City’s first-ever Environmental & Sustainability Survey for all students and staff will rolling out on 21 November. The survey will be open for three weeks and will help to establish much-needed baseline data on awareness and opinions of the University’s various environmental and other sustainability initiatives. Some great prizes will be available for all those who participate in this very important survey. So don’t forget to take part. For more details, please visit http://www.nus.org.uk/cityERP.

Don’t miss out on green awards for your office or department

Now is the chance to get recognised and rewarded for ‘greening’ your office/department by signing up to the Green Impact scheme.

Bronze, Silver and Gold Awards are available to those who complete an easy-to-do checklist of initiatives within their offices.

Student volunteers will be recruited to conduct the audits for the scheme and will receive free training in the process (sometime during late March).

For complete details, please contact Dawn White at dawn.white.1@city.ac.uk.

Carbon reduction scheme performance league table

A new league table ranking organisations according to how they manage energy use under the Carbon Reduction Commitment Energy Efficiency Scheme (CRCEES) has been published by the Environment Agency. This is the first time that UK companies have been forced to disclose publicly their carbon data.

The scheme is mandatory and requires all large organisations using more than 6,000 MWh of electricity a year to measure and report carbon emissions. Within the first year, organisations gain credits for installing smart meters and achieving accreditation to a valid carbon management standard.

The scheme covers over 2000 organisations of various types across the UK, ranging from private companies to local authorities, hospitals and universities.

City University London, although ranked 155th overall, was the 9th highest University within the table.

This is a strong performance in the first year of the scheme and illustrates the emphasis the University has placed on effective carbon and wider environmental management.”
Student Environmental Champions

Sareh Forouzesh

Where are you from? Iran, but I have been living in London for almost 3 years now.

What are you studying at City? MSc in Energy, Environmental Technology and Economics.

What are your career aspirations? I would love to find a job within a non-profit environmental organization.

What inspired you to become an environmental champion at City? I believe that City University has done an impressive job with taking the initiative towards environmental issues and now it’s students’ job to get involved and do their own part.

How would you encourage more students to get interested in the environment? I think not showing enough interest on students’ behalf is, to a great extent, rooted in lack of knowledge. Therefore I consider it very important for them to read as much as they can on this subject and try to enhance their knowledge of environmental issues and the actual urgency of them.

What do you enjoy doing in your free time? Doing Yoga, reading and hanging out with my friends.

Favourite film? I have a lot of favorite films, but my feel good movie is “Love Actually.”


Favourite song or music? “Further” by VNV Nation.


Maria Martinez-Ugartechea

Where are you from? I am from Mexico.

What are you studying at City? I am in my first year of Journalism BA.

What are your career aspirations? My dream would be to work for the National Geographic, or covering environmental issues for a national newspaper.

What inspired you to become an environmental champion at City? My parents taught me to appreciate nature, so I thought that being a champion will be a good idea to do my bit for the environment.

How would you encourage more students to get interested in the environment? Many people are tired of hearing about the subject, and they find it boring; so finding a way of make it fun and relate it directly to them would be a way of making them see that what affects the world will affect them.

What do you enjoy doing in your free time? I love watching movies and doing gardening; I grow lots of my fruit and veggies.

Favourite film? Big Fish or Lord of the Rings.


Favourite song or music? All These Things That I’ve Done, by The Killers.

Favourite place in London? Covent Garden area
**Mary Eusse**

**Where are you from?** Colombia

**What are you studying at City?** MSc Information Systems & Technology

**What are your career aspirations?** Business Analyst

**What inspired you to become an environmental champion at City?** For a long time I’ve wanted to make a difference and make up for my carbon footprint. Joining the environmental champions gives me the opportunities to learn, teach, and make an environmental difference locally & globally.

**How would you encourage more students to get interested in the environment?** The best way to encourage more students to be interested in the environment is to educate them on the realities of the current environmental atrocities and their consequences.

