

Up!

JANUARY 2022

REDUCE
REUSE
RECYCLE



Accentuating
the Positive

Making the world a better place -
one page at a time

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*Savoury Croissants
Square Roots Kitchen*



Plastic Bottle Construction Photo: Bored Panda

Up Front!

Happy New Year! What's that you say? New Year seems a long time ago? Doesn't it just!

Speaking of which, how are your New Year's resolutions going? Yes, we thought so!

Fear not, this month's issue is full of little, easy changes we can all make to ensure the same beautiful planet is still here for our families when we are long gone. And unlike most resolutions, you won't be paying a fortune in membership for self-inflicted, gym-related aches and pains.

Come aboard as we meet the Wombles (yes, it's really them!), an artist living and working on a narrowboat who majors in the recycled and the pre-loved, and some old friends from our very first issue who run a vegan kitchen. We also make the case for charity shops and have a wonderful selection of your themed poems to share with you. Oh, and we have a lovely new book reviewer, too!

Grab yourself a cuppa, a biscuit or three to dunk and come join us.

Bridget & Harry x



Picking Up!

GREAT UNCLE BULGARIA

Up! goes to Wimbledon Common to meet an internationally renowned recycler, fresh out of hibernation

It's an honour to meet you, sir. Where do we begin? You've starred in your own series, had hit records and even played Glastonbury! But you've come out of hibernation for your most urgent mission so far. It must be important indeed! What's drawn you from your comfy armchair in the burrow?

That's very kind of you. Thank you for taking the time to interview a furry old Womble like me!

And yes: you're right. This is our most urgent mission so far. Not much can draw me out of my comfy chair! But we Wombles believe that the time has come for everyone to re-evaluate their impact on the world around them.

Is it time to ditch the car and jump on a bike, or a bus? Can you switch to reusable plastics? Could you plant a tree? Start a compost heap for your food waste? Of course, with Orinoco around, we don't have too much food waste! But hopefully you take my point. By taking greater care of our local environment, then we all have the potential to cause positive global change. Nobody can change the world all on their own – but The Wombles are here to lead the way! Enormous changes start with small actions. Or as wise Womble might say, “A journey of a thousand miles must start with a single step!”

This is the Womble philosophy: that small actions as simple as picking up litter in the park can have a positive impact on the whole planet. Our mission is to spread that message far and wide.



All our readers will remember the words from your theme song “making good use of the things that we find”. How do all the members of the burrow get involved in helping our planet stay healthy and green?

Ahh, yes, a great tune that is... Well, we each have our own special interests. As for the youngsters, Orinoco, Wellington and Alderney, they all LOVE their environment in different ways.

Orinoco is a free spirit. He loves music and writing songs that will help spread our message of environmental goodwill. He also loves helping with litter collection and recycling – just as long as he doesn't have to work too hard!

Wellington particularly loves all things technology and inventing new things that might help our environmental cause – although it's safe to say that some of his creations have caused



Picking Up!

GREAT UNCLE BULGARIA

chaos! He's still learning, as we all are.

Alderney is a real go-getter. Wombles aren't known for being energetic creatures, but Alderney really is full of beans! She may only be young, but I think she's after my job! She's very intelligent and has lots of great ideas about how we can do things better in the future.

Tobermory can usually be found making noise in his workshop. He loves repurposing old rubbish into new things. And he's brilliant at it.

Madame Cholet is our expert chef – all vegetarian of course! And then there's me. My eyes are not as good as they used to be, and I do need the occasional nap, but I still like to contribute to the rubbish collecting and recycling. I try my best to guide the younger Wombles, and I do what I can to keep up with the times. I even had a go on Alderney's skateboard recently, although that was a bit fast for me.

We love that you provide [lots of links](#) for people to get involved (a brilliant site for a chap of your vintage, by the way!). We see two of the areas you're keen to talk about are [Fix & Upcycle](#) and [Travel Smarter](#). We'd love to hear more about these ...

Well, I can't take too much credit for the website. I had a lot of help from Wellington!

And yes, as I mentioned before, we think there are lots of little things that – if we all did them – would add up to a massive, positive change for the planet, and for ourselves.



