

# NEWSLETTER

## LOVE YOUR PLANET

Issue no. 3

November 2020



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# Introduction & updates



Welcome to our third newsletter. We are now officially one year old and if you missed it on social media we bought the shop a fantastic coffee grinder. Customers can now select the beans of their choice and choose how they would like them ground, depending on their coffee maker. We now have more choice of coffee beans as well on offer, all from 3 local suppliers—J.A Braithwaite, Aimers tea & coffee and Sacred Grounds coffee. Coffee can be bought and ground in store or online.

Other exciting news is we now deliver to St Andrews and surrounding areas on a Thursday—see below for a link to our advert which is being shown just now on Youtube: [https://www.youtube.com/watch?v=GnSniG\\_GUCw](https://www.youtube.com/watch?v=GnSniG_GUCw)

Another piece of very exciting news for us is that we were one of five Scottish companies selected by Quickbooks (our cloud based accounting software) to have their very own animated advert made—and at no cost to Love Your Planet! The advertising agency used was Weiden & Kennedy, a very prestigious company and the animators who worked on the advert were Andy Biddle and Adeena Grubb. Andy has worked on Wallace and Gromit, a John Lewis Christmas advert and with the director Wes Anderson on Fantastic Mr Fox and Isle of Dogs to name a few. Adeena Grubb is a model maker and has worked on various projects including Maynar Bassets advert for juicy chews. The animated advert will be on TV the first 2 weeks in November in Scotland on STV, Channel 4 and Channel 5. Our very own Caragh did the voice over for the advert—it might only be 15 seconds but she worked very hard to get this done, well done Caragh!

Our cake bags continue to sell very well and the new one we have in stock since the last newsletter is the Dundee Cake. We are very lucky to have recently received the official Dundee Cake recipe from Dundee City Council. A lot of work was put into checking back the archives to ensure the recipe is authentic, this was done with Goodfellow & Steven bakery and Mackays jam. We have been asked by Dundee City Council to provide them with 65 Dundee Cake baking bags which will be shipped throughout Europe to various delegates—Love Your Planet baking bags will be even more famous!

Talking of baking bags our Christmas cake one is now in stock and already selling well. These can be picked up in store or ordered online for click and collect or delivery. If you need your cake bag made up gluten free please let us know and we can make these up to order. On Youtube there is a fabulous video that shows you how easy it is to your very own Christmas cake using our baking bags <https://www.youtube.com/watch?v=7vZbRjpb5ao>

## Introduction & updates continued



Christmas cake baking bag



Dundee cake baking bag

We are also running a Christmas cake competition with a prize for the best decorated cake. The prize is a £25 gift voucher for Love Your Planet. Sadly I can't taste everyone's cake so the competition will be based purely on how it is decorated. We are lucky enough to have 2 other judges—Nicola from The Scullery Broughty Ferry (a kitchen and giftware shop) and Suzy from The Cake Guru Broughty Ferry (all your baking and cake decorating supplies). Not only have they agreed to be judges they are both offering 10% discount—The Scullery on Christmas baking tins and The Cake Guru on Christmas cake decorations. There is a category for under 12 years of age and over 12 years of age—so send me in pictures of your cake stating which category you would like to enter. The winners will be announced on the 21st of December.

As always we listen to our customers for stock ideas, below is a list of some of the new stock that is instore or online since the last newsletter:

