

Beanstalk

Magazine



AN ECO-ETHICAL PUBLICATION FOR LONDON

GOOD FOOD | ECO LIFESTYLES | CONSCIOUS CONSUMPTION

// WINTER 2010 / 2011

Winter delights

Seasonal recipe
selection



INSIDE

GREEN ENERGY

Residents use the power
of the Thames

INTO THE FOREST

One man's quest for truth
about palm oil and biofuels

BEDZED

Living in a zero carbon
community

ALSO A CHANCE TO WIN

A case of Chilean wine

News in brief

Get free trees for your communities, schools

The Woodland Trust is giving away free packs of 105 trees and 420 trees for community groups and schools. The smaller pack is suitable for planting as a hedge or copse, the larger one for planting on roughly an acre of land. Packs are available in four different themes: year-round colour; wood fuel; jams, jellies, chutneys and cordials; and wildlife. The larger pack comes complete with basic tree protection (canes and spirals). The Woodland Trust says that to be eligible for a free tree planting pack, the trees must be planted by a local community group on land that everyone in the area can enjoy and benefit from. "We also ask that applicants ensure that the community tree planting event is an open invite so local people can attend. It is our aim to enable as many people as possible to experience and enjoy planting trees," the Trust adds. To apply for a Spring or Autumn 2011 pack, email communitytrees@woodlandtrust.org.uk.

Plastic bag-free Olympics?

Greener-upon-Thames has launched a competition to help make the London Olympics in 2012 plastic bag free. The environmental group is asking people to send a message to London Mayor Boris Johnson asking "Shouldn't London be plastic bag free in 2012?" Judges of the competition are looking for "creativity and quantity equally, so use your imagination". Letters, music, videos and other medium can be used. Winners will be taken on a tour of the Houses of Parliament by MP Zac Goldsmith. Send entries to Greener-upon-Thames, 14 Ferry Road, London SW13 9RX or email nicole@greeneruponthames.org.

EDITORIAL TEAM

Editors: **Bettina Kuebler, Peter Rixon**

Advertising and offers: **Stuart Churchill**

Design: **Paul Pancham**

Beanstalk magazine is published by Eukos Publishing in Richmond and printed by Newman Thomson on Nine Lives paper using vegetable based inks.

From the editors

Welcome to the first issue of Beanstalk magazine!

The *raison d'être* of this magazine is to inspire people to take positive action for the Earth, either through what they buy, how they relate to their local communities or through lobbying politicians on the burning issues of the day. There are campaigns to sign up to and tasty recipes to try out. We hope to appeal to your minds...and your stomachs! But there is more to it than that.

Author Derrick Jensen says about his new book "Deep Green Resistance" that "the dominant culture is killing the planet...It's very important for us to build a culture of resistance".

We share this approach deeply, intellectually and emotionally. This is why we feel we have to start this publication, not only to advertise Earth-friendly products and companies, but also to provide a platform for political views, factual information and input for positive change. Most importantly, we want this to be a source of inspiration to enable people to be more countercultural and not feel isolated in this role. Among like-minded people, we need to develop solidarity and support. Do email your opinion on this first issue to beanstalkmagazine@gmail.com.

Bettina Kuebler and Peter Rixon, editors



Leaving a watery trail

Waterfootprinting is following in the footsteps of carbon footprinting

Dutch Professor Arjen Hoekstra, co-founder of the Water Footprint Network, was in Westminster in November to tell delegates at a World Preservation Foundation conference about how much water is required to produce our food - the so-called water footprint.

In the UK, only 3% of a person's water footprint is made in their home - for example, for the bath, the shower and the washing machine. According to Professor Hoekstra, a staggering 97% of our water footprint is made from the products we buy at the supermarket. Meat makes up a large part of the footprint. "Meat is driving water scarcity,"

he said. To create a hamburger, 2,400 litres of water are required. For 200kg of beef (ie a cow), 3.1 million litres is used.

The Professor cited a few more figures at the event: 180 litres of water is used for 1kg tomatoes and 1,500 litres for 1kg of refined sugar. To illustrate the real-life effects of his calculations, the professor, of Twente University in the Netherlands, showed barren areas of Spain which were once wetlands. The drought had been caused by the diversion of water to strawberry farms in the region. Cup of coffee anyone? That's another 140 litres. For more figures, see www.waterfootprint.org.

Hydropower to the people!

