



Hot Topic

With 30 percent of an individual's **carbon footprint** made up of what they choose to eat, food is the single most important, everyday way for people to reduce their environmental impact, so why not go **organic this Christmas?** Organic farms have 50 percent more wildlife, support more and better **farming jobs** and cause less pollution. Look out for the Soil Association logo when you're out festive food shopping this Christmas.

3 of the best... eco-friendly coffees

CLIPPER INSTANT COFFEE
£3.29, SAINSBURY'S

This delicious and full-bodied coffee is made with organic Arabica beans that are also Fairtrade-certified, meaning better wages and less environmental impact.



CAFE REBELDE ZAPATISTA COFFEE GROUND £3.25,
WWW.EETHICALLYESSENTIAL.COOP

Full-flavoured with a hint of bitterness, these ground beans are sourced directly from the farming communities in Chiapas, South East Mexico, who have an industry that supports several villages.



FLORESTA ORGANIC SINGLE ESTATE COFFEE £3.95,
RIVERFORD ORGANICS

These luscious Floresta coffee beans are grown by a co-operative of farms in the Chapada Diamantina region of north east Brazil. Veg box firm Riverford Organics has won Best Online Retailer in the Observer Ethical Awards for three years running.



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www.eco-eco.co.uk

Eco

Use it up! Leftover Root Veg

Make haste veggies and use up these delectable foods before they go floppy!

● MASH UP

Create a medley of mashes by crushing different root vegetables in separate pans and serving a little of each as a colourful side dish. Alternatively, celeriac mash is delicious – simply peel and dice one celeriac bulb and boil for 15 minutes before mashing. You can add milk, butter or a little mustard if desired.

● CHIP IN

Take your root veg and cut into matchstick-thin fries. Coat in your favourite oil and then bake in a preheated (220C/425F/Gas 7) oven for 45 minutes. Amazing served with a mustard mayonnaise...

● JUICE IT

Drag out your juicer and dust it down because carrots, beetroot and radishes make a wonderful juice. Simply juice 1 smallish raw beetroot, 2 carrots, 10 French breakfast radishes, 1/2 lemon and 2 apples and chill before serving.



Eco KNOW-HOW



Eco expert Emma Marsh of Love Food Hate Waste shares her tips for using up vegetable peelings

Do you have any ideas for eco-friendly entertaining this New Year?

We, as individuals, throw away around half of all the food that is wasted in the UK – millions of tonnes each year – and little by little all this waste really adds up, making a significant impact on the environment.

Much of the food we waste ends up in landfill where it rots and releases methane, a damaging greenhouse gas. It's also a huge waste of resources, which is a much bigger problem for the planet.

To tackle this, there are easy ways we can all make a difference when entertaining:

- www.lovefoodhatewaste.com has put together a simple online tool showing us how to get the perfect portions, whatever the food and however many guests you have. It removes the guesswork by suggesting how much food to prepare based upon information you enter into your planner.
- Planning your meals is one of the best ways to cut food waste. Before you go shopping check what's in the fridge, freezer and storecupboard. Write a shopping list before you head out and stick to it – it can save time and money.
- If you do have leftovers, pop them in tubs in the freezer for another time. This will be a welcome treat on a cold January evening.

eco essential...



Ecology Chip & Dip Set £24.95, John Lewis

This on-trend chip and dip bowl is from a wider range of serveware that's all made from sustainable acacia – a fast-growing wood that is extremely hard, durable and naturally resistant to water.