We Wombles despair when we see perfectly good items tossed away into the bin, or worse, dumped on the floor! Tobermory specialises in upcycling, and it's a great way to make use of things that would otherwise go to waste. And, what's more, it's fun!

With regards to *Travel Smarter*, we feel that there are times when we could choose to walk or cycle, or even take public transport, but we end up taking a car. Of course, we are realistic, and we know that you can't walk 100 miles, but for shorter journeys, why not try it? I certainly am – even with my walking stick!

We see that you're also involved with [Meat Free Monday](#), and have a ringing endorsement from none other than its co-founder Sir Paul McCartney. Did you manage to pass on any musical tips from your hit-making days??

Now, that would be telling! Sir Paul is a great admirer of mine, I'm sure. As I am of his! I wouldn't want to share all my musical secrets, just in case I make a comeback someday!

The *Meat Free Monday* campaigns have produced some delicious [recipes](#) that are definitely worth a try. Even an old fool like me can put them together!

Picking Up!

GREAT UNCLE BULGARIA

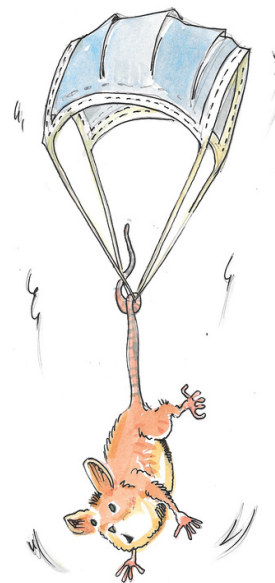
Finally, what have you got coming up in 2022?

We have exciting plans to introduce The Wombles to even more people and get involved in even more environmental campaigns. We'll be encouraging people to plant trees and keep our rivers and waterways free of plastic waste. We are also working on a couple of very exciting projects, although having sworn the other Wombles to secrecy (even Tomsk, who never stops talking), I have to keep these quiet for the moment.

Thank you for taking the time to chat with an old Womble like me.



Cartoon Corner



Animals are great recyclers. During recent months many creatures have found ingenious ways to reuse abandoned face masks.

Here we see just a few examples: chicken saddles, sheep rain hats, fish carriers and mouse parachutes ...

You can contact Up!'s resident 'toon artist at pickinjohn@gmail.com

Word Up!

YOUR POEMS ON THE THEME OF REDUCE, REUSE, RECYCLE

IN ABSENCE OF BARROWANGOES

In darkest Tarogango
between the majjerkwans
there lives a barrowango,
eating plastic bags and cans.
She loves the tops of bottles,
is sweet on pull-off tabs;
her skin grown warm – then mottles
at thrill of snatched first dabs.
She gargles with the acid
pumped from the nearby plant.
She's homely, shy and placid,
but a credit to her aunt.
Tyres to her are liquorice,
old cable – dental floss;
nuc-waste for her icing (bliss.)
stickiest crude oil her sauce.
But Earths not Tarogango –
the place we've never seen;
we have no barrowangoes –
we must keep our planet clean.

Perry McDaid

Next month's theme is –
COLOUR

Feel free to interpret the theme as you
see fit and send up to 3 poems (no
more than 20 lines each please) to:
TalkToUp@gmail.com

Want Not

Convert this verse
and reprocess its meaning,
save for the bits
beyond salvation.

When the remainder has
been recovered,
cut down what's left,
but not diminished.

To lessen is not to curtail.
A pared-back version with
economy of words has its
meaning undisturbed.

Rephrase, rework, retouch,
but not too much.
Savour what's left,
the taste of things to come:
a leaner world where
nothing goes to waste.

Gerda Pickin

Last Orders

The landlord shouted last orders
but bottles still settled in sand.
Ignorance ignored the time bell,
arrogance took the command.

Time was called but disregarded.
Greed washed warnings down,
leaning on a marble bar
that stole a mountain's crown.

Chalices cracked into craters,
revelry retreated, exposed
as the sky became the last wrapper
when the sea pulled its shutter
and closed.

Janette Ostle

Up River!

KATE LYNCH - UNSTRUCTURED MATERIAL

Up! takes to the water to meet an artist creating beauty from the discarded

Thanks for talking to us Kate. How's the pandemic been for you?

