

## CROWTON WI REPORT APRIL 2026

Our President, Diana, welcomed members and said how much everyone enjoyed our recent Spring Lunch.

In place of a speaker our Treasurer, Debbie, presented important and informative feedback from her recent attendance at Green Dot Day. It reminded me of a phrase on a bag from Glastonbury in 2019, (although it is considerably older than that).

### ***IF NOT YOU, WHO? IF NOT NOW, WHEN?***

This phrase may apply to many things, not least of which is climate change and how we can help reduce the threat of global warming. The trend towards an increasingly warmer climate was illustrated by Debbie using a climate clock, made on the day, although, as she pointed out, it wasn't, in itself, particularly environmentally friendly!

There was a presentation by David Attwood from Growzone, an organic community garden in Northwich. Some of his tips for gardeners included planting to provide shade with plants closer together to prevent evaporation from the soil. He advised care when digging as too much releases carbon into the atmosphere. He is not a fan of pesticides and herbicides as they are produced using fossil fuels and he advocates using peat free compost. Water butts are a great idea, as is composting including food scraps although not meat. This can go in your food recycling bin. Perennials are favoured over annuals which use a lot of energy when grown. Battery powered tools are preferable to mains operated although scrapping working equipment is not advised as the cost of manufacturing new can harm the environment.

The second half of the day was entitled 'Nutrition in a Changing Climate'. Different foods have different carbon footprints. I love to see cattle but beef production can be twenty times more damaging than raising chickens apparently. The methane produced by cows can in some ways be more damaging than CO<sub>2</sub>. Vegetables have a very tiny carbon footprint so more white meat and veg should be on the menu. A varied diet is always recommended although drinking tea or coffee with or just after a meal can reduce iron absorption from food. Plant based milks are very popular but it is important to ensure they are fortified as there tends to be less calcium in some. Local produce is better for the environment than imported food and eating foods in season is ideal. Try to use leftovers and cook using an air fryer or slow cooker for more efficiency. In many ways we can all make a small contribution to supporting our planet.

An ancient piece of folk wisdom says, ***"The best time to plant a tree was 20 years ago. The second best time is now."***

In the words of one of the astronauts from Artemis II as he viewed the earth from space this week, ***"We must cherish what we have."*** This is very true and applies to many aspects of life including looking after Planet Earth.

L Bailey