

# ecologist

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## IF ONLY THEY COULD TALK...

politicians might listen.  
The shame of Europe's  
wild bird trade

### BENT BANANAS

WHO'S DYING  
TO BRING  
YOU YOURS?

### ARMAGEDDON, YIPPEE!

...should we  
be scared  
of christian  
fundamentalists?

### 'MY BOYFRIEND'S GOT A SPINY PENIS'

Dr Tatiana comforts  
a golden potto

### FROM FAMINE TO FEAST

ETHIOPIA GOES  
ORGANIC

### PHOTOSTORY

Living with the  
Baka pygmies

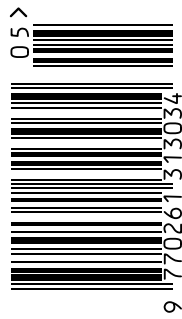
### BEHIND THE LABEL RADOX BUBBLE BATH



## GREEN PAGES

OUR 32-PAGE GUIDE  
TO ETHICAL LIVING

**Hugh Fearnley-Whittingstall** May in season  
**Monty Waldin** Top 12 Greek organic wines  
**Mitch Tonks** Delicious crab recipes  
**Kim Ericsson** The world of natural scents  
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Seasonal recipes,  
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## GREEN PAGES

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# THIS MONTH IN HISTORY: MAY 1907

Naturalist and author Rachel Louise Carson was born on 27 May 1907. Carson is best known for her classic 1962 book *Silent Spring*, which spawned the modern environmental movement. In it Carson bravely exposed for the first time the devastating effects of newly introduced pesticides such as DDT. Despite savage attempts from the likes of Monsanto to vilify Carson and rubbish her book, *Silent Spring's* combination of scientific rigour and bleak lyricism means it remains essential reading almost half a century after it was first published.

'There was once a town in the heart of America where all life seemed to live in harmony with its surroundings,' wrote Carson. 'Then a strange blight crept over the area and everything began to change... There was a strange stillness... The few birds seen anywhere were moribund; they trembled violently and could not fly. It was a spring without voices. On the mornings that had once throbbed with the dawn chorus of scores of bird voices there was now no sound; only silence lay over the fields and woods and marsh.'

# ecologist

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## EDITORIAL



Given that more than half a million people demonstrated against the government's ban on hunting, twice that number marched against the war in Iraq, and millions of people support groups like Friends of the Earth and Greenpeace, it's clear that voters aren't apathetic.

So why the predicted low turnout? The problem is that the British political system is disempowering. One opportunity every five years to replace one bunch of career politicians with another isn't enough. Compare that to Switzerland, where ordinary people can call a referendum on any issue, providing they can gather enough signatures first. As a result, voter turnout there is much higher than our own, and political debate involves the whole country – not just a political class.

Nevertheless, we will soon be making our way to the polls to exercise our limited democratic rights. And so supporters of this magazine are faced with a difficult choice. We have the Green Party, which boasts a truly impressive range of initiatives. However we all know that in a general election a vote for the Green Party is effectively just a signal of the importance we attach to green issues.

But do we have time for that signal to be registered? Last week, the World Bank's chief scientist issued a warning, signed by 1,360 other scientists that 'the ability of the planet's ecosystem to sustain future generations can no longer be taken for granted'. It doesn't get more serious than that. I'm not sure the signal is getting through.

But what is the alternative? Which of the main parties has an answer to climate change, antibiotic-resistant superbugs, the rural crisis, collapsing fish stocks...?

A vote for the Labour Party is a vote for the status quo: the same status quo that has had eight years and a massive majority to combat these crises, but which has only exacerbated them. When Clare Short was international development secretary, our taxes were invested in truly horrific overseas 'poverty alleviation' schemes: recall Vision 2020, for instance, which involved moving 23 million farmers off their land into the crowded cities of southern India. We've seen the rise and rise of the supermarkets that are squeezing the last remaining drops of life from the struggling rural economy. We've seen a dramatic erosion in public trust for the food regulatory system under the famously biased leadership of Food Standards Agency chair John Krebs, who favours action against organic food over research into the dangers of GM. We've seen huge rhetoric on the issue of climate change, but it's been coupled with a commitment to building more roads, more airports and importing more food.

The Liberal Democrats, meanwhile, despite their name, are an authoritarian party with a big-government, legislative answer to every problem. And their commitment to further centralisation under Brussels means an even greater distance between people and power. A vote for the Liberal Democrats is a vote for contradiction and disempowerment.

Which leaves the Conservatives. There is a sense that the party is beginning to tackle these issues, and it has made one or two useful suggestions: introducing, for instance, a system of referendums for local planning issues. That would be bad news for the supermarkets and road builders and, of course, the asphalt-crazy John Prescott.

But despite the fact that environmentalism, like true conservatism, is about protection, decentralisation, conservation, precaution and balance, the Conservatives are, nevertheless, a million miles away from justifying a green vote. There is a value, though, in doing all we can to encourage greater opposition to, and a reduced majority for, Labour, and it may be that the strategic – if counterintuitive – vote lies with them all the same. It's a depressing thought. But as the saying goes, if we're destined to head in the wrong direction, at least let's drive slowly.

In the meantime, the call should be for real democracy, Swiss-style, so that we no longer have to rely on the goodwill or integrity of an ever more slippery political class.

# Letters



## SHORT ON FACTS

I thought the correspondence between Teddy Goldsmith and Clare Short ('Does development create or mitigate poverty', April 2005) was illuminating, but, unfortunately, mostly on account of a lack of communication.

However, what most struck me was the note on which Clare Short ended. She described Europe and England in the period from 500AD to 1800 in terms of economic stability (very low growth of GDP) and general social equity. She did not mention the relative lack of environmental degradation which accompanied it.

Yet she also asserted that people at that time suffered lives which were 'nasty, brutish and short' without citing any evidence to support that claim. Her argument appears to rest on GDP being a good indicator of all the things which she values, despite its intrinsic inability to measure much about the quality of life of those who live, partly or wholly, outside a money economy. While it would be wrong to claim that the period in question was heaven on earth it is just as wrong to claim that it was hell.

Her view can only result from clinging to the idea

that the present must always be better than the past. The phrase 'nasty, brutish and short' was, of course, famously used to describe the abhorrent state of those 'in nature' by the philosopher Thomas Hobbes 300 years ago: just at the time when it was necessary to pave the way for industrialisation.

If we are really to make the future better than the past, any 'development' must be conditional on sustainability, not the other way round.

**Professor Adrian Henriques  
Middlesex University**

## TRY BEING GREEN WHEN YOU'RE IN THE RED

I agree with David Topple's assertion ('What chance for a new Ecology Party?', Letters, February 2005) that 'what the environmental movement needs is more representation by individuals who can relate to the average man or woman in the street'. But I think there is a more fundamental truth. In our society the majority of people do not make, and do not know how to make, favourable environmental decisions; they are making economic decisions. The British national minimum wage grosses less than £10,000 per annum: not much in an expensive country like ours.

We are told to eat organic food, shop locally and ethically, and buy fair trade. Each one of these pillars of the environmentalist's manifesto costs a lot of money. Could you persuade poor families not to buy supermarket own-label 'value' economy brands? Could you persuade them to turn their backs on the products they trust to do the job, the very same ones their mothers used?

Six months ago, you could open my cupboards and find them stocked with plainly labelled value-branded processed foods. I had just £10 a week to spend on food. Too hungry to care about GM or where it came from, my focus was strictly on getting as much as possible for the lowest price. I am now buying more ethical, local, fair-trade, organic food than I ever did before. So how did I make the change? It's not because I've suddenly become environmentally aware; it's because my weekly earnings have improved greatly since then.

**Trevor Wearing  
By email**

## STANDING UP FOR THE GREEN PARTY

Reading Aidan Rankin's article ('Time for a new Ecology Party', February 2005) and the letters that followed, readers might be forgiven for believing that the Green Party had been overrun by crazed left-wing reactionaries. It's an odd view of a party that attracted 1 million votes in last year's European elections in part because so many of its policies, from opposition to GM to its defence of public services, meet with popular approval. Furthermore, the party's most well-known representatives, MEPs Caroline Lucas and

### IS ORGANIC FOOD A LUXURY?

Zac Goldsmith and a panel of guests discuss

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## FOILING CLIMATE CHANGE

There have been several brilliant ideas suggested along the years for technological ways to avert climate change (that most technologically rooted of problems): not least the proposal to launch giant mirrors into space to reflect the sun's rays away from the earth.

The latest brain wave comes from Switzerland, where scientists are seriously suggesting wrapping glaciers in what amounts to a high-tech version of tin foil to stop them melting. Carlo Danioth, head of mountain rescue services in the Alpine resort of Andermatt, says: 'We will initially cover around 30,000 square feet on the upper Gurschen glacier at the beginning of May as a test.'

Further plans to construct a massive wall to keep out unwanted immigrants and to cut down all the trees to stop forest fires were apparently also mooted.



## COKE'S GOT A LOT OF BOTTLE

Do readers find anything jarring in the following announcement seen on the website of Oxford University's Geography Department? 'Linacre College proposes to elect to three Coca-Cola Water Sustainability Scholarships, generously funded by the Coca-Cola Foundation for graduate students working in the School of Geography and the Environment from 1 October 2005.'

One can only assume that Oxford college Linacre is unaware of the many thousands of Indians currently protesting against the theft of their groundwater supplies by the fizzy drinks giant (see 'Killa-Cola', April 2004). Anyone wishing to contact Linacre to let it know what they think about its accepting Coke money should write to **The College Secretary, Linacre College, Oxford OX1 3JA.**

# HERO OR ZERO?



## HERO: YVON NEPTUNE

Former Haitian prime minister Yvon Neptune, who had been on hunger strike since 20 February, was rushed to hospital by UN soldiers in March. Neptune and Haiti's ex-interior minister Jocelerme Privert had been refusing food in protest at their imprisonment and that of hundreds of other supporters of former Haitian president Jean-Bertrand Aristide who have not been charged with any crime.

Pierre Labossiere, of the US-based campaign the Haiti Action Committee, said: 'The prime minister and other political prisoners were facing the prospect of being killed in jail. Several unsuccessful attempts against the [former] prime minister's life had been reported... [Haiti's current] government, in partnership with the UN and the governments of Canada, France and the US, bears the ultimate responsibility for the human tragedy that has befallen Haiti since the kidnapping of the popular, democratically elected president Jean-Bertrand Aristide.' The 58-year-old Neptune was his country's elected prime minister from 2002 until 2004. Announcing his hunger strike in a letter written from his cell this February, Neptune said: 'I am sure that the spectacle of my slow and certain death would be much more palatable to the government and its cohorts. To facilitate their purpose I have undertaken a hunger strike so that one day my brothers and sisters who are made to wallow in abject misery will no longer be disdained, starved, scorned and ostracised.'



## US BLOCKS ETHICAL TIMBER PLANS

Of course, the advantage of Tony Blair's unwavering support for George Bush is the influence it gives him with the US president. At least that's the theory. For proof of just how one-sided the Bush-Blair relationship is look no further than Washington's opposition to the prime minister's recent proposal that G8 countries should pledge to buy timber only from sustainably managed forests.

The US decided to cooperate not with the UK, but with Canada to prevent any such ethical restrictions, and also to lobby Russia and Japan to do the same. RJ Smith, 'senior environmental scholar' at the right-wing US think-tank the Competitive Enterprise

Institute, observed: 'I think the US views this as a way of moving away from free trade and moving into association with lots of the international NGOs that are trying to have a sort of green trade. We don't necessarily believe that this is a step in the right direction. We think that trade should be as free as possible and these other issues... should be secondary to free trade, secondary to the major considerations of the WTO.' The Environmental Investigation Agency's Faith Doherty put it slightly differently. She said: 'This is outrageous. US business simply doesn't want any restrictions on its practices.'

# 11

**Age of the youngest child revealed to be kept prisoner by the US in the name of global security at Abu Ghraib.**

*Official US Army papers obtained by the American Civil Liberties Union*

**GREEN MEAN FIGHTING MACHINES**  
Whoever said the US Army doesn't have a caring side? Hot on the heels of its installation of wind turbines at Guantánamo Bay, it has once again proven its environmental credentials with the introduction of a new hydrogen-powered vehicle. What's the eco-friendly military vehicle's name? **The Aggressor.**



## TWO LITTLE, TOO LATE

One of two Iberian lynx born in captivity last month. There are now estimated to be only about 100 Iberian lynx remaining in the wild. Five years ago there were thought to have been 400. EU schemes for dams and roads are the main culprits for the animal's decline.

■ [www.soslynx.org](http://www.soslynx.org)

## WHAT WE LEARNT THIS MONTH...

☐ **Starbucks' bid for global domination spread further when the coffee chain opened a branch at Guantánamo Bay. (McDonald's and KFC are already there.)**

☐ Shark and billfish populations in the Atlantic, Gulf of Mexico and Pacific have declined by 90 per cent since the 1950s.

☐ **A German church is selling Christian ring tones for mobile phones to help fund the restoration of its organ.**

☐ Interplanetary communications service Talktoaliens.com was launched, offering consumers the chance to send messages directly into space via email. And all for just \$3.99 a minute.

☐ **A report by the White House's Office of Management and Budget, which grades US federal departments and agencies on administrative performance, found that the second-worst-performing agency was... the Office of Management and Budget.**

☐ The US senate once again voted in favour (51 votes to 49) of drilling in the Arctic National Wildlife Refuge.

☐ **German supermarket chain Edeka is to allow shoppers to pay for goods by using their fingerprints.**

☐ Concerned at the practice of local pedestrians of rushing into traffic to seek rides from passing cars, police in Manila have taken to attaching wet blankets to the sides of their vehicles, which then slap against the errant jaywalkers, herding them back onto the pavement.

☐ **The chairman of the US Federal Reserve Alan Greenspan revealed that he likes to get naked and turn on a large fan before making important speeches.**

☐ Sales of bottled water designed specifically for dogs showed steady growth in the US.

☐ **The late rock star Robert Palmer was said to have left 5 per cent of his estate to a Swiss laboratory which preserves heritage vegetables.**



## MORE TROUBLE FOR GM

High-profile research that was spun as proving GM crops have no harmful effects on farm wildlife was deeply flawed and even suggested the opposite, a new review claims. The review into the findings of the government-sponsored Bright trials was carried out by the Initiative on Organic Research (IOR) for the environmental campaign groups GeneWatch UK, Five Year Freeze and Friends of the Earth. When details of the Bright trials were first published in November 2004, the industry lobby the Agriculture Biotechnology Council commented: 'We believe this report buries the myth that [GM crops] pose any new problems for farming or the environment.'

However, the IOR's analysis concludes: 'While the [trials'] experimental design [was] adequate for carrying out a basic herbicide evaluation trial within an arable rotation, there [was] insufficient replication to determine effects on biodiversity in what is a very varied environment... To fully answer the trial objectives in relation to understanding the environmental effects

of [GM] crops was impossible with the level of funding and experimental design.' Furthermore, the IOR highlights that some of the findings of the Bright trials actually suggest there could be long-term environmental problems associated with growing GM herbicide-tolerant beet and oilseed rape.

The credibility of the GM industry's arguments has been tarnished even further by an article published in *Nature*. The journal stated that Syngenta, the world's largest agrochemical company, has admitted that its Bt10 GM corn, which the firm has sold unapproved to US farmers for four years, contains a gene which confers resistance to an important group of antibiotics. The use of antibiotic-resistant genes has been condemned by organisations that include the UN Food and Agriculture Organisation, the Royal Society and the Pasteur Institute. There is concern that the modified genes could flow from crops to micro-organisms and lead to antibiotic resistance in humans and animals.

### FARMED SALMON CHEAP? NOT IF YOU'RE A SALMON

Farmed salmon can't be that bad. After all, Sainsbury's sells it, and Jamie Oliver advertises Sainsbury's. Would Oliver's support for the ailing supermarket's produce wane were he to read the latest report from three Canadian scientists studying the impact of farmed salmon on wild fish in the Pacific northwest? According to the trio, the farmed variety breed a type of parasitic sea lice that infects wild juveniles. With a cloud of lice spreading almost 19 miles around it, the salmon farm studied was found to have a 'parasitic footprint' some 150 times larger than its own area.



## DEAD IN THE WATER

Two dead dolphins were delivered by Greenpeace to the French government in London in protest at pair trawling: a form of fishing (primarily for sea bass) estimated to kill thousands of dolphins in the Channel every year. Oliver Knowles, Greenpeace oceans campaigner, said: 'The French pair-trawling fleet is the largest in Europe, and these dead dolphins are only the tip of the iceberg. Thousands of these animals are killed in the Channel every year, and French pair trawlers bear the brunt of responsibility for these unnecessary deaths.'



## BURGERS WITH ATTITUDE

Clearly concerned that its attempts to rebrand its 'food' as healthy are not sufficiently boosting flagging sales, McDonald's is offering to pay rap artists if they mention Big Macs in their songs. The fast food giant, which is 50 this year, will get final approval of the lyrics. A spokesman for the burger company commented: 'This partnership reflects our appreciation and respect for the most dominant youth culture in the world.'

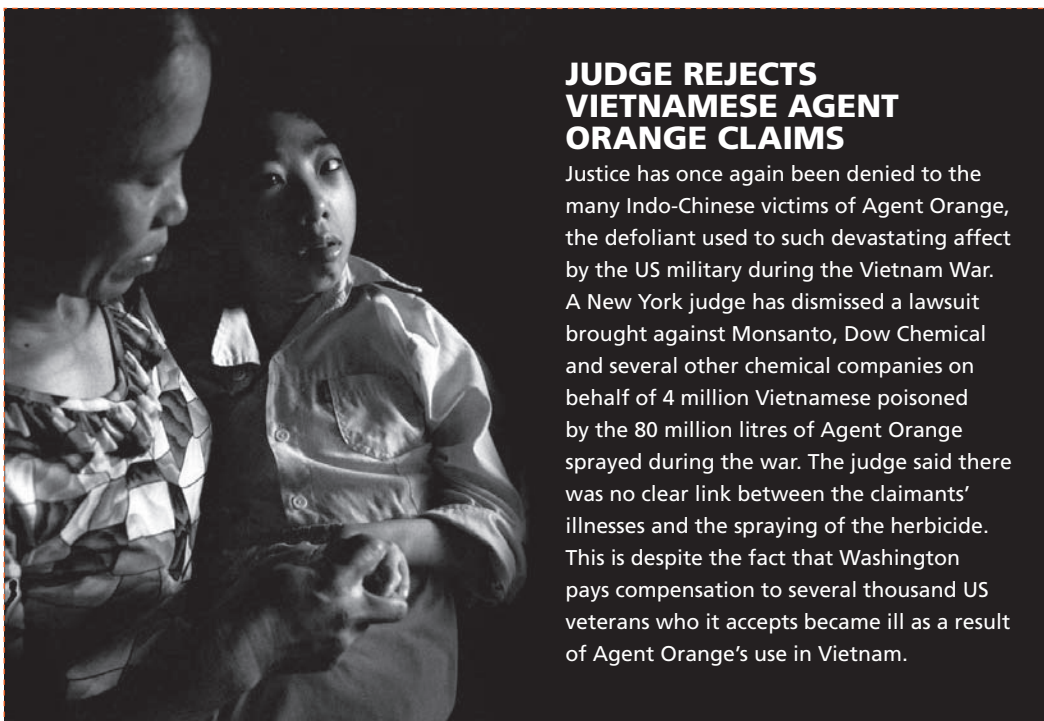
*Whatever...*

# 12

## BILLION DOLLARS

**Amount spent by the US Department of Defense on environmental clean-up at its bases round the world since the late 1980s. One third of the land in question is still uninhabitable thanks to toxic contamination.**

*Military Toxics Project*



## JUDGE REJECTS VIETNAMESE AGENT ORANGE CLAIMS

Justice has once again been denied to the many Indo-Chinese victims of Agent Orange, the defoliant used to such devastating affect by the US military during the Vietnam War. A New York judge has dismissed a lawsuit brought against Monsanto, Dow Chemical and several other chemical companies on behalf of 4 million Vietnamese poisoned by the 80 million litres of Agent Orange sprayed during the war. The judge said there was no clear link between the claimants' illnesses and the spraying of the herbicide. This is despite the fact that Washington pays compensation to several thousand US veterans who it accepts became ill as a result of Agent Orange's use in Vietnam.



## THINGS AREN'T WHAT THEY USED TO BE

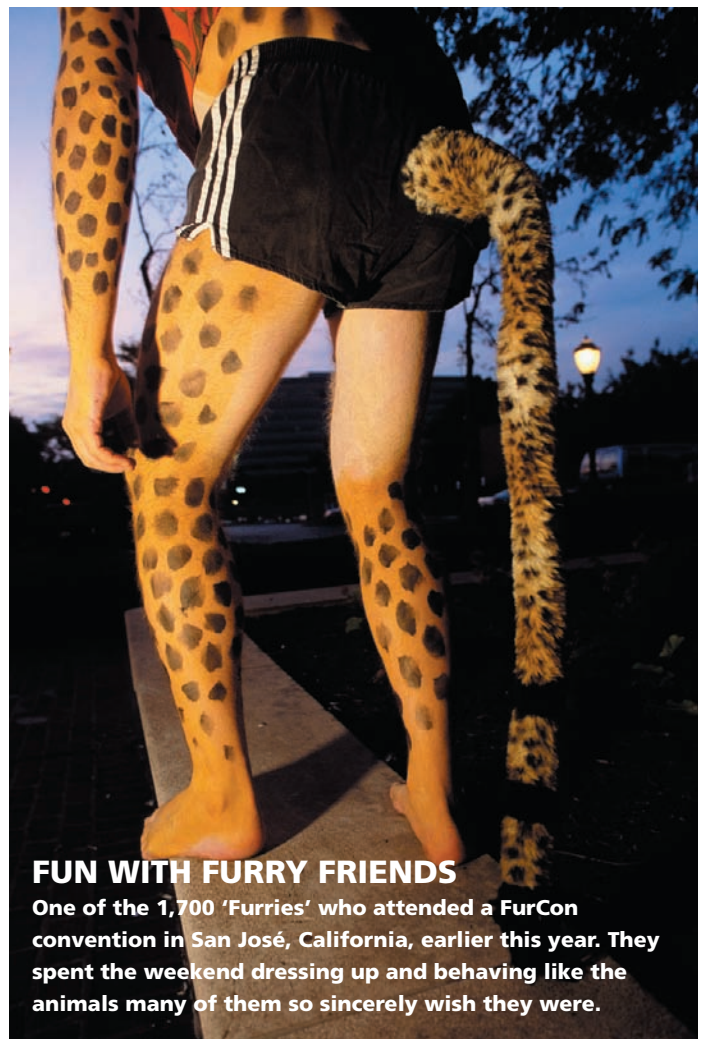
*If you read the right page of the right newspaper on the right day last month you might have noticed the findings of the UN's Millennium Ecosystem Assessment. In case you didn't, or you think they might be worth a second look, here they are again.*

- Humans have changed ecosystems more rapidly and extensively over the past 50 years than in any comparable period in history.
- Between 1960 and 2000 the world population doubled.
- Over the same period, food production increased by 250 per cent, water use doubled, wood pulp and paper harvests tripled, hydropower doubled, and timber production rose by more than a half.
- The amount of water impounded behind dams has quadrupled since 1960, and up to six times more water is now held in reservoirs than in rivers.
- It is estimated that one quarter of the world's coral reefs and about 35 per cent of its mangroves were destroyed or badly degraded in the last decades of the 20th century.
- More than half of all the synthetic nitrogen fertiliser ever used was applied after 1985.
- The atmospheric concentration of carbon dioxide has increased by almost a third since 1750; 60 per cent of that increase has happened since 1959.
- A quarter of commercially important fish stocks are over-harvested.
- Up to 35 per cent of irrigation withdrawals could exceed replenishment rates.
- More than a billion people survive on less than \$1 a day.
- Approximately 856 million people are under-nourished.
- Up to 2 billion people are affected by water scarcity.
- Approximately 1.8 million people still die annually due to inadequate hygiene, sanitation or water supply.
- On the plus side, we've got more TV channels than ever before. [www.millenniumassessment.org/en/index.aspx](http://www.millenniumassessment.org/en/index.aspx)

“What animals feel matters very much as they try to negotiate their lives in a human-dominated and often abusive world, in which they are mere pawns in our incessant and obsessive attempts to control their lives for our and not their benefit

Animal behaviour expert professor Marc Bekoff of the University of Colorado

”



### FUN WITH FURRY FRIENDS

One of the 1,700 'Furries' who attended a FurCon convention in San José, California, earlier this year. They spent the weekend dressing up and behaving like the animals many of them so sincerely wish they were.

PHOTOGRAPH BY CORBIS

# NUCLEAR FAMILY

## MONSANTO HERBICIDE 'NOT SAFE'

The biggest selling herbicide in the world may not be quite as safe as previously assumed, say new studies. According to research published in the journal *Environmental Health Perspective*, very weak doses of glyphosate, the active ingredient of such ubiquitous products as Monsanto's herbicide Roundup, showed toxic effects and, even at weak concentrations, endocrinal disturbances. More worrying for Monsanto, the scientists found that Roundup was even more disruptive than glyphosate on its own.



## LULA GOES GM

When Luiz Inacio 'Lula' da Silva became president of Brazil in 2002 there were high hopes that the longtime radical would prove to be a strong ally of both the poor and the environment. Back then his stance on genetically modified crops was summed up when he said: 'The release of transgenics in Brazil would be utter insanity.' This March he signed the misleadingly titled Biosafety Bill (nicknamed 'the Monsanto law'), which paves the way for the lifting of the ban on GM being grown in Brazil.



## DIAL-A-DATE

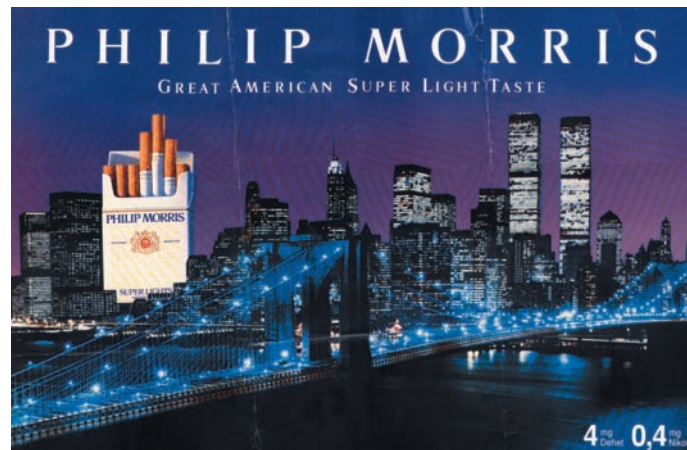
A Hong Kong software company has created Vivienne: an artificial woman who exists only as a picture on the latest generation of mobile phones. Vivienne is described as a 'high-maintenance, video-image girlfriend', and 'low-intelligence, highly lonely boyfriends' can take her on dates, discuss 35,000 topics (in six languages) with her, and offer her flowers and diamonds as gifts. The service costs approximately \$6 a month, not including airtime.

“It's not what we manufacture; it's what consumers buy”

The US Alliance of Automobile Manufacturers defends America's undemanding fuel-efficiency standards

## PHILIP MORRIS 'DOCTORED' COT DEATH FINDINGS

Tobacco giant Philip Morris pressured a scientist to alter a report that suggested a link between cot death and passive smoking. The report by UK toxicology consultant Dr Frank Sullivan was changed to say links were 'difficult to quantify' after intervention by scientists working for the corporation. An earlier draft had concluded: 'The evidence overall suggests that both pre-natal and post-natal maternal smoking exert independent effects [on cot death].'



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# ANIMAL TESTING: SCIENCE OR FICTION?

MPs, medical professionals and scientists unite in demanding a thorough evaluation of the utility of vivisection BY **KATHY ARCHIBALD** SCIENCE DIRECTOR OF EUROPEANS FOR MEDICAL PROGRESS

**M**ost of us know that cancer, heart disease and stroke are the leading causes of death in the West. But many people would be surprised by the next biggest killer: side effects of prescription medicines. Adverse drug reactions kill more than 10,000 people a year in the UK (and more than 100,000 in the US), costing the NHS alone £466m per year.

The pharmaceutical establishment constantly reassures us that all drugs are tested for safety and efficacy on animals before they can be administered to humans. When challenged about the ethics of vivisection, their defence typically goes like this: 'Which do you think is more important: your child's life or a rat's?' Given this choice most people would thankfully sacrifice the rat.

But what if you were told that the current animal testing procedures are seriously flawed? Consider the following evidence:

- Arthritis drug Vioxx, withdrawn from the global market in September 2004, appeared to be safe and even beneficial to the heart in animals, but caused as many as 140,000 heart attacks and strokes in the US alone. The associate safety director of the US Food and Drug Administration (FDA) described it as the 'single greatest drug-safety catastrophe in the history of the world'.

- Many studies published in the scientific literature comparing drug side effects in humans and animals have found animal tests to be less predictive than tossing a coin. One review of human-animal correlation in drugs that had been withdrawn because of adverse reactions found that animal tests predicted the human side effects only six out of 114 times.

- Hundreds of drugs to treat strokes (eg, Cerestat, MaxiPost, Zendra, Lotrafiban, gavestinel, nimodipine, clomethiazole) have been found safe and effective in animal studies and then injured or killed patients in clinical trials.

- Hormone-replacement therapy (HRT), prescribed to many millions of women because it lowered monkeys' risk of heart disease and stroke, *increases* women's risks of these conditions significantly. The chairman of the German Commission on the Safety of Medicines described HRT as 'the new thalidomide'. In August 2003 *The Lancet* estimated that HRT had caused 20,000 cases of breast cancer over the past decade in Britain, in addition to many thousands of heart attacks and strokes.

- Dr Richard Klausner, former director of the US National Cancer Institute (NCI), lamented: 'The history of cancer research has been a history of curing cancer in the mouse. We have cured mice of cancer for decades, and it simply didn't work in humans.' The NCI also believes

we have *lost* cures for cancer because they were ineffective in mice.

- Cigarette smoke, asbestos, arsenic, benzene, alcohol and glass fibres are

all safe to ingest, according to animal studies.

- Of 22 drugs shown to have been therapeutic in spinal cord injury in animals, not one is effective in humans.

- Of 20 compounds known *not* to cause cancer in humans, 19 *do* cause cancer in rodents.

