

Sustainability for families



**Friends of
the Earth
Lambeth**

LEAP

Lambeth Early Action Partnership





In October and November 2020, Lambeth Friends of the Earth teamed up with local partners to run a series of workshops for parents in Lambeth, exploring environmental issues, sustainability and what we can all do to be a little bit greener!

Together, we learned about **eating seasonally and sustainably**, **recycling and reusing** household items, and we shared lots of tips and tricks for **how to do your part**.

This zine is a collection of some of our favourite memories, top tips and ideas and inspiration, which we hope will be helpful for other families.



Introducing (some of) the families...

This is our family:



Some of our favourite things to do together:

- Go on walks
- Visit cafes
- Be w/ friends
- Sing together + play.

This is what we do to take care of our planet:

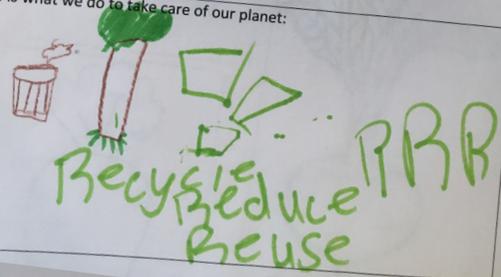
- ♥ Cloth nappies
- ♥ All used clothing / charity shops
- ♥ Freecycle
- ♥ recycling
- ♥ mindful over producing too much waste
- ♥ eat what we make / proper quantities

This is our family:

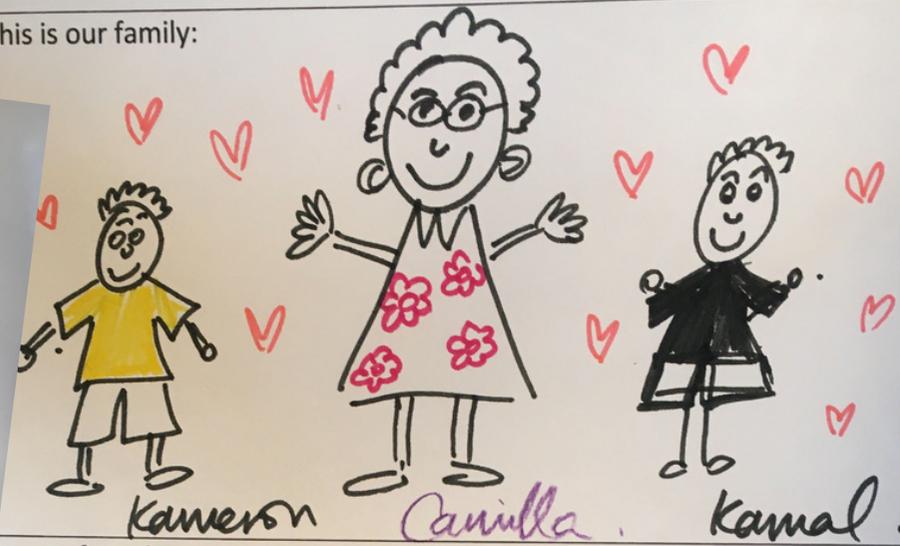


Some of our favourite things to do together are:

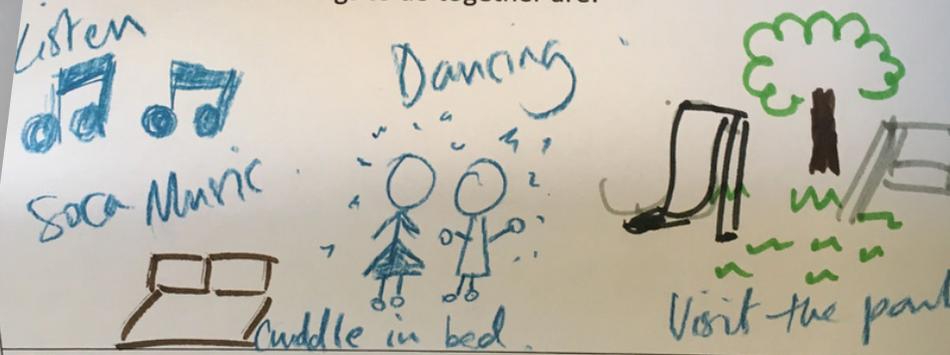
This is what we do to take care of our planet:



