

MESS news

Marple, Mellor & Marple Bridge Energy Saving Strategy No. 13 Summer 2017

"An opportunity to face and plan, together as a community, the challenges that Climate Change will bring"

An easy way to reduce your carbon footprint

MESS

Switch

with MESS to an
All Renewable Energy Supplier
such as
ecotricity or **Good Energy**
and earn up to
£25
cash reward
through MESS

MESS is a local environment group dedicated to helping people lower their carbon footprint and reduce the amount of carbon emissions in the area. Here we offer the opportunity to leave the big six energy companies and become part of the network of people who are supporting renewable green energy from either Ecotricity or Good Energy. These companies not only provide energy from sustainable sources but actively invest in new developments for sustainable energy. They also only have one tariff which remains constant. These companies will reward MESS for this promotion at the end of each quarter and MESS will then share that reward with you.

To make this easy change to your energy supplier go to the MESS website www.marplemess.org.uk and follow the switching link. Select the company you prefer and click on their link and follow their instructions. You must use the link from the MESS website to qualify for the cash reward.

At a time when the country is in a mess, both politically and security-wise, it is good to have some positive news of our Orchard at Marple Recreation Ground. We were overwhelmed by the number of people who came to help. Several people who joined in the planting said it was the happiest day they could remember. It was a perfect example of community - people sharing an experience and helping each other to achieve the completed 75 tree orchard. The orchard is now being tended by a Friends of Marple Orchard (FOMO) group who, with the assistance and advice of the Council will water, prune and tend the trees.

Overleaf the young couple trying to be self-sufficient could give us all some ideas. Do you have similar achievements you can share and inspire others to imitate?

For the first time on 8th June half of UK's energy was supplied by renewables — solar(7.6GW), wind(9.5GW) hydro(0.2 GW) and biomass(2GW).

MM

WHY PLANT AN ORCHARD

Stockport Council are committed to having a Community Orchard in every ward in the borough. Because of the economic cuts being experienced across the country there is not now the finance available to achieve their aim. So when MESS (Incredible Edible) proposed an orchard sponsored by the community the council were happy to support and advise on where it could be.

The orchard is planted with half-standard trees and includes a wide variety of apples, pears, plums and nuts and will be kept to a modest height. The orchard will provide colour in the spring and autumn, provide shade in the summer and draw up moisture from the soil hopefully making the site more usable for informal recreation. The presence of fruiting trees will also benefit wildlife and encourage an increase in songbirds and improve air quality.

The orchard will be open and free for all people to enjoy and will encourage opportunities for learning new skills such as pruning and grafting. It can also act as an open air classroom and educational resource for local schools. As the orchard becomes established it can become a meeting place for local events, such as Apple Day (21st October) and promote the health benefits of eating fruit and trying new varieties. It may also encourage people to plant fruit trees in their own gardens.

Stockport Mayor, who sponsored one of the trees, came to plant the first one on planting day.

On 25 March the community came and planted all 75 trees

The completed orchard

The first blossom



MESS MEETINGS

MESS meets every month at 7pm in the Community Room at **Marple Fire Station**, Hollins Lane, Marple SK6 8AL

Next meetings are: **2017**
10 July, 14 August, 11 September,
9 October, 13 November, 11 December.
and every 2nd Monday of the month
Everyone welcome

Contacts

Email: marplemess@gmail.com
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GOING GREEN & BEING SELF SUFFICIENT

I have a forty year old son who with his fiancée is greener and more environmentally and energy aware than even I am. This is their journey:



Cider press

made us realise without so much decided to move forward.