**What do you enjoy doing in your free time?** I enjoy watching movies, reading comic books, & visiting galleries.

**Favourite film?** Bringing Up Baby (with Cary Grant & Katherine Hepburn)

**Favourite book?** Wise Children By Angela Carter

**Favourite genre of music?** Alternative Rock

**Favourite place in London?** The Victoria & Albert Museum

**Giulio Folino**

**Where are you from?** London

**What are you studying at City?** Business Computing Systems

**What are your career aspirations?** To work for charity or the public sector in IT.

**What inspired you to become an environmental champion at City?** I wanted to do my bit at City; I feel we have the potential to get a lot more students thinking about green issues at City University.

**How would you encourage more students to get interested in the environment?** I would encourage more students by getting the word out and really making people think about the small things they can do to make a positive impact on our environment.

**What do you enjoy doing in your free time?** I like to spend time checking out local markets, going to festivals, having a drink with friends and attending political/campaigning events.

**Favourite film?** Shaun of the Dead

**Favourite book?** I don’t read much fiction! :/

**Favourite song or music?** I love pop music.

**Favourite place in London?** South Bank
City Farmers’ Market—do you want to see it happening again (and again)?

What is it all about?
Public markets are almost as old as history. Across the world, you will find flourishing marketplaces which are centuries old and remainder of former ways of doing business.

Farmers' markets serve many functions. They are a place for business and trade while at the same time they foster social gathering and community activity. Their festive atmosphere provides a relaxing and even entertaining place to shop and meet with friends.

Farmers' markets are a direct marketing outlet. By cutting out middlemen, they offer farmers a more profitable way to sell their crops. They also give farmers and people in towns, cities and local communities a special way to get to know each other and learn about each others' needs.

Farmers' markets provide a pleasant alternative to crowded supermarket shopping. They provide urban consumers with high quality produce which, because of its freshness, is often more nutritious than produce sold at stores. Finally, farmers' markets can help bring activity into public spaces, like our lovely Drysdale Garden at City University.

In other words, farmers' markets are many things to many people. They help family farmers, preserve agriculture, provide high-quality fresh produce to consumers in towns and cities, and increase activity in underused spaces. Most important, they are fun!

By hosting a Farmers' Market, City University London is helping to improve the availability of fresh, locally grown food to its employees, students and visitors. Purchasing food from local farmers not only supports the local agricultural community and the local economy, but it also decreases “food miles.” Food travels on average 1500 miles from farm to plate. However, when purchased locally, food travels an average of 60 miles (and a maximum of 100 miles as per our agreement with the vendors). This significant decrease in the distance travelled cuts down on fuel consumption, greenhouse gases, air pollution and the likelihood of related diseases, including asthma, lung disease, lung cancer and heart disease. It also cuts down on the use of plastics used in packaging and allows farmers to pick their food when it's ripe, maximizing the nutrient content in the food and providing you with fresher food that tastes better. (Modified and adapted information based on article by New Kent Farmers Market at www.newkentfarmersmarket.com).

So why buy local?
Here are some of the reasons to buy local:
- Support the local farmers and producers as well as the local economy;
- Buy healthy, fresh produce at a reasonable cost;
- Less packaging and labeling is used, producing less waste;
- Produce travels fewer miles to reach its point of sale, helping to reduce congestion and pollution.

Continued next page...
Who was selling with us?

FLOWER POWER CITY BAKERY
Selling: breads, cakes, pastries
What they say: "Our watchword at Flour Power City is ‘quality’. Naturally that means using only the finest ingredients, such as the lovingly milled flour from Shipton Mill, which is why many of our breads are certified by the Organic Food Federation (OFF). Where we are unable to obtain certified organic ingredients due to fluctuations in quality, we have a network of suppliers who specialise in 'free range' products such as un-waxed fruit and vegetables which are grown without the use of pesticides, and additive-free foodstuffs. Needless to say, we never use GM produce." “We love making good bread.”
If you have any feedback about the products sold by the Flower Power City Bakery please email: Danny Dawson at Dannydawson@atdt.co.uk

