

# Act!on

[www.manchesterfoe.org.uk](http://www.manchesterfoe.org.uk)

## Neglected? Taken for a Ride?



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SUPERMARKETS "It is unfair that they can offer free parking. Our passing trade has fallen."  
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**Friends of  
the Earth  
Manchester**



**Friends of the Earth Manchester**

Manchester Friends of the Earth is a prominent campaign group working on issues relating to the environment and to social justice. We campaign on issues with a local connection and also lobby for policy changes at local, regional, national and international levels. We work on a diverse range of issues including climate change, real food, sustainable transport, waste and recycling, air quality, social exclusion and trade justice.

**Member Interview:**  
Jonathan Whitehead\*



**When did you get involved?**

In September, after bumping into Liz and Ali at an MFoE stall at the Manchester Mela in Heaton Park last August.

**What concerns you?**

It's not too late to reverse the climate change caused by our energy demands and reliance on

fossil fuels. I think Manchester would be a nicer city to live in if there were fewer cars in it and if walking, cycling, buses, trams and trains were more attractive and effective.

**What made you decide to get involved?**

I'd tried one or two campaigns groups in the past, but they didn't really work for me. But FoE's objectives are very close to my own concerns. At the first campaigns meeting I attended, I discovered MFoE was effective and well-organised, with plenty of opportunities for people to get involved - and enthusiastic and friendly people too!

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\* Jonathan dressed in plastic bags at an action to encourage their reuse.

## JOIN IN!

Manchester FoE's campaigns centre is located in the basement of the Friends Meeting House, 6 Mount Street, behind Central Library. To find the campaigns centre, take Bootle Street, which is down the left side of the Friends Meeting House. The campaigns centre is run entirely by volunteers, so it is not always open. Please phone in advance.

**Meetings:** 7pm on the 2nd Tuesday and 4th Wednesday of the month in the Friends Meeting House.

**Address:** Manchester Friends of the Earth, 6 Mount Street, Manchester M2 5NS.

**Phone:** 0161 834 8221 **Email:** office@manchesterfoe.org.uk **Website:** www.manchesterfoe.org.uk

As a member you get not only this newsletter but also:

- 4 free issues of "Earthmatters", the magazine from national FoE (new members only)
- 25% off a meal at Earth Cafe
- 10% off selected purchases at Harry Hall Cycles
- 10% off food and drink at Misty's Cafe
- 10% off purchases at the Manchester branch of Field & Trek
- 15% off food and drink at the Nectar Cafe in Hale
- 10% off selected purchases at Ken Foster's Cycle Logic
- 10% off main meals and hot drinks at Titchy Coffee Co

**Just fill in the membership form on the back cover and get involved!**

**Gift Memberships also available - see back cover...**

**Contributors to this issue:**

Ali Abbas, Catriona Fothergill, Paul D'Ambra, Samantha Lacey, Luke Reade, Helen Rimmer, Lynda Searby, Graeme Sherriff (editor). Illustrations from Creative Concern and Lucy Foster

# Love Your Bike

Forget the miserable Manchester winter... it's spring!  
And it's time to rekindle a love affair - one that loves you  
back in so many ways. Graeme explains why.

Love your Bike is a major new MFoE campaign. On the 21st March, we'll be unveiling some clever and thought provoking adverts on Manchester billboards and bus backs.

In conjunction with Manchester City Council, Creative Concern and Greater Manchester Cycling Campaign, we'll be reawakening the city to cycling, arguing that, by loving your bike, you love your body, your wallet and every minute. Look out also for a brand new website [www.loveyourbike.org](http://www.loveyourbike.org) (will be up ready for the 21st), colourful postcards and discounts in loads of shops (please see website). There has never been a better time to take up, or return to, cycling.

## Some cycling and health facts..

Travelling by bike instead of car for a third of all short journeys would reduce national heart disease rates by 5 to 10%.

Those who do not cycle to work experience a 39% higher mortality rate than those who do, regardless of whether or not they cycle or take part in other physical activities.

A 15 minute bike ride to and from work five times a week burns off the equivalent of 11 pounds of fat in a year. A conservative estimate of energy use is 300 calories per hour - about the same as aerobics!

Regular cyclists enjoy a fitness level equal to that of a person 10 years younger.

Cyclists and pedestrians actually absorb lower levels of pollutants from traffic fumes than car drivers.