Residents of a London suburb have been chosen by the Environment Agency to develop a hydropower project on the River Thames which will generate electricity for several hundred homes

The group of residents from Ham and Twickenham have set up a not-for-profit company called Ham Hydro to take the project forward. Once built, it will be the largest run-of-the-river hydro scheme in Europe, saving about 1,000 tons of CO2 emissions.

The electricity will be generated from Teddington Weir and will be sold into the national grid, with all profits going towards further low carbon projects within the communities on both sides of the Thames.

"Ham Hydro's aims are to promote community cohesion and prosperity. We are seeking to create a project local people can be proud of and generate employment," project manager James Heather said.

Ham residents had been investigating the potential for hydropower at the site since 2006 and the idea gathered pace in 2009 when Ham Hydro was incorporated and people with a range of professional backgrounds were brought together from the communities on both sides of the river.

A bid was made by the organisation to the Environment Agency in April this year after it announced it was looking for a developer to create a sustainable hydropower scheme at Teddington Weir.



An indicative representation of the turbines – Ham Hydro plans to install 4 screws on a different section of the weir

Richmond Park MP Zac Goldsmith and Vince Cable, MP for Twickenham, have expressed their support for the project.

Mr Goldsmith said: "This is a hugely exciting local project, but it is also important nationally. Small-scale, decentralised clean energy is the future, and Ham is right at the cutting edge."

While Dr Cable added: "This is a really imaginative, practical initiative that will provide environmental benefits with community gain."

Best foot forward

Making British-made, vegan shoes has its challenges, shoemaker **Brian Woodward** tells *Beanstalk*

"One of the problems with shoe making is the lack of supply," Brian, of Freerangers, a vegetarian and vegan shoe manufacturer, said. Shoemakers used to be well appointed in the UK but then work drifted abroad, often to cheaper locations.

"The suppliers moved to those destinations as well," Brian said. "So it is very difficult to get the components – the laces, threads, adhesives and soles. There is only one lace manufacturer. It is even

harder for vegans. We use a material called micro-fibre. It has very short fibres sown onto a mat which is put under a heat tunnel. Air channels remain between the fibres giving the same effect as leather, allowing the moisture from the foot to rise to the surface."

Brian also operates in a very specialist market. In the UK, about half a million people are vegan and three million are vegetarian. "But they are very dedicated people and very knowledgeable," Brian notes.

News in brief

Help needed with London Permaculture Festival

Visionaries, permaculturalists and transitioners are being called upon to join the steering group that will design and commission the London Permaculture Festival in 2011. Last year's festival attracted a full house of 900 people and next year's event promises to be even better. The first meeting takes place at Cecil Sharp House, 2 Regents Park Road, London. NW1 7AY, Tuesday, December 14 from 7pm to 9pm (or from 6pm and bring some food to share). For further information, email info@LondonPermaculture.com.

Ecovillage hosts New Year retreat

Findhorn, the pioneering ecovillage in northern Scotland, is hosting eight day long retreats for those wanting an alternative way of seeing in the New Year. The eight days will be alternate periods of "silence and dialogue, stillness and movement, touch and contact, relaxation and activity". The retreats start on December 28 and 29. For more information, go to www.findhorn.org.

New market coming to Richmond

Organic skincare, recycled furniture and contemporary arts and crafts will be on sale at a new, Christmas market in Richmond-upon-Thames. The Duck Pond Christmas Market takes place on Sunday, December 19 from 10am to 3pm in Heron Square, Richmond. For details, go to www.duckpondmarket.co.uk.

Buzz along to Southbank Centre

The London Bee Summit 2010 takes place on Thursday, December 16 from 1.45pm- 6.30pm, at the Southbank Centre. The event promises to be a fast-paced afternoon of speakers with time to debate and to taste London honey. It is aimed at anyone interested in the benefits of beekeeping and in how we can secure them for communities in London. Community groups or institutions such as schools, universities or prisons can learn more about how to start up beekeeping. For further details, see www.capitalgrowth.org/bees/summit.

An organic miller's favourites

The Marriage family has been milling organic flour in Chelmsford since 1894. All of their flours are certified by the Organic Food Federation. Here, *Beanstalk* readers can try out a few of their favourite recipes.