- Dr Albert Sabin, the inventor of the polio vaccine, swore under oath that

Many studies published in the scientific literature comparing drug side effects in humans and animals have found animal tests to be less predictive than tossing a coin



the vaccine 'was long delayed by the erroneous conception of the nature of the human disease based on misleading experimental models of [it] in monkeys'.

■ Penicillin, the world's first antibiotic, was delayed for more than 10 years by misleading results from experiments in rabbits, and would have been shelved forever had it been tested on guinea pigs, which it kills. Sir Alexander Fleming himself said: 'How fortunate we didn't have these animal tests in the 1940s, for penicillin would probably never have been granted a licence, and possibly the whole field of antibiotics might never have been realised.'

■ Thalidomide, the infamous cause of birth defects in more than 10,000 children in the early 1960s, induces birth defects in very few species. Dr James Schardein, the doyen of birth defect studies, says: 'In approximately 10 strains of rats, 15 strains of mice, 11 breeds of rabbits, two breeds of dogs, three strains of hamsters, eight species of primates, and in other such varied species as cats, armadillos, guinea pigs, swine and ferrets in which thalidomide has been tested, teratogenic effects have been induced only occasionally.' Ironically, if thalidomide, the drug whose side effects made animal testing obligatory, were assessed exclusively on its results in such tests it would still be passed today.

Even the Handbook of Laboratory Animal Science admits that 'uncritical reliance on the results of animal tests can be dangerously misleading and has cost the health and lives of tens of thousands of humans'.

### So why use animals to test new drugs?

Animal testing became legally enshrined in response to the thalidomide tragedy. The UK Medicines Act 1968 followed

the US Kefauver-Harris Act, which was implemented in 1961 in the midst of the thalidomide furore to ensure that the FDA

received proof of safety and efficacy for all new drugs. The intention was good but the reliance placed on animal tests to ensure safety was tragically ill-informed.

It has been known among scientists and the pharmaceutical industry for decades that animal testing is scientifically unreliable. As long ago as September 1962 *The Lancet* commented: 'We must face the fact that the most careful tests of a new drug's effects on animals may tell us little of its effect in humans.' In 1964 Dr J Gallagher, the medical director of Lederle Laboratories, admitted: 'Animal studies are done for legal reasons and not for scientific reasons.'

So, pharmaceutical companies conduct animal tests simply to satisfy government regulators. Crucially, animal data also provide liability protection when drugs kill or injure people. Industry can point to the rigorous animal tests they have performed and claim that they have done their best to ensure against tragedies occurring, thus minimising any damages awarded against them.

From the perspective of satisfying the regulators, pragmatic selection of species will demonstrate whatever is required of a drug, whether it is favourable safety or efficacy. And companies are not required to submit all their animal data, but only that from any two species (one rodent and one higher mammal). Dr Irwin Bross, former director of the world's largest cancer research institute, the Sloan-Kettering, observed: 'Whenever

'The history of cancer research has been a history of curing cancer in the mouse. We have cured mice of cancer for decades, and it simply didn't work in humans'

*Dr Richard Klausner, former director of the US National Cancer Institute*

government agencies or polluting corporations want to cover up an environmental hazard, they can always find an animal study to "prove" their claim. They can even do a new animal study which will come out the way they want by choosing the "right" animal model system.'

Placing massive emphasis on animal-safety data has also allowed

## KILLER DRUGS

Many drugs that have been pronounced safe on the basis of animal tests have gone on to injure or kill people. For example:

- **Vioxx**, for arthritis, caused up to 60,000 deaths between its launch in 1999 and its withdrawal in 2004;
- **Baycol (Lipobay)**, used to treat cholesterol, caused more than 10,000 cases of serious muscle-wasting or death between 1997 and its withdrawal in 2001;
- **Rezulin (troglitazone)**, for diabetes, killed more than 400 people between 1997 and its withdrawal in 2000;
- **Propulsid (cisapride)**, for heartburn, killed more than 300 adults and children before being withdrawn in 2000;
- **Opren**, for arthritis, caused 61 deaths and 3,500 serious injuries and was withdrawn in the 1980s;
- **Eraldin**, a heart treatment, killed 23 people and blinded many more, and was withdrawn in the 1970s. Its devastating side effects were not reproducible in any species except man;
- **Isoprenaline**, for asthma, killed 3,500 young people in Britain alone and was withdrawn in the 1960s. Intensive studies with rats, guinea pigs, dogs and monkeys, at huge dosages, failed to elicit similar results.

pharmaceutical companies to avoid the expense of conducting clinical trials as extensively as they should. Since the 1950s doctors have been saying that clinical trials should involve more people, last for a longer period of time and use representatives of a broader swathe of society than the young, white males of standard practice. Women are generally not utilised in case they might be pregnant: the manufacturer would be held liable for any unanticipated birth defects. Very often trials do not even include representatives of the patient population the drug is designed to treat. This absurd situation clearly needs to be addressed.

There is no getting away from the fact that people have to be the ultimate guinea pigs for testing new treatments. Clearly, the health and safety of research volunteers and patients should be

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### ANIMAL TESTING

paramount and the best safeguards should be in place to protect them.

#### Testing drugs safely on people

New drugs go through three basic testing phases: in vitro (test-tube) and in silico (computer) modelling; animal testing; and, finally, human trials.

Before a drug is tested in humans, there should be persuasive evidence that it is safe and effective. No method, neither animal, human nor test-tube, can predict the reactions of every patient with 100 per cent accuracy. Reactions differ between sexes, ages, ethnic groups, even between family members. We are all different, but not as different from each other as we are from animals, with which the differences are so great that they render extrapolation hazardous. Non-animal methods are not completely fail-safe, but do offer more security.

There are excellent in silico and in vitro testing methods available today. Many companies specialise in virtual screening of drugs for potentially toxic effects. A wide range of predictive software is available, including complete clinical trial simulations. Other companies focus on safety and efficacy assessments in human tissues. A 10-year international study proved that human cell culture tests are more accurate and yield more useful information about toxic mechanisms than traditional animal tests.

In place of animal-based pre-clinical studies, subsequent clinical trial patients and volunteers would be better protected by the adoption of preliminary microdosing studies (or 'phase 0' clinical trials). Microdose studies involve the administration of ultra-small (and safe) doses of the test drug to volunteers monitored by scanners. Human microdosing, based on the concept that the best model for man is man, helps in selecting the best drug candidates before advancing into full development, thereby reducing the chances of failure in later, more risky and more expensive phases.

During clinical trials, relevant pharmacological measurements should be made, which would give early warning of potential problems. It is true that some rare side effects will only be detected when drugs are prescribed to large numbers of people. This is why post-marketing drug surveillance is so important and should be strengthened, in order to pick up these effects as quickly as possible. Reports of adverse reactions to drugs are currently soaring in the US, where a record 422,500 adverse events were reported to the FDA in 2004. The FDA cautions that the actual number is likely to be between 10 and 100 times greater because of under-reporting.



Drug companies are not required to submit all their animal data, but only that from any two species – one rodent and one higher mammal

## WHAT YOU CAN DO

An independent survey of 500 GPs in August 2004 found that 82 per cent of doctors are 'concerned that animal data can be misleading when applied to humans', and that 83 per cent would 'support an independent scientific evaluation of the clinical relevance of animal experimentation'.

In 2002 the toxicology working group of the Select Committee on Animals in Scientific Procedures concluded that 'the effectiveness and reliability of animal tests is unproven' and that 'the formulaic use of two species in safety testing is not a scientifically justifiable practice, but rather an acknowledgement of the problem of species differences in extrapolating the results of animal tests to predict effects in humans'. It recommended that 'the reliability and relevance of all existing animal tests should be reviewed as a matter of urgency'.

The anti-vivisection alliance Europeans for Medical Progress is now calling for an independent and transparent scientific evaluation of the use of animals in drug-safety testing and medical research. Many MPs supported this call in an early day motion tabled in December (early day motion 385), which says: 'This house expresses its concerns regarding the safeguarding of public health through data obtained from laboratory animals, particularly in light of large numbers of serious and fatal adverse drug reactions that were not predicted by animal studies... [It] is surprised that the government has not commissioned or evaluated any formal research on the efficacy of animal experiments, and has no plans to do so; and, in common with 83 per cent of general practitioners in a recent survey, [it] calls upon the government to facilitate an independent and transparent scientific evaluation of the use of animals as surrogate humans in drug-safety testing and medical research.'

Please urge your MP to sign this important motion if they have not already done so. Given that parliament is in recess until the election, please get assurances from them that they will sign

the early day motion immediately on returning to Parliament after the election. To monitor whether they have or not, and to follow the motion's progress, type 'animal testing of drugs' into the search engine at <http://edm.ais.co.uk/weblink/html/search.html>, or via [www.curedisease.net](http://www.curedisease.net). Please add your own support at [www.curedisease.net/edmform.shtml](http://www.curedisease.net/edmform.shtml).

Significant parliamentary support for this motion would encourage a debate on the matter in the House of Commons. The next stage would be to instigate the historic evaluation called for in the motion, which the government is reluctant to do but a large number of signatories to the motion would make very hard to avoid.

The evaluation should be conducted by a panel of independent scientists without vested interests in the animal model. They should review the paradigm of the animal model as it is currently used in biomedical research and drug testing. For the first time, the medical utility of animal tests would be assessed entirely on their scientific merits, without the distraction of whether or not they are ethically justifiable.

The government should fund this evaluation and grant the panel privileged access to company information on all drug-testing data, both human and animal: not just the cherry-picked submissions to the regulators. For the sake of future consumers of medicines, or of medical research, this rigorous and impartial evaluation is crucially important: the simple fact is people's lives are at stake.

Substantial evidence exists that animal tests are inadequate for the task they are supposed to perform, but, incredibly, this has never been systematically investigated. The *only* responsible course of action is to evaluate animal testing scientifically, in an *independent* and *transparent* manner.

■ For more information, visit [www.curedisease.net](http://www.curedisease.net), or contact Europeans for Medical Progress at PO Box 38604, London W13 0YR (tel: 020 8997 1265).

## THE EARLY DAY MOTION ON ANIMAL DRUG TESTING HAS SO FAR BEEN SIGNED BY THE FOLLOWING MPS:

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<b>Norman Baker</b>	<b>John Taylor</b>
<b>Tony Banks</b>	<b>Matthew Taylor</b>
<b>John Barrett</b>	<b>Paddy Tipping</b>
<b>Roger Berry</b>	<b>Jenny Tonge</b>
<b>Harold Best</b>	<b>Desmond Turner</b>
<b>Annette Brooke</b>	<b>Paul Tyler</b>
<b>David Chaytor</b>	<b>Rudi Vis</b>
<b>Harry Cohen</b>	<b>Robert Wareing</b>
<b>Tony Colman</b>	<b>Steve Webb</b>
<b>Jeremy Corbyn</b>	<b>Ann Widdecombe</b>
<b>Ann Cryer</b>	<b>Richard Younger-Ross</b>
<b>Andrew Dismore</b>	
<b>Sue Doughty</b>	
<b>David Drew</b>	
<b>Bill Etherington</b>	
<b>Barbara Follett</b>	
<b>Don Foster</b>	
<b>Andrew George</b>	
<b>Neil Gerrard</b>	
<b>Sandra Gidley</b>	
<b>Parmjit Singh Gill</b>	
<b>Win Griffiths</b>	
<b>Fabian Hamilton</b>	
<b>Mike Hancock</b>	
<b>Stephen Hesford</b>	
<b>Kelvin Hopkins</b>	
<b>Simon Hughes</b>	
<b>Joan Humble</b>	
<b>Nigel Jones</b>	
<b>Andy King</b>	
<b>Rob Marris</b>	
<b>Paul Marsden</b>	
<b>John McDonnell</b>	
<b>Kevin McNamara</b>	
<b>Michael Meacher</b>	
<b>Chris Mole</b>	
<b>Mark Oaten</b>	
<b>Edward O'Hara</b>	
<b>James Plaskitt</b>	
<b>Stephen Pound</b>	
<b>Adam Price</b>	
<b>John Randall</b>	
<b>Barbara Roche</b>	
<b>Bob Russell</b>	
<b>Christine Russell</b>	
<b>Adrian Sanders</b>	
<b>Andrew Selous</b>	
<b>Alan Simpson</b>	
<b>Andrew Stunell</b>	

# GRASS-ROOTS DEMOCRACY

A new Ecology Party would work for a change in values, a paradigm shift in which human beings learn to work with the grain of the natural world, instead of against it.

By **Aidan Rankin**

Last October the seasoned US environmental campaigners Michael Shellenberger and Ted Norhaus published an essay called 'The Death of Environmentalism'. They argue that the environmental movement has won the support of large sections of the population, but failed either to significantly influence policy decisions or to effect a general change in popular consciousness. Their critique is aimed at environmental lobbying groups, most of which work on highly specific campaigns with resources meagre in comparison to those of their corporate adversaries. A fairer object of criticism, however, would be the party-political green movement. For green politics treats the environment itself as a single issue, arbitrarily tacking it on to protests and 'struggles' inherited from the left.

Thus we are presented with green issues as being but one stripe in a rainbow coalition of minority and 'progressive' causes, a stripe eclipsed by piecemeal demands for group-based rights, the return of old-style state industries and the redistribution of wealth – with no deeper questioning of how that wealth is generated. To a genuinely green party, such as the new Ecology Party I mooted in the February *Ecologist* ('Time for a new Ecology Party'), the environment – and humanity's relationship with it – would be the core principle, from which all policy commitments would grow and to which all economic and social issues would be connected.

Shellenberger and Norhaus seem aware that some form of new politics is required. However, they fall back on talk of 'environmentalists and other liberals', rather than attempt to look beyond both liberal and conservative positions. This attachment is one of the greatest challenges for the ecology movement. It is

in large part sentimental, but it also arises from patterns of thought that are hard to break. In this sense, the dilemma for ecologists is similar to that of the wider society they are seeking to influence. Ecological consciousness is about questioning many of the modern era's underlying assumptions, whether they arise from the 'reactionary' right or the 'progressive' left.

Applying the insights of holistic science to politics, the physicist Danah Zohar sketches out three blueprints for social organisation.

The first is of 'a milling crowd, millions of individuals each going his or her own way'.

The second is of 'a disciplined army, [in which] individual differences are suppressed for the sake of uniform performance'. Dr Zohar does not use these terms, but the second vision corresponds to the left, the political correctness of which places group identity above complex individual needs. The first corresponds well to the neo-liberal right, for whom, in Lady Thatcher's famous words, 'there is no such thing as society'.

But with his third option, Dr Zohar challenges us to think of society as 'a free-form dance company, [with] each member a soloist in his or her own right but moving creatively in harmony with others'. That is as good a way as any to express the vision of human society that an ecologically based party might wish to project. The ecological ethos

balances individual freedom with social responsibility, but also transcends both. This is because it recognises the inherent value of all living systems, not just their value to human beings. Their freedom from arbitrary human interference is at least as important as the freedom of human individuals and communities from arbitrary interference by the state.

Cultural diversity and biodiversity are of equal significance, and ecologists realise that one cannot exist without the other. The ecological vision extends beyond social responsibility among humans to responsibility for other life forms and ecosystems: the aim of political ecology is

to re-embed humanity in nature.

One of the main aims of the European Enlightenment, as expressed by the French philosopher Denis Diderot, was that 'everything must be examined, everything must be called into question'. An ecological politics applies this principle to the Enlightenment's own legacy. It does this by questioning the desirability – and indeed the practical

Ecological consciousness is about questioning many of the modern era's underlying assumptions, whether they arise from the 'reactionary' right or the 'progressive' left

possibility – of continuous economic growth, and the idea that nature is a resource that can (and should) be 'conquered'. Ecological ethics involve the reduction of human impact on the planet and its resources, a balanced economy instead of a growth-based economy, and support for individual creativity, craftsmanship, local cultures and cooperation in place of conformity, homogeneity, mass production and



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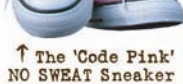
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competition. A new Ecology Party would work for a change in values, a paradigm shift in which human beings learn to work with the grain of the natural world, instead of against it as at present.

All this might sound rather a tall order for a new party. This is especially true in a country where the electoral system militates against innovation and where political ideas of all kinds meet with often justified scepticism. What, then, is to be done? The environmental movement has made its most powerful cultural impact when it has managed to cross the usual barriers of age, class, background or lifestyle and tap into more profound underlying values. Remember the county ladies in tweed sitting in front of bulldozers with New Age Travellers to protest against road-building schemes. Although the stuff of media cliché, the anti-roads protests showed that ecological consciousness exists, often instinctively, across the social and political spectrum.

The problem is: how do you convert such widespread impulses into a serious political movement? To do so, we need to move beyond a shallow, single-issue environmentalism towards the approach that Norwegian philosopher Arne Naess calls Deep Ecology. For those who would come to the new Ecology Party from the left, this would involve a shift of emphasis away from the struggle-based politics of class, gender, race and other divisive criteria. With that would come a new emphasis on the characteristics and values we hold in common as human beings and the problems we all face in our relationship with the environment. Those of conservative disposition would need to recognise the importance of fluidity as well as set patterns of behaviour and thought. The strength of the ecological imperative is that it is able to reach beyond conventional political allegiances, because it appeals to more important needs: namely, the sheer urgency of the environmental crisis. But it also arouses more powerful feelings than conventional politics, including a sense that materialism and consumerism have failed and that the roots of human problems are as much spiritual as political.

A new Ecology Party would be as much concerned with the healing of wounds as the 'winning' of arguments: the healing of wounds between human groups and between humanity and the planet. It would move from the narrow, rigid politics of either/or, with which the electorate is increasingly disillusioned and bored, towards a genuinely inclusive politics of both/and. For example, the idea of a citizens' income, pioneered by green economists, is as much a welfare reform (in conservative terms) as it is an extension of the welfare state, adapting its principles to 21st century conditions. A citizens' income is a basic living allowance, paid to every citizen as a universal entitlement, a badge of citizenship. It is not conditional, but it would take the place of the present labyrinthine structure of benefits and means tests, the notorious social security trap that humiliates claimants, discourages them from working and is notoriously expensive and incompetent.

Unlike old-style welfare, the idea of a citizens' income is based on a holistic view of the individual. It acts as an enabler to the individual, encouraging self-employment and part-time work, and rewarding unpaid and voluntary work (thus addressing, among many other things, the justified feminist demand for wages for housework). A citizens' income would slice through layers of inept, oppressive and unsustainable bureaucracy. It could therefore appeal as much to economic liberals who seek to empower the individual as to communitarian socialists who are principally concerned with equality. However, it transcends both ideologies because it provides both genuine choice and personal security.

Security is an ecological issue. Its present absence – in the name of competition and growth – encourages community breakdown, undermines social relationships and so creates the conditions that lead to ecological imbalance. Richard Layard, professor of economics at the London School of Economics, recommends that a 'happiness index' for government would include reducing 'enforced geographical mobility' because the latter fuels crime and mental

illness. Social justice, therefore, is at the heart of an ecological agenda. Poverty is, after all, as much environmentally damaging as it is iniquitous.

Equally, individual freedom and self-realisation are powerful ecological goals. Yet the ecological view of individual freedom differs from both that of the right, which is concerned with material advancement, and of the left, which favours 'liberation' as part of an arbitrarily defined class or group. Ecological freedom includes freedom from insecurity, pollution and fear, from inappropriate and unwanted change as much as from oppressive traditions.

The environmental movement has suffered from its association in many people's minds with over-regulation and state control. An Ecology Party would reclaim ideas of freedom, small government, community politics and the devolution of power to the lowest possible levels. It would become the party of small and medium-sized businesses, of economic decentralisation and genuine free trade (as opposed to the current system of protectionism on behalf of the multinationals). It would be the party of small schools, holistic and complementary healthcare, and cooperatives. Ecologists have a larger, more generous view of freedom than either market fundamentalists or those on the left who believe that only a centralised state can set people free. They share the view expressed in the *Tao Te Ching*:

'...The more laws and restrictions there are  
The poorer people become...  
The more rules and regulations,  
The more thieves and robbers.'

It would be foolish to underestimate the problems that would confront a party based on the principles of Deep Ecology. But when we consider the alternatives – conventional right/left politics or a retreat into extremist populism, we would be irresponsible not to attempt initiating such an organisation.

■ Aidan Rankin would like to receive feedback and ideas from readers. Email: aidan.rankin@ukonline.co.uk



# WITH GOD ON THEIR SIDE

Receiving the Global Environment Citizen Award in December, US television journalist **Bill Moyers** warned of the threat posed to the planet by America's religious right. This is an abridged version of his speech

I accept this award on behalf of all the people behind the camera whom you never see. And for all those scientists, advocates, activists and just plain citizens whose stories we have covered in reporting on how environmental change affects our daily lives. We journalists are simply beachcombers on the shores of other people's knowledge, other people's experience, and other people's wisdom. We tell their stories.

And as difficult as it is for journalists

to fashion a readable narrative for complex issues without depressing our readers and viewers, there is an even harder challenge: to pierce the ideology that governs official policy today. One of the biggest changes in politics in my lifetime is that the delusional is no longer marginal. It has come in from the fringe, to sit in the seat of power, in the Oval Office and in Congress. For the first time in our history, ideology and theology hold a monopoly of power in Washington.

Theology asserts propositions that cannot be proven true; ideologues hold stoutly to a world-view despite being contradicted by what is generally accepted as reality. When ideology and theology couple, their offspring are not always bad but they *are* always blind. And there is the danger: voters and politicians alike, oblivious to the facts.

Remember James Watt, Ronald Reagan's first secretary of the interior? My favourite online environmental

journal, the ever engaging *Grist*, reminded us recently of how Watt told Congress that protecting natural resources was unimportant in light of the imminent return of Jesus Christ. In public testimony, he said: 'After the last tree is felled, Christ will come back.'

Liberal elites snickered. The press corps didn't know what he was talking about. But Watt was serious. So were his compatriots out across the country. They are the people who believe the Bible is literally true: one third of the American electorate, if a recent Gallup poll is accurate. In this past election several million good and decent citizens went to the polls believing in the Rapture Index. That's right: the Rapture Index, which purports to measure phenomena showing the imminence of Armageddon. The best-selling books in the US today are the 12 volumes of the *Left Behind* series of apocalyptic novels written by the Christian fundamentalist and religious right warrior Timothy LaHaye. These true believers subscribe to a fantastical theology concocted in the 19th century by a couple of immigrant preachers who took disparate passages from the Bible and wove them into a narrative that has captivated the imagination of millions of Americans.

The narrative's outline is rather simple, if bizarre (the British writer George Monbiot recently did a brilliant dissection of it, and I am indebted to him for adding to my own understanding): once Israel has occupied the rest of its 'biblical lands' legions of the Antichrist will attack it, triggering a final showdown in the valley of Armageddon. As the Jews who have not been converted are burned, the messiah will return for the Rapture. True believers will be lifted out of their clothes and transported to heaven, where, seated next to the right hand of God, they will watch their political and religious opponents suffer plagues of boils, sores, locusts and frogs during the several years of tribulation that will follow.

I'm not making this up. Like Monbiot, I've read the literature. I've reported on these people, following some of them from Texas to the West Bank. They are sincere, serious and polite as they tell you they feel called to help bring the Rapture on as fulfilment of biblical prophecy.

That's why they have declared solidarity with Israel and the Jewish settlements, and backed up their support with money and volunteers. It's why the invasion of Iraq for them was a warm-up act, predicted in the Book of Revelation, in which four angels 'bound in the great river Euphrates will be released to slay the third part of man'. A war with Islam in the Middle East is not something to be feared but welcomed: an essential conflagration on the road to redemption. The last time I Googled it, the Rapture Index stood at 144: just one point below the critical threshold when the whole thing will blow, the son of God will return, the righteous will enter heaven, and sinners will be condemned to eternal hellfire.

So what does this mean for public policy and the environment? Go to *Grist* to read 'The road to environmental apocalypse', a remarkable work of reporting by the journalist Glenn Scherer. Read it and you will see how millions of Christian fundamentalists may believe that environmental destruction is not only to be disregarded but actually welcomed – even hastened – as a sign of the coming apocalypse.

As *Grist* makes clear, we're not talking about a handful of fringe lawmakers who hold or are beholden to these beliefs. Nearly half the US Congress before November's elections (231 legislators in total; more since the election) was backed by the religious right. Forty-five senators and 186 members of the 108th congress earned 80 to 100 per cent approval ratings from the three most influential Christian right advocacy groups.

And why not? There's a constituency for it. A 2002 *Time/CNN* poll found that 59 per cent of Americans believe that the prophecies found in the Book of Revelation are going to come true. Nearly

James Watt, Ronald Reagan's first secretary of the interior, told Congress that protecting natural resources was unimportant in light of the imminent return of Jesus Christ. In public testimony, he said: 'After the last tree is felled, Christ will come back.'

one quarter think the Bible predicted 9/11. Drive across the country with your radio tuned to the more than 1,600 Christian radio stations, or view some of the US's 250 Christian TV stations and you can hear some of this end-time gospel. And you will come to understand why people under the spell of such potent prophecies cannot be expected to worry about the environment. As *Grist* says: 'Why care about the earth when the droughts, floods, famine and pestilence brought by ecological collapse are signs of the apocalypse foretold in the Bible? Why care about global climate change when you and yours will be rescued in the Rapture? And why care about converting

from oil to solar when the same God who performed the miracle of the loaves and fishes can whip up a few billion barrels of light crude with a word?'

These people believe that until Christ does return, the Lord will provide. One of their texts is the high school history book *America's Providential History*. You'll find there these words: 'The secular or socialist has a limited resource mentality

and views the world as a pie... that needs to be cut up so everyone can get a piece... The Christian knows that the potential in God is unlimited and that there is no shortage of resources in God's earth... While many secularists view the world as overpopulated, Christians know that God has made the earth sufficiently large with plenty of resources to accommodate all of the people.' No wonder Bush's political strategist Karl Rove goes around the White House whistling 'Onward Christian Soldiers'; he turned out millions of them on 2 November.

I can see in the look on your faces just how hard it is for the journalist to report a story like this with any credibility. So let me put it on a personal level. I myself don't know how to be in

## COMMENTS

this world without expecting a confident future and getting up every morning to do what I can to bring it about. So I have always been an optimist. Now, however, I think of my friend on Wall Street whom I once asked: 'What do you think of the market?' 'I'm optimistic,' he answered. 'Then why do you look so worried?' I said. And he replied: 'Because I'm not sure my optimism is justified.'

I'm not, either. Once upon a time I agreed with Eric Chivian, the director of the Center for Health and the Global Environment, that people will protect the natural environment when they realise its importance to their health and to the health and lives of their children. Now I am not so sure. It's not that I don't want to believe that: it's just that I read the news and connect the dots.

I read that the administrator of the US Environmental Protection Agency (EPA) has declared the election a mandate for Bush on the environment. This for an administration that wants to rewrite the Clean Air Act, the Clean Water Act and the Endangered Species Act, as well as the National Environmental Policy Act, which requires the government to judge beforehand if actions might damage natural resources. That wants to relax pollution limits for ozone, eliminate vehicle tail-pipe inspections, and ease pollution standards for cars, sports-utility vehicles and diesel-powered big trucks and heavy equipment. That wants a new international audit law to allow corporations to keep certain information about environmental problems secret from the public. That wants to drop all its new-source

review suits against polluting coal-fired power plants and weaken consent decrees reached earlier with coal companies. That wants to open the Arctic wildlife refuge to oil drilling and increase drilling in Padre Island National Seashore, the longest stretch of undeveloped barrier island in the world and the last great coastal wild land in America.

Just this week I read how the EPA had planned to spend \$9m (\$2m of it from the administration's friends at the industry lobby the American Chemistry Council) to pay poor families to continue to use pesticides in their homes. These pesticides have been linked to neurological damage in children, but instead of ordering an end to their use, the government and industry were going to offer the families \$970 each, as well as a camcorder and children's clothing, to serve as guinea pigs in a study.

I read all this in the news.

I read the news just last night and learned that the administration's friends at the right-wing think-tank the International Policy Network, which is supported by ExxonMobil and others of like mind, have issued a new report saying climate change is a myth, sea levels are not rising and scientists who believe catastrophe is possible are 'an embarrassment'.

I not only read the news but the fine print of the appropriations bill recently passed by Congress. Its obscure (and obscene) riders include: a clause removing all endangered species protections from pesticides; a waiver of environmental review for grazing permits on public lands; and a clause pressed by developers to weaken protection for crucial habitats in California.

I read all this and look up at the pictures on my desk, next to the computer: pictures of my grandchildren: Henry, age 12; Thomas, age 10; Nancy, seven; Jassie, three; Sara Jane, nine months. I see the future looking back at me from those photographs and I say, 'Father, forgive us, for we know not what we do.' And then I am stopped short by the thought: 'That's not right. We do know what we are doing. We are stealing their future. Betraying their trust. Despoiling their world.'

And I ask myself: 'Why? Is it because we don't care? Because we are greedy? Because we have lost our capacity for outrage, our ability to sustain indignation at injustice?' What has happened to our moral imagination?

On the heath Lear asks Gloucester: 'How do you see the world?' And Gloucester, who is blind, answers: 'I see it feelingly.'

I see it feelingly.

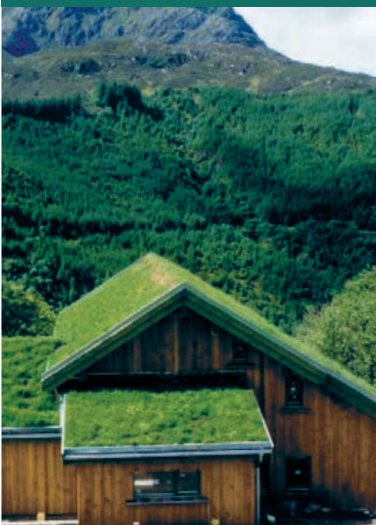
The news is not good these days. I can tell you, though, that as a journalist I know the news is never the end of the story. The news can be the truth that sets us free – to fight for the future we want. And the will to fight is the antidote to despair, the cure for cynicism, and the answer to those faces looking back at me from those photographs on my desk. What we need to match the science of human health is what the ancient Israelites called '*hocma*': the science of the heart, the capacity to see, to feel and then to act as if the future depends on our doing so.

Believe me, it does.