The average UK resident spends 9 days a year in a car.

Cycling at least 20 miles a week reduces the risk of heart disease to less than half that for non-cyclists who take no other exercise.

## Campaign Launch 21st March 2006

We'll be launching the campaign on the morning of 21st March. If you'd like to be involved in a cycle ride and photo shoot on the morning, please get in touch with Graeme (details below).

## What's it like cycling in Manchester?

We want to record experiences of cycling in Manchester so we can call for improvements where they are needed. On the Love Your Bike website you'll find ways to feed back to us, your employer and the council.



**LOVE  
YOUR  
BIKE  
.ORG**

Information sources: British Heart Foundation, Cyclists Touring Club, National Travel Survey, Anderson et al 2000 (In Archives of International Medicine), Leeds Cycling Action Group, National Forum for Coronary Heart Disease Foundation, National Cycling Strategy.



Photo: Oxford Road 2010?

# (Sustainable) Diamonds Are Forever

Diamonds may be expensive, but they shouldn't cost lives.

Shoppers in Manchester have been asked to put pressure on retailers to ensure that the sale and trade in diamonds is not used to fund armed conflict and prolong civil war. Campaigners from the Manchester Amnesty International and Friends of the Earth groups took to the streets in February to target romantic shoppers who might be looking for that special gift just before Valentine's Day. They talked with consumers and handed out free brochures to guide shoppers through the issues around conflict diamonds.

Conflict diamonds are those sold in order to fund armed conflict and civil war. Warlords and rebel groups have used billions of dollars of profits from the sale of diamonds from the mines they control to buy arms and fund devastating wars in Angola, the Democratic Republic of Congo (DRC) and Sierra Leone. Many of these conflicts have used child soldiers.

Whilst the wars in Angola and Sierra Leone are now over, and fighting in the DRC has decreased, the problem of conflict diamonds hasn't gone away. Diamonds mined in rebel-held areas in Cote d'Ivoire, a West African country in the midst of a volatile conflict, are reaching the international diamond market. Conflict diamonds from Liberia are also being smuggled into neighbouring countries and exported as part of the legitimate diamond trade.

A report out in November of last year, from the organisation Global Witness - which researches and campaigns to expose the link between exploitation of natural resources, environmental destruction and human rights abuses - found that the international certification scheme set up to combat the trade in conflict diamonds, the Kimberley Process, was falling short in its aims.

The scheme was founded in response to a long-standing international campaign and media attention on the consequences of the trade in conflict diamonds. All participating governments (a total of 69, including Liberia and Cote d'Ivoire) are required to issue certificates, guaranteeing diamonds as conflict free, to accompany all shipments of rough diamonds to and from participating countries. However, poor border controls, inadequate oversight of diamond traders, and corruption, are leading to too many diamonds being smuggled out by armed groups and finding their way into international markets. Whilst it is impossible to eliminate all smuggling, Global Witness argues that the Kimberley Process can and must do better to ensure that the system of internal controls put in place by participants are strong enough to prevent trading in conflict and illicit diamonds, and will be putting pressure on governments during the Process's first review during 2006.

To support the Kimberley Process, all sectors of the diamond industry also agreed to a voluntary system of warranties to ensure diamonds continue to be tracked right up to the point of sale. All invoices for the sale of jewellery containing diamonds should now include a written guarantee that states they are conflict free. This should mean that retailers should be able to show consumers that the diamonds they are selling have come from conflict-free sources.

In 2004 Amnesty and Global Witness conducted a survey of UK diamond jewellers to see whether they were implementing what they had agreed to. Unfortunately whilst some efforts had been made, only 18% of the stores surveyed could provide a copy of their conflict diamonds policy and 22% said they had no policy at all. Campaigners want consumers to put pressure on retailers and make sure they can give assurances that their diamonds are conflict free.

The Amnesty and Global Witness guide, entitled 'Are you looking for the perfect diamond?', is short and easy to use and recommends that as well as the usual 4C's of Colour, Cut, Clarity and Carat, shoppers should also ask about Conflict before making their purchase.