Marriage's Homemade Pasta

Preparation: 20 minutes

Cooking time: 5 minutes

Marriage's Very Strong Canadian flour makes excellent pasta with a light silky texture and good flavour. It is fairly simple to make if you have a food processor and a pasta roller/cutter, and is a good way to get children into cooking.

For each generous serving you will need:

100g Marriage's Canadian Very Strong Flour

1 medium free-range egg

- ✓ To make the dough put the flour and egg into a processor and run the machine until the ingredients form a fairly firm dough. If there are dry crumbs, add cold water, a few drops at a time. If the dough feels sticky, work in more flour, a tablespoon at a time. Turn the dough out onto a floured plate and leave to rest for 5 minutes while setting up the pasta machine.
- ✓ If you are using dough made with more than one egg you will need to knead and roll the dough in batches. Set the machine with the (plain) rollers at their largest, widest setting. Form the portion of dough into a thick square then feed it into rollers – don't worry if it crumbles for the first couple of times, but if the dough starts to stick or tear or form rough ridges at any time dust it with a little flour.
- ✓ Fold the rolled dough in three to make a thick square again and feed it through the rollers with one of the open ends first. Repeat this folding and rolling about six times more until the dough feels and looks silky smooth and elastic. It is now ready to roll; adjust the machine so the rollers are one notch smaller apart then feed through the strip of kneaded dough (you don't need to fold it any more). Adjust the machine again on the next narrower setting and feed the dough through. Continue in this way, adjusting the rollers one notch at a time, until the dough has been rolled through the machine through each setting to the lowest or smallest. At the end the dough should be in one very long silky fine strip. Leave the dough to dry for about 10 minutes until it feels leathery but not firm and hard – the best way to do this is to hang it from a wooden rolling pin or rod (a wooden clothes drying rack works very well) or over the edge of a table.
- ✓ When ready to cut, fit the handle into either the fine or the wider roller cutter then feed the dough through. Use your other hand to catch the strips as they emerge – you may find it easier to put a floured tray or board at the end of the machine to collect all the odds and ends. Gently hang the strands of pasta to dry as before or on a tea towel dusted with flour. The pasta is ready to cook once it feels firm – about 10 minutes, while the water comes to the boil - but is best left to dry for an hour or so and used the same day. Thoroughly dry pasta can also be stored in a covered container in a cool larder or the fridge and used the next day. Cook in a large pan of boiling salted water until al dente – almost tender – 2 to 5 minutes depending on the thickness of the cut pasta. Drain thoroughly then toss in a little olive oil before serving immediately.

Marriage's Last-Minute Christmas Cake

Preparation: 15 minutes

Cooking time: 1 1/4 hours

Makes one large cake

175g unsalted butter, softened

125g dark brown muscovado sugar

3 large free-range eggs, at room temperature, beaten to mix

300g luxury mincemeat

1 tablespoon Brandy or orange juice

250g Marriage's Finest Self-Raising Flour

To finish – optional:

Coarse sugar for sprinkling OR 100g mixed whole nuts (Brazils, walnuts, almonds, pecans) plus 4 tablespoons apricot jam melted with 1 tablespoon water

- ✓ 20.5cm/ 8in round deep cake tin or springclip tin greased and lined (or use a ready made cake liner)
- ✓ Heat the oven to 170C/325F/Gas3
- ✓ Using a free-standing or hand-held electric mixer or whisk, beat the butter and sugar until very creamy and light in texture. Gradually beat in the eggs, beating well after each addition. Add the mincemeat, Brandy and flour and mix in thoroughly using a large metal spoon. Transfer the mixture to the prepared tin and spread evenly. Scatter with coarse sugar if wished. Bake in the heated oven for about 1 1/4 hours or until a skewer inserted into the centre of the cake comes out clean. Stand the tin on a wire rack and leave to cool completely before turning out. Wrap the cake in fresh greaseproof or foil and leave for at least 24 hours.
- ✓ If you want to decorate your cake with a nut topping, pick out the best looking nuts from the pack, then heat the jam with the water until melted and very hot. Brush the top of the cake with warm apricot jam then arrange the nuts on top. Brush with more jam, gently reheated, so they are glued in place. Leave to set before cutting. Store in an airtight container in a cool spot – not the fridge – and eat within a week.



An easy, simple recipe with few ingredients; this cake has all the smells and flavours of a traditional well-matured Christmas cake yet can be made just a day or so before cutting and won't disappoint.