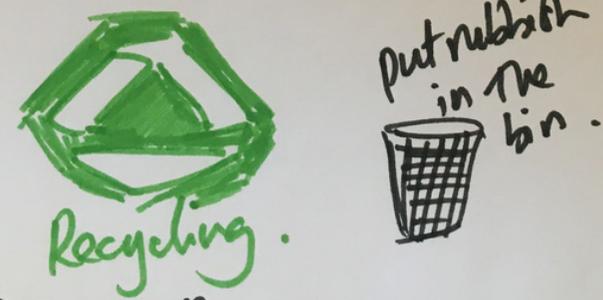
This is our family:



Some of our favourite things to do together are:



This is what we do to take care of our planet:



Reduce, Reuse, Recycle.

Seed planting



I want to grow plants + flowers on my windowsill... It's hard without space but will try!

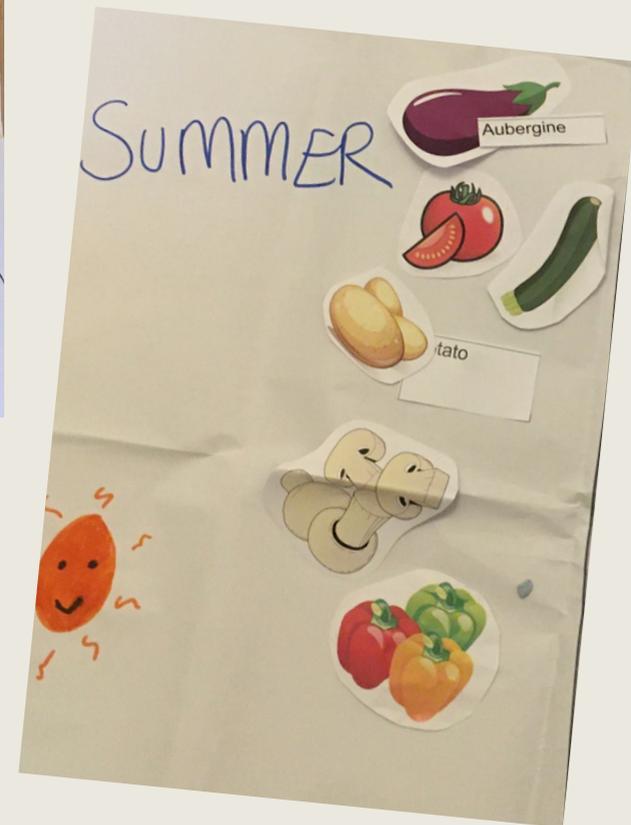
I'm growing peas, tomatoes and chilli peppers! The cucumber was eaten by slugs :(

I want to grow herbs, but will they last winter? No garden, enough room for pots



germination in progress!

Cooking with local and seasonal ingredients





Seasonal veggies in the UK



January

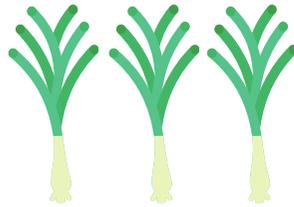
beetroot, brussel sprouts, cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, purple sprouting broccoli, salsify, shallots, swede, turnips

February

brussel sprouts, cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, purple sprouting broccoli, salsify, shallots, swede, turnips

March

cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede



April

asparagus, broccoli, lettuce, new potatoes, purple sprouting broccoli, radishes, rocket, samphire, spinach, spring onions



May

asparagus, broccoli, carrots, lettuce, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions



June

artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, french beans, kohlrabi, lettuce, mangetout, new potatoes, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips

July

artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, french beans, kohlrabi, lettuce, mangetout, new potatoes, pak choi, peas, radishes, rocket, runner beans, samphire, spinach, tomatoes, turnips



August

artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, french beans, kohlrabi, lettuce, mangetout, mushrooms, pak choi, peas, peppers, potatoes, radishes, rocket, spring onions, sweetcorn, tomatoes, turnips