**Diamonds are a once in a lifetime purchase - the shoppers questioned in Manchester did not want this special gift to be related to the pain and suffering of others. Amnesty and Global Witness are making it easy for shoppers to find out if the jeweller they choose is committed to conflict free. Diamonds may be expensive but they shouldn't cost lives.**

'Are you looking for the perfect diamond?' was published on the 10th February by Amnesty International UK and Global Witness. It can be read online at [www.globalwitness.org](http://www.globalwitness.org)



# When Ali met Tony

## Manchester FoE Ali takes Big Ask campaign direct to Prime Minister

Ali was invited to the Labour party conference on 10th February as part of the launch of the Let's Talk initiative, a forum for community members to talk with Government ministers. At the end of the evening session, which saw a number of focus groups discussing the challenges to the community and voluntary sector and how government can support them, the Prime Minister Tony Blair entered and spent some time chatting to the delegates.

As he was about to leave, Ali seized the opportunity to ask Mr Blair if he had time for a quick question on climate change, and was rather surprised when the Prime Minister replied "Follow me". Ali followed him from the room, surrounded by cameras and security guards, and

Ali looking smug after his attempt at world domination.

waited in the foyer, expecting to be ushered away at any minute, while Mr Blair consulted his aides. The Prime Minister then turned to Ali. Ali started gently by congratulating Mr Blair for taking a lead on climate change, supporting the Kyoto agreement and lobbying the US to cut their emissions (although it has to be said that Ali is not actually that impressed with what's happened.) Ali raised concerns about recent increases in emissions and asked him what he thought of Friends of the Earth's proposed climate change bill which requires annual cuts in greenhouse gas emissions.

Mr Blair replied that he's not a fan of annual targets because greenhouse gases can 'fluctuate wildly from year to year', and so he preferred 5 or 10-year targets. Ali pointed out that this is not a valid argument because the key

to the bill is having a steady downward trend in emissions; although emissions can fluctuate, the key is having year-on-year improvements in order to meet the longer-term targets. Mr Blair's response was that he wasn't aware of the full details of the proposed bill but said, 'The good news is, we are going to meet our Kyoto targets.'

Ali pointed out that this is a matter of opinion, because emissions have risen since Labour came to power and the UK is definitely not going to meet the UK Government target of a 20% reduction by 2010. Ali also expressed his concern about the impact of the Aviation White Paper and suggested that the planned growth in aviation will give us no chance of meeting our longer-term targets. At this point the PM made his excuses and disappeared into his private function room.

### Want to ask the Big Ask?

To find out more, go to [www.thebigask.com](http://www.thebigask.com), where you can email your MP and ask them if they are supporting the Climate Change Bill. Manchester Friends of the Earth aim to visit all the MPs in Greater Manchester to lobby them in person. Please contact [ali@manchesterfoe.org.uk](mailto:ali@manchesterfoe.org.uk) if you'd like to help.

## Nectar

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# Supermarkets 'v' Orang-utans: Round 1

Would you refuse to help this orang-utan? Many supermarkets still do.

Concerted pressure from Friends of the Earth campaigners all over the country is having a positive effect on companies' approach to buying palm oil. The palm oil industry is responsible for massive rainforest destruction in south east Asia which is driving orang-utans towards extinction. Following the action taken by members of local Friends of the Earth groups last year (see our website for details), many supermarkets have now agreed to join the Roundtable for Sustainable Palm Oil (RSPO). The first to respond was Co-op, followed by Asda, Boots and Waitrose. Sainsburys and Marks and Spencer have also assured Friends of the Earth that they are in the process of applying to join the RSPO.



Unfortunately, Tesco, Somerfield, Morrisons and Iceland still refuse to join. So we held another day of action on Saturday 25th February. We asked members of the public to sign postcards to their MPs asking them to support the idea that companies should be made more responsible for their impact on society and the environment. So far the work of Friends of the Earth and other groups supporting the Corporate Responsibility campaign has led to over 190 MPs supporting the motion but we want to get even more support so that it becomes legally binding.

Ask you MP to sign EDM 697 by going to [www.manchesterfoe.org.uk/corporates/action.htm](http://www.manchesterfoe.org.uk/corporates/action.htm):

*"That this House believes companies are critical in achieving the aims of sustainable development and to making poverty history, but that in order to be able to do so their freedom to operate must be balanced with clear responsibilities to society and the environment; and urges the Government to enshrine in new company law a duty for directors to identify, consider, act and report on any negative social and environmental impacts caused by a company's activities in the UK or overseas."*

For more information about this campaign, please contact: [sam@manchesterfoe.org.uk](mailto:sam@manchesterfoe.org.uk)



Photos: Orangutan adult male. © Ian Redmond (top) MediaOrangutan rescue. © Jo-lan van Leeweun / Borneo Orangutan Survival Foundation (bottom)

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# Every Little Hurts

Paul on his visits to Burnage, before and after Tesco arrived.