FOOD CO-OP (CITY UNIVERSITY LONDON)
Selling: Fair Trade and Organic Products
What they say: "Our slogan is ‘Healthy Food at an Affordable Price’. We bring Wholesale Fair trade and Organic Food to the campus so that it is cheap and accessible by our University’s students and staff. Our products range from ready to eat food such as Organic Sultanas to great ingredients like Red kidney Beans. We also have conveniences such as Ecover Washing up Liquid or Organic Tea Bags for your office hours. The Food Co-op is non-profit and is a great project for volunteers.”
If you have any feedback about the products sold by the Food Co-op please email: Linh Nguyen at linh7392@gmail.com

GALILEO FARM
Selling: organic meat and eggs
Galileo Farm are a small farm run to Soil Association standards just off the Fosse Way, a few miles from the historical towns of Stratford Upon Avon, Warwick and Leamington Spa. The Farm is all about ensuring that the animals they breed are cared for and enjoy life until their end when the meat is cared for to ensure that it is enjoyed by you.

Here are some of organic farming’s main features:
• Organic farming severely restricts the use of artificial chemical fertilisers and pesticides;
• Instead, organic farmers rely on developing a healthy, fertile soil and growing a mixture of crops;
• Animals are reared without the routine use of drugs, antibiotics and wormers common in intensive livestock farming.

If you have any feedback about the products sold by the Galileo Farm please email: Fabienne Peckham at mail@fossewayorganics.co.uk

Continued next page...
GLOBAL FUSION FOODS
Selling: delicatessen, fritters, sweet and savoury fruit and vegetable breads and cakes, tarts and muffins, pastries and pies – all vegan!
What they say: “Global Fusion is a family run Creole food business that specialises in Vegan products. We work hard to make good quality tasty food that is reasonably priced”
If you have any feedback about the products sold by Global Fusion Foods, please email: Colga Parker at clogbiz@aol.com

BROCKELBY’S
Selling: sweet and savoury pies (yum!)
What they say: “We farm, butcher and retail meat from both traditional and rare breed stock. All our animals are farmed using traditional methods of animal husbandry and our fields are free from artificial fertilisers, pesticides and GM crops. The meat we produce is slowly matured and both hormone and antibiotic free.”
If you have any feedback about the products sold by Brockelby’s, please email: Andreas O'Donnell at andyod@live.co.uk

CHARTWELLS
Selling: nothing! They were providing free samples of delicious pastries and smoothies (all available at City!)
Chartwells are the leading provider of contract catering and support services to the education sector in the UK. They are looking after all catering outlets at City University which is committed to providing healthy and sustainable food to our students, staff and visitors, while at the same time minimising negative environmental and social effects associated with the products and services we provide.

A few facts about the food sold at City:

- All cheese is vegetarian;
- All eggs are free range and sourced from the UK;
- All tuna is dolphin friendly;
- We do not purchase any fish on the Marine Stewardship council 'Fish to Avoid' list;
- All chicken is sourced from the UK and 'Red Tractor Farm Assured';
- All meat is endorsed with the 'Five Freedoms' concept and all our fresh beef is sourced from the UK;
- All fresh produce is seasonally sourced and menus promote seasonality;
- All milk is organic;
- All Hospitality coffee and breakfast tea is Fairtrade;
- All bananas are Fairtrade.

If you have any feedback about the products given out by Chartwell’s please email: catering@city.ac.uk

Continued next page...
ST LUKE’S COMMUNITY CENTRE
Selling: honey and home-made wax cosmetics, fresh herbs, sweet and savoury baked goods (provided by the Camden Society)
Luke’s Trust is an old and well-established charity dating back centuries working locally with community in Islington and surrounding areas. What they say (Unity Kitchen): “Our ingredients are high quality, we source local produce whenever possible and our food is prepared fresh every day by our chefs.”
If you have any feedback about the products sold by St Luke’s Community Centre, please email: Heather Stabler at hstabler@slpt.org.uk.

What did our customers say?