■ The Global Environment Citizen Award is presented by Harvard Medical School's Center for Health and the Global Environment

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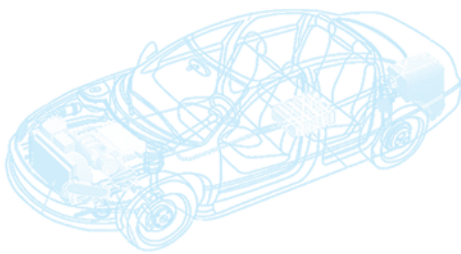
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## BEHIND THE LABEL

# RADOX HERBAL BATH WITH JUNIPER

Bubble bubble, what's the trouble? BY PAT THOMAS

### INGREDIENTS

Aqua, sodium laureth sulphate, sodium chloride, cocamidopropyl betaine, parfum, *Juniperus communis*, ethylhexyl methoxycinnamate, tetrasodium EDTA, ethoxydiglycol, dipropylene glycol, citric acid, sodium lactate, butylene glycol, butylphenyl methylpropional, alpha-isomethyl ionone, benzyl salicylate, coumarin, limonene, linalool, sodium benzoate, methyl-chloroisothiazolinone, methylisothiazolinone, CI 47005, CI 42090, CI 15985

Overrun with shower gels that claim to firm and tone, cream baths that turn back the clock and body scrubs that detox and purify, the shelves of the average supermarket and pharmacy could be mistaken for those of a specialist spa or beauty parlour. Modern marketing contrives to make us believe that taking a bath or shower is an 'experience' rather than a personal hygiene fundamental, and that bath-time products are indulgent treats with emotional benefits. More often than not we believe it.

Almost uniquely in shower-loving Europe, the average Briton is a bath lover. Yet soaking in a bath full of bubbles has unspoken risks. Soaking in any bath product will prolong its contact with your skin. Hot water also increases the skin's permeability and helps vaporise chemicals so that they are more easily inhaled. Of all the bath products available, bubble baths, which contain strong detergents and fragrances, have the greatest potential to cause skin irritation, allergic skin reactions and headaches.

But bubble baths can irritate more than just your skin. Regular bubble bath use is associated with a high rate of urogenital infections. Harsh detergents can strip away protective oils from sensitive areas of skin and the mucous which lines the genito-urinary tract. This allows bacteria to take hold. Children are particularly vulnerable, and bubble baths are a major cause of urogenital infections in babies. In the US children's bubble baths are now obliged to carry a warning advising that prolonged use can cause skin and urinary tract irritation.

Radox is arguably the best known, and most trusted, of UK bath additives. The range is a subsidiary of the giant US corporation Sara Lee, which also owns Sanex and Badedas. In the UK, the bathing market, which includes bath additives, shower gels and soaps, is worth £665m a year and counting; bath additives account for approximately £150m of this. We buy more bottles of Radox than any other bath additive.

But what do we get for our money? Radox Herbal Bath Relax contains harsh skin irritants, potential carcinogens and reproductive toxins, hormone and central nervous system (CNS) disrupters. Several of its ingredients are penetration enhancers: chemicals that alter skin structure, allowing other chemicals to penetrate more deeply into the skin and the bloodstream.

The whole Radox range has recently been reformulated and expanded using aromatherapy as the selling point. While Radox Herbal Bath Relax does contain natural juniper extract, it is largely based on synthetic perfumes, which cannot claim the same therapeutic effects as natural essential oils and may even be harmful.

In addition to 'parfum' (industry code for a compound comprised of several unnamed perfume ingredients), the mixture contains five individual perfume ingredients which can be strongly irritant and have been shown to cause a range of health problems in other animals. Amazingly, this product also contains a sunscreen – to protect the product, not the person. It's hard to see how anyone could 'relax' while soaking in a mixture like this.



INGREDIENTS	PURPOSE	ADVERSE EFFECTS
<b>Sodium laureth sulphate</b>	Detergent.	Skin dryness; eye irritation; penetration enhancer; laureth compounds can be contaminated with 1,4 dioxane, a carcinogen linked to breast cancer.
<b>Cocamidopropyl betaine</b>	Detergent.	Skin and eye irritation; penetration enhancer; can be contaminated with diethanolamine, which, when combined with formaldehyde released by other ingredients during storage, produces carcinogenic nitrosamines.
<b>Parfum</b>	Fragrance compound.	Allergen; triggers asthmatic reactions; skin irritation; CNS disruption; common components like artificial musks and phthalates are hormone disrupting.
<b>Ethylhexyl methoxycinnamate</b>	Sunscreen; may preserve the product's smell and colour.	Hormone disrupter; penetration enhancer.
<b>Tetrasodium EDTA</b>	Preservative.	Skin and eye irritation; contact dermatitis; penetration enhancer; environmentally persistent, binding with heavy metals in lakes and streams, aiding their re-entry into the food chain.
<b>Butylene glycol</b>	Promotes moisture; solvent; fragrance fixative.	Respiratory tract, skin and eye irritation; formaldehyde former; penetration enhancer; widely used even though it has been linked to reproductive and mutagenic effects in animals.
<b>Butylphenyl methylpropional</b>	Synthetic fragrance.	Skin irritant; use is restricted due to powerful sensitisation potential; in animals, skin applications at high concentrations caused sperm damage and CNS effects.
<b>Alpha-isomethyl ionone</b>	Synthetic fragrance.	Skin sensitisation; CNS disruption.
<b>Benzyl salicylate</b>	Synthetic fragrance; fixative.	Skin sensitisation.
<b>Coumarin</b>	Naturally derived fragrance.	A common skin sensitiser. Several types of coumarin have already been banned in the EU. In animals it causes lung and liver cancer and is damaging to the kidneys. According to the International Agency for Research on Cancer, coumarin is 'rapidly and extensively absorbed after topical or oral administration to human subjects'.
<b>Limonene</b>	Synthetic fragrance.	Skin and eye irritation; may trigger asthma attacks; tumours, reproductive abnormalities and delayed growth in some animals.
<b>Linalool</b>	Synthetic fragrance.	Skin, eye and respiratory irritation; in animals, CNS disorders affecting muscle control.
<b>Sodium benzoate</b>	Preservative.	Skin and respiratory irritant.
<b>Methylchloroisothiazolinone, methylisothiazolinone</b>	Preservatives.	Strong allergens; they bind quickly to the skin, remaining there long after use; nerve damage; potential mutagen; a suspected carcinogen due to its corrosive action on the skin.

**ALTERNATIVES**

You can't make a bubble bath without harsh synthetics, so natural alternatives are scarce. But try some of the following options.

**BATH SALTS**

Epsom salts or sea salt can be therapeutic and skin-conditioning. But beware of artificial colours and perfumes in commercial brands. The same goes for bath bombs: bath-salt mixtures with an extra bicarbonate of soda fizz. Blend unperfumed salts with your own essential oils, or try buying from:

**More than Soap**

[www.morethansoap.co.uk](http://www.morethansoap.co.uk)

**Soap Around the Corner**

[www.soaparoundthecorner.co.uk](http://www.soaparoundthecorner.co.uk)

**ESSENTIAL OILS**

Dissolved in milk, these will disperse easily in the bath. Organic essential oils can be sourced from:

**Absolute Aroma**

[www.absolute-aromas.com](http://www.absolute-aromas.com)

**Neal's Yard Remedies**

[www.nealsyardremedies.com](http://www.nealsyardremedies.com)

**NHR Organic Oils**

[www.nhrorganiccoils.com](http://www.nhrorganiccoils.com)

**Quinessence**

[www.quinessence.com](http://www.quinessence.com)



Pat Thomas is the author of several books on the environment and health, including:

*Cleaning Yourself*

*to Death: how safe is your home?* and *Living Dangerously: are everyday toxins making you sick?* (both published by Newleaf) and *Under the Weather: how the weather and climate affect our health* (Fusion Press).

**DEBATE**



*Richard Corbett is a Labour MEP for Yorkshire and the Humber and a European*

*Labour Party spokesperson on constitutional affairs*

*Marc Glendening is campaign director of the Democracy*



*Movement, a non-party campaign against the EU constitution*

# THE EUROPEAN CONSTITUTION

Is the constitution inherently undemocratic, or will it make the EU more accountable to European voters? Is greater coordination at the European level essential for promoting environmental safeguards, or will it merely serve the interests of big business? **Marc Glendening** and **Richard Corbett** discuss

**DEAR RICHARD,**

As a spotty Young Liberal in a tank top I campaigned for a yes vote the last time we had a referendum about Europe. It would have been difficult to predict then that the EEC would become transformed into a union with, among other things, its own police force, an embryonic common foreign policy and army and officials immune from prosecution. The whole illiberal direction of the EU needs to be re-evaluated, and this means the EU constitution must be blocked. We Europeans require a more modern vision.

The EU constitution continues the process of concentrating yet more powers in Brussels. In 60 new areas the national veto will be abolished, enabling more laws to be imposed on diverse national electorates without any democratic mandate.

The main problem is that there is a disjuncture between, on the one hand, this process of centralisation, and, on the other, the fact that most Europeans do not yet perceive themselves to be part of a single political community.

Take the example of the new directives that will drive off the market various alternative health remedies. Nobody, other than big companies, wants this legislation.

Take also article III-147 of the constitution that would give Brussels the right to enforce the 'liberalisation' of specific areas of economic activity. It may or may not be a good idea to break up state monopolies, but shouldn't this be determined locally and democratically?

The constitution continues the work of building a Brussels-based central authority. This will stretch from Ireland to the Baltic, Scandinavia to (probably) the Turkey/Iraq border.

Without getting a democratic mandate first, this is a very dangerous thing to do in an era when the gap between the political class and the rest of us has never been bigger.

Best wishes,  
Marc Glendening

**DEAR MARC,**

It is curious that you feel comfortable making such a barrage of criticisms against the new EU constitutional treaty, particularly as so many of them are unfounded. It's crucial that the decisions we take at European level are the right ones, especially when so many of today's problems, including environmental issues, go beyond our own national borders.

These decisions need to be as transparent, democratic and effective as possible. So how could any environmentalist disapprove of a new rulebook which improves the EU in precisely those respects? It's a shame that I'll have to start our debate by rebutting some myths, but I hope we can move on to looking at the significant improvements that the new constitution brings.

You start with the old chestnut of the British people being told in the 1970s that they were only joining an economic community. In fact, the government white paper that set out our reasons for applying clearly stated: 'Europe is now faced with the opportunity of a great move forward in political unity... We can – and indeed we must – play our full part in it.'

You also suggest that the EU has its own 'police force' and 'army'. Surely you know it has neither. There is no more a single EU army than there is a single UN army. And Europol is no more an EU police force than Interpol is a UN one: they are both just mechanisms for cooperating and exchanging information between national police forces.

You claim that the constitution concentrates more powers in Brussels, but you conveniently avoid saying who 'Brussels' is. In fact, EU legislation is not adopted by the European Commission, but by democratically accountable representatives of the member states meeting in the European Council (and with extra scrutiny provided by the European Parliament). 'Brussels' is simply where we meet our neighbouring countries to adopt common policies on those subjects with which we have agreed it is advantageous so to act. The new treaty will enable us to continue to do that in our enlarged union of 25 countries.

Best wishes,  
Richard Corbett

**DEAR RICHARD,**

Which of my concerns about the constitution's centralising implications are 'unfounded' or 'myths'? Even the government concedes that the national veto will go in 60 new areas. If article III-147 isn't in the document why are so many trade unionists objecting to it? If there is no EU police force, why does article III-276 give Brussels the capacity to extend that phantom force's capacity to engage in 'investigative and operational action'? Civil libertarians, like independent EU monitoring group Statewatch, are deeply concerned about this body enjoying immunity from prosecution. And many greens are concerned to see that the Euratom treaty is retained in the constitution.

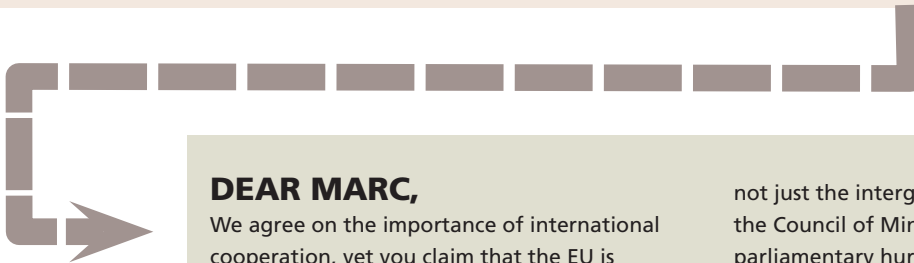
You are absolutely right though when you remind me that 'political unity' has always been the long-term goal of the European project. As Valéry Giscard d'Estaing, the man who drafted the treaty, puts it: 'Our constitution cannot be reduced to a mere treaty for cooperation between governments. Anyone who has not yet grasped this fact deserves to wear the dunce's cap... Our continent has seen successive attempts at unifying it: Ceasar, Charlemagne and Napoleon, among others. We, for our part, seek to unify it by the pen. Will the pen succeed where the sword... failed?'

The concrete reality of what can happen when you centralise power with the EU was brought home to many environmentalists when the unelected European Commission last year decided to approve the importation of GM maize. The Welsh Assembly wants to be a GM-Free zone, yet that desire counts for nothing when policy is determined in Brussels.

The common fisheries and agricultural policies have also been environmentally very detrimental. Of course, international cooperation is important, but it doesn't necessarily follow that handing over more responsibility to the EU is the best way to proceed.

Another problem is that big financial interests have much greater lobbying power when decision-making is concentrated and taken further away from ordinary voters. It's imperfect, but the reality is that intergovernmentalism is the only realistic way for international cooperation to take place with democratic accountability. I don't believe the European Parliament is and of itself a good guarantee of our democratic rights.

Best wishes,  
Marc

**DEAR MARC,**

We agree on the importance of international cooperation, yet you claim that the EU is 'centralised'. On the contrary, the constitution's fundamental principle is that we should only make EU-level agreements when we all agree that individual action would be ineffective. This is called the 'principle of subsidiarity' and it is set out right at the beginning of the treaty. Decisions are taken as close to the citizen as possible, and only when necessary.

But make no mistake about it, there are some areas in which our only chance is to adopt Europe-wide rules. The environment is a good example. Pollution doesn't respect national boundaries. Acting alone would be next to useless; acting together with our neighbours is far more effective. That's why we pass most of our environmental law at EU level.

The EU's political direction is agreed by heads of national governments, and its laws are agreed by our own elected ministers. But what makes the EU unique is that it doesn't stop there. All proposals must pass two hurdles:

not just the intergovernmental hurdle in the Council of Ministers, but also the parliamentary hurdle in the European Parliament. And the new constitution also strengthens the powers of national parliaments to scrutinise new EU proposals, providing yet another safeguard. In short, it makes the EU subject to more parliamentary scrutiny than any other international organisation in the world.

As for qualified majority voting (QMV), Eurosceptics have made a lot of noise about this without actually looking at the facts. The veto is a double-edged sword: if we have one, then so does every other country. This is something that has consistently worked against Britain in the past. The new constitution drastically improves our situation, as there will be more QMV only in those areas where Britain wanted more, and we retain the veto everywhere else (tax, foreign policy, defence and so on).

Best wishes,  
Richard

**DEAR RICHARD,**

'A rich and prime example of gobbledygook,' was how a former president of the European Court of Justice described 'subsidiarity' when it was introduced with the Maastricht Treaty. He predicted that, since the court and the commission would ultimately decide the level at which decisions should be taken, it would not result in decentralisation. How many law-making powers have been repatriated back to member-state parliaments since its introduction? Has the number of new directives and regulations gone up or down?

Subsidiarity is prime, updated 1984-style 'newspeak' or 'double-think' designed to convey the impression of decentralisation when the reality is further concentration. You claim that the constitution 'strengthens the powers of national parliaments to scrutinise new EU proposals'. Gisela Stuart, the Labour MP who sat on the convention that oversaw the drafting of this document, says that the inclusion of measures to promote that end is a 'token gesture' because protocol II-7 states that the EU can 'maintain' a proposed new law regardless of what member parliaments want.

You say that in some areas 'our only chance is to adopt Euro-wide rules'. But how do we know

how the EU is going to actually use the powers transferred to it? If the constitution is passed we have not the slightest idea how, for example, article III-315(4), which potentially would open the door to international trade in 'social, education and health services', would be interpreted.

European policies are the outcome of a complex decision-making procedure involving a bundle of bodies in Brussels composed of changing configurations of individuals determined by numerous, ongoing political events taking place in 25 different countries. There is very little connection between voting in European parliamentary elections and the overall political direction of the EU taken as a totality.

For all the imperfections of national democracy, at least when we vote for parties in general elections we know the potential implications in terms of the governments and policies that may emerge. Then, a few years later we can hold them to account for what they have done. Ordinary Europeans cannot, in reality, hold the key decision-makers in Brussels to account in the same way.

Marc

**DEAR MARC,**

However much you may admire the Common Fisheries Policy, I think you've launched too many red herrings in your last letter. On 'concentration of powers', the EU can only act on subjects laid down by member states in the treaties. Even then, the degree and intensity of EU action is determined by the member states themselves through their representatives in the Council of Ministers, not by the commission. Action can only be taken if a very large majority (or, for sensitive matters, everyone) agrees. The European Court of Justice only becomes involved if divergent interpretations of agreed texts are referred to it. Judges are appointed by member states, not by the commission.

Is national parliamentary scrutiny a 'token gesture'? No. It's an opportunity for the elected representatives of the EU's individual member states to decide what positions their ministers will take in the council. This already happens in Sweden, Finland and Denmark. The new constitution brings in yet another safeguard, allowing national parliaments to object directly when they feel a proposal goes beyond the EU's remit. Ministers would never

adopt a proposal which their own parliaments have rejected.

You are misleading people when you claim that article III-315(4) 'opens the door to international trade in social, education and health services'. On the contrary, this article specifies that no agreement in these sectors can be made without the unanimous consent of every member state. This is a limiting provision, not a permissive one.

Of course, national democracy is easier than international democracy. But we need both. You prefer Europe-level decisions to be decided by 'intergovernmentalism', which equates to long, secretive, bureaucratic negotiations. I prefer the more open and democratic system offered by the new EU constitution: bringing in checks and balances, requiring ministers to meet in public when adopting legislation, adding parliamentary scrutiny, allowing citizens to challenge EU decisions in the courts, guaranteeing access to documents, prohibiting discrimination... The list goes on.

Best wishes,  
Richard

**DEAR RICHARD,**

Talking of the Common Fisheries Policy, the readers will decide for themselves which one of us is trawling the depths of political disingenuousness. Fishery policy aside, my opposition to the constitution is based ultimately on a belief that, generally speaking, small is beautiful. The more that power is aggregated, the worse organisations tend to become. Elites become more remote and less accountable to those of us lower down the political food chain.

Protocol seven of the constitution bears testimony to this when it confirms that officials shall be 'immune from legal proceedings in respect of acts performed by them in their official capacity'. Yet, when courageous individuals such as *Stern* magazine's Hans-Martin Tillack reveal the scale of fraud taking place in Brussels, the European Commission's 'anti-fraud office' (another Orwellian touch) instructs the Belgian police to force them to reveal their sources. No wonder Labour MP Alan Simpson has described the EU system of government taking shape as 'neo-feudalism'.

The European political class is becoming dangerously disconnected from the peoples they are meant to serve. For example, article III-347 of the constitution commits (elected) national governments not to influence the (unelected) members of the commission in the performance of their tasks. Britain is over-centralised as it is, and I don't see how extending the law-making powers of the EU is going to help re-connect already alienated voters to the political process in this, or other, European countries. Once an EU law is passed it takes precedence over the legislation of the member states and so becomes effectively off-limits for democratic debate among national electorates.

We need to respect the political diversity of our continent, not impose more laws collectively upon the EU's 25 member nations through centrally taken decisions as if those countries were a single, unified entity. Blocking the constitution would hopefully result in a reappraisal of the outdated direction in which we are all heading at the moment.

Best wishes, Marc

**DEAR MARC,**

There is much on which we agree. When it comes to government, small is indeed beautiful. As we've already discussed, the constitution explicitly insists that all decisions must be taken as locally as possible, to keep politics as close to the citizen as we possibly can. Yet nobody can deny that, in a few key areas, we need to act together with our neighbours so we can achieve our objectives. These areas include environmental policy, common rules for the common market, and – if we're serious about conservation – fisheries too. After all, fish aren't renowned for their respect of national borders.


So the challenge is how to make these decisions, which are necessarily high-level, more inclusive and accessible than they already are. The constitution is designed to achieve exactly that. New clauses require the EU to maintain an 'open, transparent and regular dialogue with representative associations and civil society', and to respect fundamental citizens' rights in all its actions. Meanwhile, the EU's executive, the European Commission, has fewer staff than Leeds City Council in my own constituency, and the number of commissioners is reduced in the new treaty.

Disconnection between politicians and citizens is a potential problem at every level: it's not unique to the EU. But this new constitution is about widening debate, not closing it off. It was drafted not by some distant political elite, but by hundreds of representatives from across Europe, backbench MPs and MEPs from all shades of the political spectrum, and numerous civil society organisations. They met in public and published their proceedings, always consulting and inviting feedback. The whole process couldn't have been more inclusive.

In Europe, there is much that we share, but there are also many differences among us. Diversity is written into the constitution as one of the fundamental values that underpins the entire European Union. Indeed, the constitution protects not just our political differences, but our cultural, linguistic and religious ones too. Article VIII defines the motto of the EU as 'united in diversity': a motto which, I believe, neatly summarises the union's entire *raison d'être*.

For this reason, above all others, the new constitution merits our support.

Best wishes,  
Richard



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## Dear *Dr. Tatiana*

*My boyfriend is the handsomest golden potto I ever saw. He's got beautiful golden fur on his back, creamy white fur on his belly, he smells delicious, and he has ever such dainty hands and feet. There's just one thing.*

*Please, Dr. Tatiana, why is his penis covered with enormous spines?'*

*Spooked in Gabon*

*Dear  
Spooked in Gabon*

All the better to tickle you with, my dear. At least, I'll bet that's a big part of the reason. Golden pottos are little-known relations of bush babies: small, night-climbing primates that are distant cousins of monkeys and apes. If you look at your cousins, you'll see your beloved is not alone. Bush babies and many other primates have monstrous penises: many of them look like medieval torture instruments. They have spikes and knobs and bristles and are often twisted into weird and sinister shapes. By comparison, the human penis is dull, notable only for its girth.

Penises are for more than just sperm delivery, you see. If females mate with a number of males, each subsequent suitor will sire a larger proportion of her children if his sperm are the ones that do the trick. A male who can stimulate his mate to take up more of his sperm, or who can somehow get rid of the sperm of his rivals, will spread more of his genes than less artful fellows. Thus, the first consequence of female promiscuity is that males are under great pressure to outdo one another in all aspects of love. For this task, the penis is an important tool.

Consider damselflies. These insects, close relations of dragonflies, look sweet and innocent as they flit along the riverbanks on a sultry summer day. But they have evolved some of the fanciest penises around. A typical damselfly penis has a balloon (an inflatable bulb) and two horns at the tip, plus long bristles down



The golden potto

the sides. In the black-winged damselfly, *Calopteryx maculata*, the male uses this device to scour sperm from inside a female before depositing his own. But in the related *Calopteryx haemorrhoidalis asturica*, he uses his penis as an instrument of persuasion: by stimulating his mate in the proper manner, he can induce her to eject sperm from previous lovers. Meanwhile, the moth *Olceclostera seraphica* has genitals that resemble a musical instrument: the male rubs one part of his privates against another, producing vibrations with which to thrill his mate. In contrast, among termites the female typically mates with only one male – and male termites have plain, unadorned genitalia that do not differ much from one species to the next.

A penis is not the only way to outdo other males, of course. Take the ghost spider crab *Inachus phalangium*, a creature that lives under the protective tentacles of sea anemones. The male makes a special jelly to seal the sperm of previous males into a corner of the female's reproductive tract so it won't be able to mingle with his own. Or consider the dunnock, a bird that looks like a sparrow that has fluffed its feathers in ashes. Most male birds – swans, ducks, and ostriches being exceptions – do not have penises. Instead, males and females copulate by quickly pressing their genital openings together. Hardly satisfactory. But even without a penis, male dunnocks have found a way to get rid of rival sperm. Before sex, the male pecks the nether regions of his mate; sometimes this encourages her to dump any sperm she's collected. Even more exotic is the red-billed buffalo weaver, an African bird that lives in small communities. The female is wildly promiscuous. Apparently in response, the male has evolved a pseudo-phallus: a rod of tissue that cannot transfer sperm. During sex, he rubs this rod against the female's genitalia for about half an hour, at which point he ejaculates from his genital opening and appears to have an intense orgasm. The male who provides the most vigorous stimulation is presumably the most successful at persuading a female to use his sperm.

All of this provides a clue as to why your friend's penis looks so alarming.



A bush baby, the 'monstrous' penis of which is fortunately hidden from view

Among primates, as among insects, it is a rule of thumb that in species where females consort with one male at a time, penises are small and uninteresting. I mean, take the gorilla: a huge guy with a little teeny weenie. A male gorilla can weigh 210 kilograms (460 pounds), but his penis is a measly five centimeters (two inches) long and entirely devoid of knobs and spikes. The Argentine lake duck puts him to shame. The duck is small, but his penis, which rivals that of the ostrich, is 20 centimeters (eight inches) long – and it has spines. But then, a male gorilla generally presides over a small group and does not often have to worry about other fellows' sperm. If I were a girl gorilla, though, I'd feel I was missing out: as far as anyone can tell, the females of more promiscuous primate species are more capable of orgasm. So I'd guess your mate's penis is gloriously bespined because female golden pottos sometimes sleep around. But whether the spines have evolved because you like them, or whether they are more for scrubbing: well, why don't you find out?

■ *Extracted from Dr. Tatiana's Sex Advice to all Creation by Olivia Judson, published by Vintage at £7.99. Copyright Olivia Judson, 2002*



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**A Baka lady walks through the forest to collect wild fruits, tubers and roots. Baka women like to give birth to their children in the forest. They talk obsessively about the forest and the locations of desirable wild foods and tricks and techniques for finding and extracting them. Baka cannot conceive of their lives, or deaths and afterlife, outside of the context of the forest. They express their dependency on and the intimacy of their relationship with the forest in the saying 'a Baka loves the forest as she loves her own body'.**





# FOREST SOULS

The Baka pygmies live in the forests of the Democratic Republic of Congo, and have done so peacefully and sustainably for hundreds of years. But now they face imminent extinction. Under pressure from the World Bank, the Congolese government, in partnership with multinational timber companies, is cutting roads into the heart of the Baka's forests, opening them up to indiscriminate bushmeat hunters and illegal logging. Without hunting and forests to live in, the Baka will die. We can hear their voices but only if we care to listen.

PHOTOGRAPHS BY **KATE ESHELBY**

## THE BAKA



**A Baka woman wraps pieces of duiker meat up in leaf parcels. After several hours of walking Baka hunters hooked nets to the trees and surrounding undergrowth to form a giant continuous fence. Within this enclosure they yodelled loudly to frighten hidden animals. A duiker, a type of small antelope, tried to escape and Esimba, one of the men, instantly sprang forward and killed it with one expert stab of his spear; the excitement was tangible. The women, who had been collecting fruit and tubers in raffia baskets, began carving the animal up, wrapping each portion into a leaf parcel. The Baka share everything in the forest, rather than trying to gather more than someone else for personal gain.**



Moongwa wraps fire embers in leaves. He then uses them to smoke bees out of their hive. Wild honey is a popular delicacy for the Baka.



Logging trucks are loaded with timber to take to Cameroon, from where they are transported to Europe.

The Baka's survival is threatened by logging. Trees valuable to the Baka for their fruits, oil and medicinal bark, and for the construction of pirogues, are rapidly disappearing under the loggers' saws. The African mahogany tree the sapelli, for example, is one of the most highly prized trees on the world timber market; it is also host to a species of caterpillar, an essential food source for the Baka, that emerges towards the end of the rainy season when hunting and fishing is limited. A sack of smoked caterpillars can sell for \$100 in the local market, and just one tree can provide five sacks per year. The money raised from this sustainable trade remains in the local economy, whereas a large proportion of the revenue from the unsustainable logging industry leaves the Democratic Republic of Congo. The Congolese government only calculates the value of the forest in terms of the timber industry; its value to local people is never considered.



## THE BAKA

The Baka are employed by the logging companies. Here they guide a 'caterpillar' tractor to recently felled trees. Slowly, the Baka are being brought into the cash economy. As a result they become more settled, remaining near the logging camps for many months of the year. What little they earn they spend on tacky goods, and when their temporary work is over they are left with nothing: no forest, no home, no community – nothing. So much for development.



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There will be no modifications to the huge, fuel-guzzling engines, nor will this make it any easier to park, love. Your tank will be in the garage for approximately half an hour while the booster cushion is fitted, which will be the longest time this 4x4 has spent 'off road' in its life.

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THE CAR IN FRONT,  
 WITH ONE SMALL CHILD AND ITS MOTHER,  
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# BENT BANANAS

The economies of whole islands in the Caribbean face ruin if the WTO, acting at the behest of US-owned multinationals, forces the EU to end preferential trade agreements with small-scale West Indian banana producers **BY JOANNA BLYTHMAN** PHOTOGRAPHS BY **KAREN ROBINSON**

**W**hen the last great colonial monoculture crop of sugar became unprofitable in the 1950s, former British colonies such as Jamaica and the Windward Isles (Grenada, Domenica, St Vincent and St Lucia) were encouraged to move into banana production. This trade was protected by a system of quotas and licences which granted them preferential access to the UK market. The advantageous trade terms were a recognition of the fact that the small-scale, family farmers on these islands could never compete cost-wisely with the vast banana plantations in places like Latin America.

Caribbean bananas are necessarily more expensive to produce than their plantation equivalents. Banana farms on these hilly little islands are characteristically small, the terrain is steep and not suitable for mechanisation; and

irrigation is rarely an affordable option, so growers depend on erratic rainfall. The cost of transporting produce from the islands to market is inevitably higher than on a large landmass, where fruit can be rapidly trucked to major ports. And well-observed labour laws in the Caribbean ensure that workers are properly remunerated by regional standards.