September

artichoke, aubergine, beetroot, broccoli, carrots, celeriac, celery, courgettes, cucumber, fennel, french beans, kale, kohlrabi, leeks, lettuce, mangetout, mushrooms, pak choi, peppers, potatoes, pumpkin, radishes, rocket, shallots, squash, sweetcorn, tomatoes, turnips

October

artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, fennel, kale, kohlrabi, leeks, lettuce, mushrooms, parsnips, potatoes, pumpkin, radishes, rocket, shallots, swede, sweetcorn, tomatoes, turnips

November

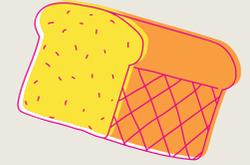
beetroot, butternut squash, cauliflower, celeriac, celery, chicory, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, pumpkin, salsify, shallots, swede, turnips



December

beetroot, brussel sprouts, cauliflower, celeriac, celery, chicory, jerusalem artichoke, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, salsify, shallots, swede, turnips

Our go-to meat-free recipes...



Courgette fritters

INGREDIENTS

- 2 courgettes
- 2 tbsp flour
- 1 egg, beaten
- 5 tbsp vegetable oil
- salt and pepper to taste



METHOD

Wash and coarsely grate the courgettes (removing head and bottom beforehand). Mix them with some salt in a large bowl. Sift in the flour and mix well, then add the beaten egg while you keep on mixing. Add more seasoning to taste. Make the mix into a disc about the size of your palm, keeping it about 0.5cm thick. Heat 5 tbsp olive oil (or veggie butter) in a frying pan. Once hot, place the fritters in the pan and lower the heat. Cook the fritters for about 15 minutes, turning them around every now and then, until golden and lightly grilled. Once ready, let them rest on a plate. You can sit them on a paper towel to absorb some of the grease if necessary.

Banana bread

INGREDIENTS

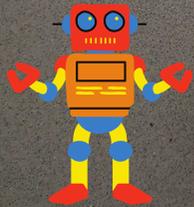
- 3 ripe bananas, mashed
- 200g caster sugar
- 1 egg
- 60g melted butter
- 200g plain flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon salt
- 150g chocolate chips (optional)
- 150g walnuts (optional)

METHOD

Preheat oven to 160 C / Gas 3. Grease a 23cmx13cm loaf tin. Combine bananas, sugar, egg and butter together in a bowl. Mix flour and bicarbonate of soda together in a separate bowl; stir into banana mixture until batter is just mixed. Stir salt into batter. Add chocolate chips and walnuts and stir again. Pour batter into the prepared loaf tin. Bake in the preheated oven until a skewer inserted in the centre of the bread comes out clean, about 1 hour.



The recycling game



Our top tips for being eco-friendly at home

using old yogurt pots etc. to plant seeds

buy from charity shops

use cloth nappies

recycling is a good thing for our nature ;-)

plant your own fruits and vegetables in your garden or windowsill

plan meals in advance
use the freezer!

bring a reusable bottle/cup

buy only as much as you eat

use pre-loved clothes / toys

cut down on meat

buy local food

Feedback from the families

Since last week I've started looking at where food comes from in the supermarket rather than just putting whatever into my baskets. I was really surprised at how much British veg I could find!



I have just started a home delivery subscription to glass milk bottles - one of the useful things I discovered thanks to these sessions!



I've started considering second hand clothes as an option, which is something I wouldn't do in the past.



I have learnt about buying seasonally, which I've started doing and it's making such a difference!



It has been brilliant having these activities open especially during this time. I appreciated that we could come with the little ones and meet other families.



[This project] has given a lot of good ideas of changing the home atmosphere!



Connect with us!



Instagram: @lambeth_foe

Twitter: @FoELambeth

Facebook: @lambethfoe



Lambeth Early Action Partnership



Next steps...



If you'd like to collaborate with us,
get in touch at
lambethfoe@gmail.com

Find out more about our active
campaigns and how to get involved
at lambethfriendsoftheearth.org.uk