“I thought the market was excellent – some really good products there and good prices too (…) Overall I thought this was a really good new initiative and I look forward to coming to the next one – thanks for organising it!”  Gary Argent, Director of Careers

“I thought the market was brilliant and I would love to see it more often in the garden. It’s a refreshing change from the Canteen food we have every day.”  Magean Gregory, Learning Success

“I loved it!” Estanis Bouza, Career and Skills Development Service

“The Farmers Market was great! I enjoyed the fruit breads and pies. Would be great to have a fruit stall and have them regularly.”  Tom Pearson, Student Centre

“I thought that the Farmer’s Market was a really great idea in general: for the city students and staff. I found it really amazing to have a chance to buy such a good quality food for really good price. It was really worth coming and who did not get chance to visit, should definitely do it next year.”  Gabriele Sruogaite, UG Journalism student

And what do you think?

Did you love it?  Do you want it to happen again? Regularly? If so – how often?  What products would you like to see next time?  What did you think about venue and timing?  What can we improve?  Do you want to get involved in organising the next Market?

Please email any comments and suggestion to Agata Lambrechts at Agata.Lambrechts.1@city.ac.uk

Photo by Mehrangez Rahan

Photo by Mehrangez Rahan

Photo by Mehrangez Rahan
Recycling for the sake of the turtles

By Niels Toftegaard
(City journalism student & environmental champion)

Sharks in peril and marine debris were on the table during Green City Week, when marine organisations provided insight in environmental issues of the ocean.

"These are not going to be the happiest 20 minutes of your lives. But that’s actually what I’m hoping for, because I need to shock you."

This was the introduction from David Jones from Plastic Oceans, an organisation engaged in telling the world what an environmental disaster, plastic waste and pollution in the oceans pose to both marine wildlife and humans.

Along with three other organisations – Project Aware, Blue Ventures and the Marine Conservation Society – David Jones from Plastic Oceans visited City University during Green City Week to hold a seminar on the man-made problems the oceans are facing.

“The weird thing about plastic is that 50% just gets chucked away as disposable packaging. But we make it of indestructible stuff,” said David Jones, while presenting pictures of sea turtles caught in plastic bags and fish and sea birds filled with small bits a of plastic, that they have mistaken as food. Bits of plastic work releases toxic particles to the flesh of fish for example, and at the end of the food chain, we – the humans – are standing.

The seminar was putted together by member of City-staff Kristine Karlsen, who originates from Norway.

“I got interested in – and terrified – by this, when I one day found a British plastic bottle on the beach where I lived. I realised that this is something we have to do something about, all of us,” she said.

Blue Ventures is engaged in maritime conservation work in Belize and Madagascar, and volunteers can join in for six weeks and gather practical experience in both diving and marine research. Read more on www.blueventures.org.

Project Aware calls itself a ‘global force of divers.’ These divers are promoting and seeking to solve issues: The saving of sharks from being extinct and clearing the seas from man-made waste and debris. Register yourself as volunteer diver on www.projectaware.org

Plastic Oceans campaign for improved recycling and waste-management through educational material and movies about the enormous amounts of plastic both surfacing as well as lying on the bottom of the oceans. See how you can reduce your use of plastic on www.plasticoceans.org.

Marine Conservation Society works throughout the country with conservation projects, such as cleaning the beaches from debris and working with the port of London for a cleaner Thames with more life in it. Visit on www.mcsuk.org

This turtle got trapped inside the ring of a milk bottle when it was a baby. It managed to survive though heavily deformed.
Over the last years, Londoners have witnessed an increase in cyclists of over 150%, but the city is nowhere near ‘going Dutch’, as campaign manager Tom Bogdanowicz from London Cycling Campaign puts it.

The work continues, though, to get more people up on the two-wheeler. That was one of the key points from City’s Cycle Forum held during Green City Week.

Five speakers from different organisations promoted their views on cycling as public transport.

One of them was David Dansky, Head of Training in Cycle Training UK.

“I worked as a teacher 10 years ago in Camden, and out of 1600 pupils, just two rode a bike to school. Essentially, cycle training back then was more about scaring people from cycling,” he said.

No car? Unthinkable

Things are not like that anymore in Cycle Training UK, and Transport for London (TfL) is continuing to promote cycling in London. Alexandra Goodship is Cycling Planning Manager at TfL and, according to her, 23% of all trips in London could theoretically be done on bikes.

“These trips does not involve luggage and are a reasonable length for cycling, so we encourage people to use the bike for those kinds of trips,” she said during the forum.