Thanks for your interest and inviting me to share my work. It has been a time full of big changes, but focusing on the positive and from a personal perspective it has offered a chance to focus. The lockdowns gave me some necessary time and space. As a creative person this provided the perfect conditions to be productive, whilst staying safe. Returning to my artwork offered some distraction from the bigger picture too. It has helped me return to my creative practice.



Your business is called Unstructured Material. Where did the name come from?

It is derived from a quote by David Crouch - "Everyday practice on the plot begins with unstructured material; a piece of ground and a heap of sticks; a box of plants, packets of seed; and a bundle of ideas of what might be done with them."

His books "The Art of Allotments: Culture and Cultivation" and "The Allotment - its Landscape and Culture" (with Colin Ward) were particularly influential to me. The quote sums up the way I think



about my own creative practice and it offers a fantastic visualisation of the creative process and formation of ideas in general.

I find that time spent building my home, creating artwork or growing encompasses the same aspects; I view them as equally creative activities.

As a working artist who lives on a narrow boat you're obviously limited by space. How do you decide what comes with you and what's dispensable?

I'm still working on this process! I moved out of an art studio and moved my 50ft narrowboat (half-full of art and boat materials!) across the country to reach a permanent mooring. This was at the end of 2021, and I still have a lot of work to do. As a collector of books, and materials to build my home with, it's not been easy. I've decided to go small scale with my artwork out of necessity, and no longer have space for large experimental screen printing and so have picked up some pens and watercolours instead, for now.

Building the interior of my home has been the focus of my creative energy for a number of years now and it is a place where my ideas come into reality. It's good when materials I've set aside for a particular job get put into position and

Up River!

KATE LYNCH

subsequently that frees up space.



The reclaimed materials I use have mostly come from skips or bought very cheaply from charity shops or online marketplaces. It's been done in this manner out of necessity but also through a desire to reuse some beautiful unwanted materials. I'm inspired by the artwork and writings of William Morris. His quote "Have nothing in your houses that you do not know to be useful or believe to be beautiful" gives a good framework to follow. Living off grid on a boat definitely opens your eyes to what you really



do and don't need as an individual or, in even wider terms, as a human.



Tell us about the advantages of using recycled materials for your work ...

I love the process of turning a found or waste material into something else. I seem to like problem solving and practical

thinking. I recently shared a post on facebook about re-using lateral flow tests by turning them into plant labels, and it was very popular. I was happy to share an idea for the new year and hope it reduces the number reaching landfill. I do feel they could be made from coated cardboard similar material to juice cartons, to lessen the waste.

I've re-used old wallpaper, and paper ephemera which offers layers of visual beauty and social history. I find that using recycled materials makes eclectic work, as the object determines the outcome. It makes you look at things differently and imagine what they could become. I have cupboard doors made from old wooden fire screens, and I'm turning my childhood doll's house into a storage cupboard. Antique reclaimed materials are usually very good quality too.

When I do purchase art materials, such as paper, I choose recycled materials as they have a nice texture as well as being eco-friendly. I have made and sold cards and prints from recycled materials since 2003 and at the time there wasn't the same awareness or popularity for handmade gift wares and recycled materials as there is now. It's great that these products and materials are more available and popular now and I can't wait to get back to producing items for sale.

Up River!

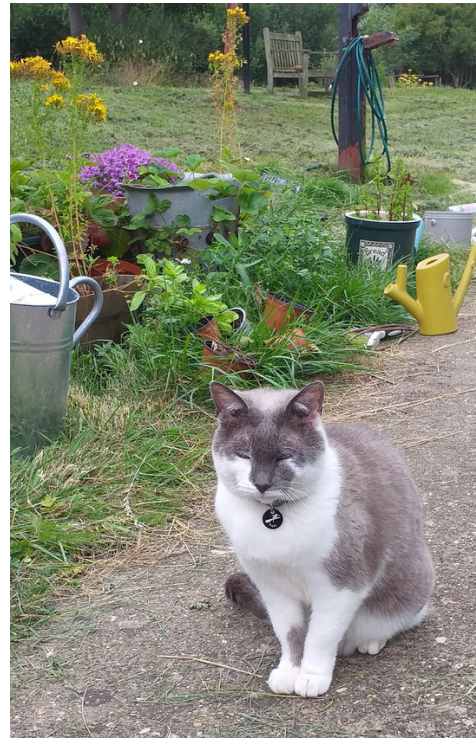
KATE LYNCH

We know you like your plants. It must be a challenge to maintain plant life aboard a boat! Do you agree that interacting with nature is inherently a part of who we are as human beings?