Coconut sugar—organic

Orzo—organic

Spelt wholemeal flour—organic

Mung beans—organic

Bamboo interdental brushes

Dishwasher tablets—plastic free Scottish made

Paprika—smoked

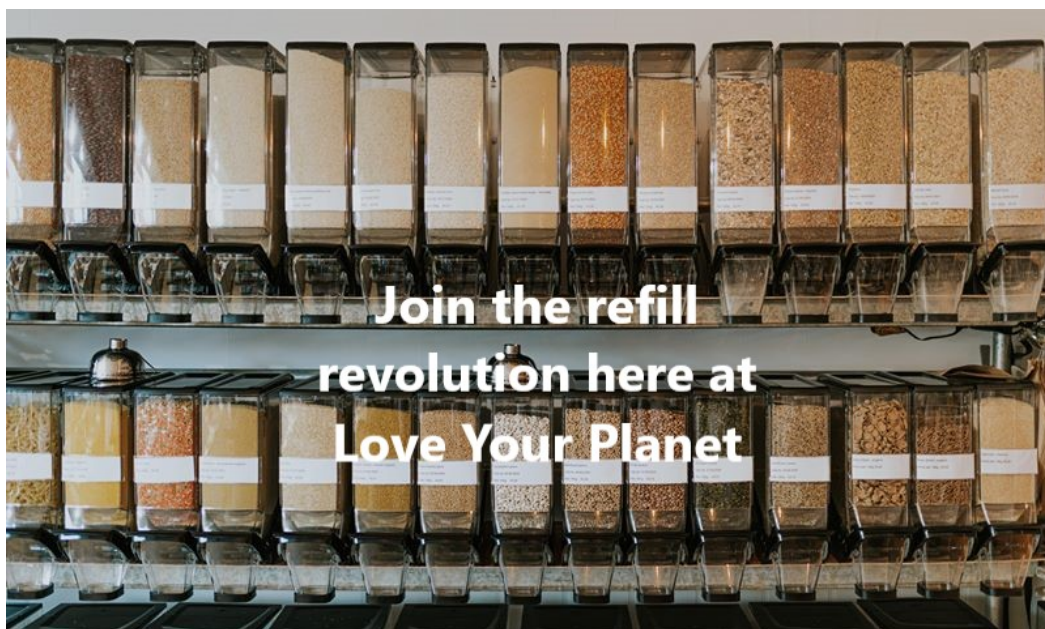
We now also stock oat milk in glass bottles—just return the bottle when you are finished. The oat milk is made in Dundee by The Oaty Co and delivered to Love Your Planet by Dundee Dairy Co. Love Your Planet are continuing to support local businesses!

# Plastic savings made over the year

In our last newsletter we spoke about plastic free July and noted how much plastic customers here at Love Your Planet had saved in just one month. Now we have been open for a full year I have up-dated the numbers to show how much packaging you have all saved by coming into the shop and refilling rather than buying pre packaged goods from other shops. The following savings were made from customers coming into the shop:

- 3,500 x single use bottles (washing up liquid, laundry liquid, fabric softener, liquid hand soap, shampoo, conditioner and multi purpose cleaner)
- 10,600x 1kg single use plastic bags (pulses, beans, pasta, grains, cereals and dried fruits)
- 2,000 x spice and herb jars
- 820 x jars of peanut butter

What a fantastic achievement from all my customers during our first year.



## Why DIY your bathroom & Kitchen cupboards by Caroline Bentley

Most of us are used to cupboards bursting with products for every imaginable household job. One spray for the kitchen counters, another for windows, something else for the bathroom. Two or three potions for laundry, one for the carpets, an air freshener...the list goes on. And it's the same story in our toiletry and cosmetics bags.

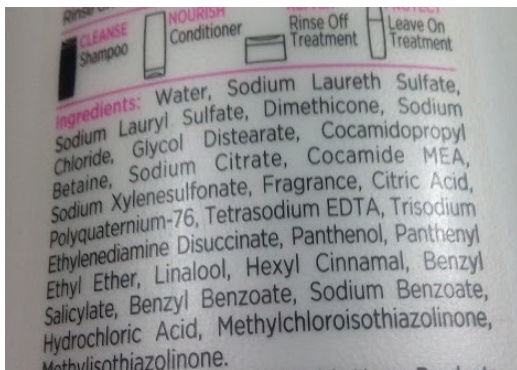


This not only creates huge plastic bottle waste, these products are potentially toxic. A 2018 study found that cleaning sprays can be as bad for our lungs over 10 years as smoking 20 cigarettes a day!