Despite these handicaps, the preferential trading conditions given to Caribbean growers, and Britain's sense of obligation and loyalty to former colonies, allowed West Indian bananas to hold their own. Until the early 1990s, two thirds of the bananas we ate in Britain came from the Caribbean. But just 15 years later, Caribbean bananas now account for less than 20 per cent of the British market.

US-owned multinationals such as Dole, Del Monte and Chiquita have used the US government





and the World Trade Organisation to argue that the protection given to former colonies was anti-competitive. They have forced the EU to open up its market to imports of cheaper 'dollar' bananas from Latin America, where the US giants control production. And if current plans to make the EU banana market completely free go ahead, then by January 2006 Caribbean producers could disappear altogether.

This is a depressing scenario for the Caribbean islands, whose fragile economies are heavily dependent on bananas. Association of Caribbean Farmers spokesman Wilberforce Emanuel says: 'Already on St Vincent we are seeing old men carrying drugs around town and more vagrants who have migrated from rural banana-producing areas. If the Caribbean and the Windwards are not seen as a special case, we're looking at major social unrest and bad fall-out. We don't want aid; we just want to be a place that produces bananas.'

As the Caribbean share of UK banana sales has plummeted, Latin American countries, most notably Costa Rica, have become the biggest supplying region to the UK, producing about 60 per cent of our bananas. But what do we know

about the conditions in which Latin American bananas are produced?

Gilberth Bermudez works for the Latin American Coordination of Banana Workers' Unions. He gets very angry when he talks about conditions in the banana sector of his native Costa Rica. 'Since the age of four,' he says, 'I had a machete in my hand to work with bananas. Conventional banana production in my country is like a small bomb.' Bermudez has slides of insecticide-impregnated blue plastic bags, waste from banana plantations, collecting in river deltas flowing into the Caribbean Sea. 'What are we going to show tourists in a few years when all our coasts and beaches are polluted by intensive banana and pineapple cultivation?' he asks. 'Species like the sea cow and the tortoise are facing extinction. Pesticides are killing off the algae on which the sea cows feed, and the tortoises are asphyxiating on plastic bags from plantations. The coral reefs are dying. When scuba divers go down now, they can't see the reefs for the residue from banana plantations. It's the same story in Honduras, Belize and Panama.'

Bermudez explains that until the 1960s, Costa Rican growers concentrated on traditional

varieties of Creole bananas that were curvy and flavoursome. Then production intensified, switching to one variety: the Cavendish. It is straighter, tolerates refrigerated transport, and produces higher yields and, with liberal applications of pesticides, the smooth, uniform, cosmetically perfect fruits that supermarkets like.

The consequences of this, Bermudez says, are there for all to see: degradation of soil, and sick people. 'Eighty per cent of banana families live in slums with very precarious sanitary conditions on the edge of plantations where aerial spraying of pesticides is [done] almost daily and the planes don't distinguish between workers' homes and plantations. Hundreds of children have deformed fingers and joints as a result of pesticides applied during the 1960s, 1970s and 1980s.

Thirteen thousand male workers are sterile as a result of working with pesticides, and still today highly toxic pesticides are being used. It is a human tragedy, and we can't keep silent about it.'

Bermudez's Guatemalan colleague Selfa Sandoval tells a similar story. 'The banana worker today is a melancholy person with no pride in what she or he does. The gospel of free trade has made it possible for transnational corporations to penetrate our country and violate our rights daily.' Sandoval explains that Guatemalan banana workers typically earn less than the minimum wage for a 12- to 14-hour day, six days a week. 'Many female workers are illiterate and can't afford to send their kids to school,' she says. 'You have women with four or five children and dependent parents working in semi-slave conditions in banana packing plants. Even if you have a sick child or there's a death in the family you can't get leave. You are only allowed 10 to 15 days leave a year. On the plantations pesticides are used without regard to effects on workers, so allergies, nausea and lumbago are commonplace. Many women have varicose veins from being on their feet for 11 to 14 hours a day. We demand our voices be heard.'

After Latin America, the second biggest supplier of bananas to the UK is Cameroon, the West African country that has come from nowhere in the past five years to now produce 15 per cent of Britain's bananas. In Cameroon, vast

banana plantations are being cultivated on land that used to produce palm oil. Despite logging, 40 per cent of the country is still virgin forest, but the transnational corporations that control

banana production there are reported to be eyeing up the forest for future expansion. Cameroon has proved highly profitable over the past five years because labour costs are even lower than in Latin America and also because cultivation in the country qualifies for EU development funds. But Patrick Vewessee, general-secretary of the Fako Agricultural Workers' Union, paints an alarming picture of the cost of intensive banana production in the country. 'You are compelled to work 13 hours to get eight hours pay because the wages are calculated by piecework and incentives,' he says. 'Many workers have to leave home

at four in the morning to get to work for a 6.30 start. They may not see their children because they leave so early and get back so late. In Cameroon the average wage for a banana worker is £27 a month, which is not a living wage. But even the

'Pesticides are used without regard to effects on workers, so allergies, nausea and lumbago are commonplace. Many women have varicose veins from being on their feet up to 14 hours a day. We demand our voices be heard'

– Banana sector union activist Selfa Sandoval





**The Henderson family and local workers packing bananas during the fortnightly banana harvest on their family farm at Margiot on Domenica**

■ In 1995 the average use of pesticides in Costa Rica's banana plantations was 44 kilograms per hectare per year, compared to an average 2.7 kilograms per hectare per year for crops in industrialised countries.



■ The chemicals used on corporate banana plantations include at least four classified by the World Health Organisation as extremely hazardous (the strongest classification), including paraquat, and three organophosphates not approved for use in the UK.



■ Pesticide poisoning rates in Costa Rica are three times higher in the banana regions than in the rest of the country. Cases of sterility and cancers are increasingly frequent among workers.

unions do not know what bananas sell for in Europe... The banana companies keep it a closely guarded secret.'

Approximately 30 pesticides are used in banana production in Cameroon. Some are applied manually by workers without any protective clothing, and others are sprayed by light planes. 'Sometimes when the workers are in the field, the pesticides are sprayed on them as they work,' Vewessee says. 'The people who have farms around the banana plantation areas also have their gardens sprayed because it is indiscriminate. Illness is much more prevalent among banana workers than in other agricultural sectors. But unemployment in Cameroon is 60 per cent, so you even find graduates working on banana plantations. Workers feel exploited, but if they complain about bad conditions there are people out there who will fill their jobs like a shot. So employers can do whatever

they want. If you get too vocal as a shop steward, then you might be sacked.'

It is not surprising that transnational companies, taking advantage of free-trade rhetoric, will choose to locate banana production in countries where 'production costs' (wages, social conditions, environmental standards, etc) are at their least onerous. Their rapaciousness has been intensified of late as they are put under the screw by the new lords of the banana trade: the large supermarket chains. These retailers increasingly set the terms of trade with producers by demanding ever lower prices. They also impose 'quality' standards designed to ensure a uniform, blemish-free fruit: standards that perpetuate the intensive systems in which virtually all bananas are currently grown. No wonder then that on many banana plantations these days, more money is spent on pesticides than on wages.

Bananas are the single biggest profit-making item sold in UK supermarkets today. This is despite the fact that the supermarkets use them as a high-profile bargain to place a halo of low price around everything they sell. In 2002 Asda Wal-Mart started a banana price war. You can now buy a kilo of bananas for as little as 65 pence. Before 2002, the price was around £1.

Consumers might not be so enthusiastic about these bargain bananas if they understood just how miserable the conditions are in which most of them are grown. Supermarkets still expect to make a margin of up to 40 per cent on them. And predictably it is the banana workers in producer countries who suffer, in terms of worsening working conditions, to make sure such margins are reconcilable with low prices for the consumer. Alistair Smith, of the fair-trade NGO Banana Link, sums up the situation as follows: 'The "promise" of free trade leads, in practice, to a driving down of prices and squeezing out of smaller producers, forcing down wages and cutting social benefits, more trade union repression, less job security, and increasing damage to the environment and human health.'

Unless the British government stands up and fights their case, the ethical, small-scale banana producers of the Caribbean will be forced out of business, and the pay and conditions on the corporate plantations poised to completely replace them will decline even further.

■ Joanna Blythman is the author of *Shopped: the shocking power of British supermarkets* (Harper Perennial, £7.99). To show your support for Caribbean banana producers, email secretary of state for trade and industry Patricia Hewitt via [www.supportcaribbeanbananas.org.uk](http://www.supportcaribbeanbananas.org.uk)



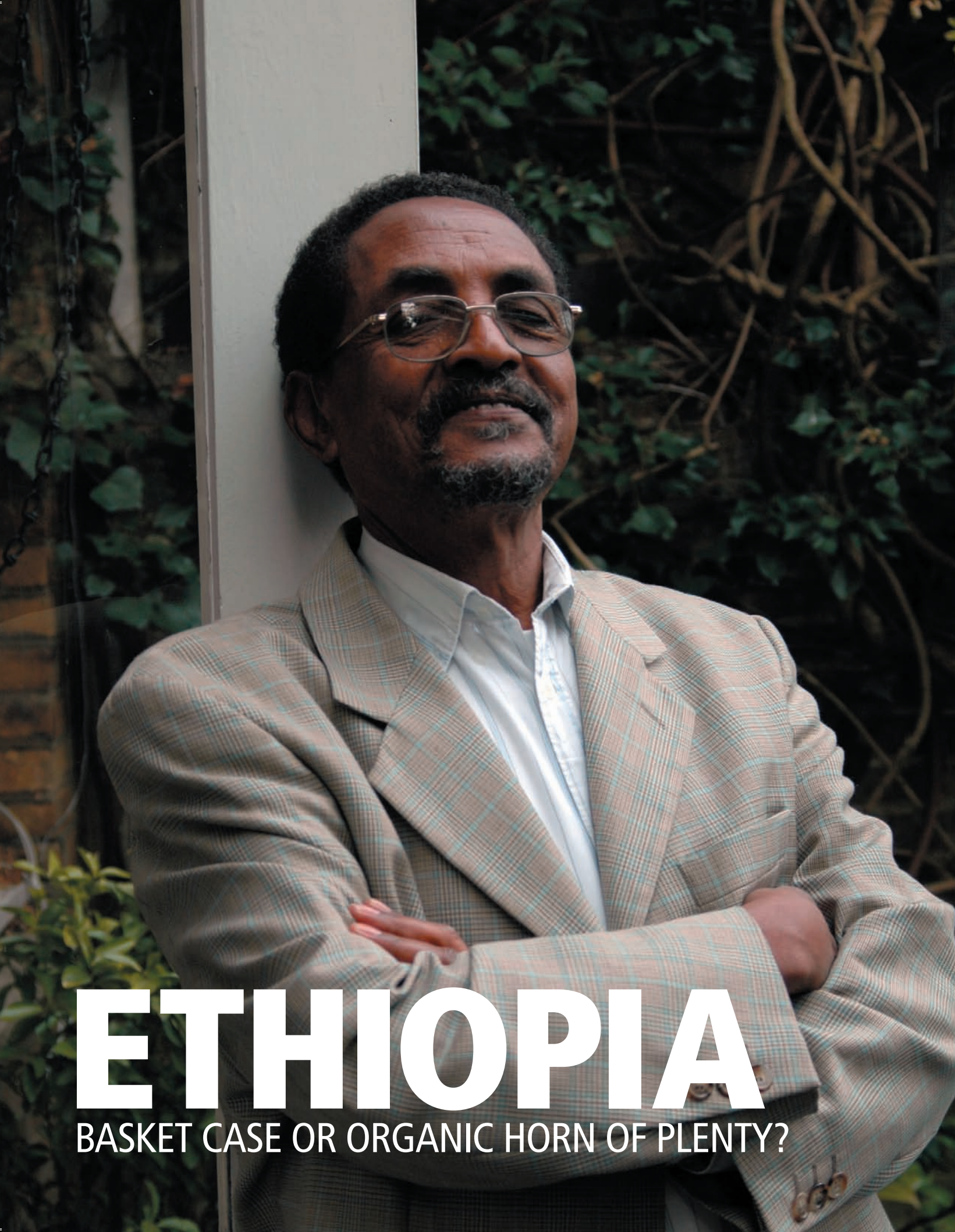


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# ETHIOPIA

BASKET CASE OR ORGANIC HORN OF PLENTY?

Ravaged for decades by famine and war, Ethiopia is trying to eliminate hunger for good with organic farming. **Robin Maynard** met the man spearheading the campaign

**D**r Tewelde Berhan Gebre Egziabher, director-general of the Ethiopian Environmental Protection Authority, is dedicated to overturning the stereotypes of despair and dependency that attach to his country. A courteous, quietly spoken man, for the past 30 years he has been in the vanguard of driving an environmentally sound, grass-roots agricultural revolution in Ethiopia.

On top of that challenge, in recent years he has, as the spokesperson for the Africa Group in negotiations to establish the Cartagena protocol on trade in genetically-modified organisms, faced down global GM giants like Monsanto and Syngenta, refuting their claims that GM crops are the answer to Africa's hunger and poverty. In 1998 he and representatives of all the African nations (bar South Africa) signed a declaration condemning Monsanto's marketing attempts to characterise GM crops as the solution to world hunger. In 2000, along with international consumer and aid agencies, he was at the forefront in fighting off US attempts to dump GM crops on Africa as 'food aid'.

If Africa is, in Tony Blair's words, the scar on the conscience of the world, then Ethiopia is surely an unhealed scab. Smarting from famine, drought and regional conflict, it is a country characterised by TV pictures of children with swollen bellies and fly-blown, listless faces. But Tewelde looks beyond the past half-century of conflict and political experimentation to a time when Ethiopia had a reputation not for poverty and starvation but abundance and good farming. Speaking to *The Ecologist* in Hampstead, north London, he says:

'Ethiopia has suffered under famine, drought and regional warfare, but it is not a "basket case". In contrast to the more recent stereotypes, people who visited Ethiopia in the 1930s and 1940s described it as a country of plenty, where it was unimaginable that people would go hungry. Crops grew lush in the fields and European visitors marvelled at our livestock, bigger and sturdier than cattle back home.

'I have absolutely no doubt that Ethiopia can feed itself again, and indeed feed more than twice its present population with spare food for all. We're some distance from that state now, and to achieve it we need some development of infrastructure: better transportation, better communications, better storage facilities and the economic capacity of individuals to buy food when needed; because you can have plenty of food in store and yet still have hunger. Solving the problem of hunger depends on more than the amount produced. But we're well along the process of achieving enough food production. Barring a nationwide drought catching up on us, as in an El Niño year, the government's plans are moving ahead and the country will be food self-sufficient in the next three years.'

That's an extraordinarily bold prediction given the major drought that hit Ethiopia in 2002. The drought caused crop failure across the country, forcing the Ethiopian government to request food aid

for more than 14 million people: around a quarter of the country's total population. At the end of 2004, further drought in the Somali region of Ethiopia threatened to repeat that disaster, putting 4 million people at risk of starvation.

Elsewhere in the country, inter-tribal conflicts break out over scarce water resources. Ethiopian farmers traditionally grew two crops: one snatched from the short rains of March and April, and a main crop sustained by the longer rains of the summer months. In recent years the short rains have failed altogether, while the long ones are increasingly erratic. Drought and unpredictable rainfall drive drastic but essential measures like the government's resettlement programme of more than 2 million people 'encouraged' to move from the country's fertile

but degraded eastern highlands to the more sparsely populated western hills. 'Essential' if soil erosion is to be halted in the east; 'drastic' because malaria and sleeping sickness are endemic in the west. Such are the choices forced upon poor nations by climate change.

Given these facts on the ground, Tewelde's optimism sounds dangerously like the hubristic claims of the

Marxist regime of colonel Mengistu Haile Mariam, which set wildly ambitious targets for improved crop yields through its programme of high inputs of imported agrochemicals. Paper calculations rarely translated to the field. Faith in

'I have absolutely no doubt that Ethiopia can feed itself again, and indeed feed more than twice its present population with spare food for all'

**Tewolde demonstrating just how ill-suited Ethiopia's mountainous landscape is to Western-style intensive agriculture**



artificial fertilisers survived into the present government's participation in the Sasakawa-Global 2000 programme to boost food production through credit schemes and subsidised prices for fertilisers. But when the world market price for maize, the main crop targeted for increased production, collapsed, so did Ethiopia's export earnings.

This is something Tewolde had predicted: 'The reliance on fertiliser as the strategy to increase production wasn't realistic,' he says. 'Who's going to subsidise the fertiliser, when there isn't the national economic capacity to provide subsidies? The agrochemical inputs have to be available at their market value, which currently makes them expensive. If, with their reliance on high-yield varieties dependent on chemical inputs and irrigation, the green revolution programmes of India and Asia were starting today it's questionable whether they'd be affordable. So the Global 2000 project had a limited horizon and applicability. A more ecologically oriented management requires only the labour input from the farmers. In any case, Ethiopia is a mountainous country, with broken-up terrain, and consequently it's very difficult to make a homogenous environment out of it. It was obvious very early on that any chemical inputs would have to be useable with and

beneficial to the varieties of seeds that the farmers themselves have access to, not some uniform seed that could be planted throughout the country.'

Convinced of the inevitable failure of Sasakawa-Global 2000, in 1996 Tewolde initiated the parallel, more localised Project Tigray to demonstrate that food security would be better attained by building on farmers' traditional knowledge, using their 'free' labour and adapting available, local resources. 'The shift away from strategies focused around agrochemical inputs is not something that I or anyone in government can claim to have introduced,' he says. 'We are just responding to and adding to the reality on the ground.

It is the farmers themselves and their methods which have ensured that the chemicals distributed and stockpiled around the country have remained in the stores. Most of the farmers relied on use of manure, as well as fallowing fields and crop rotations, to build fertility. Through Project Tigray we've promoted the use

of compost: a new technology to most of our farmers. We're spreading the facts about composting, but... having millions of people involved in agriculture, the same factor that prevented the spread and take-up of chemical-based agriculture, also slows down the spread of sustainable methods like composting.'

Nevertheless, Project Tigray's results have been impressive. For example, thanks to the use of compost, yields of the commonly sown field pea the faba bean have rocketed from 500 to 2,500 kilograms per hectare. More importantly, practical evidence of Project Tigray's increased yields has convinced the Ethiopian government to abandon agrochemical-reliant agriculture and re-orient national food and farming policy towards organic farming. In 2002 the government issued a new policy guideline on rural development, placing a priority on environmental rehabilitation as an essential factor in increasing productivity. It stated: 'Ensure that essential ecological processes and life-support systems are sustained, biological diversity is preserved and renewable natural resources are used in such a way that their regenerative and productive capabilities are maintained,

and, where possible, enhanced... Where this capacity is already impaired... seek through appropriate interventions a restoration of [it].'

Statements about shifting to sustainable agriculture are easy to make; shifting the toxic legacy of previous policies may prove more difficult. Ethiopia has one of the largest stockpiles of obsolete pesticides in Africa (estimated to amount to approximately 3,000

tonnes in 2003). Despite the danger of their spreading across the country, Tewolde sees such dumps as fitting memorials, reminding policy-makers of the inappropriateness of westernised, intensive farming techniques to Ethiopia's topography and structure of agriculture. 'We have this anomalous situation,' he

**'Contrary to the claims of the industry, GM crops would not have fed or freed us by giving us greater control over our production, but rather enslaved Africa once more'**

says. 'We are a country with large stores of obsolete chemicals and yet have an environment that is not generally contaminated with chemicals. That's why you'll see very large populations of birds of prey throughout Ethiopia, such as lammergeiers, which are virtually extinct in their European ranges and yet here are common scavengers circling in their thousands over our towns and cities.'

'And thanks to Ethiopia's great diversity and variety of crop species, pests are not so great a problem as with monocrops planted across large, homogenous farmland. Pest outbreaks are very localised – excepting the migratory pests such as locusts and army-worms... Pests are much more of an issue when it comes to storage of crops, rather than... in the field.'

Tewelde's image of vulture-like lammergeiers circling above Addis Ababa evokes other less welcome powerful predators. Pesticides may have proven a false promise, but haven't agrochemical and seed company reps been regrouping around Africa's capital cities with the aim of persuading the continent's politicians of the benefits of the new, improved technological fix to hunger and poverty – the claimed vitamin-enhanced, drought- and salt-resistant GM crops?

Having failed to overcome consumer resistance in Europe, the biotech companies have been playing the hunger card to exploit public guilt and uncertainty, saying that while GM crops may not be wanted or needed in the well-fed West, they are a necessity for the starving millions in less developed countries, particularly in Africa. This would have been a difficult strategy for campaigners in the developed world to counter, had it not been for spokespeople from Africa itself, Tewelde included. He says: 'This was a very cheap ploy playing on the guilty feelings of the Europeans, who originally colonised Africa and enslaved its peoples. Your great-grandparents did this wrong and now you are joining them by continuing the tradition. This was a terrible lie. Our Africa Group decided by its own free will that, as it stands, GM technology is not good for us.'

'And, contrary to the claims of the GM lobby, these crops would not have fed or freed us by giving us greater control over

our production, but rather enslaved Africa once more – particularly because of the patenting aspect. Through normal cross-fertilisation our farmers' own planted seed would have acquired patented genes from neighbouring GM crops... According to international property law, those contaminated crops and seeds would become liable to payment of penalties and royalties. In other words, our farmers would become serfs to the patent-holding companies based overseas. A kind of slavery would have been reintroduced, not as historically [with] our people [being] transported to grow crops in the plantations of America, but rather that we would now be forced to grow US companies' crops in Africa's soil.'

So, there are no GM crops in Ethiopia, no field trials, as yet no outposts of GM companies in Addis Ababa, where their reps might hunch over their telephones waiting for pressures of conflict or climate or promises of increased export earnings to force a change of policy. This has made Tewelde something of a hate figure to global agribusiness.

He says: 'I'll give you one example, which concerns a former US ambassador to the UN, who now runs a company that seeks to increase investment opportunities for commercial companies in Africa. When I was regional representative during the negotiations over the Cartagena Protocol, this person contacted me

and said, "Why have you created this juggernaut, this big organisation that opposes Africa's development, denying investment and keeping your young people unemployed and poor?"

'I presumed he meant the Africa Group, so I pointed out to him that my government couldn't even afford to send me to the negotiations. I could only attend thanks to a free ticket from the UN. My African colleagues were only there, too, thanks to hand-outs from the UN. So this was hardly a "juggernaut" organisation flush with cash to help persuade people of its views. If we did manage to appeal to others, then it must be because there was something in what we had to say. But he'd clearly come to try to make me change our stance, telling me he'd just come from our prime minister's office. Whether that was simply to intimidate me or not, I don't know: I never wanted to find out.'

'Yet were we to have millions of people about to die of starvation then you would have to accept to feed them on GM foodstuffs, if those were all that were available. Hopefully, that will never happen. Should it, then the choice would be excruciatingly painful.'

Ethiopia's harsh terrain and diversity of regions, with agriculture predominantly viable in high, mountainous areas with land broken up into small blocks farmed by more than 40 million smallholders,

## WHERE DID IT ALL GO WRONG?

Mismanagement of Ethiopia's agriculture stems back to the period following the country's Marxist revolution of 1974, when the initially beneficial and just land redistribution programme following the imperial rule of Haile Selassie degenerated into excessive division of farms into ever smaller, unsustainable parcels. In some areas farms measured half a hectare per family: tiny plots for traditionally large Ethiopian families to live off.

More debilitating was the diversion of scarce resources into the long war with Eritrea, where separatist rebels had sought independence since the 1950s. The war reached its bloodiest period during the 1990s, and export earnings from key cash crops such as coffee were converted into weapons rather than vitally needed infrastructure.

The overthrow of the Marxist junta of president Mengistu in 1991 brought some stability, something enhanced by the Eritrean war finally ending in 2000. However, the UN estimates that 81 per cent of Ethiopians still live on less than a \$1 a day and that the average income in the country stands at less than £65 per annum (that compares with £22,550 for the UK). Such figures are not an absolute indicator of individual living standards in a country where the bulk of the economy, especially in rural areas, is still based on self-sufficiency, barter and exchange. But they do, nevertheless, make it difficult to be optimistic about Ethiopia's future.

## ETHIOPIA

have defeated the giantist models of both centralist state-planned and corporate-owned intensive agriculture. Tewolde's vision for Ethiopia's agriculture is, in contrast, small-scale, locally-focused and community-owned. Its technologies and inputs can all be learned and produced by individual farmers. It is the right path for Ethiopia for the simple reason that no others are available. But it is not without huge challenges.

Project Tigray's practical techniques – building bunds to prevent run-off and soil loss, using compost to improve soil structure, which in turn promotes moisture retention, planting leguminous crops that fix 'free' nitrogen rather than depending on costly fertiliser in bags – are all making a difference as increased yields prove. But even Tigray's 66 local schemes in operation across nine regions in Ethiopia, are modest, first steps. For outsiders to marvel again at the country's agricultural abundance, rather than as bearers of food aid (currently standing at 300,000 tonnes annually), it's not just compost but also hard cash that's required.

Massive investment in storage facilities and better roads is needed nationally to ensure that any surplus food produced can be stored and got to the people who need it when the rains fail – as they certainly will under predicted climate change scenarios. But with Ethiopia's international debt burden standing at \$6.5 billion and requiring \$120m annually in interest payments,

and a stagnant economy growing at less than 3 per cent a year, money is in short supply. Producing 40 per cent of the country's GDP, agriculture is the largest sector of the economy; so on it rests not just the burden of feeding Ethiopia's population

(growing at the rate of 2 million a year), but also most of the onus of generating the cash to service its debts and construct that much-needed infrastructure. Conventional agronomists and economists might scoff at the notion of Tewolde's model of small-scale, organic-oriented agriculture being capable of producing the consistency and quantity of cash crops needed to satisfy international markets, even if they concede that history proves it's the only model that stands a chance of contending with Ethiopia's geography.

After our conversation is finished, I mull over Tewolde's words in the only café I can find in well-heeled Hampstead that offers

fair-trade coffee: an appropriate drink, given the commodity's bitter recent history for Ethiopia. Coffee accounts for more than 87 per cent of the country's total agricultural exports: some \$6 of every \$10 earned. But in 2003 world market prices for it crashed, halving Ethiopia's export earnings from around \$400m in 1997 to less than \$200m. The crash was the result of a poorly conceived World Bank investment programme that resulted in the emergence of Vietnam, a country with no history in the sector, as the second largest coffee producer after Brazil.

It strikes me that the roots of Tewolde's conviction that he will confound the sceptics lie in this disaster. Ethiopia has twice derailed agricultural programmes based on quantity-oriented, mono-cropping techniques. Ethiopia's adoption of ecological and organic techniques was less a choice than the obvious thing to do given the natural limitations of its geography and the absence of any money to subsidise yet another experiment with expensive inputs. Even had the latter not been the case, the coffee crash underlined the need to diversify from over-dependence on a single or small number of export crops sold into volatile, low-value commodity markets, which trap developing-country producers into an endless 'race to the bottom' to produce at the lowest cost.

Switching to ecological, organically oriented production offers the added benefit that any surplus crops produced can be marketed as quality rather than basic quantity-commodity products. If Ethiopia's coffee, tea, cotton, pulses and other potential cash crops are increasingly focused on overseas markets for organic and fair-trade produce then Tewolde may square the circle by rebuilding Ethiopian agriculture on low-tech, locally appropriate techniques that are also attractive to high-value, international outlets. Despite such produce being surprisingly hard to find in Hampstead, there is no doubt in my mind that the potential market for fair-trade and organic produce is a surer bet than that for GM.

■ Robin Maynard was a founding member of Farm, the campaign for independent and sustainable farming, and is a longstanding campaigner, writer and broadcaster on environmental issues

### FINDING FAIR-TRADE ETHIOPIAN COFFEE IN THE UK

Fairly traded Ethiopian coffee can be found at Oxfam's new Progresso high-street coffee bars, in Marks & Spencer's in-store Café Revive outlets and through the Tiki and Equal Exchange fair-trade ranges. See [www.fairtrade.org.uk](http://www.fairtrade.org.uk).

**WHOSE RULES RULE? 05**

# African answers

*A public conference on Africa in the making of global justice*

**Saturday 18 June 2005**  
14:00-17:30  
Aston University, Central Birmingham

Speakers will include:

- Yao Graham**  
Coordinator, Third World Network Africa
- Mohau Pheko**  
Coordinator, Gender and Trade in Africa
- Beverly Duckworth**  
Head of Campaigns, WDM
- Oludare Ogunlana**  
Secretary General, All Africa Students' Union

*This event is free, to reserve a place please register at [www.wdm.org.uk](http://www.wdm.org.uk) or call 0800 328 2153*

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# Global Environmental Politics

**Peter Dauvergne, Editor**

Global Environmental Politics examines the relationship between global political forces and environmental change, with particular attention given to the implications of local-global interactions for environmental management as well as the implications of environmental change for world politics. Each issue is divided into full-length Research Articles and Current Debates focusing on issues such as the role of states, multilateral institutions and agreements, trade, international finance, corporations, science and technology, and grass roots movements.

## **Recent Articles Include:**

A Herd Mentality in the Design of International Environmental Agreements  
by David G. Victor and Lesley A. Coben

## BOOKS

**BOILING POINT: how politicians, big oil and coal, journalists and activists have fueled the climate crisis – and what we can do to avert disaster**

Ross Gelbspan  
Basic Books, 2004, £16.99

The subtitle says it all. Beautifully written by Pulitzer-prize-winning journalist Ross Gelbspan, *Boiling Point* is an urgent wake-up call that we all should read. Even if you accept climate change is happening, until you read Gelbspan's impassioned and exhaustively researched book you are unlikely to be aware of its true pace and the devastating effects it will bring. But if we can commit, as Gelbspan proposes, to the changes necessary to avert total disaster we will not only survive the climate crisis, but build a more equitable world as a result.

**SAVING THE SELF: consumerism, freedom and you**

Cristian Lacatus  
Tiberius Publishing, 2005

Packaged and sold as a solution, the self-help book is more often than not actually one of the problems afflicting modern society. Women don't go out with men they like: they read *The Rules* and do

what it tells them. People don't learn how to cook food: they follow recipes. We don't give up smoking through willpower: we need Alan Carr. And then we wonder why we are so disconnected from the world. So a self-help book that professes to help you break free of consumerism is to be treated with caution. And yet *Saving the Self* is something of a joy: whimsical, in parts useful, in others entertaining, but consistently reminding the reader of how we have replaced what is truly good with what we are simply told to believe. A refreshing dose of common sense.