Yes, I was drawn to narrowboat life to get closer to nature for foraging, inspiration, peace and quiet. As space is limited I'm particular about what I grow. I do have a few plants growing every year on the roof of the boat - perpetual spinach, marigolds, rosemary, thyme, lemon balm, moroccan mint, chives, and garlic mustard. I save the seeds from these or split and repot. I'm drawn to things that are cut and come again, hardy and easy to grow. Last year I found a great variety of french dwarf beans that did well on the boat roof and I'll be growing those again this year. I started a wildflower patch on the mooring which has hopefully self-seeded.



I think that interacting with or engaging with nature in some way, however small, is vital for mental health. A plant on a window sill, or a daily walk to access a local tree or park can make a difference to your outlook and bring



some positivity. Both my boat moorings have been in cities and having a container garden to look at and care for has been beneficial to me. The porthole windows don't offer much space for plants inside but I have a hardy Christmas

cactus plant in one window. I'm better at growing herbs and wildflowers than houseplants!

If you'd like to find out more about Kate's work and follow her progress with Old Toad you can find her here:

www.facebook.com/unstructuredmaterial
and instagram [@unstructuredmaterial](https://www.instagram.com/unstructuredmaterial)
www.unstructuredmaterial.com



Photo: Random Acts of Green

Word Up!

YOUR POEMS ON THE THEME OF REDUCE, REUSE, RECYCLE

If He Were Made of Wool

He would be softer
and I might find the thread
to slowly pull and unravel him
into a tangled heap at my feet.

I would cast him onto my needles,
plan out a new pattern.
Then click-knit, click-purl him
into a different man, better fitting.

Penny Blackburn

Little Ted

Recycle:

He sits, arms wide – a wallflower
as she rocks and rolls with rag doll,
until she's toddling tall. But baby
brother takes bear's hand forever.

Reduce:

Summers pass, full of Ted adventures,
until dog-next-door bites off his head!
Granny's darning skills to the rescue
minus his neck. Little Ted, smaller still.

Reuse:

A generation on, fresh chubby fingers
pluck him out of the old attic box.
Laughter blows away the dust.
Another child dances with him anew.

Helen Shay

INFORMAL INDUSTRY

Picking through imported toxins,
Daiyu scratches at the rash
Boss Lady told her not to ...
but she is only five
and the action gives her some relief –
pleasure even –
as she earns her desperate pittance
on the slopes of e-waste
from companies paying only lip service
to recycling.

Hers is not a living wage,
but a dying one.

Perry McDaid

A History of the Usefulness of Beeswax

It never goes bad,
can be reheated, reused.
They have found it in Egyptian tombs,
Roman ruins, Viking shipwrecks.
Neolithic people worked it as tooth filler –
let its supple resistance tamp down the rot.
It strengthened bowstrings and sewing thread,
formed musical mouthpieces
and the lubricant for bullets.
Before plastic, it waterproofed.
Before petroleum, it stabilised the violence of explosives.
Wax tablets, wax castings.
The finest column candles. The best polisher
for furniture and floors.

Blended with heather honey
in this small glass jar –
I smooth it over my lips,
transfer it as we kiss.

Penny Blackburn

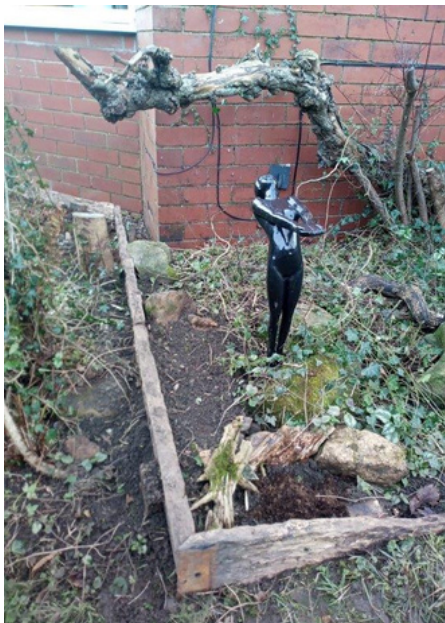
Re-Use Up!