Each year more people choose not to shop at supermarkets. As the evidence mounts that they reduce choice and quality of food and drive UK farmers out of business, Tesco still controls nearly a third of the UK grocery market and intends to grow. One argument the supermarkets always make is that they create jobs, but many others suggest that independent traders employ more people per pound of turnover than the supermarkets and that the supermarkets actually depress the local economy. A study by the New Economics Foundation suggested that each £1 spent at a local business is worth £1.78 to the local economy but only 36p if spent in a business owned outside the area.

So when Tesco recently won planning permission for a new 24 hour store in Burnage only a mile from the large 24 hour Didsbury Tesco, Manchester Friends of the Earth decided this was a good opportunity to find out just what impact the ever-growing number of supermarkets is having.

In our first visit, one day before the store opened, we found nearly 60 businesses in a half mile stretch providing a very wide range of services that all had different opinions on the new store. Feelings ranged from horror to happiness as some shopkeepers expected more people would walk past and generate business for them.



Just six months on and with the release of High Street 2015, a parliamentary report calling for controls on the supermarkets and the grocery sector, we visited again to see what had changed. There were still the same businesses but none had a positive view of the store. Two traders now thought they would close. Several had found turnover halve since the store opened and one store, California Wines, opposite the new store had closed half of the shop.

One shop owner was happy to diversify and compete but asked **“how can I compete when Tesco can sell cheaper than I can buy at the wholesaler?”**

**“It is unfair that they can offer free parking. Our passing trade has fallen as people drive past to Tesco,”** said local butcher.

And at Broomhall Domestic Appliances who hadn't anticipated being affected by the Tesco store they said, **“We can offer repairs and services and hold a wide range but Tesco stocks just one model of Dyson vacuum and can undercut us so we have lost customers. If they start to sell domestic appliances it will devastate our business.”**

It appears that in only six months independent businesses in Burnage are being driven under by the distorting effect Tesco can have with free parking and massive buying power.

So is it true that the supermarkets create more jobs? The evidence in Burnage suggests that at least some jobs at the local traders will be lost and since independent traders in Britain employ more people per pound of turnover than the supermarkets it looks like the local economy will suffer at the hands of Tesco.

**Manchester Friends of the Earth will carry on tracking the impact of Burnage Tesco so if you would like to get involved in this or campaign on Real Food in Manchester contact [paul@manchesterfoe.org.uk](mailto:paul@manchesterfoe.org.uk)**

# A Walk on the Kerbside

Lynda talks to Manchester City Council's principal waste strategy officer, Gary Donoghue

## Why aren't businesses offered a free recycling service?

We're responsible for looking after municipal or household waste - not business waste. Businesses have to pay for their waste disposal so they can use whoever they want to get rid of their waste. Homeowners pay council tax - why should they subsidise businesses?

## What domestic recycling facilities exist at present?

We provide a weekly refuse service to 200,000 properties as well as a number of recycling facilities: over 100 bring sites, plus fortnightly kerbside collections using boxes for paper, glass, cans and textiles and four-weekly twin-bin services for paper, glass and cans, to 100,000 properties. We also provide a bulky waste collection and 70% of that material is recycled.

## Do you plan to introduce a kerbside scheme for flats?

We've identified about 30,000 flats which require further recycling services. We want to provide a mini bring site for each one. We've done a pilot covering 1,700 properties and that's worked quite well. We are hoping that funding approval for this should be given in April.

## What future targets has Manchester City Council set for recycling?

By the end of this financial year, we're aiming to reach 18%. We've set targets of 23% for 2006-7, and 28% for 2007-8. That takes us to 30% in 2010 when the Landfill Directive kicks in - that requires us to reduce the amount of waste sent to landfill by 75% on 1995 levels.

## Will Manchester residents be able to recycle tetra packs and batteries in the future?

There is an organisation in Fife that will accept tetra packs but we have to pay for the collection, the container and the logistics. We are working on a way that we can provide facilities and once we have confirmed costs we'll take that further.