TfL is now trying to get the boroughs of London more involved in making conditions for cyclists better through the ‘Biking Boroughs’ scheme.

However, the issue of getting people out of the cars and onto the bike is difficult to address, according to another speaker at the Forum – Colin Black, Director of Contemporary Transport, a consultancy on changes in urban transportation.

“The car culture is embedded in British people’s way of life. And we have to change that,” Colin Black argued.

The last speaker of the event, Liza Schuster, City lecturer and cyclist, concurs.

“I cycle myself, and I really believe that London drivers are the most aggressive car drivers in the world. Paris has just put a lot of money in cycling lanes, and I would love to see that in London,” said Liza Schuster.

The space issue

However, this is one of the key issues, according to Colin Black:

“How are we going to give space to cyclists? There is not much room out there for cycling lanes, so who has to give? Transport planning is in the end down to political will and agenda,” he said.

Throughout the forum, The Netherlands where highlighted as a haven for cyclists, and Tom Bogdanowicz of London Cycling Campaign regularly visits Amsterdam. He points out that just around the central station there are some 7,000 parking spaces compared to the 2,000 across London. He doesn’t expect that to happen in the near future in London but he said:

“Making conditions better is about doing something, and everyone should do that. Promote cycling and jump on it once in a while.”

Speakers at the forum included:

Tom Bogdanowicz—Campaign Manager, London Cycling Campaign (with 11,000 members)

Colin Black—Director & founder, Contemporary Transport

Alexandra Goodship—Cycling Planning Manager, TfL

David Dansky—Head of Training & Development, Cycle Training UK

Liza Schuster—City cyclist and lecturer in Sociology, City University London
Green City Week 2011

The Green Gym in Regent’s Park

By Niels Toftegaard
(City journalism student & environmental champion)

Every autumn and early spring a group of green dressed volunteers find their way to some of London’s big parks. While some of them just like gardening, others are trying to recover from cancer and depressions.

People in green hoodies are crouching in between small trees and bushes. Around them are selections of tools for gardening and big bags are filled with leaves, branches and patches of grass. Not a common sight on a Saturday morning in Regent’s Park.

BTCV it says on the front of the green sweatshirts – an abbreviation for British Trust for Conservation Volunteers.

Bay leaves anyone?

“Are those bay leaves? Wow,” one of the tour participants gasps. Next to Chris Speirs is a seven foot tall bush of bay leaves which has grown immensely in just a year, he says.

“But actually you’re not allowed to remove things from royal parks, but this is so big, that it’s not really a problem.”

And indeed there should be enough bay leaves for hundreds of bowls of stew.

Environmental workout

The work in parks and forests have paved the way for one of BTCV’s most successful projects: the Green Gym classes for people with mental problems or people recovering from long time illness like cancer.

The idea is to simply engage them in the conservation work of the BTCV.

A bit further away from the massive bay leaves a group of people are finishing off today’s work with some stretch out exercises. This is a Green Gym class.

“You’re outdoors in green spaces, you’re part of a group and a social connection and you’re working out without actually realising it. That has a great effect on people recovering from mental and physical illnesses who maybe don’t feel like going to the gym or need a gentle to push back into social activities,” Chris Speirs says.

“And they are doing something for the environment on top of that,” he adds.

The project has worked so well, that other charities like Mind, which helps people with mental distress, are encouraging people to join the Green Gym.

Read about the Green Gym on BTCV’s website http://www2.btcv.org.uk/display/greengym

And find out why Mind is sending people to the Green Gym http://www.mind.org.uk/ecominds/ecominds_in_action
Student volunteers help out in the City vegetable garden by planting bee-friendly seeds and painting murals on the walls to make the garden more inviting! Thanks to Gemma Dickenson and Ben Butler for arranging this event! (Photos by Mary Eusse).