STEVE LOWE

Up!'s outdoors man on Nature - the original recycler

Anyone visiting my home or garden will see the truth in my well-deserved reputation as one of life's re-users. I hate waste and consequently find myself moving and storing huge varieties of materials from A to B - to give them another life, usually vastly different from their original purpose.

For instance, my knees are (really) aching after a weekend "re-purposing" some old wood that I have held onto for a year - creating a lovely edging to one of my natural spaces in the garden. The original purpose of this oak was to act as part of a fish pass in the River AIn in Northumberland.



It may have been installed as part of Capability Brown's landscaping at Hulne Park. It may have heritage value. It may not. All I know is that it came out of a river, it looked awful (mud and slime not really being anybody's aesthetic) and was heading for landfill. Luckily, I was there to salvage it and it now

adorns my garden (in my own functional DIY style), providing space for wood-boring beetles, fungi or whatever else to find a new home, have kids (grubs) and provide plenty of food (grub) before returning in an organic form to the soil from whence the original oak tree originated. It has a cachet that no-one else can claim!

That prosaic thought is actually entirely correct. Because nature and wildlife are great role models for mankind to follow and to reduce our impact upon our surroundings. The natural world is one big recycling or reuse system, and it works really well (or did until mankind starting to shift the balance). These are called ecosystems, which are composed of the living component (biomass) and their chemical environment - which includes waste and death, non-living material such as rock and soils and climatic elements such as weather, heat, moisture). Vary different elements of the ecosystem and the entire balance alters and the ecosystem will change. By reusing and recycling organic materials in nature, living things adapt and survive.



Take a tree. Every individual part of it can be used and reused in some way by other living things. Other things have adapted to use parts of the tree to help them survive, too. The purpose of leaves is to act as solar panels to capture energy from the sun and produce food for the tree. This combines with nutrients and moisture from the soil, in which the tree is anchored, to allow growth.

But a tree's leaves also offer shade and a reduction in temperature to allow other sprouting plants and mosses to "squat" on the tree. Birds or other animals line their nests with leaves, sometimes reusing them. Insects use leaves as food and are harvested by those animals to feed their young. Dead or fallen leaves are used as nesting or hibernation material and those that

Re-Use Up!

STEVE LOWE

aren't are recycled by fungi or bacteria to release their nutrients back into the soil to complete a cycle. Meanwhile a chemical works is underway at all times manufacturing oxygen, transforming other compounds into useable materials. The tree also locks away the carbon for its lifetime.

Trees also provide valuable help to other living things when they die. Fallen trees become "nurse logs" that provide food and a protected place for new trees and other plants to grow. Dead trees provide a home for animals and a source of food for micro-organisms, fungi and a host of others – composting away quietly (I always leave my cut wood in a pile in the garden for this reason and find plants use it as a climbing frame too).



Most of our decomposers don't have backbones and are things we often find squeamish but are hugely beneficial. This includes flies, beetles and their larvae, microbes, such as bacteria and some fungi. These break down organic materials in things that have died, releasing chemicals that can be used by other living things.

I love wiggly worms – they are hugely important, eating dead leaves that have fallen to the ground, or plants that have died and begun to rot. They

produce waste or casts, which look like little daubs of soil, but are actually rich food for plants as they contain many nutrients that plants need to develop and grow. Plants take up nutrients from the soil through their roots, so these natural materials move in a continuous circle from plants to worms and back to plants again.

Trees also provide us with building materials, food, shelter, shade and fuel (which releases the carbon) and has the side benefit of helping manage water flows, movement of sediment and (let's face it) they are extremely beautiful.

Anyone can follow Mother Nature's lead. We can let nature help us in our gardens and green spaces. We can reduce mowing of roadside verges, look after street trees, practice organic processes, reduce waste and share more of our spaces with plants and animals. We can reduce our impact through a little bit of thought and a different approach (lockdown showed this). We can also make sure we find uses for things that give them a much longer life, or pass them to somebody else who will prefer pre-loved (like me).