Clever marketing from big companies tells us that we need to buy loads of different products to look after our homes and ourselves. In reality, most contain the same basic ingredients. An increasing number of us are looking behind the claims, checking labels and questioning what we really do need. I am one of them. I've spent time researching common ingredients – and their potential effects – and now find a little joy in mixing up my own. Here is why....

### You know what's in them

Take a look at the back of a bottle of shampoo, washing up liquid or bathroom spray and you'll be faced with a string of chemical names and hazard symbols. Some labels only specify what they have to and point us to data sheets online for the rest. I, for one, don't understand all these terms and, as a chemist once said to me, even a trained person would have to do lots of investigating to make an informed decision. This just isn't realistic when out shopping!



Products manufactured on a mass-scale by multi-national companies are engineered to perform better and better on household tasks, and that's what they shout about on the front of the bottle. However, in my opinion, that performance often comes at the expense of the health of the people using the products and the environment they end up in after use.

As an example, many brands are removing SLS – a surfactant linked to allergies and often derived from palm oil - from their products and replacing it with similar ingredients. They'll shout 'SLS free!' on the front of the bottle, but won't mention the other questionable ingredients left inside. Similarly, many brands are developing aluminium-free deodorants (aluminium salts in deodorants have been linked to adverse hormonal effects) or offering unfragranced alternatives to their standard products (beware of anything including 'fragrance' or 'perfume' because companies don't need to disclose what's in them). What irritates me is that they include these ingredients for years, despite adverse claims, removing them only when public campaigns against those ingredients grow stronger.

From a marine health point of view, there are issues around which chemicals biodegrade when washed down the drain and which don't, affecting the marine environment in various negative ways.

*The Ethical Consumer website is a great resource for information on ingredients to avoid, as well as the wider ethics of larger brands.*

## Why DIY your bathroom & Kitchen cupboards by Caroline Bentley

### You can support different businesses

The vast majority of mainstream household cleaning products are made by just a few huge companies. Even if the particular one you choose is from a 'green' or 'eco' range, the same manufacturer may produce other lines that cannot make the same claims, or the company's wider activities may support toxic chemical use, animal testing, poor company ethics, or unsustainable palm oil production, amongst other activities.



Opting to buy ingredients for DIY products can make it easier to support smaller businesses who may be more transparent with their supply chains, put an importance on ethical sourcing or offer other benefits that make you want to spend your money with them. You may even be lucky enough to have these businesses local to you, so what you spend can support your local economy. You can also do this through choosing finished products from smaller, local manufacturers.

### You can be flexible with ingredients & quantities

When you make your own products, you can play around with ingredients until you've got the perfect combination for you. No two batches need to be the same scent and you're not restricted to what someone else has developed. You can make a different combination for each person in the house so that everyone loves what they use, and there are thousands of recipes online to experiment with. It might even encourage the kids to clean up if they've made the cleaning spray!

### Making is fun, usually cheaper and you feel more self-sufficient!

The main draw for me is that I just love making things! So pottering around measuring, melting, mixing and pouring is a dream way to spend some time. It's satisfying to refill and reuse containers I love - not to mention avoiding more packaging – and to make something that I enjoy using. My cupboards aren't bulging with bottles but look streamlined and simple. I love having just a few, multi-purpose products that are easy to make, again and again.

### So...what are you waiting for?!

The great news is that you can replace many standard cleaning products with just a few simple ingredients you might already have at home, like baking soda, vinegar and salt. Natural skincare can be just as simple and there are loads of recipes online to try out. Have fun experimenting!

Please see the next page for an easy recipe for a cleaning spray to get you started!

# Why DIY your bathroom & Kitchen cupboards by Caroline Bentley



Caroline is the Founder of Greenways Dundee CIC, a Dundee-based social enterprise aiming to make it easier for local people to live lower impact lives.

Look out for their pop-up shops where you can buy ingredients for DIY home and personal care products by the gram, and for small-group workshop events when restrictions allow.



@greenwaysdundee



## All-purpose Cleaning Spray

### Ingredients

250ml water

250ml citrus vinegar

OR

250ml water

250ml vinegar

25 drops essential oils

### Method

In a 500ml bottle, combine all ingredients and shake well to mix.