The problem with batteries is that if you collect them altogether in a bin, they become hazardous waste and have to be dealt with under hazardous waste legislation, which means it would cost around £600 per tonne to recycle batteries. We have to weigh that up against using that money to get extra properties onto the kerbside collection scheme.

## When will we be able to recycle plastics?

At present we have to collect all materials separately. However, there is the possibility of building a facility which can separate mixed waste, so we can collect all materials mixed, except paper, and take them to a plant, where they are split off into constituent parts. That is an 18-month build and we can't get plastic onto the kerbside until we get this equipment.

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**10% discount on hot drinks and main meals for MFoE members.**





# Green Gold

Biodiesel comes to Manchester.

Green Gold Biodiesel, a Manchester-based co-operative, has recently opened the first biodiesel forecourt in Manchester, selling green diesel at the pump.

Biodiesel is made mainly from vegetable oil and is largely a renewable fuel. It has significantly fewer emissions of carbon dioxide than standard diesel and is recycling what is essentially a waste product.

Any diesel engine can run on B5 (a blend of 5% biodiesel) without affecting the warranty. In Germany, biodiesel has been widely available for several years. It is tried, tested, safe and reliable, and all taxes are paid. Your vehicle could run on between 5% and 100% biodiesel depending on age and model without the need for any conversion.

**If you bring this page with you before 30 June 2006, you will receive 2p/litre off the price of your fuel or £1 off membership! Not valid in conjunction with any other offer.**

Green Gold Biodiesel already have and will continue to stock 'Basic 5' which is 5% biodiesel: 95% regular diesel. Does 5% make a real difference? To understand the significance of the figure just imagine a 5% payrise, or losing 5% of your body weight. You could be reducing your dependence on petrochemicals by 5%, The lubricating qualities of Basic 5 also prolong the life of your engine. Green Gold's customers report a increase in miles per litre using the fuel. To buy B100, the 100% biodiesel option you will need to become a member of Green Gold Biodiesel – membership is £10/year for individuals.

## Eight Things You Should Know About Green Gold Biodiesel

- 1) Green Gold's B5 fuel can be used in ANY diesel vehicle without affecting the warranty.
- 2) There is no need to convert your vehicle to use biodiesel and biodiesel can be mixed in ANY ratio with normal diesel.
- 3) Your company can set up a credit account with Green Gold and we can offer a discount for fleet users.
- 4) Biodiesel is a fuel made primarily from vegetable oil, and because it comes from plants it is a largely renewable fuel - unlike mineral diesel.
- 5) Biodiesel produces between 30% and 80% less carbon dioxide than mineral diesel.
- 6) Their biodiesel comes from used cooking oil and virgin rape seed oil. Rix Biodiesel in Hull is our supplier of B5.
- 7) You may have read that biodiesel can be made from palm oil, produced at the expense of tropical rainforest. Green Gold are opposed to this for ecological and quality reasons and have already refused to buy fuel from a UK supplier because of this.
- 8) Green Gold is literally yards from Manchester Piccadilly station and very easy to find...

### Opening Times

Monday – Friday 8.00am - 6.00pm  
Saturday 1.00pm – 5.00pm  
Sunday Closed

100 Fairfield Street, just yards from Piccadilly Station



# Is Nuclear the Answer?

It seems too good to be true. That's because it is.



We don't like to be negative here at MFoE, but the nuclear industry is pressing its case so persistently, that we need to be continuously pointing out that it is wrong. Here are a few reminders that are worth bearing in mind when considering renewable energy developments.

The cost of nuclear energy production is roughly twice that of land and wind, per unit of energy.

Doubling the amount of nuclear power generation in the UK would only reduce greenhouse gas emissions by 8%.

With the domestic sector (home heating and electricity) causing about one third of greenhouse gas emissions, it's better to have conservation measures.

We still do not know what to do with the nuclear waste we already have, let alone any amount of extra waste.

Despite what the nuclear power industry claims, the new generation of nuclear power plants do leave a legacy of dangerous radioactive waste for thousands of years.

The most authoritative study for the UK suggests nuclear would produce about 50 per cent more global warming emissions than wind power.

There are no domestic sources of uranium. We need to still rely on foreign countries.

## Just a Minute!

The stars of that well known Radio 4 show, gave their insights on being environmentally friendly during a show in February. We give a few responses.

