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GET THINKING



GET TOGETHER

GET INSPIRED



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GET THINKING

We hope that you enjoyed Alex's story and shared some of your own memories and experiences using the prompts in the envelope above. We now invite you to delve a little deeper and explore how this relates to climate change and what we can do as individuals and as a community.

The good news is that our community has all the tools and knowledge it needs to avert the worst effects of climate change, so all we need now is for everyone to act!

Food is often overlooked in the climate debate, but weaving more regenerative practices into farming is one of the best ways to heal the damage we have done to the planet



and avert catastrophic climate effects. Alex is a fantastic example of the food revolution that is bubbling up here in Bude. His 3-mile loaf, with grain specifically chosen for its hardness to local conditions, all grown, milled, baked, and sold within 3 miles, is a glimpse into a healthier and safer future for us all. With a bit of thinking and by coming together as a community we can find better ways of growing and eating.



FOOD

Food forms an integral part of our daily lives, culture and even identity.

But what and how we eat has changed dramatically over our lifetimes. Do you remember when bananas seemed exotic? Or a time when you ate with the seasons, waiting for that first crop of beans?

In less than a typical lifetime our food systems have become heavily industrialised. Food production and agriculture are now responsible for creating around a quarter of global emissions. More than two-thirds of English land is classed as agricultural, yet we



import nearly half of our raw food material. This lack of self-sufficiency leaves us very vulnerable to food shortages here in the UK.

The need to import a lot of our food means it often travels vast distances to reach our tables. Transportation increases the carbon footprint of food, and it also generates more waste. To make matters worse, food is often wrapped in plastic for protection.

Although the packaging reduces waste through spoiling, it is often responsible for even more emissions than transportation itself. It all adds up to an unsustainable food supply system that has the biggest impact on other countries' resources.

FARMING

Farming has undergone huge changes within people's living memory, with farmers having to adapt to meet the demands of a burgeoning population with specific tastes.

Farmers know their land and soil better than anyone, however they have been incentivised by subsidies and markets to manage it in ways that provide very good short-term gains but are not sustainable.

Landscapes that were once teeming with life have become largely inhospitable to many species as their habitats have been converted to industrialised farmland. With the rise of heavy-duty machinery, greater



dependency on agricultural chemicals, and a shift to growing large swathes of the same crop (monocultures), nature is suffering. Deep tilling and artificial fertilisers harm organisms in the soil that normally nurture the plants and boost immunity by forming mutually beneficial relationships with their root systems. Agricultural chemicals ultimately find their way into our rivers and sea, causing further damage. They also make the soil surface harder, so rain runs off it, increasing

the flood risk and carrying topsoil into rivers. It all adds up to a destructive cycle of management as farmers are left struggling to maintain yields in ever worsening conditions.

This may sound like an insurmountable problem, but there is one solution that can solve many of our climate challenges, and it starts with what we stand on.

SOIL

One teaspoon of healthy soil holds more organisms than there are people on the whole earth.



Such a humble word that may make you think of mud or dirt. However, soil is a complex living organism made up of billions of smaller organisms, that provides the foundation for life.

Healthy soil is an essential component of our planet's life support system. As well as enabling us to grow plants, it provides essential nutrients to our crops and forests, filters and cleans our water, helps prevent flooding and stores carbon, therefore helping to regulate the Earth's climate. So, in short, we need to keep our soil as healthy as possible.

More and more farmers are breaking away from industrial farming to look after their soil in ways that are more in tune with nature.



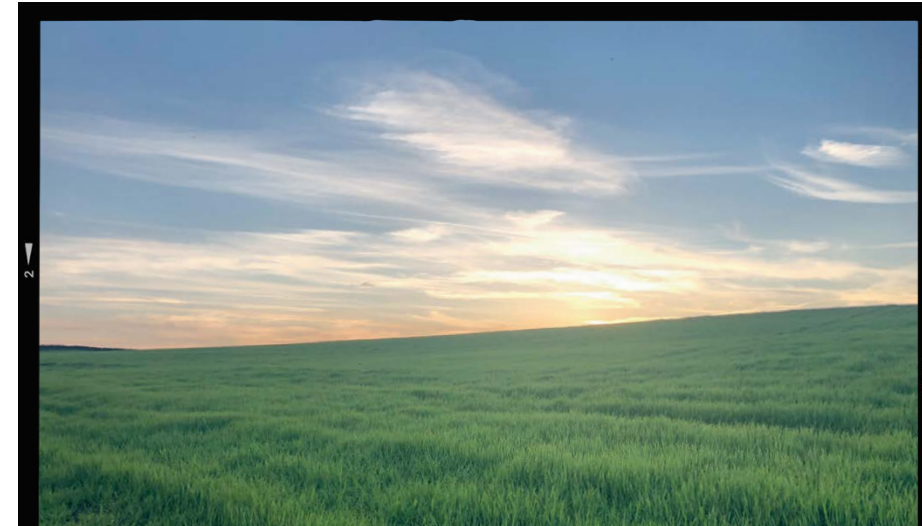
*Did you know...
There are over 1800
different types of
soil in the UK*

