



District 410A

"Green Living"

December 2013



We Need Vision

Interesting facts

According to the "Recyclers Handbook" by EarthWorks Group—the annual refuse from wrapping paper and shopping bags totals over 4million tons! If everyone wrapped just 3 gifts in reused paper, it would save enough paper to cover 45,000 soccer stadiums!!

Solar-powered garden lights are environmentally friendly and a string of LED lights uses up to 95% less power than traditional ones with a lifespan of up to 100,000 hours indoors. Use them to light up your garden and remember to switch them off before going to bed.

Fabric scraps, comic strips, old calendars, maps, posters & newspapers are fun alternatives to wrapping paper. Although the rate of paper recycling has increased to nearly 60%, huge amounts of recoverable material still end up in landfills. According to Paper Manufacturers Association of SA, only 5% of households actively recycle their paper waste. Visit www.thepaperstory.co.za



Companion planting

Asparagus helps tomatoes and is helped by dill, coriander, parsley, basil & tomatoes;

Watercress helps melons, cucumbers, beans, tomatoes, broccoli & cabbage;

Coriander helps spinach and is helped by beans & peas;

Basil helps tomatoes, peppers, asparagus & oreganum & is helped by chamomile & anise. Basil attracts butterflies;

Marigolds help peppers, broccoli, cabbage, tomatoes & cucumbers;

Sunflowers help tomatoes & corn.



Gardening tips

- ◆ Keep your garden moist;
- ◆ Cover seedlings with newspaper or hessian during the day to protect them during hot weather;
- ◆ Group potted plants with similar water & shade requirements;
 - ◆ Water early in the day;
- ◆ Combat the heat with mulch layers to keep plants & soil cool;
- ◆ Fertilise summer-flowering annuals.

Sea Beyond

Oceans cover 70% of the earth's surface, provide at least 50% of our oxygen supply and contain around 50% of all life. But absorbing our carbon emissions increases their acidity, raising temperatures and reducing oxygen—not good for land and sea life.

Find out how to attain safer seas at www.aoca.org.za



Egg-ceptional!

Make cuttings from your herb garden and give them to a special friend.

Plant them in empty egg shells and water carefully. The cuttings will get all the nutrients they need at this stage.

Remind the lucky person who receives this green gift to scatter the crushed egg shells around the herbs after they've been planted—they keep the snails away!



Christmas time

The humble African Olive Tree with its grey-green leaves makes for a great festive tree.

Henkel's yellowwood with its pyramid shape and dense green leaves is a more traditional option.

Both grow well in large pots. Make sure your tree gets enough sunlight & water.

Santa's reindeer (or Caribou) live in the coldest parts of the world. With their super thick coats & lack of sweat glands, they survive well in winter, but they are battling to tolerate the longer, hotter summers caused by global warming.

Mother Goose really existed. She was Elizabeth Foster of Boston, USA who married Isaac Goose in 1660 and raised his 10 children from a previous marriage. They then went on to have 10 more of their own!

The carol 'While Shepherds Watched' was penned by Nahum Tate, an incurable drunk who spent most of his life heavily in debt.

There were two Christmases in 1752! The British calendar, used since Roman times, was moved forward 12 days—giving everyone a unique chance to celebrate twice....



Enjoy the festive celebrations & here's to a fantastic 2014

DC Liz