Marriage's Chocolate Chip Oat Cookies

Preparation: 15 minutes

Cooking time: 15 minutes

150g dark chocolate

100g walnut pieces

225g unsalted butter, softened

175g light brown muscovado sugar

100g caster sugar

1/2 teaspoon vanilla essence

1 large free-range egg plus 1 yolk

200g Marriage's Organic Plain Flour

200g porridge oats

1/4 teaspoon salt

1 teaspoon bicarbonate of soda

Several baking trays, lightly greased

- ✓ Heat the oven to 180C/350F/Gas4.
- ✓ Break up the chocolate into squares and put into the bowl of a food processor. Process using the pulse button until the chocolate is roughly chopped into pieces about the same size as the walnuts. Tip into a bowl and mix with the walnut pieces. Put the soft butter, both sugars and the vanilla into the processor bowl and process until thoroughly mixed. Scrape down the sides, add the egg plus the yolk and process again until well blended. Add the flour, oats, salt and bicarbonate of soda to the bowl and briefly process using the pulse button until the ingredients are just combined. Don't over-mix or the oats will be too chopped up. Add this mixture to the chocolate and walnuts and mix well with a wooden spoon.
- ✓ Form the mixture into walnut-sized balls, they don't have to be too neat, and arrange well apart on the prepared trays to allow for spreading. Bake in the heated oven for about 15 minutes until golden. Remove the trays from the oven and leave the cookies to cool for 5 minutes before transferring them to a wire rack; the molten chocolate will be very hot. Leave to cool completely, then store in an airtight container.



Rather addictive biscuits that are chocolatey, nutty, and oaty at the same time yet not too sweet. They are very quickly put together in a food processor if you need a last minute gift or treat.

Eco-living close to London

E. Rachael Baird from Baltimore in the US has just moved into the pioneering UK eco-housing development, BedZed. Here she tells *Beanstalk* of her experience in this most unconventional neighbourhood

BEDZED: A TOTAL LIFESTYLE APPROACH



The air is warm and the sun gets brighter as the day peaks. It is the end of summer and laughter can be heard all over the neighbourhood as the kids of Dunster Street ride their bikes from end to end in a race. A chicken squawks from the corner of the back lot and neighbours wave hello as the signature ventilation caps turn slowly in the gentle breeze and we are all reminded that we live in BedZed. It is the ideal neighbourhood.

I have just moved here and already I feel welcomed. In the seemingly transient lifestyle of London, there is a respite for those who want to get to know their neighbours and have a community-style life. As the pilot project of Bioregional for a planned community, this 50 home neighbourhood in Hackbridge in Surrey is based off of the One Planet Living Principles and is a sight to see. My friends from the US typically refer to it as the Teletubbie homes because of the Disneyesque styling of the exterior with the lush plants that are almost unnaturally healthy looking. I can confidently say, that every component of the design has a purpose and is fun to look at, which makes it twice as good!

Initially I was a bit sceptical about the whole concept. A green facility? A neighbourhood



in London? Really? Seems hardly possible, especially with the modern design and the futuristic inventions used. There are some historical principles and some very new ideas integrated. But, it is the creative ambiance that I appreciate most. The thoughtful consideration of space mixed with the energy and use of materials. My house is on 2 floors, originally intended for use as a loft office space, but in the end desired for living space. The second floor bedroom has a totally glass ceiling that is used to let in light and to warm up the space in winter with the option to open the sky lights in the summer for a cool breeze. We have an integrated bin programme where we have recycled, reused, compost and actual landfill rubbish and there are 4

small bins under the sink in each home. It is amazing what one will reuse when conscious of it. My walls are painted cement block and the metal beams are exposed and just painted with a grey colour. We have a great lighting package, and the facility feels very industrial, but warm. I love it. Kind of like the meatpacking district in New York City - very trendy, and also thoughtful.

But it is not just about the design; it is a total lifestyle approach. The fields are prevalent behind the development and I frequent Mitcham Eastfields via the back access gate. I can run for 2 hours without ever really leaving the trail and barely grazing civilization. The community centre called the "BedZed Pavillion" is open for business most days of the week with events and activities and you can typically see the glow in the distance full of activities, including a spa day the second Sunday of each month and salsa or yoga lessons in the evenings. The Veg Van is here on Wednesdays, but if you ever need a cup of sugar or eggs, there are more than 5 neighbours a stone's throw away or 3 community chickens that would be more than willing to help out. Squawk, Squawk!