**A large compost heap is the best thing to have at the bottom of your garden... (Graham Norton)**

This is an excellent way to reduce your eco-footprint as less of the waste from your household has to be trucked around the country just to be turned into methane in landfill. And it is also a great way to save money. If you are a gardener you can forget about paying for compost and can have your garden blooming in no time... you can even bury coffee grounds and tea bags direct into a trench to grow on top of.

**The best way to be environmentally friendly is not to throw anything away but what I've found is that that turns your own personal environment into a sort of living hell. Soon you're lying on a big case of bottles... (stopped due to hesitation) Graham Norton**

Time to get doorstep recycling! (See page 8)



**Rhino dung can be made into paper. It's not a very pleasant letter to get but still you know you've done your bit... (Clement Freud - stopped by Paul Merton saying it's the Rhino that's done his bit)**

We have nothing to add!

**Buy a bike, get knocked off it and insist on being buried in a cardboard coffin, there you've done your bit... Jenny Eclair**

The number of cyclists killed in road traffic crashes in 2000 was 125. That year there were over 45,000 deaths from heart disease attributable to physical inactivity. Cyclists generally have a fitness rate of someone ten years younger than them... (see page 3) But very funny anyway.

More about green burials, just in case, at [www.naturalendings.co.uk](http://www.naturalendings.co.uk).

# Season's Eatings

## One Parsnip and Hazelnut Risotto, coming up...

March is a great month. The weather is picking up so UK salads can be grown undercover but the weather is still cold so you can have heart and cockle warming meals like this. Making this at home I use all organic ingredients except where a locally grown alternative is available. At the moment all of the fresh produce is in season so a UK source should be available.

Ingredient	Supermarket	Organic Grocery
2 large parsnips, diced	£1.53	£0.76
Half a carrot diced	£0.10	£0.08
1 large leek diced	£0.88	£0.36
4 cloves of garlic finely sliced	£0.03	£0.03
4 dried apricots finely sliced	£0.10	£0.05
125g butter	£0.48	£0.96
320g Arborio or Carnaroli Rice	£0.55*	£1.63
Olive oil	£0.08 s	£0.07
½ cup of white wine	£0.36* s	£0.59
8 whole hazelnuts	£0.29* s	£0.42
Mixed salad leaves	£1.63 (for 200g) s	£2.41
Pumpkin seeds	£0.10	£0.04
Red Wine Vinegar	£0.03 * s	£0.02
<b>Total</b>	<b>£6.16</b>	<b>£7.42</b>

\* = own-label product

s = no organic option



Paul - He makes it look so easy doesn't he?

This should provide 3 large or 4 small servings.

So here our co-operatively run, environmentally friendly stores come in just over a pound more expensive than the international, environmentally un-friendly 'Super'store. It isn't just about cost though: the extra pound pays for the peace of mind that your food miles are hundreds if not thousands of times lower and the eco-footprint of your meal is much, much smaller— visit the [www.realfoodguide.org.uk](http://www.realfoodguide.org.uk) to find out more about why the locally sourced, organic, Fairtrade and GM-Free option is the obvious choice...

- 1) Add the olive oil and half the butter to the pan and put the heat on low, when the butter has melted add the leek, garlic and apricot and keep stirring until the leek has turned translucent
- 2) This should take 5 mins. Now add the parsnip and carrot and the brandy, stir around and put the lid on.
- 3) In the meantime heat a pan with no oil and add the hazelnuts. Keep them moving until they are browned on all sides (careful not to burn them). Transfer them to a pestle and mortar and grind to a reasonably fine powder. Keep checking the parsnips to make sure they aren't sticking.
- 4) After 3 or 4 minutes take the lid off the parsnip and leek, add the hazelnut and give things a good stir.
- 5) Add the rice and the remainder of the butter and keep stirring. While you are stirring fill the kettle and boil some water. When the rice is coated in butter start adding the water bit by bit. It's important to take time over this stage – it is the slow addition of water with stirring that will give the creamy consistency we want.
- 6) This can continue until the risotto is approaching a thick consistency which could be 20 minutes or so– if the rice isn't quite cooked pop the lid on and leave it on low and keep checking the rice.
- 7) About 5 minutes before you want to serve. Take it off the heat and stir in some grated parmesan.

The first of the UK salads are coming in now so the perfect accompaniment is some mixed salad leaves, with toasted pumpkin seeds, olive oil and vinegar.