**THE ARGUMENTS AGAINST G8**

Edited by Gill Hubbard and David Miller  
Pluto Press, 2005, £11.99

Speaking of the upcoming G8 summit in Gleneagles, Tony Blair commented in March: 'It would be very odd if people came to protest against this G8, as we're focusing on poverty in Africa and climate change. I don't quite know what they'll be protesting against.' Perhaps he should read this book, as should anyone else who wants to understand why the problems that beset the world will never be solved by one of their main engines. With essays from such critical thinkers as Noam Chomsky, Susan George, Mark Curtis and George Monbiot, it lays bare the lies behind Blair and Gordon Brown's messianic rhetoric of helping the poor; and makes patently clear why even though this year's conference is taking place in the remote Scottish Highlands, the politicians attending can still expect plenty of highly informed protest.

**MY JOURNEY WITH A REMARKABLE TREE**

Ken Finn  
Eye Books, 2005, £9.99

As you sit enjoying a drink in the sunshine does it ever cross your mind where the chair supporting you – or the tree from which it was hewn – came from? What if you learnt that it was built from one of the fabled spirit trees of northern Cambodia? Would that seem a fair trade? For Kenn Finn the journey was the other way round: he went first to Cambodia specifically to visit its spirit trees; when all he found was destruction, he set about searching for what had happened to the wood. His journey from traveller to accidental activist is a salutary reminder that in this globalised world we simply cannot afford to take anything for granted.

**TRASH TALK**

Dave and Lillian Brummet  
Publish America, 2004, \$16.95

If not disposed of properly, the plastic rings that keep packs of beer together can end up strangling birds. So rather than throwing them away, why not reuse them to bind climbing plants to poles? Roll used magazines together, fasten them with an elastic band and stuff them in boots to help the latter keep their shape. Thus, *Trash Talk* marries the do-it-yourself ethos of *Blue Peter* with the homespun environmentalism of *The Good Life*. While cynical urbanites may balk at some of the ideas, the book is enlightening just for the way it confronts the lazy predictability with which we use and dispose of most of the stuff we buy.





**BOOK OF THE MONTH**

**GROWTH FETISH**

Clive Hamilton  
Pluto Press, 2004, £12.99  
*Reviewed by Matilda Lee*

In one sense, Clive Hamilton's *Growth Fetish* takes its place alongside a spate of recent books exposing the great contradiction of modern capitalism: the failure of higher incomes to extend wellbeing. Examples include Richard Layard's *Happiness* and Madeleine Bunting's *Willing Slaves*. Yet Hamilton's book is more holistic, putting the eponymous growth fetish into the context of its impact on world politics, the natural environment, how we work and how our identities are formed.

If we consider the fact that it would be an almost certain kiss of death for politicians in any 'wealthy' nation to express the view that social woes could not be remedied by greater economic growth, then we get some idea of how entrenched the growth fetish is. This hasn't always been the case. John Stuart Mill had no qualms with the idea of a stationary, growthless economy, and John Maynard Keynes warned against using GNP as an indicator of prosperity. Yet from the 1930s onwards, critics of the growth fetish grew more and more muted, with the final nail hitting the sceptics' coffin in the 1970s. *Growth Fetish* bemoans the fact that there has been 'no serious intellectual challenge' to these ideas from the left since.

Hamilton expands on one of the most insidious effects of our growth fetishism in a brilliant chapter on how modern-day identities are tied to consumption. Consumption is, of course, driven by the 'marketing machine', which, as this book makes clear, devours so much of wealthy nations' creative energy and is increasingly creeping into our public and private lives.

There are many reasons to read *Growth Fetish* – not least because critics of the growth imperative are now finding their way out of the wilderness: the author singles out Australia's foremost public-interest think-tank, the Australia Institute; in the UK the New Economics Foundation is trying to put indicators of national 'contentment' onto the agenda. As such ideas gather support, society will be able to look past the emptiness of brand names and logos and consider what really creates happiness. Not that any of the three main political parties will be interested in any such debate in the run-up to the general election.

**OUR HEALTH IN DANGER**

**NEW BLOW FOR PATIENTS - LATEST LIST OF DRUGS QUESTIONED FOR SAFETY AND VALIDITY:**

- VIOXX** (Merck – prescribed for arthritic pain, withdrawn because of heart failure and strokes)
- BEXTRA** (Pfizer – linked to heart failure)
- IRESSA** (AstraZeneca, cancer drug reported no better than placebo)
- EXANTA** (rejected by the FDA)
- CELEBREX** (Pfizer, another arthritis drug under question, had more than double the risk of heart attacks and strokes in one trial)

**SURELY, BY NOW, IT IS WELL KNOWN THAT TESTING AND RESEARCH ON ANIMALS CANNOT BE EXTRAPOLATED TO HUMANS, BECAUSE OF SPECIES DIFFERENCE, RESULTS OF WHICH ARE TOTALLY MISLEADING.**

Despite these dangers, a primate laboratory in Oxford is now under construction for research into Alzheimer's, Parkinson's, etc, even though primates cannot be affected by these diseases.

**FOR FURTHER INFORMATION, PLEASE CONTACT:**

Doctors and Lawyers for Responsible Medicine (DLRM)  
Tel: 020 8340 2482/9813-fax: 020 8340 9813  
Email: [dlrm@gm.apc.org](mailto:dlrm@gm.apc.org) website: [www.dlrm.org](http://www.dlrm.org)

**ANGELS WANTED**

**in the fight against agribusiness**

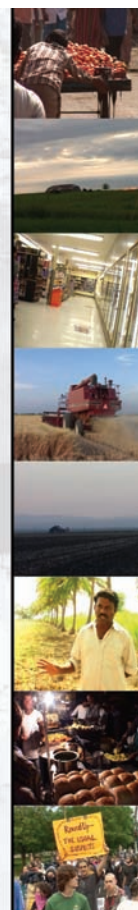
Humankind's relationship with food and with the Earth is one of the most fundamental, important, and indeed primordial relationships in the natural world. Yet for many of us, that bond has been broken. *FOOD ON EARTH* is a 90-minute documentary film journey through our global food system, the industrial giants that dominate it, and the local alternatives.

As we stand on the verge of what some call a revolution in food production and what some call an impending disaster, *FOOD ON EARTH* will clarify the enormity of what's at stake for the world's people, the planet's health and our legacy to future generations. Through a rich visual tapestry of land and food, people and culture, stories and analysis, the viewer comes to understand how our relationship with food and our planet has been and is being eroded.

With the film about halfway complete, the producers of *FOOD ON EARTH* are depending on the contributions of involved individuals and organisations to complete the film. With a thorough distribution plan, the film will be seen globally through grassroots screenings, workshops, and discussions, educational distribution, broadcast, and international film festivals, so contributions will help to raise global awareness on food, environment, trade, biotechnology, and globalisation issues.

To see the work-in-progress and to find out more about how you can help, contact the director, David Kaplowitz at [info@thirdstonefilms.org](mailto:info@thirdstonefilms.org), or +44 (0)7903 324 617.

[www.thirdstonefilms.org](http://www.thirdstonefilms.org)



## WEBSITES OF THE MONTH

Apologies to all ardent Luddites who see the internet as the devil's matrix, but for those of you lost in cyberspace here are this month's *Ecologist*-friendly sites.

### **www.bookcrossing.com**

Have you ever bought a book from a second-hand bookshop, seen someone else's name scrawled inside the front cover and wondered how the book came from them to you? And wouldn't you love to know who picked up all those books you've left on buses and trains? Well, now you can not only find the answers to these questions, but also actively participate in spreading good words all over the globe.

The website [www.bookcrossing.com](http://www.bookcrossing.com) was created by American Ron Hornbaker back in March 2001 as he and his wife Kaori were admiring [www.PhotoTag.org](http://www.PhotoTag.org), which tracks disposable cameras let loose into the wild. The concept is simple. You've read and loved a book and you want other people to have the chance to do the same. You go to [www.bookcrossing.com](http://www.bookcrossing.com) and are given a unique number, which you write into the book along with an exhortation to its next owner to visit the site. Then you simply leave the book somewhere: on a beach, in a restaurant, on the night bus home. If its subsequent readers visit [www.bookcrossing.com](http://www.bookcrossing.com) everyone can then chart the book's travels all over the world, discover what other readers thought of it and even start up a virtual book club.

### **www.seedsofdeception.com**

Jeffrey Smith is the author of *Seeds of Deception*, possibly the best book on GM foods yet written. If you want a taste of what Smith has to offer, he's currently encouraging people to visit his website, download his hour-long lecture on GM foods, 'You're eating what?', and distribute it as widely as possible. Smith, it would appear, is more concerned with letting people know what's going on than profiting from his work. Download the speech at: [www.seedsofdeception.com/youre-eating-what.php](http://www.seedsofdeception.com/youre-eating-what.php).

### **www.andrewdavidson.com/gibberish**

Do you work with people who love to 'progress the envelope' with some 'blue-sky thinking'? If not, you damn well should be and need to visit the Corporate Gibberish Generator fast. Simply key in your company name, and out it all pours. Soon you and all your colleagues could be talking like malfunctioning robots too. Apparently, we here at *The Ecologist* have come to know that it is better to 'orchestrate perfectly' than to 'facilitate wirelessly'. We apply the proverb 'never look a gift horse in the mouth' not only to our 'ubiquitous, visionary bandwidth' but also to our capacity to 're-intermediate'. Remember: without iteration, you will lack networks.

## EVENT

### **18-29 MAY: Be Nice to Nettles Week**

Nettles: nasty things that sting and send you scurrying for dock leaves. That's the conventional view, anyway. If you've got a more open-minded approach to nature, you need to get involved in one of this summer's more unusual festivals: Be Nice to Nettles Week. As Mathew Frith of English Nature comments: 'Stinging nettles give us an insight into both the capacity for nature to flourish even in some of the hardest urban conditions, and how plants are essential in providing us with some of the necessities of life. Not only do [nettles] provide excellent food for some butterflies and moths, but we can make tea from their leaves and use them as dyes, and, once stung, we will never forget their power to protect: as good a piece of environmental education as any.' Find out about events in your area at [www.nettles.org.uk](http://www.nettles.org.uk).

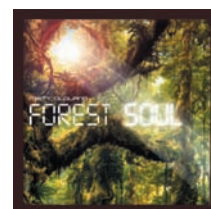
## CD REVIEW

### **Misty Oldland**

*Forest Soul*

Mistic Discs, 2005

Reminiscent at first of Lauren Hill at her most soulful, Misty Oldland's latest album is a heartfelt paean to the beauty of our natural world and a plea for us to do what we can to protect it. While so many contemporary singers warble along about cheating lovers and making cash, Oldland's subject matter ranges from foxes to orang-utans, and what it really means to be civilised. Proof that you can craft great music and sing about things that matter at the same time. For more on Misty and her wonderfully creative team's mission to save our forest souls, visit [www.mistyoldland.com](http://www.mistyoldland.com).



## PATENT MADNESS

Science and progress bring us so many wonderful things to improve our quality of life. Such as...

**US patent 6,681,419**

**FOREHEAD-SUPPORT APPARATUS**

**Patent issued: 27 January 2004**

**Inventor: Eric D Page**

**Product description:** A forehead-support apparatus for resting a standing user's forehead against a wall above a bathroom commode or urinal or beneath a shower-head. The apparatus includes a mounting member adapted for attachment to an upright bathroom wall either above the commode or urinal or below the shower-head. A compressible head-support member is attached to and extends from the wall and said mounting member. The head support defines an elastically deformable or resilient forehead support surface which is spaced above the floor and from the wall a distance sufficient for the user to lean his forehead there against and be supported while using the commode or urinal.

Your 32-page guide to ethical living

# green pages

## NATURAL PAINTS

Good enough to eat

### IN SEASON RECIPES FOR MAY:

Asparagus with  
Salt, Pepper,  
Butter and a  
Poached Hen's  
Egg  
Rolled Shoulder  
of Hogget with  
Capers and  
Anchovies  
Sorrel Soup

All you need to  
know about  
**BABY SLINGS &  
ORGANIC FLEECES**

**TWELVE OF THE BEST**  
organic Greek wines

**'YOU DON'T HAVE TO  
RISK YOUR HEALTH  
TO SMELL GOOD'**  
BY KIM ERICKSON

**ESSENTIAL  
DIRECTORY**  
Over 200 Ethical  
Organisations

### SEASONAL FOOD FOR FREE

JUST IMAGINE...  
HOP SHOOTS IN  
YOUR SOUP...  
DANDELION  
LEAVES IN YOUR  
SANDWICH...  
AND WILD GARLIC  
CREAM ON YOUR  
ASPARAGUS TIPS

**MITCH TONKS'  
SPICY CRAB RECIPES**

# Joanna Blythman

'Don't read it and weep. Read it and change the way you shop'

Hugh Fearnley-Whittingstall

# SHOPPED

## THE SHOCKING POWER OF BRITISH SUPERMARKETS

### **SPECIAL OFFER**

Order *Shopped* by Joanna Blythman at the special price of £5.99 (RRP £7.99) by calling 0870 787 1724 and quoting ref: 843L. Postage and packing is free on all UK orders. Please allow 21 days for delivery. Offer expires 30 September.

### **NEW**

Greek wines, page 78



# Contents

## 70 May in season

Spring has sprung and it's time to get into our countryside and enjoy the best it has to offer: food you can eat for free, wildflowers and all the fruit and vegetables in season this month in the UK.

## 72 Seasonal recipes for May

**Hugh Fearnley-Whittingstall** and River Cottage HQ chef **Gill Meller** offer up mouthwatering recipes for two of this month's seasonal stars: asparagus and sorrel. Make yourself a fresh sorrel soup, or experiment with raw asparagus with anchovy and caper mayonnaise. Hugh also makes the case for giving the lambs a break and enjoying mutton or hogget instead.

## 76 Claws 'n' all

Cooking crab really isn't as difficult as you might imagine. **Mitch Tonks** serves up delicious recipes for fresh spaghetti with crab, chilli and parsley and a sweet and sour chilli-baked crab.

## 78 Greek classics

Mention the words Greece and wine and you are likely to think of sickly sweet retsina. But the stereotype is unfair. Not only does Greece have a higher percentage of organic vines than any other country in the EU, it also produces some fine wines from distinctive grapes that take you beyond the usual suspects of merlot, chardonnay and cabernet. **Monty Waldin** selects 12 of the best on sale in the UK.

## 80 Heaven-scent

Why douse yourself in perfumes rich in synthetic chemicals, many of which have been linked to cancers, birth defects and central nervous system disorders? There are plenty of natural and more subtle alternatives.

## 82 Baby slings and fleeces

Why spend hundreds of pounds on the latest three-wheeled pram, when all you need is a sling? And are designer carry-cots and bouncy chairs a 'must', when an organic fleece on the floor would suffice?

## 84 Natural house paints... good enough to eat

When the government classifies household paint as hazardous waste, do you really want to be covering your home with it? Why not use natural paints instead?

Raw asparagus with anchovy and caper mayonnaise, page 72



# MAY IN SEASON

Spring lambs, fresh asparagus, wild sorrel and woodlands covered in a carpet of bluebells. It must be May



## WHO IS THE GREEN MAN?

Commonly seen carved into the stone walls of churches all across England, though more likely pagan in origin, manifestations of the Green Man have been discovered all across Europe and as far afield as Turkey and India. Wherever he is found he symbolises the death and rebirth of nature. He is known by many names, including Green George, Jack-in-the-Green, John Barleycorn, and linked with the traditional English folk stories of

Robin Hood and Gawain and the Green Knight.

On May Day a man covered head to toe in leaves used to be paraded through the streets of towns and villages across England before being 'killed' and reborn in celebration of the return of spring. Often his 'death' would involve him being ducked in a local river or lake. The custom is still observed in towns including Bristol, Hastings and Deptford.

## MAY FRUIT & VEGETABLES

### VEGETABLES:

**Asian greens:** The following varieties are available fresh in May:

*Wok brocc, red orache, perilla, Chinese celery, mizuna greens, mibuna greens*

### Aubergines

### Asparagus

### Cauliflowerr

**Perennial herbs:** Perennial herbs, such as sage, thyme and rosemary, produce leaves all year round.

**Lettuce:** The following varieties are available fresh in May:

*Attrazione, buttercrunch, roxy, Vienna, amorina, Bergamo, oakleaf, Aruba, salad bowl (red and green), red fire, fristina*

**Mushrooms:** the following varieties are available fresh in May.

*Pavement Mushroom, Brown Cap/Chesnut/ Paris, the Blusher Mushroom, Agrocybe Cylindrica, Pholiota Mutabilis, Jew's ear, chicken of the woods, fairy-ring Champignon, morel mushroom, St George's Mushroom*

### Radishes

### Spinach

**Spring greens:** The following varieties are available fresh in May:

*Wintergreen, pixie, spring hero*



### Spring onions

### Watercress

### FRUIT:

### Rhubarb



PHOTOGRAPH OF VEG BOX BY SOIL ASSOCIATION



## SEASONAL FOOD FOR FREE

**Wild thyme:** Use for tea, omelettes, stuffing, wrapping joints of meat

**Common comfrey:** For salads, and boiled like spinach

**Bilberry:** For bilberry tart, jams and stewing

**Common sorrel:** For salads, omelettes and soup

**Pignuts:** Add to stews and broth, or eat raw

**Nettles:** For soups, purées and haggis

**Hop shoots:** Add to omelettes and soup

**Dandelion:** Eat raw in sandwiches, or cooked liked spinach

**Carrageen:** Used as a plant gelatine

**Ramsons or wild garlic:** Use in salads, sauces and chopped in sour cream; also good with tomatoes

**Sea beet:** Cook like spinach or add to tarts

**Sweet violet:** For salads or joints of meat

**Sea kale:** For salads, pasta, or cooked like broccoli

**Silverweed roots:** Eaten raw and boiled or baked like parsnip

### SOME PICKING RULES:

■ Never strip a plant completely. Take small quantities from each specimen so that its appearance and health are not affected. It helps to use a knife or scissors (except with Fungi).

■ Never take the flowers and seeds of annual plants: they rely on them for survival.

■ Never pull up whole plants along any path or road verge where the public has access. It is not only antisocial and contrary to all the principles of conservation, but also, in most places, illegal.

■ It is unwise to gather any sorts of produce from areas that may have been sprayed with insecticide or weed killer.

■ Avoid, too, the verges of heavily used roads, where the plant may have been contaminated by exhaust fumes. There are plenty of environments that are likely to be comparatively free of all types of contamination: commons, woods, the hedges along footpaths, etc. Even in a small garden you are likely to be able to find something like 20 of the species described in Richard Mabey's book *Food for Free*.

Source: *Food For Free* by Richard Mabey



### WILDFLOWERS TO LOOK OUT FOR IN MAY:

**Gorse:** An evergreen spiny shrub of sea cliffs, heathland, wasteland and open woodlands. In April and May, its yellow flowers produce a wonderful nutty scent.

**Cuckoo flower:** Often seen as the first sign of spring, this perennial herb grows in damp grassy places, in woodlands and beside streams. It has pink-white flowers with four petals.

**Yellow iris:** this beautiful flower grows by streams, rivers and ponds. Also known as yellow flag iris, it has large bright yellow flowers with three drooping outer petals, and long, sword-shaped leaves.

**Oxeye daisy:** A large daisy growing on roadsides, and in meadows and open woodlands. This plant can be used to make herbal tonics and infusions.

**Bluebell:** Another sure sign of spring, the bluebell emerges from bulbs in woodlands, hedge banks, heaths and moors. It has easily recognisable bell-shaped, blue flowers, and grows in clusters.

Source: *Wild Flowers: An Easy Guide* by Habitat and Colour by Tracy Dickinson

# SEASONAL RECIPES FOR MAY

Hugh Fearnley-Whittingstall and River Cottage HQ chef **Gill Meller** make suggestions for this month's seasonal stars: asparagus and sorrel

**M**ay is the 'not quite summer yet' month, but its harvest is all the more delicious for being a little modest. At this time of year, English asparagus is the undoubted star of our seasonal feasts at River Cottage HQ. It is one of the year's not-to-be missed seasonal treats: I'd hate to have fewer than half a dozen generous portions in the course of the season.

Just-cut asparagus is sweet enough to eat raw. However, the sugar begins to revert to starch as soon as it is picked, which explains the difference between fresh-cut British asparagus in season and the imported crop, which can be up to a week old before you eat it. We have an excellent small, commercial grower nearby, so we manage to get enough spears for 40

people picked, steamed and plated-up within a couple of hours. If you've never tried *really* fresh asparagus, I urge you to discover the whereabouts of your own nearest commercial asparagus grower and find out when they are picking. You won't give those coarse and bitter foreign spears a backwards glance.

If you manage to get hold of some fantastically fresh English asparagus spears, the first thing to do is taste one to see if it's fresh enough to eat raw. It should be nutty, crisp, sweet and juicy. Serve it alongside other raw early-summer vegetables, such as baby carrots, whole cos lettuce leaves, immature sugar snaps and, if they're ready, raw artichokes.

If you think the asparagus is not quite fresh enough to eat raw, then steam or boil it for five to 12 minutes. The cooking time depends not only on the thickness of the asparagus but also on its freshness. Just-picked asparagus needs only a few minutes. You can serve it hot with a generous trickle of seasoned melted butter, or you can refresh it in cold water and serve cold along with other crudités.

## RAW ASPARAGUS WITH ANCHOVY AND CAPER MAYONNAISE

*This is one of my favourite accompaniments for asparagus, raw or cooked, hot or cold. It's great with other crudités, too.*

**To serve four. Ingredients:** Olive oil, sunflower or ground-nut, two egg yolks, lemon juice, garlic, tinned anchovies, capers, black pepper

**How to make:** Combine 100 millilitres of best olive oil with 200 millilitres of lighter oil such as sunflower or ground-nut. Put two egg yolks in a small mixing bowl (they should be at room temperature before you start). Whisk the yolks, drizzling in the mixed oils just a few drops at a time. Once the mayonnaise has taken, you can increase the flow to a steady trickle. It should be very thick and emulsified by the time you've finished adding the oil. After you have added about half the oil, loosen the mayonnaise with a squeeze of lemon juice.

Finely grate or mash a quarter of a garlic clove and beat it into the mayonnaise. Drain and finely chop a small tin of anchovies. Squeeze the excess vinegar from a generous tablespoon of capers (or soak, rinse and dry the salted variety), then roughly chop them. Beat the anchovies and capers into the mayonnaise, followed by a squeeze of lemon and a few twists of black pepper. Taste and adjust the lemon-pepper combination to your liking. Leave to stand for half an hour for the flavours to mingle and marry, then give it another quick whisk before serving with your selection of crudités.



Raw asparagus with anchovy and caper mayonnaise

## ASPARAGUS WITH ST GEORGE MUSHROOMS

The St George mushroom is one of our first wild fungi of the year. As luck would have it, it coincides perfectly with the British asparagus season. If you're not a forager, or not lucky enough to know one, try asparagus with your favourite type of mushroom.

**Ingredients:** 12 trimmed asparagus spears, a small basket of St George mushrooms, olive oil, 100 grams of butter, Maldon sea salt, black pepper

**How to make:** Clean, trim and half the mushrooms (or quarter them if they're large). Sauté the mushrooms for about five minutes in a little olive oil. Steam the spears for four minutes, either in a conventional steamer or by standing the spears up in three inches of water and covering the pan with a lid. Add the steamed spears to the mushroom pan, add the butter, and season with salt and pepper. Toss around once or twice and serve at once onto warmed plates.

## ASPARAGUS AND CRAB

**Ingredients:** 12 trimmed asparagus spears, one live two- to three-pound brown cock crab (make sure your crab is fresh, has all its claws and is heavy for its size), one lemon, Maldon sea salt, black pepper, olive oil

**How to make:** As simplicity is the order of the day, here's the crab-asparagus combination in its most basic form.

Wash the crab and place in a large pan of fresh water. Bring to the boil and boil for approximately 20 to 25 minutes. Allow the cooked crab to cool slightly before picking the white meat from the claws and the brown meat from the shell. Toss the asparagus in a little olive oil and place on a sizzling griddle pan set over a high heat. Cook for three or four minutes, turning once or twice. Allow the spears to take on a bit of colour. Spoon a pile of the crab-meat onto a warm plate and add the char-grilled spears. Season the whole lot with lemon juice, Maldon sea salt and black pepper.

# ASPARAGUS RECIPES

from River Cottage HQ  
chef **Gill Meller**

*Whether you steam, roast, char-grill or barbecue it, good asparagus deserves to be the star on the plate. Here are a few recipes, with which I think the asparagus does the talking. They all serve two people.*

## ASPARAGUS WITH SALT, PEPPER, BUTTER AND A POACHED HEN'S EGG

**Ingredients:** Two hen's eggs, 12 trimmed asparagus spears, Maldon sea salt, black pepper, 100 grams of butter. *NB: Getting good fresh eggs is*

*almost as important as getting good fresh asparagus.*

**How to make:** Bring one large pan and one small pan of water to the boil. Plunge the asparagus spears into the large pan and gently crack the eggs in to the other. Fresh asparagus only needs cooking for about the same time as the eggs: four minutes on a very gentle simmer. Place the cooked asparagus onto warmed plates, add the poached eggs, and season the whole lot with melted butter, black pepper and Maldon sea salt.



# SPRING LAMB? TRY MUTTON OR HOGGET

by Hugh Fearnley-Whittingstall

With the exception of a few early spring-born lambs that are slaughtered in late autumn and winter, very few animals go beyond their sixth month, and most are killed at around their fourth or fifth. Yet without doubt the best sheep meat I have ever eaten has come from animals more than a year old. In old-fashioned parlance, a lamb in its second spring and summer (ie, one year old plus) becomes a hogget, and from its third onwards the meat from it is known as mutton.

Today, mutton and hogget barely exist in the mainstream meat market and have the reputation of needing very slow cooking. This is a grievous misunderstanding. Sheep slaughtered in their second or third year are still young animals in the prime of life. Their meat is quite superb and can be roasted and served pink like the best cuts of prime beef.

In fact, it is in comparison to beef that mutton may be best understood: mutton is to lamb what beef is to veal. The key, of course, is that to reach its full potential mutton does need to be properly hung, like the best beef, for at least two weeks, ideally three... Which is why you don't find it in the supermarket.

As so often, the answer lies in direct contact with producers. Contact [www.farmshopping.com](http://www.farmshopping.com) or [www.farmersmarkets.net](http://www.farmersmarkets.net) for details of your nearest farmers' market or for a list of farm shops and local suppliers. Once you do get hold of some hogget or mutton, and decide that you like it (as I'm sure you will), please help spread the word and put this meat back on the British culinary map.

## ROLLED SHOULDER OF HOGGET WITH CAPERS AND ANCHOVIES

### Serves six

*This is a lovely way to serve hogget or mutton, as the robust flavour of the meat stands up to the highly piquant stuffing. The juices will also be wonderfully well flavoured.*

### Ingredients

One boned shoulder of autumn lamb, hogget or mutton weighing about one and a half to two kilograms  
Six anchovy fillets in oil  
One tablespoon of capers  
Two garlic cloves  
A small bunch of parsley, stalks removed  
One teaspoon of mustard  
A good squeeze of lemon juice  
One tablespoon of olive oil (from the anchovies if you like)  
One wine glass of white wine  
One wine glass of water  
Freshly ground black pepper

### How to make

With your biggest knife, or a mezzaluna, chop the anchovies, capers, garlic and parsley together on a large board till all are well mixed

and fairly fine. Transfer to a small bowl and mix in the mustard, lemon juice and olive oil. Season with pepper.

Lay your joint skin-side down and spread the mixture generously all over the inside of the meat. Roll up the joint and tie it securely with butchers' string. Place in a roasting tin and put in the centre of a hot oven (220° centigrade/ gas mark seven).

After about half an hour, when the joint should be nicely browned, pour over the wine and water (this will give you a delicious gravy). Turn the oven down to 180° centigrade (gas mark four) and cook for a further 30 to 80 minutes, depending on the size of the joint and how pink you like your meat.

Serve with roast potatoes or risoni (rice-shaped pasta), plus wilted greens and a gravy improvised from the juices.

# FOOD FOR FREE: **SORREL**

by Hugh Fearnley-Whittingstall

This perennial herb is common throughout the British Isles and, along with nettles and fat hen, must rank in my top three wild leafy greens. Far from being just another spinach substitute, it has an inimitable gooseberry-lemon tang that can be enjoyed raw in salads or cooked in soups and sauces. A few leaves plucked straight from the hedgerow are a refreshing and restorative snack on a hot summer walk.

Sorrel can be found in the hedgerow and in open meadows and pastures throughout the year, but is at its best in early spring (early as February after a mild winter), when the thick and succulent shield-shaped leaves are just coming up. Later in the summer when the plant is flowering the leaves are thinner, drier and tougher, but younger leaves at the bottom of the plant are still worthwhile.

Before using sorrel either raw or cooked, pick over the leaves, discarding the stalks, and wash thoroughly.

Try to avoid using steel or iron pans and utensils when cooking sorrel, as the acid chemicals react with iron and this can affect the flavour. Sorrel always turns a dirty green when cooked.



## SEASONAL SORREL SOUP

Serves four

**Ingredients:** 55 grams/ two ounces of butter, one finely chopped medium onion, two medium or one very large peeled and finely chopped carrot, two chopped sticks of celery, one large finely sliced leek, one small parsnip peeled and diced (optional), 750 millilitres/ one and a half pints of chicken stock, half a small washed and chopped cos lettuce, a good fistful of sorrel (about 30 leaves), salt and freshly ground black pepper

**To garnish (optional):** Thick cream, fried bread croutons, two hard-boiled eggs chopped

**How to make:** Melt the butter in a large pan and sweat all the vegetables except the sorrel and lettuce for about five minutes, until softening but not brown. Add the stock and bring to the boil. Simmer until the vegetables are almost tender (five to 10 minutes), then add the lettuce and the sorrel. Cook for another five minutes. Season with salt and pepper. Transfer to a liquidiser, and blend until smooth. Return to the pan and heat through (but do not boil for more than just a minute). To make this excellent soup really special, I like to serve it garnished with fried bread croutons, a swirl of thick cream and a sprinkling of chopped hard-boiled egg.

## FEASTING AT RIVER COTTAGE HQ

Home to the *Beyond River Cottage* TV series, River Cottage HQ is a unique environment where you can learn about and eat great Dorset food.