Sometimes you forget that you are just outside of the city. BedZed feels safe and compact. Locking doors, or even closing them, is not a necessity and often foxes or pigeons feel compelled to walk or fly in and say a warm and friendly hello. The spiders nest comfortably inside and outside of my house and they are encouraged to co-habitate with us. This took a little while at first to get used to, there is plenty of room for all creatures to live together and now I don't mind being a host to even ones with lots of legs.

This is truly an eco-community, driven by the local and global environment. When I asked people why they liked living here, they said because of the whole package: design, community and environment. I would have to agree to all of those, but I think the most important element for me is that it is about the total lifestyle approach. People really live in BedZed.



TIGER ADOPTION



AN ENDANGERED SPECIES. THE IDEAL GIFT.

Right now, the tiger is in desperate trouble. In fact, there are as few as 3,200 left in the wild – and this number will continue to fall unless we keep up our efforts to stop poaching and habitat loss.

So this Christmas, adopt a tiger for your friends and family. Adoption makes an imaginative and thoughtful gift – complete with a gorgeous cuddly toy to unwrap, a fact-filled adoption

pack and regular updates direct from the field.

But adoption also makes a real difference to the wild tiger's chances of survival. After all, you'll be helping us protect vital habitat and step up our support for anti-poaching patrols all over Asia. And so by adopting a tiger as a gift this Christmas, you really will be helping to protect an endangered species.

Adopt the perfect gift in time for Christmas by filling in the form, visiting tigeradopt.co.uk or calling 0845 126 8070 today.



a gorgeous tiger toy



an adoption pack



regular updates from the field



from just
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Address: _____

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Tel no: _____ Date of birth: _____

Would you like us to send the adoption pack directly to the recipient?

Yes No (tick if applicable)

Tell us how to talk to you: WWF-UK would really like to keep in touch but please tick this box if you'd rather we didn't

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Signature(s): _____



Your money will support our work to help save the tiger as well as other vital conservation projects.

Please return in an envelope to: Adopt a Tiger, WWF-UK, FREEPOST (KE4714), Panda House, Godalming, Surrey, GU7 1BR

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Cosmetics with a conscience

Andrew Butler, campaigns manager at soap maker Lush, told *Beanstalk* about how inquiries into the product ingredients led him into the rainforest



VENTURING INTO THE FOREST

Palm oil was the main constituent ingredient in Lush soaps up until three or four years ago. The soap base was manufactured by an outside supplier and Lush added the essential oils.

This changed when the company decided to investigate how the oil in their products was being produced.

"Our buyers went out to Indonesia to meet with the Sumatra Orangutan Society and attended the Roundtable on Palm Oil," Andrew Butler, campaigns manager at Lush, explains.

"When they came back their impression was that the situation was dire and palm oil was responsible for massive deforestation and the round table was just a talking shop."

Lush then started to consider the type and extent of the action the company needed to take to ensure it was not contributing to the destruction.

Andrew started talking to green groups, the Rainforest Foundation and indigenous groups. "In talking to them they were not really asking companies to stop using palm oil because they were kind of thinking it was too big of an ask. But the sense I got was that it was extremely serious: Total destruction of the orangutans by 2015."

It was at that stage that Lush decided to remove palm oil from as many products as possible and to talk to the suppliers about making the soap base palm oil free.

Andrew then went to visit the Indonesian people Orang Rimba. He met them in Sumatra and, having lived very sustainably and simply within the forests for hundreds of years, were now under siege from all sides by the plantations.

The people, he found, and the animals, were living in smaller and smaller pockets of disconnected forests.

"It was then that we decided to focus on stage three: the demand for palm oil as a biofuel", Andrew said.

Throughout Europe targets are being set for renewable energy production and many of the targets are being met by biofuel power production.

"In Germany, there are quite a few power stations generating energy by burning palm oil from Indonesia," Andrew explained. "If we start moving into generating that energy from crops we could quickly see the massive acceleration of forest clearances. Biofuels are very productive but also very destructive. Increasingly, forests are being cleared and replanted for fast-growing monoculture tree crops for biomass."

As Andrew learnt more about the issue, the Lush campaign progressed, ultimately teaming up with Biofuelwatch to protest the plans for biofuel power stations in the UK and against a mandatory mix of biofuel in transport fuels.