6 CORE PRINCIPLES OF REGENERATIVE AGRICULTURE



GET THINKING: REGENERATIVE AGRICULTURE

Regenerative agriculture is championed by the United Nations as the most effective way of tackling climate change, food insecurity and social inequality.



By using practices that are much closer aligned with nature, often incorporating traditional methods, the overarching aim of regenerative agriculture is to restore soil health.

The guiding principles of regenerative

so straightforward, yet the benefits to farmers and their crops are huge. Through adopting low or no-till practices, increasing plant diversity, rotating crops, avoiding bare soil and minimizing soil disturbance, it's possible to rehabilitate and enhance the entire ecosystem of the farm. Not only that, but it also increases biodiversity under and above ground and reduces the impact of floods and droughts. That's too many wins to list! These principles can also be adopted by gardeners.

GET TOGETHER

If you're part of a local group and would like to explore this theme more through additional activities, then you might like to use our 'Hands On' toolkits. Contact the Bude Climate Partnership to find out more.

Teachers wanting to use these stories in the classroom can download additional resources for Vicko's Story, Lochy's Story, Simon's Story, Hilary's Story, Jan's Story and Alex's Story, via the 'Local Voices' pages on the Bude Climate Partnership website.



GET INSPIRED

It is clear that all over the world we need to make big changes in the way our systems work in order to transition to a green economy.

Sometimes all of this can feel overwhelming, and it can be tempting to not think about it, especially when it feels like our individual actions are pointless. But the truth is they are not. 60% of global emissions are the result of our personal choices.

We have compiled some tips on what we can do individually and as a community to make the most impact – changes that not only reduce our contributions to the climate crisis, but also improve the quality of life for everyone in our area.



All of us have invaluable skills and knowledge that the wider community would benefit from. In fact, many of the ideas we've suggested below may have been instilled in you as children or might remind you of how things used to be in the past.

BUY LOCAL

Support your local growers and producers, especially those using regenerative and/or organic practices. This decreases the carbon footprint and environmental harm caused by our choices.

REDUCE THE AMOUNT OF FOOD BOUGHT IN PACKAGING

It can be hard, and you won't always succeed, but try being mindful when you are buying food and refill your own containers when you can. Talk to your local producers and shops about their packaging to see if they can reduce the amount and consider the type they use.

*Did you know
There are over 66
food producers in
the Bude area?*



USE THE REFILL SHOP

At first, it may seem less convenient, but refilling your own containers greatly reduces the amount of recycling you will need to do and with planning can work out cheaper too. You might be surprised what it's possible to refill. The ReFILL shop in Bude is brilliant and you can stock up with kitchen cupboard essentials, herbs and spices, nuts, crisps, toiletries, and cleaning products, all without plastic.

PLAN YOUR MEALS

With some simple pre-planning of your meals for several days you can cut your food waste down considerably.

EAT MORE SEASONALLY

Eating what is in season locally reduces food miles and strain on other countries' resources – and it's often healthier too.





TACKLE FOOD WASTE IN THE COMMUNITY

Create a community fridge where everyone can share their surplus food, including donations from local food businesses, producers and households. There are over 200 in the UK now.

EAT LESS MEAT AND DAIRY

These create lots of greenhouse gases and place the biggest burden on resources around the world,

including accelerating deforestation.

EAT MORE WHOLE FRUIT, VEGETABLES, AND NUTS

Cutting down on processed food is super healthy for your body and mind. Recent research into the gut microbiome has discovered that processed food harms the beneficial bacteria that help us digest food and generally benefit our health. This leaves the bad bacteria to thrive, creating inflammation in the gut and producing

chemicals that can make us grumpy!

START GROWING YOUR OWN

Not only enjoyable and healthy, but growing your own veg also saves money, takes pressure off a stretched food supply chain and gives you and your family greater food security. Start small, perhaps with window containers or pots by your door, and don't be scared to experiment. Don't give up if you lose a crop, it's always a risk when growing, farmer or not!

