

# Eco Logical

Brighten your home with new low-energy bulbs and get an eco-chic kitchen **By Miranda Newsom**

Great  
Green Ideas  
That look  
good!



**Eco cool:** A lighter, brighter home needn't be at the environment's expense

**O**sram has sharpened up the technology and the styles with smaller, elegantly shaped bulbs. The Osram Dulux range uses 80% less energy than standard bulbs and lasts up to ten times longer, saving you money and hassle.

Osram's Halogen Energy Saver (ES) range is the world's first energy-saving halogen bulb, using 30% less energy. The prices are attractive too, from £1.49 for Osram's classic-shape halogen ES, £1.99 for the candle shape, [osram.com](http://osram.com)



## Your Toast

This autumn Toast launches its 'House & Home' line of ethical, eco pieces in organic and natural materials: with handmade Welsh blankets, organic cotton bedlinens and fairtrade goods, [toast.co.uk](http://toast.co.uk)



Source candles and beauty buys from Timothy Han. His organic, ethical products come in sensuous scents. We love the candles in Sandalwood, Labdanum and Black Pepper, [timothyhan.com](http://timothyhan.com)



Recycled or vintage materials feature in Karen Nicol's ranges of art and jewellery, [karennicol.com](http://karennicol.com). Karen's also designed an interiors collection for Wild at Heart, [wildatheart.com](http://wildatheart.com)



Great Green Idea  
Fairtrade

Metal and enamel lassi cups bring summery colours into your home all year round, £5 each

Kanzi Home sources chic ethical wares from around the globe. All are fairly traded to support poor producers, and most suppliers have Fair Trade certification from BAFTS or IFAT. Learn more at Kanzi's online ethical living section, [kanzihome.co.uk](http://kanzihome.co.uk)



Bombus Design jazz up vintage furniture with 'contemporary decoupage' for a quirky and characterful look. Don't miss the decoupage teapot and Swedish glass, visit [bombus.co.uk](http://bombus.co.uk)



## Revamp your kitchen with earth-kind DIY

It's not a crime to want to spruce up your kitchen but it's a crime (against the planet) to throw perfectly good cupboards on the tip and buy new ones from dubious sources. The eco-friendly solution? A lick of paint might just do the trick. Avoid nasty toxins with Beckers paints – the thirty paints in its eco-friendly range have limited VOCs and no carcinogens, and boast the prestigious European Eco Flower.

You'll find Beckers in the UK at Ray Munn. Staff there can give you detailed advice on revamping your kitchen, but here are the basics: after preparing the doors, use Beckers Grepp, recommended for previously

painted cabinets or those with a plastic-coated finish such as melamine or laminate. Then paint with Beckers' Elegant Aqua Lackfärg (satin for cupboards).


Choose colours with the 'peel and stick' colour card, or send in a swatch or magazine page and let Ray Munn's computerised system match desired shades exactly. There's free delivery in Central London (£7.99 elsewhere in the UK). When you're done, use the cash you've saved to pick up nice new accessories, et voilà! A brand spanking new kitchen, a squeaky clean conscience and money left in the bank. Could you ask for much more?


020 7736 9876 or [raymunn.co.uk](http://raymunn.co.uk)





## Electrolux eco tips


Save energy and money with these tips from Dawn Stockell, Brand & Marketing Manager at Electrolux, [electrolux.co.uk](http://electrolux.co.uk):

 Very old appliances can guzzle up to 70% more energy than today's products. Save energy and water by replacing old household appliances with new, water- and energy-efficient ones.

 Modern dishwashers use only 13 litres of water, whereas a hand wash can use 60 litres. Use the eco setting and fill your machine.

 Don't set your fridge or freezer's temperature too low. Stick to 5°C for the fridge and -18°C the freezer.

 Induction cookers are more efficient than standard cookers. Cover pans to save both time and energy.

 Fan ovens use less energy. Don't keep opening the door to check on things, the oven will lose heat!

The UK has a great apple crop! Taste different or specialist varieties, play apple games and, obviously, buy apples or trees to take home!



## Dates for your eco diary

-  **21 October.** Apple Day, an annual celebration with events nationwide. Visit [commonground.org.uk](http://commonground.org.uk)
-  **2-4 November.** Big Green Market, Parliament Street, York. A street market with a conscience, [biggreenmarket.co.uk](http://biggreenmarket.co.uk)
-  **7 November.** The Politics of Climate Change, lectures in Camden, London. Learn more at [resurgence.org](http://resurgence.org)
-  **18 November.** Green & Organic Show, Queen Alexandra College, Birmingham. Free entry, visit [go-shows.co.uk](http://go-shows.co.uk)



... is **Max McMurdo, MD of Reestore** ([reestore.com](http://reestore.com)).

Reestore turns cast-off everyday objects into groovy yet green furniture. This month's hero is

## OCTOBER'S ECO HERO

relaxing on the 'Max the Bath Tub Chaise' made from a vintage cast-iron bath. It's an inventive and inviting seat, inspired by a sofa Max saw in the film *Breakfast at Tiffany's*. Max spent time working in Germany and was inspired by the environmental ethos there. He returned home and began designing products like 'Roger',

the reclaimed beach chair, and 'Silvana', a side table made from an old washing machine drum. Reestore proves that second-hand can still be stylish. "I was never a traditional greenie dressed in hemp," says Max. "Still, going green is quite addictive." Look out for Max on TV, as he has several exciting projects in the pipeline.

## Top five eco websites

The Campaign Against Climate Change acts to prevent climate chaos, [Campaigncc.org](http://Campaigncc.org)

The Act on CO<sub>2</sub> Carbon Calculator is a useful tool: [actonco2.direct.gov.uk](http://actonco2.direct.gov.uk)

Visit your local farmers' market for the best fresh veg, fruit and meat, [farmersmarkets.net](http://farmersmarkets.net)

Browse sustainable product directory London Remade and support the growing market for the use of recycled materials, [londonremade.com](http://londonremade.com)

GreenChoices is a not-for-profit initiative that encourages everyone in Britain to make ecologically sound decisions that suit their busy lives, [greenchoices.org](http://greenchoices.org)