"The idea of biofuel and biomass as a way of dealing with climate change has got a foothold and is getting subsidised in the UK," he said.

His last word: despite the "eco" sounding name, biofuels are not green.

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Distributed direct to health food shops across London and the South East, it offers you a great opportunity to advertise your products and services to up to 20,000 eco-conscious readers.

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For more details contact: contact.beanstalk@gmail.com

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Together we do this





Celebrate 15 years of the National Cycle Network



Find out more about Sustrans at www.sustrans.org.uk and Cono Sur wines at www.conosur.com

Explore your area on two wheels

A great way to work off any extra pounds gained over Christmas and New Year is to get out on the National Cycle Network, or one of London's Greenways, by bike. From easy cycling along canal towpaths and former railways, to more challenging rides over hills and downs, London and the south east offers miles and miles of attractive walking and cycling routes. Many are free from traffic, ideal for family rides and anyone new to cycling.

Win a case of Cono Sur wine

Throughout 2010 Sustrans, the charity that helps people to make more of their everyday journeys on foot, bike and public transport, has been celebrating 15 years of the National Cycle Network. More than a million journeys are made everyday on the Network, which now stretches over 12,600 miles across the UK.

As part of the celebrations, Sustrans teamed up with Chilean winery Viña Cono Sur to promote the joys of cycling and encourage more people onto their bikes.

Cono Sur shares Sustrans' passion for the bicycle and care of the environment. Bikes are the main mode of transport used by workers at their vineyards and can be found propped up against the winery walls and at the end of rows of vines. Cono Sur has a nature-friendly way of protecting their vines from insects too – a flock of insect-munching geese.

To be in with a chance of winning a case of Cono Sur white wine, simply answer the question below.

Q. How many miles make up the National Cycle Network?

Send your entry by email to events@sustrans.org.uk with Cono Sur in the subject. Closing date is Friday 7 January 2011. The winner will be notified by email. Remember to include your full name, address and contact phone number.

Here are a few ideas to whet your appetite:

London Greenways - developed and funded by Transport for London, Sustrans, the Olympic Delivery Authority, the London Boroughs and other partners are quiet routes ideal for those who are new or returning to cycling, families with young children or anyone who feels particularly vulnerable on busy roads. The routes have been created in and around green spaces in London, and link up local attractions.

Enjoy the new greenways along the attractive Ravensbourne River within the wildlife haven of Beckenham Place Park, across the Hogsmill River in the borough of Kingston upon Thames and through Hounslow Heath nature reserve to name but a few.

Or, for a cycle ride away from the city, try the eleven-mile Cuckoo Trail from Polegate near Eastbourne to Heathfield. It's traffic-free and one of the most popular family cycle rides in the south east of England.

For more information visit the Sustrans website or send for a free cycling information pack from Sustrans. It comes with ideas for bike rides in your area and practical advice about choosing and using your bike, plus cycling with children. [Request a free pack at www.freeyourbike.org.uk](http://www.freeyourbike.org.uk)

Competition terms & conditions

Only one entry per person.

Open to UK residents only aged 18 years or over.

No cash alternative to the prize is available. The prize is not transferable.

No purchase necessary.

By entering the competition you agree to these terms & conditions.

OFFERS/HEALTH & WELLBEING

EcoLifeWalks is a holiday and life change course on the sun-all-year volcanic island of Lanzarote offering 20+ hours of life change workshop material, much of it spent in dramatic eco-inspirational locations. Activities include yoga, surfing, personal training, massage, shiatsu and cycling. Accommodation is available in the sumptuous Villa Isis or you can stay elsewhere. The course, plus all breakfasts, trips and eating venues has an introductory price of £595 (excludes flight and accommodation) for bookings placed before 1st March 2011.

For details e-mail stuart@ecolifewalks.com or call (020) 8123 9250. Readers can obtain a 10% discount – quote Beanstalk offer when booking.



It is not often you stumble upon a place that is so unique that it takes you by surprise. For Balance Health Centre does just that – an oasis of calm with a warm homely atmosphere. Primarily an Ayurvedic Clinic it offers several Wellness and therapeutic treatments with a shop full of herbal products and a Vegetarian café (6 Tastes) serving light lunch. It also runs several Wellbeing Workshops, Cooking and Meditation classes - a place not to be missed for a truly Ayurvedic experience!

For Balance Health & Wellbeing Centre
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