Do you know someone who grows already? A bit of support from a green-fingered friend can really help you on your growing journey. Exchanging seedlings in that busy spring growing time will help you on your way. We always sow too much so share it with other growers.

GARDEN SHARE

If you'd like to grow more food but don't have enough space, what about approaching someone whose garden is too large for them?



They might be up for sharing the space in exchange for some of your produce. Have you also noticed how many empty greenhouses there are in gardens? What about adopting a disused greenhouse, bringing it back to life

and growing a huge selection of produce you can share with your community.

LOOK AFTER YOUR SOIL

Feed the soil and nourish fungi, bacteria and resident earthworms with

carbon-rich materials such as compost, animal manure and green manures. The plants will love all that organic goodness and it helps capture carbon in the soil.

Don't leave your soil bare! Think about a no-dig approach to your growing patch. It saves on time and effort, reduces the weeding and protects the structure of the soil.

AVOID CHEMICALS

When you can it's always best to avoid using artificial fertilisers and pesticides. It damages biodiversity and turns

living soil into dead mud. And whatever goes on your land will eventually find it's way into the river and sea, so consider what damage it may do.



Ponder on this

Just 10 corporations own the patents and intellectual property rights of more than 75% of the world's remaining seed varieties.

GROW TOGETHER

Check with your local council if there are allotments for rent or if a local landowner would be up for giving over some land to create a communal orchard or growing space. Growing together has so many positive benefits, practical and social.

SAVE YOUR SEEDS AND SWAP THEM

Let some of your crop run to seed, dry them, store them and in early spring have a community Seed Swap where you exchange your seeds for others you might need. Vital Seeds, a small seed producer from Devon runs seed-saving

courses online to get you started.

SHARE YOUR SEEDS

Ever thought about setting up a community Seed Bank to store locally donated seeds and distribute them to those who want to get growing? Check out the London Freedom Seed Bank for inspiration.



GET INVOLVED

Bude is already bursting at the seams with enthusiastic environmental groups and great initiatives if you want to get involved, here's a few:

FARM CARBON TOOLKIT

A group run by a small team for Cornwall specific advice, on how you can get involved with citizens science projects, aimed at regenerating our gardens in conjunction with our farms.

www.farmcarbontoolkit.org.uk/farm-net-zero/citizen-science-project/

TRANSITION BUDE GROWING CLUB

Join this online community of local growers and buyers with the aim of producing locally grown food.

www.facebook.com/groups/713076639605991

BUDE'S FRIENDS OF THE EARTH GROUP

Who are working towards creating a flourishing environment and healthy food locally and globally

www.friendsoftheearth.uk/groups/budefriendsoftheearth



BANGORS ORGANIC

Local organic veg boxes

www.ooooby.org/north-cornwall



NEETFELD MARKET GARDEN

A 1-acre market garden in Bude, growing vegetables, fruit and flowers for our local community.

www.neetfield.co.uk

REFILL SHOP BUDE

Get your containers refilled or volunteer at the zero-waste shop in the centre of town.

www.refillshop.co.uk



DIVE DEEPER

Below are some useful resources to help you dive deeper into the science we've introduced in the 'Get Thinking' section.

TIPS ON EATING MORE SUSTAINABLY

www.wwf.org.uk/what-can-i-do/10-tips-help-you-eat-more-sustainably

sustainablefoodtrust.org/key-issues/sustainable-healthy-diets/how-to-eat-sustainably/

IF YOU WANT TO KNOW A LITTLE MORE ABOUT INDUSTRIAL FARMING

www.unep.org/news-and-stories/story/10-things-you-should-know-about-industrial-farming

REGENERATIVE AGRICULTURE EXPLAINED

www.ellenmacarthurfoundation.org/articles/regenerative-agriculture

REGENERATIVE GARDENING – WHAT YOU CAN DO AT HOME.

www.rhs.org.uk/advice/gardening-for-the-environment

HELPING WILDLIFE IN YOUR GARDEN

www.wildlifetrusts.org/actions



THANK YOU.

We hope our suggestions and advice leave you feeling inspired. Climate change can be challenging to think and talk about, so if any of your questions haven't been answered or you need support or you have an idea you want to pursue, then please get in touch with the Bude Climate Partnership. We're here to help you.

Email info@budeclimate.org

SUPPORTED BY:



This toolkit has been developed by Storylines, a Community Interest Company who use the common language of story to bring people together to share, celebrate, learn and connect.

For more visit www.storylines.org.uk. Designed by Georgia Byron.