I tell my neighbours that my "wild garden" is my excuse for doing nothing (in fact, it's taken years to reach its current state). I am actually quite proud that my "doing nothing" in fact does a lot.

One final thought - many of us will have seen Elon Musk offering \$100 million dollars for anyone developing the technology to capture carbon. Wow - that's a lot of trees Mr Musk (but not enough to address the carbon cost of space flight, I wouldn't have thought).



An experienced wildlife professional, Steve currently works freelance with Northumberland Rivers Trust as well as undertaking work with volunteers on local heritage and archaeology projects.

His hope is to leave the world a better place.

Dress Up!

HARRY GALLAGHER

In praise of pre-loved

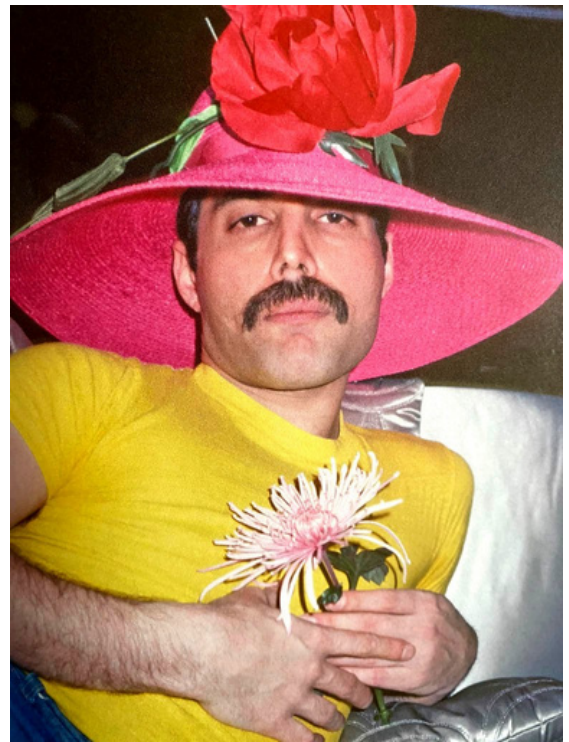
When I was a boy, back in the dark, dark days of the 1970s, one of the worst slights any school 'friend' could visit upon you was that they'd seen your mum coming out of a second-hand clothes shop, looking for your uniform. It was commonly used as an insult among kids when I was at school. Granted, the school I attended was a particularly vile one, but even so.

The big second-hand clothes shop in the town where I grew up was called 'Stothards', and every Monday you'd overhear in the schoolyard a public shaming along the lines of "Haha I saw your mam coming out of Stothards!", the unfortunate recipient of which was guaranteed a miserable week ahead.

Why do I mention this very much less than 'Up!' memory, I hear you ask? Well dear reader, I introduce it as a perfect example of how quickly a positive change in the public's perception and

behaviour can happen. Fast forward a couple of years to the era of punk rock and new wave. If you were a hip, happening young person, did you purchase your 'yoof' clothing shopping from C&A? No, you most certainly did not!

No slur against the clothing giant (incidentally, the last I saw they were still going strong in the Netherlands) but by the turn of the 80s the shame of poverty had been well and truly usurped. Suddenly, if you wanted to be at the cutting edge of fashion, charity shops were the place to be! I lost count of the amount of Saturday afternoons my pals and I spent going through Oxfam shops on the look-out for something eye-catching to wear to a gig. And believe me, back at the dawn of the New Romantic era, 'eye-catching' meant ill-fitting and faintly ridiculous.



Thankfully the follies of youth have a habit of repeating themselves in cycles every few years. A good few years before we were scouring Oxfam's rails, a certain pre-fame Freddie Mercury Esq ran a second-hand clothes stall in Kensington Market. Brian May remembers meeting the singer who would often be carrying



Photo: [Robert Dettman](#)

Dress Up!

HARRY GALLAGHER

some pre-used shirt or other and the conversation would go something like:

Brian: "What's that piece of rag you've got there?"

Fred: "Piece of rag?! Nonsense darling, this is a marvellous garment!"

So where am I going with all these scattered memories? Well, fast-forward almost 50 years and thankfully any lingering stigma over buying from pre-used shops is well gone.



