes from. Up and down the country, in universities, **schools**, workplaces, **community centres** and church and village halls, **Sustain's** food co-op programme has **helped** set up over a **hundred** new food co-ops and buying **groups** as well as helping another **hundred** existing ones across **England**. To find your local **initiative**, visit www.foodcoops.org

How to be... GREEN



Green living expert Janey Lee Grace reveals simple ways to help save the planet

Q Do you have any composting tips? I've just bought a bin and am ready to start!

Making compost is easy: you just provide the ingredients and let nature do the rest. A bin is not strictly necessary, as you can just build a heap and cover it with polythene or cardboard. Bins do look neater though and are easier to manage. You can build your own, buy one or get one cheaply from your local council.

Compost can be made in as little as six to eight weeks, but it often takes longer – sometimes a year or more.

On another note, compost heaps may be one answer to climate change. Research from the Composting Association has found that applying organic material to farm land could absorb enough carbon to make up 8.6 percent

of the EU's carbon emissions reduction target. The composting process binds carbon in such a way that it breaks down into carbon dioxide over a longer period than it would if the material were simply left to decompose.

For now, just keep reducing your own waste, chucking everything from egg shells to old newspapers, nail clippings, jumpers et al onto your compost – oh and if you're ever 'caught short' in your garden, urine helps to speed up the composting process! For more on composting, visit www.gardenorganic.co.uk

Janey Lee Grace is the author of *Look Great Naturally – Without Ditching the Lipstick* (£8.99, Hay House).
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