### To use

Spray on surface, leave for a few seconds and wipe.  
(Vinegar-based cleaners are not recommended for use on natural stone surfaces like marble or granite.)





# Customer recipe

This month's customer recipes comes from my sister Emily. She loves to cook and always has something delicious for you to eat when you go round to visit her. She is happy cooking for her family and has passed down her excellent cooking skills to her twin daughters who were making roast dinners all by themselves at the age of 11. They are both now at university and I am sure both are making lots of home cooked food for themselves. The recipe is for a very nutritious and delicious soup—minestrone. Perfect for this time of year!

## Emily's minestrone soup

### Ingredients

#### **Stock**

- 1 Ham Hock
- 6 cups water
- 5 peppercorns
- 2 bay leaves
- 1 parmesan rind (optional)

#### **Soup**

- Leek
- 2 cloves garlic
- 1 onion
- 1 stick Celery (optional)
- 6 cups chopped Vegetables – mix of carrot, butternut squash, turnip, courgette, sweet potato, kale, spring cabbage, parsnip (choose 3 or 4 options not all! If using courgette, kale or cabbage use sparingly so eg only 1 courgette).
- 1 500g carton passata
- 1 glass white wine (optional)
- 2 chicken stock cubes
- 1 tin white beans (choose from cannellini, haricot, white kidney, borlotti – strained and washed)
- 1 cup orzo (don't use any other pasta as it goes bleuch)

### Method

1. Add all ingredients for stock to a large pot and bring to the boil then simmer for up to two hours until the ham is tender and the meat is pulling away from the bone and the stock is flavourful. Strain liquid and discard peppercorns, bay leaves. I retain the parmesan rind in liquid and keep it in while making soup then discard before serving. Pull off nice ham from hock to add to soup once cooked
2. Gently saute a finely chopped leek, 2 cloves crushed garlic, onion and celery
3. Add to stock with rest of ingredients.
4. Cook then check seasoning – usually a smidge of salt but def. pepper needs added
5. Serve with grated parmesan cheese



# Nutrition by Linda Hood



We are lucky to have some input to the newsletter by local nutritionist Linda Hood of Nutrition @ Broughty-Ferry. Linda is a registered nutritional therapist. In this newsletter she tells us about the importance of balancing blood glucose.

## Nutrition by Linda Hood Balancing blood glucose

### **Balancing blood glucose (sugar)**

A healthy diet, regular exercise and managing the stresses in one's life can all help to support good blood sugar levels, and therefore reduce the risk of more serious illnesses related to continuous blood sugar imbalances.

### **Impaired insulin production**

Insulin is a hormone responsible for keeping the blood sugar levels in our body between the normal and desired ranges.

Excessive, and also low insulin production, is the result of blood sugar imbalances in the body. If this situation goes unchecked it is likely to lead to diabetes and possibly even more serious health conditions.

A poor diet (particularly one high in processed carbohydrates), a sedentary lifestyle, being overweight, or constant stressful situations in life are all factors that can affect our body's blood sugar levels.

### **Adapt your diet**

Obesity is a risk factor for type 2 diabetes. Numerous clinical trials have shown that consuming low-glycaemic index, high-fibre foods, such as legumes, vegetables, and whole grains, delays the return of hunger, thus decreasing the need for snacking which leads to better weight control. So aim to include a variety of wholegrains, e.g. quinoa, buckwheat and brown basmati rice into your diet. Also try to include legumes such as beans, peas, chickpeas and lentils.

# Nutrition by Linda Hood

## Balancing blood glucose

Studies have shown that these foods are nutrient-rich because they contain protein, numerous vitamins, minerals and phytonutrients and are a good source of fibre. Fibre helps to slow the rate at which food leaves the stomach, which promotes a sense of satiety. This helps to prevent overeating and subsequent weight gain.

These foods can also help to reduce unhealthy cholesterol levels, improve bowel function, and significantly reduce insulin resistance.



