

# Eco scene

Go green with the latest planet-saving news and ethical goodies, says **Louise Pyne**

green living

## Flower power

Whether you are saying a special thank you, scribbling down your grocery list or keeping a journal, keep this pretty handmade Blue Seed Notebook nearby. £3.50, [www.foufurnishings.com](http://www.foufurnishings.com)



**BUY OF THE MONTH**  
We're nuts about **Whole Earth Organic Peanut Butter**. No wonder the cult organic buy was named 'best store cupboard staple' by the Soil Association during Organic Fortnight. £1.67, leading supermarkets and health stores.



### BOX OF TREASURES

This cute distressed fair trade Indian Mango Wood Box is perfect for your trinkets, gems and odds and ends. £11.50, [www.biomelifestyle.com](http://www.biomelifestyle.com)



**GET BABY-SOFT SKIN** Banish dry winter hair and skin for good with **Weleda Calendula Shampoo & Body Wash**. Extra kind to skin, it contains the gentlest of eco-friendly, plant-based cleansers, made from calendula, coconut and sugar – plus, it's entirely biodegradable and ecologically sound. £6.95, [www.welada.co.uk](http://www.welada.co.uk)

## Eco SOS

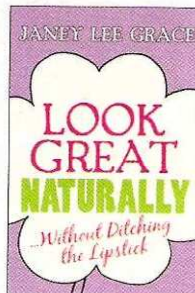
Author of *Look Great Naturally... Without Ditching the Lipstick*, Janey Lee Grace, solves your fashion woes...



### How can I make my winter wardrobe more eco friendly?

Clothes are so cheap that we over-buy, and it's literally 'costing the earth'! Instead, revamp a few tired-looking

garments with buttons and braids and scour vintage shops. When you do buy new, opt for ethical fabrics and check the ethics of the producer. See [www.labourbehindthelabel.org](http://www.labourbehindthelabel.org)



## 3 ways to... Be more energy efficient in the kitchen

**1** Putting a lid on a pan you are using will speed up the cooking time and save energy.

**2** Boiling only the amount of water needed to make a cup of tea instead of filling up the kettle will cut time and energy.

**3** Use a pressure cooker. They cook food under high pressure in a short period of time, thereby speeding up the cooking process and saving energy.