### Friday night feasts

Although we are not a restaurant, we are about to launch regular Friday night feasts, so you can join us to experience the unique atmosphere and savour a seasonal three-course set menu selected and prepared by River Cottage chef Gill Meller.

### Seasonal feasts

Once a month we have celebration a four-course feast and demonstration. You will be able to join the River Cottage team, including some of the fantastic and knowledgeable people Hugh met when making the series, who will share their expertise with you. Meet River Cottage meat maestro Ray Smith (famous for helping Hugh with his first black pudding) and Michael Michaud, Hugh's friend and veggie guru. They will answer all your questions about seasonality, growing your own vegetables and sourcing the best ingredients. Expect a fun debate! The feasts are prepared by our River Cottage chefs using the best local food Dorset has to offer. We are unlicensed, but you can bring your own wine. We won't charge corkage. All courses are run from River Cottage HQ, which is two miles from Bridport in Dorset. For full details and booking information, visit [www.rivercottage.net](http://www.rivercottage.net) or call 01308 420020.

■ Recipe from *A Cook on the Wild Side*. A limited edition print run of Hugh's original book has been prepared and printed for exclusive distribution through [www.rivercottage.net](http://www.rivercottage.net) and is available from 18 April, price £14.99.



# CLAWS 'N' ALL

Cooking crab is viewed by most people as something requiring secret knowledge, but is in reality extremely simple BY REBECCA HUXSTEP

Familiarity with their sideways scuttle and the culinary intricacies of removing meat from their shells aside, crabs are a bit of a mystery to most people. In actual fact, they are among the oldest creatures on earth and have barely changed over the past 200 million years. And with claws that can exert hundreds of pounds of pressure on startled victims and tough protective armour, it is little wonder they have survived the ages.

Crabs are found throughout the British Isles; the largest of Britain's species is the brown crab *cancer pagurus*. Inhabiting the lower shore down to a water depth of about 100 metres, usually among rocks or under boulders, they vary in size and taste according to the local environment. Cornish crabs are considered the biggest, while Cromer crabs from Norfolk are thought to be the sweetest tasting.

The life-cycle of a crab begins with spawning in winter months, followed by hatching in spring or summer. Large females can carry a staggering 20 million eggs at any one time, and the adult may live for anything up to 100 years.

Crabs are caught off-shore in baited pots. They enter the pots through a small triangular entrance that opens only one way to prevent them from finding their way out again. The pots are then gathered and the crabs kept alive in a cold and damp environment until they are ready to be eaten.

It is extremely difficult to gauge the age of particular crabs, partly because they moult their shells

on a regular basis. The process of moulting can take several days and leaves crabs temporarily vulnerable to attack. While only their soft shell is exposed, crabs will hide away to avoid predation; they may cease feeding during this period.

Although some stocks are overfished, crabs are potted selectively. It is also illegal to land females that are carrying eggs.

## MITCH TONKS' CRAB RECIPES FRESH SPAGHETTI WITH CRAB, CHILLI AND PARSLEY

(serves two)

**Ingredients:** 400 grams of spaghetti, one tablespoon of good olive oil, one finely chopped shallot, one clove of chopped garlic, one finely chopped red chilli, 150 grams of fresh brown crab meat, 50 grams of fresh white crab meat, the juice of half a lemon, a handful of flat-leaf parsley and salt and pepper to season

**How to make:** Bring a large pan of salted water to the boil and cook the spaghetti until al dente. In a separate pan add the olive oil and gently sweat the shallots and garlic. Add the chilli. On a gentle heat, stir in the crab meat and warm through. Add a squeeze of lemon juice and the parsley, season to taste, and then toss with the cooked spaghetti.

## SWEET AND SOUR CHILLI-BAKED CRAB

(serves two)

**Ingredients:** One cooked crab weighing about 450 grams, vegetable oil, one small chopped onion, two cloves of finely sliced garlic, one inch of ginger root finely sliced and the skin left on, a few spring onions cut into chunks, two sliced chillies, 50 grams of sugar, 100 millilitres of white-wine vinegar, one tablespoon of fish sauce, the juice of one lime, a handful of fresh chopped coriander, a good handful of basil leaves

**How to make:** Open the crab, remove the 'dead man's fingers' and the stomach sack and cut the body into four pieces. Heat some vegetable oil in a pan and quickly fry the onion and garlic, then add ginger, spring onions and chilli until just softened but still crisp. Add the sugar and stir in, then the vinegar and the fish sauce, and taste. The flavour should be sweet and sour: add either sugar or vinegar to balance. Add the crab pieces and stir until well coated with sauce. Add the lime juice, coriander and basil;



stir again. Either serve this straight from the pan, or put into a hot oven and bake for five minutes so the sauce becomes sticky.

■ Mitch Tonks is the author of two seafood cookbooks: *Fresh* and the *FishWorks Seafood Café Cookbook*. You can get an amazing choice of fresh fish and shellfish at each of his FishWorks restaurants and fishmongers in Bath, Bristol, Christchurch, Chiswick and Marylebone, central London, or from the Fishworks home delivery service. See [www.fishworks.co.uk](http://www.fishworks.co.uk) or call 01225 329342 for further details and for information on FishWorks cookery schools.

## ECOLOGIST READER OFFER

### Rhug estate organic Aberdeen Angus beef

Lord Newborough and his team farm more than 1,000 hectares of high-rolling pasture and heather-clad moors west of Llangollen in north Wales. They are justly proud of their conversion to organic production (since 1998), and the improvement to the wildlife habitat and care of the land this has entailed. Now Ecologist readers can sample this wonderful meat for themselves in the knowledge that the cattle have been subject to the highest welfare standards set by the Soil Association. For any treatment Rhug estate Aberdeen Angus need, the first alternative is homeopathy. Furthermore, the beef has picked up only two food miles from source to point of distribution.

### Aberdeen Angus beef pack: 7.5 kilograms

RRP: £120

**Ecologist price: £100**

(Includes free UK delivery)

We are delighted to offer a family pack of Rhug Estate organic Aberdeen Angus beef which comprises: four sirloin steaks, four frying steaks, four rump steaks, eight beef burgers, mince, topside joint, slow-roast joint, and a rib of beef joint. Approximate weight of the pack will be 7.5 kilograms. The beef will have been hung for a minimum of three weeks to produce a fuller flavour, and is of limited supply so please order soon.

**Telephone Joan on 01490 413000 and quote The Ecologist to receive your reader offer**



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# GREEK CLASSICS

With its unrivalled diversity of grapes, Greece has one of the oldest winemaking traditions in the world. **Monty Waldin** chooses the country's 12 best organic wines



Greece is certainly the last great undiscovered European wine-producing country, and is, more generally, somewhere we tend to underestimate. The sceptics thought the Athens Olympics would be a disaster, and no one outside the country thought its footballers could beat the Portuguese hosts at Euro 2004, twice, to carry off the trophy.

Greece's winemaking history is among the oldest in Europe. Greece also has incredible natural advantages, such as an unrivalled collection of several hundred indigenous and unique grape varieties. Most of the world's wine comes from roughly a dozen grape varieties like Merlot, Chardonnay and Cabernet, which can get incredibly boring especially for people like me who have to taste wine every day. Of course, modern Greek winemakers are using foreign grapes too, but the country's strength lies in grapes like the white Assyrtico and the red Agiorgitiko (or 'St George'), which are perfectly adapted to the Greek soil and climate.

Although biodynamics has not taken off in Greece yet, the country's vineyards enjoy what biodynamicists see as the right combination of the four elemental influences of earth, water, air and fire (sun). Greece enjoys lots of Mediterranean sun, which grapes need in order to ripen; and Greek vineyards have an incredibly varied range of soils (earth) for complex wine flavours. Many Greek vineyards,

like those of Hatzidakis on the dreamy island of Santorini, are often in sight of the sea (water). Sea breezes (air) are moist enough to stop vines from dehydrating, but are dry enough not to encourage fungal diseases. And the sea reflects light onto the vines, which grapes love as it helps ripening and deters shade-loving fungal diseases.

Recent EU grants have boosted the Greek wine industry. Money has helped pay for new wineries, especially in under-developed areas such as Macedonia in the north, where the pacesetter Biblia Chora winery has been built. Money has also been channelled into helping Greek farmers and winemakers convert to organic methods. Greece has the highest percentage of certified organic farmland and vines in the EU. Now EU money is being targeted at agri-tourism, which helps to make staying on or tasting wine at a Greek vineyard much easier than it was even just a few years ago.

So if you like drinking a glass of wine while also enjoying locally grown and non-intensively farmed fresh fruit, goat's cheese, honey, olives and olive oil, pulses and vegetables, and fancy doing that while looking at a Mediterranean sunset, think about avoiding the overcrowded vineyards of Europe's traditional wine-producing countries and head to Greece instead.



**Monty Waldin, author of the world's first biodynamic wine guide,**

**has spent years familiarising himself with the complexities and vagaries of organic and biodynamic wine production**



**WHITE**

**1) 2003/04 Biblia Chora white**

Dry, floral, unoaked white from 50 per cent Assyrtiko and 50 per cent Sauvignon Blanc.

**Price:** £8.99; **stockists:** Harvey Nichols, Wimbledon Wine Cellar, Booths, Villeneuve Wines, Halifax Wine Company, Arthur Rackham Emporia, Noel Young, Flying Corkscrew, Cellar Door.

**2) 2002 Ovilos**

Dry, creamy white from 50 per cent Assyrtiko and 50 per cent Semillon.

**Price:** £11.50; **stockists:** Fortnum & Mason, Cooden Cellars, SH Jones, Wimbledon Wine Cellar, Cellar Door.

**3) 2002 Ovilos Chardonnay**

Shows Greece can produce classic dry white Chardonnay with a twist of oak.

**Price:** £10.99; **stockist:** Wimbledon Wine Cellar.

**4) 2004 Areti white**

Mouth-fillingly refreshing unoaked 100 per cent Assyrtiko dry white grown by Biblia Chora.

**Price:** £9.99 per bottle; **stockist:** Eclectic Wines.

**5) 2003 Mantinia Orino, Spiropoulos**

Insistent, crisp dry white made from the Greek Moschofilero grape, tasting of peach and smelling of pine. Suitable for vegans.

**Price:** £6.25; **stockist:** Vintage Roots.

**6) 2003/04 Hatzidakis Assyrtiko-Aidani**

The Hatzidakis winery on Santorini produces remarkable, intense whites from very old vines.

**Price:** £11.45; **stockist:** Berry Bros & Rudd.

**RED**

**1) 2003 Roze**

Elegant, peppery, dry red Syrah from Biblia Chora; unoaked.

**Price:** £8.99; **stockist:** Noel Young.

**2) 2003 Areti red**

Warming, rich 100 per cent Agiorgitiko red packed with red cherry, damson and blackberry flavours.

**Price:** £11.99; **stockist:** Eclectic Wines.

**3) 2002 Biblia Chora red**

Juicy, oak-aged Bordeaux-style red made from 50 per cent Cabernet Sauvignon and 50 per cent Merlot.

**Price:** £9.99; **stockists:** Wimbledon Wine Cellar, Wine Warehouse, Flying Corkscrew, Cellar Door, Villeneuve.

**4) 2002 Château Harlaftis red**

Broad-shouldered, oak-aged

Cabernet Sauvignon from Attica near Athens.

**Price:** £10.99; **stockist:** Wimbledon Wine Cellar, Halifax Wine Company.

**5) 2002 Argilos**

Oak-aged 100 per cent Agiorgitiko red which is fermented slightly cool for extra freshness.

**Price:** £8.99; **stockists:** Berry Bros & Rudd, Harvey Nichols, SH Jones, Cellar Door, Haslemere Cellar, Wimbledon Wine Cellar.

**6) 2002 Porfyros, Spiropoulos**

Barrel-aged red as soft as melted chocolate, from Agiorgitiko, Cabernet and Merlot grown in the Peloponnese. Suitable for vegans.

**Price:** £8.95; **stockist:** Vintage Roots.

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# HEAVEN-SCENT

Conventional perfumes are cocktails of synthetic chemicals, many of which have been linked to cancers, birth defects and central nervous system disorders. Time to try something more natural. **BY KIM ERICKSON**

Most contemporary perfumes are complex mixtures of more than 4,000 synthetic chemicals, most of which have never been tested for safety. Yet, the US National Academy of Sciences says that many of these ingredients are capable of causing cancer, birth defects, central nervous system disorders and allergic reactions.

Fortunately, you don't have to risk your health to smell good.

The increasing availability of natural perfumes and colognes means it is now a lot easier to enjoy fragrance without any chemical consequences. Based on the principles of aromatherapy, these simple fragrances use natural essential oils to create their beautiful scents.

Using the pure essence of botanical resins, scents are crafted together to create a harmonious blend of aromas. A single essential oil can be made up of hundreds of different chemical components, each with its own set of properties. Natural perfumes use these properties to create healthy and fabulous scents that not only make you smell good; research shows that they can actually cause changes in areas of the brain that control mood and memory. To experience scent the way it was meant to be, try one of the perfumes listed here.

■ **Neal's Yard Remedies to Roll** ([www.nealsyardremedies.com](http://www.nealsyardremedies.com); 020 7498 1686) contain essential oil blends in a handy little bottle perfect for aroma on the go. Slip one of the four scents into your pocket or purse for the ultimate in convenience.

■ **Cariad Aromaballs** ([www.thinknatural.com](http://www.thinknatural.com); tel Think Natural, 0845 601 1948) don't just make you smell good; they can give your mood a boost.

Available in either a soothing Calm or lively Study blend.



■ **Ecco Bella Eau de Parfums** ([www.eccobella.com](http://www.eccobella.com); tel Orangeburst, 01273 545700) have created four hand-crafted scents using only real essential oils from flowers, fruits, herbs and spices. Scents include the sophisticated Bourbon Vanilla, soothing Lavender, crisp, flirty Lemon Verbena and Ambrosia, a flowery yet spicy mix of geranium, lavender, patchouli and vanilla.

■ **Aubrey Organics colognes** ([www.aubrey-organics.com](http://www.aubrey-organics.com)) can be worn by many people who have allergic reactions to conventional perfumes. Each of the five fragrances is 100 per cent vegan and natural. Choose from the light summery Lemon Blossom, the feminine Angelica, the sultry Musk Splash, the woody Elysian Fields or the herbal Wild Wind.

■ **Aveda Pure-Fume Absolutes** ([www.aveda.com](http://www.aveda.com)) are unique blends of coconut and essential oils. Available in Aveda salons, spas and stores. These perfumes are custom-made to each customer's specifications.



Kim Erickson is an environmental health writer and the author of *Drop Dead Gorgeous*:

*protecting yourself from the hidden dangers of cosmetics* (Contemporary 2002)

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# BABY SLINGS AND FLEECE



Carrying a baby in a sling is almost a forgotten art. Widely practised in non-industrialised countries, the Western world seems to have shed the sling in favour of the pram. Slings, however, offer emotional and physical benefits to both baby and parents.

## THE BENEFITS OF BABY SLINGS

### Emotional

Newborn babies need to be close to their parents. Jean Liedloff, author of *The Continuum Concept*, says that babies benefit enormously from being carried as much as possible next to living bodies. For example:

- babies in slings can hear their parents' heartbeat and voice and smell their scent, and, very importantly, feel emotionally secure;
- naturally rocked as their parents move about, babies in slings are easily comforted;
- slings allow parents to respond instantly to their babies' needs;
- it's easier for mothers to breastfeed babies in slings.

### Physical

- Slings help babies maintain constant body temperature.
- They take the strain out for parents carrying babies in their arms: slings offer

Why spend hundreds of pounds on baby-carrying equipment – prams, carrycots, bouncy chairs – when you can hold them close to you in a sling? And when you've tired of carrying your baby around, what could be better than letting them sleep on an organic fleece? BY MATILDA LEE

back and/or hip support.

- Babies in slings are above the level of car exhaust emissions, which hang around at the same height as most prams.

### Convenience

- In urban areas, slings are much more convenient than prams for navigating the doors, stairs and tight spaces of public transport.
- Hands-free slings, in contrast to holding babies using one arm and their hips, allow parents the use of both arms. No need to open packets with one hand and your teeth, or to develop bulging muscles in your regular carrying arm.

### Types of sling

There are two main types of sling:

#### 1 Vertical or hands-free slings

If you want to carry a newborn baby in a hands-free sling make sure it holds them in the frog position by supporting their thighs, hips and pelvis. It should also give support to the baby's head and neck. Babies over six months old can face outwards and observe the world around them at eye level: a perfect height for babies to be smiled at by others, unlike in a pram.

The Wilkinet (pictured left), for example, distributes the baby's weight evenly onto its adult's hips, making carrying the baby very comfortable and better for your back. For a wide range of hands-free slings, see: [www.freerangekids.co.uk](http://www.freerangekids.co.uk).

#### 2 Horizontal or side slings

These hammock-style slings allow babies to lie down while being carried, but parents will need to support newborns with one hand. The Tricotti (available from [birthandbaby.co.uk](http://birthandbaby.co.uk)) and the Kari Me ([www.kari-me.co.uk](http://www.kari-me.co.uk)) support babies from birth in a natural cradling position in front,

which places no strain on newborn babies' immature back muscles.

### DIY slings

If you are happy to trust your sewing and knotting abilities, why not make your own sling? Many slings are nothing more than carefully folded and tied sheets. For a wide range of straightforward, step-by-step guides to home-made slings, see [www.bigmamaslings.co.uk/make-sling.htm](http://www.bigmamaslings.co.uk/make-sling.htm).

## FLEECE



One hundred per cent lambskin fleeces are excellent for giving sleeping babies a sense of comfort and

security no matter where they are. Fleeces are lightweight, so they can be carried anywhere and used on the floor, or in a cot, crib or Moses basket. Little Green Earthlets ([www.earthlets.co.uk](http://www.earthlets.co.uk)) and Huggababy (pictured above; [www.huggababy.co.uk](http://www.huggababy.co.uk)) both offer natural lambskin fleeces. The benefits of lambskin fleeces include:

- they are sanitary: lambskin fleeces are both bactericidal and dirt-repellent (viruses and bacteria can't breed in protein, and lambskins are 100 per cent protein);
- they insulate against both heat and cold: they keep babies warm in winter and cool in summer;
- they're naturally fire-retardant;
- they're breathable: a baby sleeping on its front can breathe through the fibres.

Huggababy natural lambskin fleeces are from British lambs and are undyed, unbleached and hypoallergenic (not likely to cause allergic reactions).

# NATURAL HOUSE PAINTS... GOOD ENOUGH TO EAT

The government classifies household paint as hazardous waste. For a toxic-free home, use natural paint instead **BY MAY ABDALLA**

In the 1970s Herman Fischer, a chemist connected to the German Green Party, began research into developing the first natural paint. Three decades later, there are now more than 80 natural paint companies around the world. Using recipes similar to those of the earliest known paints used on cave walls, these companies offer an alternative to the standard noxious-smelling and toxic products of conventional manufacturers.

## WHAT IS PAINT MADE OF?

For a paint to work it needs **pigment, solvent, binder, filler** and **drier**. The binder dissolves in the solvent to make paint liquid. Filler is added to thicken. Pigment adds colour. And drier speeds the process of drying.

Natural paints use either linseed oil, clay, lime or milk protein as a binder. Clay-based paints are very thick and come in earthy colours. Milk paints recreate a 'historic' look. The binders used in modern paints tend to be synthetic resins, such as acrylics and epoxies.

Natural paints use d-limonene or turpentine as solvents; and they use chalk as a filler. The most natural of natural paints use only earth and mineral pigments for colour. The earliest natural paints, which used no synthetic compounds, came only in shades of red and blue. To extend the range of colours, some companies add benign synthetic compounds as pigments.



## THE ADVANTAGES OF NATURAL PAINTS

### 1 Renewable and biodegradable ingredients

All natural paints use ingredients that are both biodegradable and from renewable sources. Their principal ingredient is normally linseed oil, which has been used in paint-making for centuries. It is made by crushing flax seeds, and performs the same hardening and drying role as plastics in conventional paints. Some ranges of natural paint can also be clay-, lime- or milk-based. And in contrast to the toxic chemicals used in synthetic paints, natural paints use natural solvents such as d-limonene, which is distilled citrus-peel oil, and turpentine distilled from the resinous sap of pine trees.

### 2 They're non-toxic

As synthetic paints dry, toxic Volatile Organic Compounds (VOCs, see opposite) evaporate into the air. Not only do natural paints not contain VOCs; some of them are safe to eat, as is often demonstrated by staff working for Holkham Linseed Paints. I wonder whether they do the same at Dulux?

### 3 They allow surfaces to breathe

Because they don't contain plastics, natural paints are microporous. Moisture doesn't get trapped between the paint layer and the surface, so paint is less likely to blister and peel. On wood, natural glosses, which are high in oils instead of the plastics used in synthetic paints, prevent rotting. Well maintained wooden doors and windows coated in natural paint will last much longer than wood treated with uPVC. Natural paints can also deal with damp and condensation problems far better than conventional plastic emulsion wall paints.

### 4 They're easy to dispose of

Because they contain very few or no synthetic compounds natural paints are easily biodegradable. Several of them can be dried out and added to your compost heap. Ask your natural paint supplier how best to dispose of their products: unlike the large synthetic paint manufacturers, they will be keen to ensure that their merchandise does minimal damage to the environment.

## THE DISADVANTAGES OF USING NATURAL PAINTS

### 1 They take longer to apply

As they don't contain any toxic heavy metals, you may have to wait for 24 hours between coats.

### 2 They're aren't as many colours to chose from

The lack of synthetic dyes in natural paints does slightly restrict the range of colours available. Much depends on which type of natural paint you choose, but broadly speaking companies that only work with minerals offer mainly pastel shades, while ones using non-toxic synthetic pigments have much more extensive colours on offer. If you are fixed on a colour that you can't find, why not get in touch with Alan at the Green Shop (see the box opposite for details). He says he can match any colour swatch you send with a paint from the



Green Paint range. Or you could mix your own at Earth & Reed (see the box for contact details).

### 3 They're more expensive

Natural paints can cost as much as twice the price of standard paints. However, some ranges offer emulsions at only 15 per cent more than what you would pay for a branded synthetic paint.

## SYNTHETIC PAINTS

### Harmful ingredients

#### VOCs

The fumes conventional paints give off as they harden and dry contain VOCs, which are used as fungicides, as well as colour, solvent and spreadability agents. Those used as aromatic solvents in paint are endocrine-disrupting chemicals, and are capable of causing birth defects, reproductive abnormalities or developmental problems in unborn or very young children. Greenpeace has directly linked an increase in VOCs in our atmosphere to the decline of the reproductive function in human and wildlife populations. The most dangerous VOCs in paint are toluene, which has been linked to long-term liver damage, and xylene, which has been linked to foetal damage.

#### Alkylphenols

Used as binders in paint, alkylphenols damage human lymphocytes, the blood cells which produce antibodies as a defence against germs. They also disrupt sexual development in some animals, and have been linked to the feminisation of fish. The government has called on industry to stop using them.

#### Polyurethane

Used in non-drip paints, polyurethane degrades into toxic chemicals which pass through the food chain and are eventually consumed by humans.

#### Short-chain chlorinated paraffins (SCCPs)

SCCPs are added to combat the increased flammability of paints laden with volatile solvents. Traces of these compounds have been found in the Arctic. Even at minute concentrations they are very

toxic to aquatic life. The EU has defined them as 'category three carcinogens': they have a 'possible risk of irreversible effects'. They are also considered to be 'non-threshold toxicants' – ie, substances for which there is believed to be some chance of adverse effects at any level of exposure.

#### Heavy metals

Heavy metals cut the time it takes for synthetic paint to dry. Repeated low-level exposure of cadmium, widely used in paint as a pigment, can result in permanent kidney damage, emphysema, anaemia and loss of smell. Titanium dioxide and zinc oxide, used especially in 'brilliant white' paints and added to most synthetic paints to provide opacity, can cause flu-like symptoms, respiratory problems and skin irritation.

■ *In 1987 the World Health Organisation described occupational painting as 'carcinogenic', and said painters faced a 40 per cent increased risk of contracting cancer.*

#### Wasteful production

For every tonne of synthetic paint produced, 10 tonnes of waste are created. With speciality paints, as much as 30 tonnes of waste can be created per tonne produced. On top of this, mining for titanium dioxide, a key ingredient in synthetic paints, is environmentally damaging during the purification process and causes severe water pollution.

#### Disposal problems

Household paint is classified as hazardous waste by the government. Given that between 12 and 25 per cent of such paint remains in the bottom of tins, there's a huge and mounting toxic waste problem fermenting in homes across the UK.

So, if you have any toxic paint left over in your home, don't throw it away. Take it to your local Community Re>Paint scheme. They collect and redistribute unfinished paint to community centres, charities and voluntary groups all over the country. There are hundreds of collection points all over the UK, find your nearest one at [www.communityrepaint.org.uk](http://www.communityrepaint.org.uk).

## NATURAL PAINT SUPPLIERS

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**AGLAIA:** [www.naturalpaintsonline.co.uk](http://www.naturalpaintsonline.co.uk)

**BIOFA:** [www.biofa.com](http://www.biofa.com)

**EARTH BORN** (pictured):  
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**ECOSOLUTIONS:**  
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[www.ecosolutions.co.uk](http://www.ecosolutions.co.uk)

**GREEN SHOP:**  
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[www.greenshop.co.uk](http://www.greenshop.co.uk)

**HOLKHAM LINSEED PAINTS:**  
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[www.holkham.co.uk/linseedpaints](http://www.holkham.co.uk/linseedpaints)

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(available through Green Building Store): [www.greenbuildingstore.co.uk/naturalpaints.php](http://www.greenbuildingstore.co.uk/naturalpaints.php)

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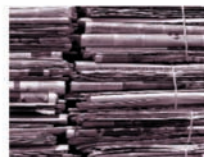
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# Essential directory

The Ecologist's guide to ethical businesses and organisations

## BABY

Make the first 21 months of your child's life calmer and easier by cutting down on clutter and making sure everything you buy is natural

### ACCESSORIES

Beaming Baby.....	0800 0345 672
Eco Babes.....	01366 387 851
Ecobaby Basics.....	01223 811 633
Ecotopia.....	01453 752 345
Green Baby.....	0870 240 6894
Little Earthlings.....	02829 541 214
Little Green Earthlets.....	08701 624 462
Lollipop.....	01736 799 512
Muladula.....	01453 768 549
Natural Collection.....	0870 331 3333
Natural Nursery, The.....	0845 890 1665
SoOrganic.com.....	0800 1692579
Spirit of Nature.....	0870 725 9885

### CLOTHING

Baby Organics.....	020 8255 4040
Baby-O.....	0870 760 7552
Born.....	01179 245080
Clothworks.....	01225 309 218
Cut4Cloth.....	01326 340 956
Global Kids.....	01530 457 146
Gossypium.....	01273 488 721
Greenfibres.....	0845 330 3440
Greenscene.....	07813 282 566
Greensleeves Clothing.....	020 8458 1559
Healthy House, The.....	01453 752 216
Huggababy.....	0870 046 4844
Natural Nursery.....	0845 890 1665
Nature's Fibres.....	01622 853 517
People Tree.....	020 7739 0660
Schmidt Natural Clothing.....	0845 345 0498
Su Su Ma Ma World Wear.....	01273 300 606
Texture.....	020 7241 0990
Tiny Sprout.....	01892 863 646
Tatty Bumpkin.....	01732 812 212

### FOOD

Baby Organix.....	0800 39 3511
Babynat Organico.....	01189 510 518
Hipp.....	0871 871 6611
Holle Baby Foods.....	01386 792 622
Mums 4.....	01926 771 285
Organico (see ad back cover ad).....	0118 951 0518
Truuly Scrumptious.....	01761 239 300

### NAPPIES

ECO DISPOSABLE.....

Natural Baby Company, The.....	01983 810 925
Naturebotts.....	0845 226 2186
See Saw.....	0131 2281939
The Bottom Line.....	01543 250 810

### RE-USABLE

Born.....	01179 245080
The Nappy Lady.....	0845 456 2441
Natural Nursery.....	0845 890 1665
Nature Botts.....	0845 226 2186
Sam I Am.....	01522 778 926
Smile Child.....	0800 1956 982
Snazypants.....	01522 778 440
Twinkle Twinkle.....	0118 934 2120

### NAPPY LAUNDRY SERVICES

Dinky Diapers.....	0117 986 6167
Nappy Ever After.....	020 7383 5115
Nappy Tales.....	01235 812 747
Natural Nappies.....	01376 563 787
Nifty Nappies.....	01420 549 659
Number1 for Nappies.....	01992 713 665
The Nappy Box.....	01423 358 571
The Scottish Nappy Company.....	0800 015 5570
Tops for Bottoms.....	0151 343 1356

### TOILETRIES

Earth Friendly Baby.....	020 8424 8844
Green People.....	08702 401 444

### TOYS

British Toymakers Guild.....	01225 442 440
Escor Toys.....	01202 591 081
Gaia Distribution.....	01225 484 472
Green Board Game Company.....	01494 538 999
Holz Toys.....	0845 130 8697
in2play.....	0845 890 1392
Myriad.....	01725 517 085
Tatty Bumpkin.....	01732 812 212
Toys for Children.....	01594 824 007
Tulip Toys.....	01709 546 778

### ORGANISATIONS

Baby Milk Action.....	01223 464420
Real Nappy Association.....	01983 401959
The Nappy Lady.....	0845 4562441
Women's Environmental Network.....	020 7481 9004

## CAREERS & RECRUITMENT

In your next water break why not call a few of these numbers... You don't want to be a hamster all your life, do you?