Oats are one of the best whole grains for lowering blood cholesterol levels, and are a good source of protein, calcium, iron, vitamin B1 and niacin. Oats are an excellent slow release grain therefore won't cause a spike in blood sugar.

Kidney beans may help to slow the absorption of sugar into the blood and therefore reduce blood sugar levels.

Black beans have a lower glycaemic index compared to other high carbohydrate foods. This means they cause a smaller rise in blood sugar after a meal.

Peas are a great source of fibre and protein which may help to reduce blood sugar and insulin resistance.

Bottom line is, beans and legumes are an excellent source of dietary fibre, protein, B vitamins and many other important vitamins and minerals. There is good evidence that they can help to support good blood sugar management, improve cholesterol and maintain a healthy gut. Managing carbohydrate cravings is often an important factor for many people struggling with fluctuating blood glucose levels.

# Nutrition by Linda Hood

## Balancing blood glucose

Hopefully, including these foods will help you to manage your blood sugar levels effectively.

Example of a healthy eating plate



Healthy eating!

Linda Hood, DipCNM mBANT CNHC reg, Registered Nutritionist at Nutrition@Broughty-Ferry offers private nutrition consultations to help support all areas of health. Linda's clinic is at 357 King Street, Broughty Ferry but also offers video consultations. To book an appointment:

Email: [nutrition@broughty-ferry.com](mailto:nutrition@broughty-ferry.com)

Web: <http://www.broughty-ferry.com>

Facebook: @NutritionBroughtyFerry



# Wild Ferry - Showing off all things wild and wonderful around Broughty Ferry with Chris Charlton



There were a lot of things that brought my partner and I to move to Broughty Ferry in early March and Love Your Planet was definitely one of them. But after spending some time here (and lockdown forces us to stay in the local area) I started to realise how much of a special place this is. Instead of your usual city pigeons, I was noticing ringed plovers, oystercatchers and then turnstones as the Winter sets in. Flocks of starlings keep me entertained from my dining room table then chance encounters with grey seals or bottlenose dolphins from the castle remind me of the connectivity of nature with the rest of the world. The Tay River itself is, in my eyes, one of the most fantastic stretches of ecosystems and we don't need to go far for otters, bearded tits, marsh harriers and even beavers.

So this is why I set up Wild Ferry. Wild Ferry is a Facebook group dedicated to showing off all things wild and natural in Broughty Ferry and the surrounding areas, and I urge people to get involved! Whether it's a picture of a local litter pick or you stumble across some natural treasure in one of our many green spaces, it's a place to share our connections with the outside world. I aim to upload weekly blogs on anything natural, which I hope people enjoy, but as I get back to work this may slow down, so the more people can get involved the merrier.

As you can probably guess by now I am quite interested in the natural world and how we can help to recover it. I have a BSC in Countryside Management and I currently work for the RSPB but that means absolutely nothing. We can all do our little bit to help save the planet.

# Wild Ferry - Showing off all things wild and wonderful around Broughty Ferry with Chris Charlton

And that's where Love Your Planet comes in. The following are my top five reasons for shopping at Love Your Planet if you want to do more for our local and global environment.

1. The obvious connection is the lack of plastic and the amazing re-fill system. By reusing and refilling jars and containers it means there are less harmful plastics and pollutants out in our vulnerable environments.
2. You can get 100% peanut butter, this stuff is super tasty and is a great alternative to shop bought peanut butter as it contains no palm oil, a contributor too much of deforestation across the world.
3. You can purchase local oat milk. The dairy industry is one of the major contributors to not only climate change but also the over consumption of water across our planet.
4. You can buy household products that you might not of realised could be sustainable. Such as toothbrushes, washing up brushes, reusable straws and even shampoo bars. Some of which can be composted, again reducing our impact on the environment and giving back to nature.
5. ITS LOCAL! Not only are supporting a local business to stay afloat, but the less distance you travel to get your produce the less distance the goods have to travel. Less reliance on fossil fuels and less impact on our climate.

Please feel free to check out Wild Ferry on Facebook and get sharing your wonderfully wild encounters.