A big thank you to Agata Lambrechts (Environmental Champion of the Year 2010-11) for suggesting and organising an awesome Farmers’ Market at City! Hopefully we can see more of these in the future. Well done, Agata! (Photos by Mary Eusse and Niels Toftegaard).
OK, so this recipe isn’t authentic, but it’s yummy nonetheless. It’s completely vegetarian, should easily make four portions, and leaves you another portion of curry paste to use in another meal. I’m not vegetarian myself, but try to keep the meat content of my diet down. But then you sometimes want more interesting vegetables and so this is the best time of year for this curry as it’s squash season. The other ingredient should be relatively easy to buy (in fact the main reason that the recipe isn’t authentic is because some of the ingredients for the curry paste are hard to find). Finally, in honesty, the quantities of the ingredients are very roughly measured as I usually do all this by eye, rather than with scales (this being the second reason for a lack of authenticity; it’s easier just to throw everything in). Finally, a lot of the ingredients can be bought as organic, but I’ve added some buying notes to indicate what I’ve managed to find myself. If they’re not organic, then go for the UK farmed produce instead. Enjoy!

For the curry paste
4-6 red British chillies, seeded if you want/can be bothered (for bulk and colour rather than for hotness)
Either fresh hot chillies, minced chilli/chilli paste, or chilli powder (added to taste for hotness)
1 bulb of organic garlic, peeled
3 inch piece of ginger, roughly chopped (a nice fat piece)
1 stick of lemon grass, roughly chopped, or 1 heaped tablespoon of minced lemon grass
1 tablespoon of cumin seeds (grind these freshly if possible; alternatively ready ground will do)
1 tablespoon of coriander seeds (grind these freshly if possible; alternatively ready ground will do)
2 organic limes, zested and juiced

Throw the entire lot in a blender and blend until you have a paste. Alternatively, if you can't be bothered with the faff, just buy some Thai red curry paste! You can store leftover paste in the fridge and either use it for the same meal, or invent different something yourself!

For the curry
1 large organic squash, diced into large chunks (preferably orange/yellow coloured)*
1 tablespoon of cumin seeds (grind these freshly if possible; alternatively ready ground will do)
1 tablespoon of coriander seeds (grind these freshly if possible, alternatively ready ground will do)
Dark soy sauce
Sesame oil

Preheat the oven to 200 degrees Celsius (180 for fan). Mix the squash in a bowl with a good few glugs of soy sauce, sesame oil and the freshly ground spices. Don’t skimp on the oil as this is going to be roasted and then the oil is re-used in the next part of the recipe. Roast the squash for about 30 minutes, turning it all over half way through. Once roasted, use a colander to drain the oil from the roasted squash into a large pan (I’ve stopped using a wok for this as it’s easier to stir everything in a large pan).

1 organic small cauliflower, chopped up
2 organic red peppers, chopped up
1 pack (200g) of bok choi/choi sum, farmed in the UK, cut off the leaves and put to the side, then chop up the rest
1 pack (125g) of organic baby sweetcorn, chopped up (OK, this one is very naughty as it usually comes from Thailand)
Good handful of organic/Fairtrade cashew nuts
Good handful of peanuts
Tin (400g) of organic coconut milk

Continued next page...
Autumn Energy-Saving Tips
Submitted by Agata Lambrechts

Autumn, the time of year when our days grow shorter, the air gets crisper and reddish, golden leaves fall at our feet.

The time of year that many of us begin to see our energy consumption rise - hot meals replace cold salads of summer, our homes begin to get lit earlier with every evening, and dare I say it, some of us are already beginning to reach for our boiler’s ‘on’ switch.

Of course we can’t halt our seasonal changes; however, what we can do, with a few simple tips, is to keep our energy consumption down and save some money at the same time.

Here are three autumn ‘leaves’ which will help you do just that...

1. If you are a car driver, why not try to leave your car at home one day a week. With 70% of all car trips being less than five miles, if we all left our cars at home on a more regular basis, not only could we all save money, congestion on our roads would also be significantly reduced.

Car sharing with a friend or neighbour is a great way to keep costs down, it is more efficient and is a simple way to reduce pollution in our towns and cities too.

Alternatively, why not opt for public transport, or an even healthier option is to make short journeys on a bicycle or on foot – not only will you save money, you’ll get fit into the bargain.

2. Make sure your turn the lights off when you leave a room. According to the Energy Saving Trust, in the UK alone we waste an incredible £170 million a year by leaving lights on unnecessarily.