The British Ecological Society.....	020 8871 9797
Charity Action Recruitment.....	020 7928 2843
Charity Connections.....	0207 202 9000
Charity Job.....	020 8390 1177
Countryside Jobs Service.....	01947 896 007
Eden Recruitment.....	0870 787 7630
Ends Environmental Job Search.....	020 7814 5309
Environment Job.....	0161 282 0920
Environment Jobs.....	01977 690 698

The Ethical Careers Service.....	01865 245 678
Evergreen Resources.....	01256 314 620
Execucare.....	0207 7761 0700
Getalife.....	0161 277 5200
The Green Group.....	01268 468 000
Index Environmental Recruitment.....	01252 811 333
One World.....	020 7239 1400

[WWW.EARTHWORKS-JOBS.COM](http://WWW.EARTHWORKS-JOBS.COM)

Worldwide careers in ecology and conservation

## DRINK

### MAIL ORDER

#### BEER AND CIDER

Beers In A Box.....	01924 489 222
Black Isle Organic Beers.....	01463 811 871
Dunkerton's Traditional Cider and Perry.....	01544 388 653
Freedom Organic Beer.....	020 8748 0903
Fuller's Vintage Ale.....	020 8996 2085
Hambleton Ales.....	01845 567 460
Houston Brewery.....	01505 614 528
O'Hanlons.....	01404 822 412
Only Fine Beer.....	01245 255 579
Organic Brewhouse.....	01326 241 555
Pennard Organic Wines & Cider.....	01749 860 393
Smiles Brewing Company.....	01275 375 878
Skinner's Brewery.....	01872 271 885
St. Peter's Brewery.....	01986 782 322
Valhalla Brewery.....	01957 711 658
Weston's Cider.....	01531 660 233

#### COFFEE

The Bean Shop.....	01738 449 955
Burgil Coffee.....	020 8560 0263
Café Direct.....	020 7490 9520
Equal Exchange.....	0131 220 3484
Hampstead Tea and Coffee Co.....	020 8731 9833
More Organics.....	0173 636 6008
Organico (see ad back cover).....	0118 951 0518
The Tea and Coffee Plant.....	020 7655 4574

### SPIRITS

Juniper Green Organic Gin.....	01483 894 650
The Organic Spirits Company.....	01483 894 650

## ORGANIC SPIRITS

Juniper green gin. UK5 vodka  
Papagayo white and spiced rums

Order direct from:  
**Vintage Roots/ Vinceremos**  
or call **01483 894650**

### TEA

Clipper Teas.....	01308 863 344
Eleven O' Clock Tea.....	01635 278 648
E-Teas.....	0800 849 4039
Hampstead Tea and The Coffee Co.....	020 8731 9833
Nothing But Tea.....	0123 485 3855
The Tea and Coffee Plant.....	020 7655 4574

### WINE

Pennard Organic Wines & Cider.....	0174 986 0393
Sedlescombe Organic Vineyard.....	0800 980 2884
The Organic Wine Company.....	01494 446 557
Vinceremos.....	08001 0073086
Vintage Roots.....	0800 980 4992

## FOOD

The following all supply delicious organic food. If we've missed someone you think is an organic food hero, please email us their details at [editorial@theecologist.org](mailto:editorial@theecologist.org)

## DAIRY

### BUTTER & CREAM

Yeo Valley.....	01278 652 243
Rachel's Organic Dairy.....	01970 625805

### CHEESE MAIL ORDER

Bath Soft Cheese.....	01225 331 906
Birdwood Farmhouse Cheesemakers.....	01452 750248
Caws Cenarth Cheese.....	0123 971 0432
Godminster Vintage Cheese.....	0174 981 3733
H.S. Bourne.....	01948 770214
Llanboidy Cheesemakers.....	01994 448303
Llanglofan Farmhouse Cheese.....	01348 891241
Loch Arthur Creamery.....	01387 760296
Staffordshire Organic Cheese.....	01782 680366

### CHEESE PRODUCERS

Alhamwood Cheeses.....	01749 880 221
Caerfai Cheeses.....	01437 720 548

### ICE CREAM MAIL ORDER

September Organic Dairy.....	01544 312 910
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### MILK PRODUCER

Classic Organic – flavoured milk.....	01691 650450
Rachel's Organic Dairy.....	01970 625805
Yeo Valley.....	01278 652 243

### YOGHURT

Rachel's Organic Dairy.....	01970 625805
Yeo Valley.....	01278 652 243

## FISH

**ORGANICO**  
**0118 951 05118**

See advertisement on the outside back cover.

## FLOUR

Dove's farm.....	01488 684880
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**FRUIT & VEGETABLES  
(BOX SCHEMES)**



**'I can't sign up to a box scheme because I'm never in to receive it.' Have you considered...**

- 1 ...arranging a late delivery?
- 2 ...getting it delivered to a neighbour?
- 3 ...having it delivered to your local newsagent/ chip shop, etc?
- 4 ...arranging for the provider to hide it somewhere?

**BEDFORDSHIRE**

**Bedford**  
David Catlin.....01525 861 452

**BERKSHIRE**

**Reading**  
Ellis Organics .....0118 9722826  
Organico.....0118 951 0518  
Tolhurst Organic Produce.....0118 9843 428

**BUCKINGHAMSHIRE**

**Wendover**  
Fieldfare Organic and Natural ...0845 601 3240  
**Buckingham**  
Right 2 Know .....01280 822 050

**CAMBRIDGESHIRE**

**Cambridge**  
Waterland Organics .....01223 812 912  
**Royston**  
Guilden Gate Smallholding .....01763 243 960  
**Wisbech**  
Organic Connections International .....01945 773 374

**CHESHIRE**

**Chester**  
Organicfair .....01244 400 158  
**Lymm**  
Cheshire Organics .....01925 758 575  
**Malpas**  
Oakcroft Organic Gardens .....01948 860 213  
**Northwich**  
Stockley Farm Organics .....01565 777 492  
**Sale**  
The O Zone .....0161 291 8862  
**Warrington**  
Northern Harvest .....0845 602 3309

**CORNWALL**

**Saltash**

A & N Health Foods .....01752 844 926  
**St Agnes**  
Tree Of Life Organics .....01872 552 661  
**St Austell**  
Cotna Organics .....01726 844 827  
**St Martins-by-Looe**  
Kevalar Farmers.....01503 250 135  
**Truro**  
Hendra Farm Organics .....01872 572 301

**CUMBRIA**

**Brampton**  
Eva Botanicals.....01697 741 906  
Lady Jane's Tea Room .....07941 731 255  
**Grange over Sands**  
Howbarrow Organic Farm .....01539 536330

**DERBYSHIRE**

**Ashbourne**  
Meynell Langley Organic Food...01332 824 815  
New House Organic Farm .....01335 342 429  
Adams, Nick.....01335 360 996  
**Chesterfield**  
The Organic Stores.....01244 881 209  
**Derby**  
Organic Pumpkin .....01332 370 254  
**Matlock**  
Beano's Wholefoods.....01629 57130  
**New Mills**  
The Organic Shop .....01663 747 550

**DEVON**

**Barnstaple**  
Lugg Smallholding .....01598 710 558  
**Beaworthy**  
Earthstar, Little East Lake Farm...01409 221 417  
Holsworthy Organics .....01409 221 417  
**Bideford**  
Marshford Organic Produce.....01271 322 855  
**Bovey Tracey**

Yarner .....01364 661 503  
**Buckfastleigh**  
Riverford Organic Vegetables .....0845 600 2311  
**Crediton**  
Linscombe Farm .....01363 84291  
**Exeter**  
Shillingford Organics.....01392 832 729  
RodandBens .....01392 833 833  
Elder, D .....01392 860 856  
Great Cummins Farm .....01647 61278  
**Iffracombe**  
West Hill Farm .....01271 815 477  
**Kingsbridge**  
Alan's Apple.....01548 852 308  
**Newton Abbot**  
Dartmoor Direct Co-Operative...01364 631 528  
Woodland Organics .....01803 813 760  
Nature's Round.....07810 127 376  
**Pyworthy**  
Ceridwen Herbs .....01409 254 450  
**Tavistock**  
Tamar Organics.....01822 834 887  
**Tiverton**  
Ms Kate Palmer .....01884 861 269

**DORSET**

**Bournemouth**  
Bourne Organic.....01202 778 516  
**Blandford Forum**  
Gold Hill Organic Farm.....01258 861 413  
**Bridport**  
Bothen Hill Produce .....01308 424 271  
**Dorchester**  
Longmeadow Organic Vegetables....01300 341 779  
**Ferndown**  
Sturts Farm Community .....01202 870 572  
**Pulham**  
Cannings Court Organic Farm...01258 818 035  
**Wimborne**  
Long Criche Organic  
Walled Garden .....01258 830 295

**DURHAM**

**Darlington**  
Acorn Dairy.....01325 466 999

**ESSEX**

**Brentwood**  
Legg, RG.....01277 211 883  
**Halstead**  
Organic Choice .....01787 478 471  
**Ongar**  
Ashlyns Organic Farm .....01277 890 788  
Fair Organics .....01277 890188

**GLOUCESTERSHIRE**

**Cheltenham**  
Slipstream Organics .....01242 227 273  
**Dursley**  
Better For Organics .....01453 545 090  
**Lydney**  
La Bodega .....01594 844 841  
**Newnham on Severn**  
Camphill Village Trust.....01594 516 344  
**Tetbury**  
Bowldown Farms Ltd .....01666 890 224  
**Thornbury**  
Thornbury Organic Co-op.....01454 415 345  
**Wotton Under Edge**  
Whitfield Farm Organics.....0845 283 0232

**GREATER MANCHESTER**

**Chorlton-cum-Hardy**  
Chorlton Wholefoods.....0161 881 6399  
**Mossley**  
Mossley Organic And Fine Foods01457 837 743  
**Stockport**  
Limited Resources .....0161 477 2040  
**Whalley Range**  
Glebelands Market Garden Ltd..0161 718 5328

**HAMPSHIRE AND  
ISLE OF WIGHT**

**Andover**  
Naturally Health Foods.....01264 332 375  
**Clanfield**  
Naturally Organic .....023 9236 0196  
**Heckfield**  
Park Farm Organics .....0118 932 6650  
**Lymington**  
Warborne Organic Farm.....01590 688 488  
**Southampton**  
Sunnyfields Organic .....023 80871408  
**Whitchurch**  
Laverstoke Park Produce .....01256 890 900  
Harroway Organic Gardens.....01256 895 346

**HEREFORDSHIRE**

**Bodenham**  
Butford Organics.....01568 797195  
**Hereford**  
Biosphere Organics .....01432 820 082  
Green Acres Organic Growers...01568 797 045  
Abundance Produce.....01981 540 181  
**Kingstone**  
Arkstone Mill Produce.....01981 251 135

**HERTFORDSHIRE**

**Potters Bar**  
Everybody Organic Ltd. ....01707 651 243  
**Watford**  
Farm2door .....01923 490 526

**KENT**

**Ash**  
Ivy House Farm .....01304 812 437  
**Belvedere**  
Regent Health.....01322 446 244  
**Canterbury**  
Brockman, AG & Co.....01227 732 001  
Ripple Farm Organics.....01227 730 898  
**Cobham**  
Luddlesdown Organic Farms Ltd.01474 813 376  
**Gravesend**  
Dabbs Place Organic Farm .....01474 815 393  
**Horsmonden**  
Simply Wild Food Company .....08456 586 141  
**Ightham**  
Church View Farm.....01732 886 680  
**Tunbridge Wells**  
Organic Health Shop, the .....01892 538 155  
**Wingham**  
Wingham Country Market .....01227 720 567

**LANCASHIRE**

**Lancaster**  
Growing With Grace .....01524 251 723  
**Ormskirk**  
Gielty, A&D .....01695 421 712  
**Preston**  
Growing with Nature .....01253 790 046  
Flintoff, Libby .....01995 679 728

**LEICESTERSHIRE**

**Barkby Thorpe**  
Picks Organic Farm Shop .....0116 2693 548  
**Boston**  
Woodlands Farm.....01205 722 491  
**Countesthorpe**  
Bambury Organic Farm .....0116 247 8907  
**Loughborough**  
Manor Farm.....01509 646 413  
**Lutterworth**  
Naturally Good Food .....01455 556 878  
**Sapcote**  
Watts, DA .....01455 272 840  
**Thurmaston**  
Corner Plot Vegetables.....0116 2697 920

**LINCOLNSHIRE**

**Barrow on Humber**  
Wheelbarrow Foods.....01469 530 721  
**Grantham**  
Goodacre, JM & A .....01476 860 228  
**Spalding**  
Sadd, BM .....01945 440 388  
**Spilsby**  
Eden Farms .....01790 763 582

**LONDON**

**EC2**  
The Organic Delivery Company ..020 7739 8181  
**E5**  
UK5 Organics.....020 8806 0721  
**N4**  
Just Organic.....020 7704 2566  
**N7**  
Bumblebee.....020 7607 1936  
**SE10**  
Greenwich Organics.....020 8488 6764  
**SE2**  
Abel & Cole .....020 7737 3648  
**SE6**  
Capricorn Organics .....020 8306 2786  
**SW3**  
Here.....020 7351 4321  
**SW8**  
Food Ferry Company, the .....020 7498 0827  
**W12**  
The Fresh Food Co .....020 8749 8778

# DIRECTORY GREEN PAGES

## MERSEYSIDE

**Thurstaston**  
Church Farm Organics.....0151 648 7838  
**Liverpool**  
Organic Direct.....0151 7076 949  
Windmill Wholefood Co-op.....0151 7341 919

## MIDLANDS, WEST

**Birmingham**  
Organic Roots.....01564 822 294  
**Coventry**  
Down to Earth.....02476 677 500  
**Solihull**  
Hopwood Organic Farm.....0121 711 1187

## NORFOLK

**Attleborough**  
Arthur's Organic Deliveries.....01953 887 582  
**King's Lynn**  
Abbey Farm Organics.....01485 609 094  
**Norwich**  
Stable Organics.....01263 577 468  
Barker Organics.....01263 768 966  
Paradise Organics.....01508 494 260  
The Greenhouse.....01603 631 007  
Salle Moor Hall Farm.....01603 879 046  
Eostre.....01953 789 000

## NORTHAMPTONSHIRE

**Daventry**  
Goodness Direct.....08718 716 611  
**Kettering**  
Arcadia Organics.....01536 525 298  
**Milton Keynes**  
Organic Trail.....01908 568 952  
**Northampton**  
Leafcycles.....01604 628 956

## NORTHERN IRELAND

**County Down**  
Burrenwood Produce.....02843 771 844

## NORTHUMBERLAND

**Alnwick**  
Rock Midstead Organic Farm.....01665 579 225  
**Bedlington**  
North East Organic Growers.....01670 821 070  
**Berwick Upon Tweed**  
The Green Shop.....01289 305566  
**Corbridge**  
Cropped Up.....07947 856 641

## NOTTINGHAMSHIRE

**Bingham**  
Farmshop Home Delivery.....0800 169 7009  
**Cossall**  
Trinity Farm.....0115 944 2545  
Nottingham.....  
Roots Natural Foods.....0115 960 9014

## OXFORDSHIRE

**North Aston**  
North Aston Organics.....01869 347 702  
**Chipping Norton**  
Chipping Norton Organics.....01608 642 973  
Sarsden Organics.....01608 659 670

## SHROPSHIRE

**Craven Arms**  
Organic By Order.....01588 660 747  
**Dawley**  
Food For Thought.....01952 630 145  
**Oswestry**  
Doggart, A.....01691 652 166  
**Shrewsbury**  
Boxfresh Organics Direct.....01952 770 006

## SOMERSET

**Bath**  
Norwood Farm.....01373 834 856  
Truuuly Scumtious Organic  
Baby Food Ltd.....01761 239 300  
**Bridgwater**  
IYB Partnership.....01278 733 080  
**Bristol**  
Barleywood Walled Garden.....01179 351 725  
Leigh Court Farm.....01275 375 756  
**Langport**  
Park Lane.....01458 252 901  
**Lower Claverham**  
Arcadia Organics.....01934 838 634  
**Milverton**  
Spring Grove Market Garden.....07956 429 531  
**South Petherton**  
Flaxdrayton Farm.....01460 241 427  
Somerset Organic Link.....01460 241 427  
**Taunton**  
Prockters Farm Shop.....01823 413 427

## STAFFORDSHIRE

**Stafford**  
Bella Herbs.....01785 663 868  
Grove Farm Organics.....01785 780 252  
**Stoke-On-Trent**  
The Real Food Company.....01270 873 322

## SUFFOLK

**Beccles**  
Jim Cooper Vegetables.....07866 960 706  
**Bury St Edmunds**  
Longwood Farm.....01638 717 120  
**Eye**  
Daganya Farm.....01379 668 060  
**Ipswich**  
Hillside Nurseries.....01473 652 682  
**Newmarket**  
DJ Produce Ltd.....01638 552 709  
**Saxmundham**  
Swallow Organics.....01728 668 201

## SURREY

**Cranleigh**  
Sunshine Organics.....01483 268 014  
**Worplesdon**  
Horti. Halcyon.....01483 232 095

## SUSSEX

**Barnham**  
Willow Nursery.....01243 552 852  
**Brighton**  
Real Food Direct.....01273 621 222  
**Chichester**  
Wayside Organics.....01243 779 716  
The Whole Food Shop.....01243 790 901  
**Hartfield**  
Beans and Things.....01273 477 774  
Harvest Supplies.....01342 823 392  
**Lewes**  
Barcombe Nurseries.....01273 400 011  
Landsdown Health Foods.....01273 474 681  
**Mayfield**  
Heron's Folly Garden.....01435 873 608  
**Midhurst**  
Down to Earth.....01730 815 133  
**Plumpton**  
Ashurst Organics.....01273 891 219

## WARWICKSHIRE

**Atherstone**  
Mythe Farm Organic Produce.....01827 712 367  
**Leamington Spa**  
Gaia.....01926 338 805  
**Long Itchington**  
Reality Bites Organic  
Market Gardens.....07780 688 271  
**Rugby**  
Wild & Free.....01788 570 400  
**Warwick**  
Warwick Health Foods.....01926 494 311

## WILTSHIRE

**Charlton**  
Green Cuisine.....01666 824 584  
**Chippenham**  
The Organic Experience.....01249 720 274  
Tallywacker Farm.....01249 750 035  
**Swindon**  
Barker, DJ & AM.....01793 770 219  
Coleshill Organics.....01793 861 070  
**Warminster**  
Pertwood Partners.....01747 820499  
**Yatesbury**  
Yatesbury Organics.....01672 539 191

## WORCESTERSHIRE

**Pershore**  
Oxton Organics.....01386 860 477

## YORKSHIRE, EAST

**Driffield**  
Green Growers.....01377 255 362  
**Hull**  
Arthur Street Trading Co.....01482 576 374  
Slater Organics.....01964 527 519  
**North Cave**  
HNP Direct.com.....01430 425 531

## YORKSHIRE, NORTH

**Cowthorpe**  
Goosemoorganics.....01423 358 887  
**Kirkbymoorside**  
Farndale Free Range Ltd.....01751 430 323  
**Northallerton**  
Low Leases Organic Farm.....01609 748 177  
Robinson, DS.....01609 772 032  
**Richmond**  
Hazelbrow Organic Farm.....01748 886 224  
Farm-A-Round.....020 7627 8066  
Bluebell Organics.....07759 832 234  
**Tadcaster**  
The Organic Pantry.....01937 531 693  
**Whitby**  
First Season.....01947 601608

Pasture Cottage Organics.....01947 840 075  
**York**  
Yo Aspin Organics.....01439 771 848

## YORKSHIRE, SOUTH

**Sheffield**  
Beans.....0114 2681 662  
Down To Earth.....0114 2685 220

## YORKSHIRE, WEST

**Hebden Bridge**  
Valley Garden Organics.....01422 846 651  
**Huddersfield**  
Half Moon Healthfoods.....01484 456 392  
Natural Choice.....01484 513 162  
**Leeds**  
Love Organic!.....01132 663 030  
**Pontefract**  
Brickyard Organics.....01977 617 327  
**Shipley**  
Bradford Wholefoods.....01422 202 648  
**Wetherby**  
Goosemoor Organic Produce.....01423 358 887

## SCOTLAND

**Aberdeen**  
Lembas.....01569 731746  
**Ardrossan**  
Wildly Organic.....01294 472075  
**Armadale Pier**  
Rubha Phoil Forest Garden.....01471 844700  
**Birkhill**  
Bee-Organic.....01382 581186  
**Cupar**  
Bellfield Organic Nursery.....01337 860764  
**Dumbarton**  
Epo Growers.....01389 875337  
**Edinburgh**  
Grow Wild.....0131 443 7661  
Damhead Organic Foods.....0131 448 2091  
**Glasgow**  
Roots & Fruits Wholefoods  
& Organics.....0141 3393097  
**Glendale**  
Glendale Salads.....01470 511349  
**Inverness**  
Tio Ltd.....01667 462189  
Macleod Organics.....01668 462555  
**Inverurie**  
Croft Organics.....01467 981717  
**Kirriemuir**  
Angus Organics Ltd.....01575 540294  
**Kyle of Lochalsh**  
Raasay Walled Garden.....01378 660345  
**Newmacher**  
Ward, Colin, J.....01651 862041  
**Pencaitland**  
East Coast Organic Boxes.....01875 340227  
**Stonehaven**  
Fraser, J & M.....01569 730195  
**Tarbolton**  
Stair Organic Growers.....01292 541369  
**Tarskavaig**  
Achnaoloch.....01471 855315  
**Turriff**  
Greenness Organics.....01888 544877

## WALES

**Anglesey**  
Foreman, Helen.....01407 742293  
**Bangor**  
Dimensions Health Store.....01248 351562  
**Brecon**  
The Ciliau.....01874 711224  
**Builth Wells**  
The Ciliau.....07887 656887  
**Caerphilly**  
Source, the.....029 2088 3236  
**Cardiff**  
Pulse Wholefoods.....029 2022 5873  
Spice of Life.....029 20487146  
Green Cuisine.....029 2049 8721  
**Cinderwen**  
Ffynnon Farm.....01437 532 570  
**Deeside**  
Organic Stores.....01244 881 209  
**Haverford West**  
Sarraf, Mr & T.....01437 762 323  
**Monmouth**  
Irmma Fingal-Rock.....01600 712 372  
Carrob Growers.....01600 714 529  
**Pwllheli**  
Ty'n Lon Uchaf.....01766 810 915  
Llangybi Organics.....01766 819 109  
**Swansea**  
Jade Gate Organic Produce.....01792 232 643



**MEAT**

**Where do you get your meat?**

**Might there be a different way of buying meat that works well for you, that could guarantee better quality and give you a cleaner conscience? Could you buy locally, buying direct from the people who actually farm the animals that produce the meat? Or could you use a butcher who can tell you where all his or her meat comes from, and get special things for you when you want them?**

**BOX DELIVERY**

**BERKSHIRE**

**Lambourn**  
Sheepdrove Organic Farm.....01488 71659

**CAMBRIDGESHIRE**

**Ely**  
Naturally Yours.....01353 778 723

**CORNWALL**

**Cusgarne**  
Cusgame Organics.....01872 865 922

**Penzance**  
Vivian Olds Ltd.....01736 788 520

**Truro**  
Carleys of Cornwall.....01872 277 686  
Mewton PG.....01872 540 343  
Nuncarrow Organic Farm.....01872 540 343

**Tywardreath**  
Stoneybridge Organics.....01726 813 858

**CUMBRIA**

**Carlisle**  
Whiteholme Farm.....01697 748 058

**Grange-Over-Sands**  
Howbarrow Organic Farm.....01539 536 330

**DERBYSHIRE**

**Ashbourne**  
Nix Organix.....01335 360 996

**DEVON**

**Exeter**  
The Organic Farmers Market.....01392 875 678

**Holsworthy**  
Providence Farm Meats.....01409 254 421

**Kingswear**  
Fountain Violet Farm.....01803 752 363

**Okehampton**  
Fishleigh Estate.....01837 810 124

**Umberleigh**  
Higher Hacknell Meat.....01769 560 909

**DORSET**

**Beaminster**  
Childhay Manor Organics.....01308 868 709

**GLOUCESTERSHIRE**

**Berkeley**  
Adeys Farm Meats.....01453 511 218

**LONDON**

**Ealing**  
Thorogoods of Ealing.....020 8567 0339

**Notting Hill**  
Lidgate.....020 7727 8243

**MIDLANDS, WEST**

**Birmingham**  
Rossiter, S & A.....0121 4581 598

**NORFOLK**

**Norwich**  
Harveys Puremeat.....01603 621 930

**NORTHUMBERLAND**

**Hexham**  
Northumbrian Quality Meats.....01434 270 184

**OXFORDSHIRE**

**Wantage**

Real Farm Foods Ltd.....01235 762 461

**SOMERSET**

**Exmoor**  
Brown Cow Organics.....01749 890 298

**Shepton Mallet**  
Hindon Organic Farm.....01643 705 244

**Bath**  
Radford Mill Farm.....01761 479 572

**Taunton**  
Stoneage Organics.....01823 432 488

**SUFFOLK**

**Woodbridge**  
Red Poll Meats.....01728 748 444

**SURREY**

**Shere**  
Drydown Farm.....07941 277 545

**Wintney**  
Organically Speaking.....01483 531 319

**Bramley**  
Wintershall Partnership.....01483 892167

**SUSSEX, WEST**

**Billingshurst**  
Steepwood Farm.....01403 785 434

**WARWICKSHIRE**

**Rugby**  
Browning, GNF & GA.....01926 632 246

**WILTSHIRE**

**Swindon**  
Purton House.....01793 770 219

**YORKSHIRE, EAST**

**Driffield**  
Barmston Organics.....01262 468 128

**SCOTLAND**

**Perth**  
Hugh Grierson.....01738 730201

**WALES**

**Clyro**  
Clyro Hill Farm.....01497 820520

**MAIL ORDER**

Graig Farm Organics.....0159 785 1655

Higher Hacknell Farm.....0176 956 0909

Meatshop.....0122 857 7329

Natural Good Food.....01455 556878

Save the Bacon.....0160 469 6859

Sheepdrove Organic Farm.....0148 871 659

Swaddles.....0845 456 1768

The May Highland Beef.....0157 042 3080

The Organic Beef Company.....0148 866 8429

The Real Meat Company.....0198 584 0562

Traditional Norfolk Poultry.....0195 349 8434



**FASHION**

**GENERAL**

And Albert.....01482 863 068  
Bishopston Trading Company.....01453 766 355  
Chandni Chowk.....01179 300 059  
Cloths Works.....01225 309 218  
Daily Bread Co-Operative.....01604 621 531  
Epona.....01914 151 201  
Ethical Wares.....01570 471 155  
Ford Barton.....01398 351 139  
Ganesha London.....020 7928 3444  
Garthenor.....01570 493 347  
Gossypium.....01273 488 721  
Green Fibres.....0845 330 3440  
SEE ADVERT ON PAGE 85  
Grounded.....020 7503 0279  
Hemp Union.....01482 225328  
Hug.....0845 130 1525  
Isle of Mull Weavers.....01681 700 265  
Marlo Clothing.....01736 753 254  
Myriad Organics.....01584 872 665  
Natural Collection.....0870 331 3333  
Natural Dye Company.....01258 840 549  
One World Shop.....01312 294 541  
Organic Attire Co.....020 7924 3345  
Patagonia.....0033 450 88 44 44  
People Tree.....020 7739 0660

Schmidt Natural Clothing.....0845 345 0498  
Shared Earth.....01904 632 896  
Siesta.....01227 464 614  
Spirit of Nature.....0870 725 9885  
Spurriergate Centre.....01904 629 393  
Texture.....020 7241 0990  
Terramar Organics.....07929 371684  
Treehouse TLC.....01970 625 116  
Traidcraft.....01914 911 001  
World of Difference.....01788 579 191

**SHOES**

Birkenstock.....020 7240 2783  
Ethical Wares.....01570 471 155  
Fairdeal Trading.....0870 766 5796  
Green Shoes.....01803 864 997  
Vegetarian Shoes.....01273 691 913

**T-SHIRTS**

Equop.....0117 953 9991  
FunkyGandhi.com.....07979 993 533  
Howies.....01239 614 122  
Terramar Organics.....07929 371684  
THC.....020 8630 9001  
Tonic T-shirts.....07838 250 749

**FUNERALS**

**COFFINS**

Eco Coffins.....01303 850 856  
Greenfield Coffins.....01440 788 886

**FUNERALS**

Arka.....01273 746 011  
Celtic Casket.....01283 521 104

The Funeral Company Ltd.....01908 225 222  
Green Endings.....020 7424 0345  
The Natural Death Centre.....0871 288 2098  
S. Stibbards & Sons.....01702 558 717  
Sawd Partnership.....01795 472 262  
Somerset Willow Co.....01278 424 003  
Willow Weave.....01953 887 107

**GARDENS**



**ALL PURPOSE**

British Eco.....0191 209 4161  
Natural Collection.....0870 331 3333  
Organic Gardening  
The Catalogue.....0845 130 1304  
Tamar Organics.....01822 834 887  
The Green Shop.....01452 770 629

**COMPOSTING**

Blackwall.....01132 018 000  
Dorset Hills Organics.....02392 691 913  
Enviromulch.....01215 254 326  
Fertile Fibre.....01584 781 575  
Globe Organic Services Ltd.....0800 018 4120  
Humus Wyse.....01803 834 687  
KPS Composting Services.....01444 831 010  
Original Organics Ltd.....01884 841 515  
The Bin Company.....0845 6023 630  
The Composting Association.....0870 160 3270  
The Recycle Works.....01254 820 088  
The Worm Hotel.....01606 592 145  
Wiggly Wigglers.....01981 500 391  
Wonder Worms.....01422 831 112

**FENCING**

Evalast Fencing Systems Ltd.....01772 687 779

**FERTILISERS**

Glenside Organics Ltd.....01786 816 655  
Greenvale Farms Ltd.....01677 422 953  
Growganic Ltd.....01380 871 050

**GARDEN FURNITURE**

Duchy Originals.....020 8831 6800  
English Hurdle.....01823 698 418  
Pendlewood.....01617 894 441  
Re-Form Furniture.....01209 711 581  
Wayfarer Products.....01924 492 300

**NURSERIES AND GARDENS**

Butterworths' Organic  
Fruit Nursery.....01290 551 088  
Ryton Organic Gardens.....02476 303 517  
Walcot Organic Nursery.....01386 553 697

**PEST CONTROL**

Agralan.....01285 860 015  
Defenders Ltd.....01233 813 121  
Scarlets Plant Care.....01206 240 466

**POTS AND SUPPORTS**

Panda Stix.....01623 648 200  
Stakepots.....01246 261 798

**SEEDS**

Association Kokopelli Organic  
Seeds.....01227 731 815

**WATER TREATMENT**

Green Ways.....01962 761 600  
Raindrain Lt.....01924 468 564

HEALTH & BEAUTY



**You can absorb up to two kilos of chemicals through toiletries and cosmetics each year. So throw away all your toxic beauty products and choose these ones that are kind to your body as well as the environment**