In October 2015 we spent a week in a straw bale hut by a little lake in Sussex. Our work had been stressful and relentless for a while so we both needed a break and this place we booked on Airbnb with no running water or electricity seemed like the perfect hideaway to recuperate. We had thought we would one day build an eco grand design, probably when we retire, but staying in a 3m by 7m hut where we could see how it was made, where our cooking and heating was a Raeburn in the corner (which kept us very toasty) we could survive quite comfortably that we take for granted. We the date of our grand design

Eighteen months on we are building our foundations, not concrete in the ground (we are still in our little rented terrace in Leicester and don't like concrete) but we are busy learning the skills we'll need and practising what we can, whether that be growing some of our own food, curing bacon or learning to build timber frame structures. Most of our vegetables come from a local community harvest, where we volunteer a couple of days a year and take turns delivering the weekly veg bags. Eating seasonal food and trying to reduce the food miles is a big part of what we are doing. When there are seasonal gluts we eat fresh and find ways of preserving the rest. So we now have cupboards full of homemade green tomato chutney, piccalilli, and cider scrumped from our

local community orchards. We also made apple compote for our breakfasts and cider vinegar from the apple skins. We've run out of our apple compote already, but rhubarb is now in season.



Cold smoker

and smoked fresh most salmon I've smoking relies on again it is a seasonal activity.

We are both fairly new to gardening but we are growing as much fruit and veg as our small terrace garden can take and learning as much as we can through trial and error.

At the end of last year I made a cold smoker, partly to help preserve foods, but also because smoked food tastes great. We smoked a lot of cheese, which is probably the easiest food to smoke as it takes on the smoke flavour so readily, and cured then smoked some pork belly to make bacon using Maple sawdust. It's delicious even though we overcured it. We've also cured trout, which turned out better than had, as well smoking garlic. Cold food staying cold and fresh, so

Over the last year we have been starting to make all our own soaps, shampoos, face cleansers, lip balms and even make-up. This not only saves a lot of money it means we are using a fraction of the harmful chemicals that are crammed into beauty and cleaning products and reduces the amount of packaging that needs to be recycled, and the products can be tailored to our needs and tastes.

It will be at least a year before we start to look at buying land and it's going to be a long journey, but we already feel that we are well on our way to living a self sufficient life.

ER

THE PROS AND CONS OF WOODBURNERS

Go greener - buy a log burner – it's obviously a greener option - or is it?

Clearly using wood as a fuel means that you can leave fossil fuels in the ground and not contribute to a long term increase in atmospheric CO2. Unfortunately it is not that simple! Recent concerns have highlighted that log burners can contribute to other forms of pollution, particularly particulates that have an unpleasant smell and can be damaging to health (occasionally triggering asthma-like symptoms and in the long term may increase the susceptibility to circulatory diseases). The majority of such particulates are formed when the wood burned is inadequately seasoned (dried) and when the wood is burnt slowly. It is possible to install a log burner and use it in a manner that is greener than using other fossil fuels and is not a health hazard. Firstly ensure that the log burner you buy is a high efficiency one (most modern ones are).



Secondly, buy the smallest one that will provide enough heat and keep it burning strongly - rather than burning low with most of the wood just smoldering. Thirdly, ensure that the wood you burn is thoroughly seasoned/dried. Thorough natural drying under cover typically takes one year to dry to a depth of one inch (so a 2 inch log will dry in 1 year and a 4 inch log will dry in 2 years). Alternatively you can get kiln dried logs, but bear in mind that energy has been used to do this and makes the 'greener' reason for buying a log burner less effective.

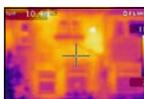
So with an appropriate log burner, together with careful (and considerate) use, you can go greener Sourcing your own wood is a lot of work but can be fun, provides a good deal of exercise and can be helpful to friends and neighbours when they have fallen or unwanted trees to deal with. However do be very careful, cutting branches of trees, whether fallen or not can destabilise them and the cut pieces often fall off in unpredictable directions.

CB

Thermal Imaging

MESS is again offering to do a Thermal Image of your home so you can see where there may be heat loss and other problems that could be corrected.

If you wish to book a survey contact MESS to arrange on: marplemess@gmail.com or 0161 663 0402



MESS meets monthly to discuss environmental issues and matters arising and to plan the way ahead. If you would like to be part of the group and / or keep in touch with the group & other issues of Carbon Reduction in the area please

complete this form and send to: MESS, 116 Longhurst Lane, Mellor, SK6 5PG Email: marplemess@gmail.com

YOUR DETAILS

NAME:

ADDRESS:

POST CODE: TEL.NO:

Email:

**JOIN
MESS
NOW**