Even if you are just popping out of the room for 10 minutes, remember to switch the light off. Contrary to popular belief, switching energy saving lightbulbs on and off does not harm the electricity supply PLUS it does not use more energy than leaving them running.

Also, according to the Energy Saving Trust, if everyone in the UK replaced one light bulb with an energy efficient one, ‘the money saved could pay about 75,000 family fuel bills a year.’

3. Do not leave your mobile phone, MP3 or laptop charger plugged in when not in use. When you have finished charging your appliance, do not forget to unplug it.

Did you know that unplugged chargers waste over £60m and are responsible for a quarter of a million tonnes of carbon dioxide every year?

Another tip to save wasting energy and money, is to avoid leaving your mobile charging overnight.

According to ‘We Are What We Do’ most mobiles can be fully charged in about 2 hours, yet in Britain we waste £47 million a year charging them all night.

So why not give these autumn ‘leaves’ a go and see if you can slow the growth of your energy bills a little and plant a few more pounds in your purse.

© Lyndsey Young

http://www.at homemagazine.co.uk/green-a-eco/4773-the-queen-of-easy-green-cut-energy-bills-and-save-money-this-autumn

Recipe (continued from previous page...)

Start to fry the cauliflower over a high heat in the oil which was drained from the roast squash. After 2 minutes, add the red peppers and baby sweet corn. After another 3 minutes, add the stalk from the bok choi/choi sum.

Fry for 3 more minutes then add half the freshly made curry paste, or three heaped tablespoons from a jar, and the bok choi/choi sum leaves. Fry for one minute, then add the nuts, coconut milk, and roasted squash. Heat for another two minutes or so.

This should be fairly crunchy, so if you like your veggies a little softer, increase the frying times.

Serve with rice if you want, but if not, this is a hearty meal on its own with lots of nice veggies!

*This isn’t intended to be advertising, but I found that Riverford, an online organic grocers, is currently doing a box of squashes, which means you can get some more interesting squashes!
Notice Board

FREE LUNCH
Trafalgar Square, London
Friday 18th November 2011
12 noon - 2pm
You are invited to a lunch for 5000 people made entirely out of fresh ingredients that would otherwise go to waste: wonky carrots, misshapen potatoes and other fresh surplus produce.
First come first served!  http://www.feeding5k.org/

Autumn Leaves—PHOTO CONTEST
We are looking for some nice autumn photos that we can use in future Green City newsletters and perhaps even to exhibit somewhere on campus.

All City staff and students are invited to submit up to 5 photos depicting the autumn.

All photos must be emailed to: environment@city.ac.uk by end of Friday 9th December.

Photos will be published in the January edition of Green City news for voting, with results revealed in the February newsletter.

The top 3 winning photographers will win a City-branded stainless steel water bottle.

Environmental Champions who submit photos will earn 5 eco points per photo submitted (up to a maximum of 5), and winners will receive 30 eco points, 20 eco points and 10 eco points for 1st, 2nd and 3rd place accordingly.

Development & Alumni Relations Office (DARO) gets creative with recycling
DARO is currently running a telephone campaign (coordinated by Senior Campaign Officer-Annual Fund, Lucy Gabe) which involves students calling alumni to collect donations for the City Future Fund (http://www.city.ac.uk/alumni/city-future-fund).

Most universities use chocolate and cakes as incentives for student callers, but Lucy has initiated an innovative scheme in which students are able to select a prize from a “lucky dip” bucket for each direct debit they set up. The prizes are all items donated by DARO team members, including books, DVDs, and accessories; in this way, the department saves money, team members recycle unwanted items, and students get more interesting prizes!

Eco Points Leaderboard
Please note that the leaderboard for both student and student Environmental Champions will be published in the December edition of Green City.

For more details about City and the environment:
www.city.ac.uk/thepoint

For questions, comments and suggestions, please email us at: environment@city.ac.uk

Dawn White, Environmental Officer, Ext 8053, dawn.white.1@city.ac.uk

Jason Clarke, Energy & Environmental Manager, Ext 3069, jason.clarke.1@city.ac.uk

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