**COSMETICS & BEAUTY TREATMENTS**

Avea .....	870 1999 219
Aveda .....	8000 747712
Barefoot Botanicals .....	0870 220 2273
Beauty Without Cruelty .....	01229 775185
Beauty Naturals .....	0800 980 6662
Dr. Hauschka Natural Skin Care .....	01386 792 622
Earthbound Organics .....	01597 851157
John Masters Organics .....	01874 730 979
Lavera .....	01557 870 203
Mybeingwell.com .....	01326 377555
Organica J .....	01330 850257
Primavera Aromatherapy .....	01373 812640
Suvarna Pure and Natural Cosmetics .....	01695 728286

**DEODORANT**

Anne Elise Natural Skincare .....	01304 374 594
Body Organics .....	0870 870 8586
Dr. Hauschka Natural Skin Care .....	01386 792 622
PitRok Ltd .....	0208 5631120
Weleda .....	0115 9448200

**MENSTRUAL PRODUCTS**

Natracare .....	01275 371 764
Menses .....	0117 9851646
The Mooncup .....	01273 673845

**SOAPS**

Caumie Soaperie .....	0141 776 1218
Simply Soaps .....	01603 720 869
The Soap Kitchen .....	01805 622944
Woodspirits .....	0208 2934949

**SUN PROTECTION**

Aubrey Organics .....	1-800-282-7394
Dr. Hauschka Natural Skin Care .....	01386 792 622
Ecolani .....	1-800-625-5240
Neal's Yard .....	020 7498 1686
Yaoh .....	0117 9239053

**TOILETRIES**

Akamuti .....	0845 4589242
Ascent .....	01497 847788
Beauty Naturals .....	0800 980 6662
Body Organics .....	0870 870 8586
Bio-D Company Ltd .....	01482 229950
Caumie Soaperie .....	0141 776 1218
Cioccolatina .....	01189473178
Comfort and Joy .....	01367 850278

Creightons Naturally Plc .....	01903 745611
Dolma .....	01115 9634237
Dr. Hauschka Natural Skin Care .....	01386 792 622
Essentially Yours .....	01372 465 414
Earthbound Organics .....	01597 851157
Faith in Nature .....	0161 7642555
Farrow and Humphreys Ltd .....	01780 482400
Greenfibres .....	0845 330 3440
Green People .....	01444 4011444
Hemp Garden .....	01288 355572
Honesty Cosmetics .....	01629 814 888
John Masters Organics .....	01874 730 979
Lavera .....	01557 870 203
Mariposa Alternative Bodycare .....	01273 242925
Mother Earth .....	01229 885266
Mybeingwell.com .....	01326 377555
Naturisimo.com .....	020 75847815
Neal's Yard .....	020 7498 1686
Nirvana Natural .....	01494 880885
Organic Blue .....	020 84248844
Organic Botanics .....	01273 773182
The Organic Health Shop .....	01892 538155
Potions and Possibilities .....	01394 386161
Primavera Aromatherapy .....	01373 812640
Pure Nuff Stuff .....	01736 366008
Pure Potions .....	01273 555 123
Right 2 Know .....	01280 822 050
Simply Nature .....	01580 201687
SoOrganic.com .....	0800 1692579
Spiezia Organics Ltd .....	0870 8508851
There Must be a Better Way .....	0118 9479352
The Organic Pharmacy .....	020 73512232
Think Natural .....	0845 6011948
Twinkle Twinkle .....	0118 934 2120

**TOOTH PASTE**

Green People .....	01444 4011444
Kingfisher Toothpaste .....	01603 630484

**For professional help with your advertising phone our advertising manager on 0207 3513578**

HOLIDAYS

**The following holidays have all been recommended to us by friends and family. We hope you enjoy them as much as they did, and if you know of any other places that Ecologist readers might enjoy please email [editorial@theecologist.org](mailto:editorial@theecologist.org)**

**SHARPHAM FAMILY CAMP**

Saturday 30 July to Sunday 7 August  
2005. A family holiday in beautiful Devon countryside. Price: adults £130, Children and teens £60, under-3s free  
**Tel: 01803 732 324**  
**[www.sharphamfamilycamp.co.uk](http://www.sharphamfamilycamp.co.uk)**

**DEVON, THE MAGIC COTTAGE**

Enjoy quality time in cliff-top hamlet, where time stands still. Scrumptious breakfast, home-made bread and garden-grown herb teas. Delightful rooms. B&B from £25 each.  
**Brochure 01395 512238**

**MID WALES STREAMSIDE CARAVAN**

Sleeps 4+. Conservation smallholding; wildlife pond, swimming, beautiful walks. Near Machynlleth and Centre for Alternative Technology. £120 - £140pw. No smoking. Also CAMPING.  
**[lizatom@fish.co.uk](mailto:lizatom@fish.co.uk)**  
**Tel: 01654 702718**

**THE ECOLOGE**

A simpler way to relax! A wonderful break from the real world. Freedom for children. Magic moments. Great Hospitality. Somewhere precious.  
**[www.internationalbusinessschool.net/eco-lodge](http://www.internationalbusinessschool.net/eco-lodge)**  
**[gclarke@internationalbusinessschool.net](mailto:gclarke@internationalbusinessschool.net)** Tel:01205 870062/870396

**HOUSEBOAT IN DEVON**

Traditional wide-beam barge sleeping five in two en-suite cabins. Moored on private lake and wetland. Exclusive trout fishing. Local walking, sailing, off-road cycling.  
£330 - £695pw.  
**[www.blagdonwater.com](http://www.blagdonwater.com)**  
**Tel: 01566 - 779830**

**YURT & CAMPING HOLIDAYS ON CORNISH ORGANIC FARM**

Holidays on our farm on Bodmin Moor will leave you feeling relaxed, refreshed, and at peace with nature  
**01208 850491**  
**[www.southpenquite.co.uk](http://www.southpenquite.co.uk)**

**DISCOVER UNSPOILT SLOVAKIA**

Timber cottage deep in a forest village. Over 40 per cent of Slovakia is forest (more than Switzerland or Norway). Rich ecology of wild flowers, butterflies, birds, etc, sustains several hundred wolves, bears and eagles. Sleeps four to six, two bedrooms with en-suite bathrooms, from £250 to £390 for cottage per week.  
**[www.SlovakCottages.com](http://www.SlovakCottages.com)**



HOME

From ingenious, easy-to-fit water-saving devices, to reclaimed building materials: everything you'll need to renovate and clean your home without harming the environment is in these listings

ENERGY

ELECTRICITY: suppliers

Ecotricity.....	08000 326 100
Good Energy.....	0845 456 1640
Green Energy.....	0845 456 9550

Generation

Dulas Ltd.....	01654 705 000
Green Dragon Energy.....	01654 761 731
Rainbow Solar Trading.....	01983 533 129
Sustainable Energy Installations.....	01256 392 704
Wind and Sun Ltd.....	01568 760 671

EFFICIENCY: Energy saving

Eco-Exmoor Ltd.....	01598 763 595
Energy and Environment.....	0161 881 1383
ESI.....	01481 722 299
Lumin8.....	01233 666 000
The Organic Energy Company.....	0845 458 4076

Light bulbs

Lampholder 2000.....	01536 520 101
Lumin8.....	01233 666 000

Insulation

Ecomerchant.....	01795 530 130
SEE ADVERT Opposite	
Products Ltd.....	01484 854 898
Green Building Store.....	01484 854 898
The Green Shop.....	01452 770 629
Green systems.....	01763 260 719
Heraklith UK Ltd.....	01628 784 330
Klobber Ltd.....	01934 853 224
Polarwall Ltd.....	01392 841 777
Thermafleecce.....	01768 486 285

HEATING

Ground Source

Dando Geothermal.....	01903 731 312
Earthwise Scotland Ltd.....	01330 833 915
Eco Heat Pumps.....	01142 962 227
Geoscience Ltd.....	01326 211 070
Geothermal Heating International.....	02476 673 131

Green Systems.....	01763 260719
Groenholland UK Ltd.....	07905 508 726
Ground Source Solutions Ltd.....	01246 822 808
Ice Energy.....	01865 882 202
Kensa Engineering Ltd.....	01326 377 627

Solar Thermal

Future Heating Ltd.....	020 8351 9360
Green Systems.....	01763 260719
HiTech Energy Ltd.....	0845 601 3540
The Organic Energy Company.....	0845 458 4076
Power Tech Solar.....	08707 300 111
Radiant Energy.....	01522 525 300
The Solar Design Company.....	0151 606 0207
Solarsense UK Ltd.....	01275 394 139
Solar Twin.....	0845 130 0137
Sun Harvester.....	01786 822 827
West Wales Solar Heating.....	01994 419 439

Wood Fuel & Stoves

Able Fuels Ltd.....	01484 515 578
Beacon Stoves.....	01559 371 058
Bio Energy Devices.....	01446 781 415
Bioenergy Technology Ltd.....	01825 890 140
Chilli Penguin Stoves.....	02920 865 536
ebc wood fuels.....	01953 455 854
Green Systems.....	01763 260719
Rural Energy Ltd.....	01664 454 989
Wood Energy Ltd.....	01398 351 349

PROFESSIONAL SERVICES

Architects

Chris Morton, Herefordshire.....	01684 541 480
Finch Macintosh Architects, Winchester.....	01962 855 240
Goddard Wybor practice, West Yorkshire.....	01132 666 044
Jon Allen, London.....	020 8961 3279
Neill Lewis, Worcestershire.....	01684 563 356
Nicholas Hare.....	0207 607 4433
Quattro Design, Bristol.....	01179 299 672
Quentin Alder, Bristol.....	01179 683 111

Building consultants

Cob in Cornwall.....	01326 231 773
Concept Timber.....	01225 792 949
Mike Wye and Associates.....	01409 281 644

Carpenters

J.G.Horning, Devon.....	01803 732 135
Richard Arnold, Devon.....	01884 350 51
Tom Straker, Herefordshire.....	01432 853 113

Energy consultant

Encraft.....	08456 022 874
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Roofing specialist

Rawnsley Woodland Projects.....	01208 813 490
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WATER

Conservation

Celtic Water Management.....	01239 811 465
Conservation Engineering Ltd.....	01359 269 360
Construction Resources.....	020 7450 2211
Eco Logic.....	01217 663 016
Flow Control Water Conservation Ltd.....	08707 558 811
Flowco Mariflo Ltd.....	020 8330 2487
Green Building Store.....	01484 854 898
Hippo the Water Saver.....	01989 766 667

Filters

Aqua Vitae.....	01404 841 841
Aquasaver Ltd.....	01288 354 425
Capital Water Treatment.....	020 8649 9503
Earthly Goods.....	01480 812 004
Eden.....	0800 917 0977
Green-way services.....	01202 874 413
Simply Water.....	00353 149 20414
Tap Magic.....	01473 252 043
The Healthy House.....	01453 752216

Rainwater harvesting

Envireau Rainwater Management.....	01296 633 000
Free Rain.....	01636 894905
Rainharvesting Systems.....	01452 772 000

HOME RENOVATIONS

Flooring

Ashcroft Reclaimed Timber Flooring.....	01243 554 769
Drummonds Architectural Antiques.....	01428 609 444
Forbo-Nairn Ltd.....	01592 643 777
Rawnsley Woodland Products.....	01208 813 490
Treesave Reclamation Ltd.....	01787 227 272
Treework Flooring.....	01275 464 466
Yorkshire Reclaimed Flooring.....	01937 843 532

Paints & paint remover

Auro Organic Paints.....	01452 772 020
Earth & Reed Ltd.....	01449 722 255
Earth Born Paints.....	01928 734 171
Eco Solutions Ltd.....	01934 844 484
Environmental Construction Products Ltd.....	01484 854 898
Green Building Store.....	01484 854 898
SEE ADVERT ON PAGE 23	
LILI.....	01296 714 184
Little Green Paint Company.....	0161 230 0880
Lizzy Induni Traditional Paints.....	01929 423 776
Nutshell Natural Paints.....	0136 473 801

Recycled materials (incl. salvage)

Smile Plastics.....	01743 850 267
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Source4U.....	01926 498 444
Toby's Reclamation.....	01392 833 499
Viktor Reclamations.....	01302 835 449

Self-build homes

Association for Environment Conscious Building.....	01559 370 908
Association of Self Builders.....	07041 544 126
Ecological Design Association.....	01453 765 575
Insideout Buildings.....	01524 737 999

Tiles

Natural Tile.....	01285 642 300
Siesta Cork Tile Co.....	020 8683 4055

Timber

Altham Hardwood Centre.....	01282 771 618
Ecomerchant.....	01795 530 130
Rawnsley Woodland Products.....	01208 813 490
Reclaimed Pine Online.....	01202 789 868
Reclaimed Timber Specialists.....	020 8558 2811
Victorian Wood Works.....	020 8534 1000
<b>Windows and doors</b>	
Ecomerchant.....	01795 530 130
Environmental Construction Products Ltd.....	01484 854 898
Merewood Joinery.....	01614 800 363
Preston Door & Pine Stripping.....	01772 725 943

BEDDING AND LINENS

Green Fibres.....	0845 330 3440
Schmidt Natural Clothing.....	0845 3450 498
Texture.....	020 7241 0990
Willey Winkle.....	01432 268 018

CLEANING

21st Century Health.....	0800 0260 220
Aqua Ball.....	0800 026 0220
Bio-D Company Ltd.....	01482 229 950
Down to Earth.....	01793 732 000
Ecotopia.....	01453 752 345
Ecover.....	01635 574 553
Green Fibres.....	01803 868001
Greenlands.....	01892 871 285
The Healthy House.....	01453 752 216
Natural Eco Trading Ltd.....	01892 616 871
Vertue.....	020 8806 7294
Wonderwash Laundry Ball.....	0161 832 7788

FURNITURE & FURNISHINGS

New

Arbor Vetum.....	01386 840 438
Grand Illusions.....	01747 854 092
Lombok.....	020 7736 0001
Rawnsley Woodland Products.....	01208 813 490
Senior & Carmichael.....	01737 844 316
thingbuilder.....	07779 623 964
Treske Ltd.....	01845 522 770

Recycled & Salvage

African Trackwoods.....	01488 686 850
Architectural Salvage Centre.....	020 8459 2947
Art-eco.....	07792 702 735
D & A Binders.....	020 7609 6300
Lizzy Induni Traditional Paints.....	020 8378 1009
Reclaimed Pine Online.....	01202 789 868
Reel Furniture.....	01603 629 396
thingbuilder.....	07779 623 964



MAIL ORDER

Too busy to make it to the shops? Then let them come to you. As well as the fruit and vegetable box schemes listed on page 91, there is a wealth of companies who deliver all your weekly needs right to your door.

NATIONWIDE

Barleywood Walled Garden.....	0117 935 1725
Duchy Originals.....	020 8831 6800
Eostre Organics Ltd.....	0195 378 9639
Equal Exchange.....	0131 220 3484
Essential Trading Cooperative.....	0117 958 3550
Everybody Organic.....	0170 765 1243
Goodness Direct.....	0871 871 6611
Graig Farm Organics.....	0159 785 1655
Infinity Foods Cooperative Food.....	0127 342 4060
Mother Hemp.....	0126 242 1100
Natural Good Foods.....	01455 556878
Oil in the Raw.....	0157 935 1178
Organico (see back cover ad).....	0118 951 0158
Suma.....	0845 458 2290
The Organic Delivery Company.....	020 7739 8181

Trailcraft.....	0870 443 1018
Westcountry Organics.....	0164 724 724
Wild Oats.....	0117 973 1967

**OFFICE RESOURCES**



**ELECTRICITY**

Ecotricity .....0800 0326 100  
 Good Energy.....01249 766 090  
 Green Energy.....08454 569 550

**GRAPHIC DESIGN**

Ecographic.....01273 201 361  
 Sussed Design.....01273 275 302

**INK CARTRIDGES**

Action Aid Recycling .....08453 100 200  
 The Green Stationary Company .01225 480 556  
 Office Green .....020 8592 9998

**JANITORIAL**

Environment Saving Supplies .....024 7638 6544  
 Greenlands Environmental Care 01892 871 285  
 Vertue.....020 8806 7294

**PR**

Substance PR.....0238 023 5050

**PROMOTIONAL MATERIALS**

Remarkable! .....020 8741 1234  
 Save a Cup .....01494 510 167  
 Yo-Yo Promotions .....01252 620 593

**RECYCLED OFFICE SUPPLIES**

Dartex Office Supplies.....01322 521 545  
 The Green Stationary Company 01225 480 556  
 Paperback.....020 8980 2233  
 Recycle It .....08707 743 762

**STATIONERY**

Ecotopia.....01453 752 345  
 The Green Stationary Company 01225 480 556  
 Remarkable! .....020 8741 1234

**TELEPHONE & INTERNET**

Green ISP.....0845 058 0659  
 GreenNet.....08450 554 011  
 The Phone Co-op .....08454 589 000

**WATER COOLERS**

Aquaaid.....01223 830 400  
 Simply Water.....01514 755 589

**PERSONALS**

**EARTH WISE SINGLES**

Friendship and romance for people interested in organics, permaculture, and eco-friendly living. Join the community that cares. Post your photo ad for free!

[www.EWSingles.com](http://www.EWSingles.com)

**PERSONAL FINANCE**

**Do you want your hard-earned cash to finance wars, vivisection, or child labour? Or do you want it to support environmentally sound products and businesses? If the latter, call the organisations listed below**

**BANKING**

Co-Operative Bank.....08457 212 212  
 Ecology Building Society .....0845 674 5566  
 Triodos Bank .....0117 973 9339

**FINANCIAL SERVICES**

Ethical Investment Co-operative0845 458 3127  
 Gaia.....0161 434 4681  
 Naturesave .....01803 864 390  
 Social Venture Network.....07958 772 864

**INSURANCE**

Absolute Mortgages .....01865 865 342  
 C I S Insurance .....0161 829 4084  
 Ecology Building Society .....01535 650 777

**MORTGAGES**

Absolute Mortgages .....01865 865 342  
 CD Project.....0795 877 2864  
 Ethical Investment Co-operative 0845 458 3127

**PERSONAL TRANSPORT**



**71 per cent of road trips by car are less than five miles long, and 46 per cent are less than two miles long. So why not leave the car keys on the kitchen table and make better use of your local transport network?**

**BICYCLE**

**ORGANISATIONS**

London Cycling Campaign .....020 7928 7220  
 Sustrans .....0117 929 0888  
 UK National Cyclists Organisation0870 873 006

**BUS**

Travel Line.....08706 082 608

**CAR**

**Bio-diesel fuel**

Ebony Solutions .....01606 301 222

**Breakdown**

Environmental Transport Association .....0800 212 810

**Electric cars**

Electric Car Association .....01823 480 196

**Electric scooters**

Powabyke .....01225 443 737  
 Electric Scooters.....01206 233 180

**Fuel-saving devices**

Eco Tek .....01844 212 939  
 Power Plus .....01323 417 700

**Recycling used motor oil**

Oil Bank.....0800 663 366

**Recycled tyres**

Environmental Tyre Disposal.....020 8345 6115  
 Tyre Collection Services.....0121 544 1408  
 REG Tyre and Automotive Recycling .....01895 444 714

**Sharing**

Lift Share .....0870 11 11 99  
 Car Clubs.....01132 349 299

**TRAIN**

**TIMETABLE INFORMATION**

National Rail Enquiries.....0845 748 49 50

**PROPERTY**

**ORGANIC LAND TO RENT**

Two acres of 43-year-old organic market gardens, south Cheshire. Soil Association accredited. Includes mobile glasshouses, machinery and a flat as living accommodation.

**Tel 01948 860213**  
(evenings)

**RECYCLING SERVICES**

**More than 60 per cent of your rubbish can be recycled. Most of it currently ends up in landfill sites or disappearing up incinerator chimneys. Don't bin it, recycle it**

**ALL PURPOSE**

Forest Recycling Project Ltd.....	020 8539 3856
Loop .....	0800 542 1400
Paper Round .....	020 7620 3131
RECOUP .....	01733 390 021
Waste Watch.....	0870 243 0136

**ALUMINIUM**

Alcan Aluminium Can Recycling.....	0800 262 465
Alufoil .....	020 8583 5060
Aluminium Packaging Recycling Organisation.....	01216 334 656
Alupro.....	01506 444 644
Cash for Cans .....	0845 722 722

**BATTERIES**

Centre for Alternative Technology	01654 705 950
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**BICYCLES**

Re-cycle .....	0845 458 0854
Salvo.....	020 8400 6222

**CARPETS**

Carpet Burns.....	0133 259 4044
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**CARTONS**

Cutouts.....	01484 645 281
Tetrapak.....	0870 442 6000

**CDS**

Beacon Press .....	01825 768 611
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**CLOTHING**

Quilter Guild .....	01422 347 669
Oxfam.....	01865 312 610
Red Cross .....	020 7235 5454

**CURTAINS**

The Curtain Exchange.....	020 7731 8316
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**COINS**

Oxfam.....	0870 333 2700
RNIB .....	0845 766 9999

**COMPUTERS**

DonatePC.....	info@donatepc.org.uk
Recycle It .....	0870 774 3762
Free Computers for Education.....	01932 874 066

**ELECTRONIC AND HAZARDOUS WASTE**

Strategic Waste Management Services.....	0113 243 8777
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**FURNITURE**

Furniture Recycling Network .....	01924 375 252
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**INK AND TONER CARTRIDGES**

Office Green .....	020 8592 9998
UK Cartridge Recycling Association .....	01706 525 050

**MOBILE PHONES**

Fonebak.....	01708 683 400
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**OIL**

Actionsmart .....	01656 648 899
Oil Recycling Association.....	01279 814 035

**PAINT**

Community repaint .....	020 8362 0752
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**PAPER**

British Recovered Paper Association .....	01793 889 600
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**PLASTIC CUPS**

Remarkable.....	020 8741 1234
Save-a-cup.....	01494 510 167

**REFRIDGERATORS**

Fridge Recycling .....	01925 715 400
Ozone Friends .....	020 8591 6333

**SPECS AND SUNGLASSES**

Vision Aid Overseas .....	01259 353 5016
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**TELEPHONE DIRECTORIES**

Yellgroup.....	0800 555 444
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**TV MONITORS/ MERCURY LIGHT BULBS**

Lamp recycling.....	01752 662 050
Mercury Recycling.....	0161 877 0977
Wiser.....	01480 462 232

**VOLUNTEERING**



**Increasingly, volunteers are holding the fabric of the world together. Whether it's social cement that's needed or physical labouring, many of today's communities couldn't survive without thousands of hours of donated time. Are you doing your bit?**

**RESOURCES**

Action Without Borders .....	001 212 843 3973
Environmentjob.co.uk.....	0161 2820 920
Volunteering England.....	0845 305 6979

**UK**

BTCV .....	01302 572 244
Environ .....	0116 2220 222
Groundwork .....	0121 236 8565
Time Bank.....	020 7401 5420

**INTERNATIONAL**

**MAY ALSO OFFER UK PROJECTS**

Africa and Asia Venture.....	01380 729 009
African Conservation Experience	0870 2415 816
Bio Sphere Expeditions .....	01502 583 085
Coral Cay .....	0870 750 0668
Cross-Cultural Solutions.....	001 914 632 0022
Earthwatch Institute.....	01865 318 838
Friends of the Earth.....	020 7490 0881
Outreach International.....	01458 274 957
Project Trust .....	01879 230 444
Quest Overseas.....	020 8673 3313
Student Partnership Worldwide..	020 7222 0138
VSO (Volunteering Advice Line)..	020 8780 7500
WWOOF .....	01273 476 286

**WORLDWIDE OPPORTUNITIES ON ORGANIC FARMS (WWOOF)**

is an exchange network through which bed and board are given in return for help on organic farms. WWOOF provides excellent opportunities for organic training, cultural exchange and people wanting to change to a rural life or join the organic movement.

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



**For professional help with your advertising phone our advertising manager on 0207 3513578**

**ORGANIC MARKET GARDEN**

in Cheshire offers opportunity to learn. Free accommodation for part-time or full-time, plus some money. Vegetarian and non-smokers only. Free Yoga lessons.

**Tel: 01948 860213 after 9.30pm**



AND FINALLY...

# THE DESIRE AND THE DOOM

We interrupt our regular programming for a moral advisory...

It is no longer the Time of the Assassins, children. The bullet that killed the Kennedys, Martin and Malcolm X and widowed Yoko Ono – those missiles have broken into a mist. A rainstorm of metal has frozen in mid-air, each pixelated drop reflects back a fabulous seduction, a super-mall in a seed.

AH, THE LULLABY OF EVIL! You think the air in the city is polluted? The air in the city is agog with lurid painted eyes and that's fine, but then there's the part of my brain that needs a rest to have an original thought. What's that, up there on that great wall above me? IS THAT ANOTHER UNASKED-FOR SECONDARY EROGENOUS ZONE? Amen... Oh, is it the 40-foot tall cost-effective, wholesale UMA THURMAN? Uma with a vengeance? And oh, I am a sinner. And yes, my desire is in league with Uma, my desire turns on me, desires me like a predator, then hates me, then is bored with me and dumps me, and I am left gaping anonymously on the curb with a mental erection, unable to move forward. I need Vaseline just to cross the street.

LET US PRAY. We ask the God-That-Is-Not-A-Product. We ask the Goddess-Who-Swims-In-The-Part-Of-The-Sky-Not-Yet-Slapped-With-Plastic-Logos: is it possible that the end of the world has come and gone unnoticed? We are feeling strange. It is the Time of Dullness. Give us a sign. Amen.

Well, maybe the END OF LIFE was discovered by some R&D department, and so it became a formatted bullet-point presentation to investors, and went into production. This is a decision-making process that has eaten democracy alive and is called PRODUCT MOMENTUM. Unfortunately, the apocalypse, as virulent as it seems, is just lost in the inventory, lost in the blur of globalised bric-a-brac, in the tulips from Israel in the holds of jets, in the dog food that shoots like water down a glass-walled canyon through 70 countries, zig-zagging for the exchange breaks.

The end of the world hasn't been so constantly referenced since the Dark Ages. It must be here somewhere. One is tempted to pose with furrowed brow, studying the horizon like a method actor searching for darkness, like *Deep Impact*, like *Independence Day*, like *The Day After Tomorrow*. But doomsday is more ordinary than that, more like forgetting to re-cycle this week. As shamanism guru Terrence McKenna once said, the end of the world is an average family, seated together on a couch watching a now-dead celebrity confessing a mild kink on a talk show. The family is dead also, but mom and dad and Suzy and Bud are sitting erect, corpses in a perfect row, with



their knees tastefully clamped together AND THEIR EYES ARE WIDE OPEN.

Well, my eyes are open too, I'll tell you. And here's a newspaper, and what do I read? Here, look at this little four-paragraph item. The headline starts 'New Global Study Indicates...' and goes on to announce that the most extensive survey of the condition of the earth, conducted by more than a thousand researchers from 95 countries, has just published its conclusions after two years of study. Two thirds of the planet's ecosystems are compromised, extinction spikes are hacking silent springs in the fragrant surface of our blue and white rock. The piece ends with a polite suggestion that we alter our consumption. Well, STOP SHOPPING!

Is it just me, or do all the flags seem lately down at half-mast, just ALL THE TIME. We still think that mass death is in the logic of our species' interior decoration, and can be expunged by some kind of last-moment wisdom. But DON'T TOUCH MY FETISH, IF YOU PLEASE. At some point we got the big suicide mixed up in our Spring Clearance Sale. WHAT? WHAT DID I BUY? Children, listen to me. The story of how life must die – yeah. IT SURE IS DRAMATIC. Oh, you can sell a lot of tickets to that! But when it comes to the earth dying, you want to somehow know when what you are experiencing is not art, is not your financials, is not sex, is not a 'scare', is not a story at all – it's not even a tragedy. When the nothingness comes, it doesn't take the time to tell us that we squandered our only gift.

Meanwhile, isn't this amazing? We've been given another spring. Amen.

**REVEREND BILLY**

# You know climate change is happening...

## ...but what can you do to help?



**The principal cause of climate change in the UK is the way we make our electricity – by burning fossil fuels.\***

And so the biggest difference you can make is to change where your electricity comes from.

### But choose carefully.

**Not all green energy providers are created equal.**

Most so-called 'green' suppliers do nothing to help the environment, because they don't build new sources of green energy. Instead, their electricity comes from existing green sources, typically from 10 to 50 years old. We call this **old energy** - and it does nothing new to reduce overall emissions because when you buy it, you're just taking it from somebody else. Their emissions go up, yours go down, but overall emissions stay the same.

At ecotricity, we believe this is just plain nonsense. We founded the green energy movement back in 1996 based on our conviction that only building **new** green generation can make any difference to climate change. And building **new energy** is what we've been doing ever since.

We're the only supplier that takes all the money you spend on electricity and invests it in building **new** sources of green energy. That's why we're the only supplier used and recommended by both WWF & the Soil Association.

### What is ecotricity? See [encarta.msn.com](http://encarta.msn.com).

**e-co-tric-i-ty** [ èkō trissətēe, eèkō trissətēe ]

**noun** - ecofriendly electricity: electric energy produced by ecologically friendly means, for example, by solar power or wind power (informal)

**[Late 20th century. A blend of ecological and electricity.]**

### How do you switch?

**It's easy.** We do all the hard work for you. You can switch your home straight away by calling **08000 326 100** or visiting our website at [www.ecotricity.com](http://www.ecotricity.com).

**...and it won't cost a penny more!**

We promise to match the price of conventional electricity in each region of the UK.

\* 30% of the UK's CO<sub>2</sub> comes from the burning of fossil fuels for electricity - that's why we say this.

Call us free on **08000 326 100**  
or visit **[www.ecotricity.com](http://www.ecotricity.com)**

# ecotricity

# There's plenty more fish in the sea



If you think differently  
buy differently

Sustainably-fished tinned white and yellow fin tuna, sardines, mackerel, anchovies and herring. Packed fresh, using only the fillet and kept in cold pressed, untreated organic vegetable oils.

**FISH 4 EVER**

Winner of 4



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or e-mail: [info@organico.co.uk](mailto:info@organico.co.uk). Direct mail suppliers: Graig Farm 01597 851 655,  
Goodness Direct 0871 871 6611 [www.organico.co.uk](http://www.organico.co.uk)