### Notes

- 1) Supermarket prices were obtained from tesco.com and are an average of the prices for the 'Big Four' as on the site.
- 2) Where there was a choice the cheapest options available at each store were chosen.
- 3) At the Organic Grocery store all veg was labeled with country of origin and was grown in the UK. It was not possible to obtain the country of origin of the supermarket options in all cases.



# Take action

## Campaigns Meetings

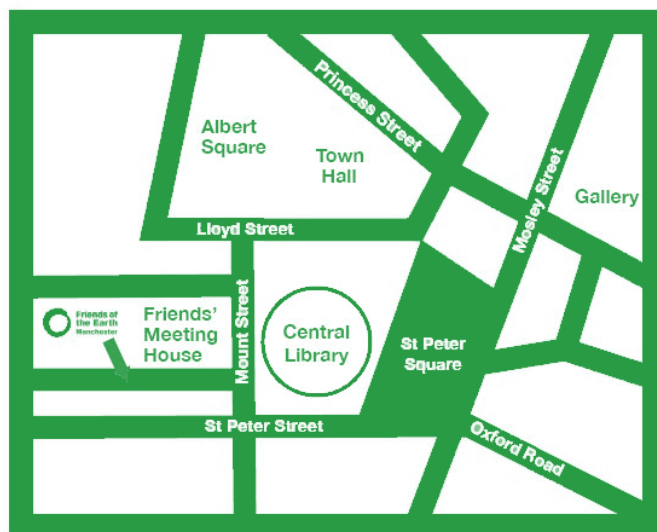
Our campaigns meetings take place from 7pm to 9pm on the 2nd Tuesday and 4th Wednesday of each month in the Friends Meeting House on Mount Street, near Central Library.

## Events

21st March - Launch of Love Your Bike campaign (see page 3)  
4th April - SUST Fashion Show, 7pm Bridge Water Hall  
29th April - Nuclear Power - No Way! 1-5:30pm Cross St Chapel  
First Saturday of each month - stall at city centre fairly traded market

See our website for the latest on forthcoming events:

<http://www.manchesterfoe.org.uk/calendar.htm>



# Time to Love Your Bike...

## If you have...

**0 minutes...** then you need to make more time in your life... Why not combine commuting with exercise by cycling to work! (page 3)

**For more money- & planet-saving tips, visit [www.savecashsaveplanet.org](http://www.savecashsaveplanet.org).**

## If you have...

**15 minutes...** then visit our new [loveyourbike.org](http://loveyourbike.org) website (from 21st March) to plan your route to work...

## If you have...

**an hour...** then visit one of our discount-giving bike shops ([loveyourbike.org](http://loveyourbike.org)) and get your bike checked out and fully equipped!

## Manchester Friends of the Earth Membership Form

Please complete the form below and post it to Manchester Friends of the Earth, 6 Mount Street, Manchester, M2 5NS. Pay by standing order and receive three months free membership! To do this, fill in sections 1 and 2, setting the first payment date three months into the future, not forgetting to sign and date the form.

### 1. Your Details

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ Postcode: \_\_\_\_\_

Membership type (please tick one box):  Armchair  Active (including meeting/event notifications by e-mail)

Membership rate (please tick one box):  £3 unwaged  £6 low waged  £12 waged  £20 household

Method of payment (please tick one box):  Cheque (made payable to Manchester Friends of the Earth)

Standing order: Please complete section 2 below.

Tick here if you prefer to receive our newsletter by email rather than through the post.

Tick here to receive four free issues of the National FoE magazine, Earthmatters (new members only).

### 2. Standing Orders

Name on the account: \_\_\_\_\_ Branch name and address: \_\_\_\_\_

Bank account number: \_\_\_\_\_

Branch sort code: \_\_\_\_\_ Postcode: \_\_\_\_\_

**Instructions to the bank:** Please pay the sum of £\_\_\_\_\_ on the \_\_\_\_\_ day/date of each month/year (delete as appropriate) until further notice to 'Manchester Friends of the Earth' account number 65164538, sort code 08-92-99, bank address: The Co-operative Bank Plc, PO Box 101, 1 Balloon Street, Manchester, M60 4EP.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### 3. Gift Membership: If you would like to make this membership a gift to someone, please add the recipient's details:

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_ Postcode: \_\_\_\_\_

Message (up to 30 words): \_\_\_\_\_