If you permit me to use the most pretentious word I can think of, charity shops and items of the pre-used, pre-loved variety are now the zeitgeist. I myself, a lover of the loudest

shirts you'd not care to imagine, find most of my clothes and shoes in charity shops.

In these days of heightened awareness of the need to stop wasting precious resources and to stop casting aside the unloved and unneeded at the first opportunity, what could be better than to reduce, re-use or recycle rather than keep buying new and then casting away? The opportunities to make a difference are endless, while making your own day-to-day life that little bit more adventurous.

Just a moment's thought produces options like the Freecycle network, local Pass It On groups plus a huge variety of organisations dealing in the pre-loved market. There are so many more, and each one is an opportunity to do your tiny bit to make a big difference.

In an age where the problems and challenges of climate change and looking after the environment seem so huge as to be almost insurmountable, it can seem so disempowering to even try. But choosing to reduce, re-use and recycle is something we can all do. It's easy, cheaper than buying new ... and you'll become an instant lifestyle leader and irresistibly attractive!

Well, possibly not, but how much better is everyday life when we know we've done our bit?



Use it up, wear it out, make it do or do without
New England proverb

*We don't need a handful of people doing zero waste perfectly,
we need millions of people doing it imperfectly*

Anne Marie Bonneau

Word Up!

YOUR POEMS ON THE THEME OF
REDUCE, REUSE, RECYCLE

A MATTER OF CONSCIENCE

A tiny flat, a tiny car. I recycle. I don't eat meat or dairy. (To be honest the dairy is a bit of a cheat. I'd eat cheese if it didn't make me ill.) I don't buy Nestle since the thing about the water. But I do eat, and sometimes buy, biscuits and cakes made with palm oil. (At workshops the vegan biscuits are almost always that kind.) I don't buy anything with any kind of fur. And I don't buy leather coats. (Except, maybe, if they are retro sixties like the jacket I bought last year.) But shoes, yes. I buy leather shoes. Because my feet start to hurt if I wear plastic. I've got one leather handbag I couldn't resist. My bananas, though, are always Fair Trade. I buy new clothes. But I also make and mend. (I'm still wearing some from last century.) I can knit pretty well, crochet at a pinch, sew, and even darn. I hook home-made rugs from brightly-coloured tee-shirts and buy and re-purpose old linen. I make it over with slow-stitch work. Some people have called this 'art'. I like to 'wild weave' on a frame of twigs. I use leftover oddments of fabric. Strands of ivy, lengths of old string feathers, leaves, and bits of old raffia. For decoration I use old buttons from a tin, or sea-shells I have gathered from the strand line. I try to buy local, buy fresh, buy small, support local traders when I can. I have only one child, my beautiful daughter. And my 'air miles' are so few I am embarrassed. I've made fewer flights since I was five than most people make in a year. But my eyes are bad and I hate the dark so I'm always switching lights on. And although now I have a shower now, I loved my daily bath for for twenty years. I bought a bamboo toothbrush just last month. But, for most of my life, I've used plastic. I love to write with a fountain pen. But I also love my phone. I have a Kindle, and I guess that's good, but I confess I can't live without my laptop. The way I think of it is this. Who amongst us will cast the first stone?

Abigail Ottley

Next month's theme is - COLOUR

Feel free to interpret the theme as you see fit and send up to 3 poems
(no more than 20 lines each please) to: TalkToUp@gmail.com

Catching Up!

SQUARE ROOTS KITCHEN

Up! revisits the people behind the ethical kitchen that featured in our very first issue

Hi Matt & Jo, thanks for talking to us again. Since you featured in our very first issue (15 months ago now!) what's changed? Have you noticed any trends in what people are consuming?

Hi, it's always good to have a catch up. We've found that more people are really open minded about eating and drinking cruelty free/animal friendly products. Many more are now turning to a vegan friendly way of life which is absolutely fantastic both for the animals and essentially the planet.

Since visiting the deli for the first time and never drinking alternative milk some customers have said that they will now never go back to drinking animal milk.

We're sure some of our readers are veggie, some vegan and some eat meat. If someone was looking to start on the path to cutting out animal products from their diet, what would you say is an easy starting point?

We'd say maybe start with using your favourite alternative milk and cut out cow's milk (which is obviously only meant for cows anyway).



Photo: Meat Free Life



Our favourite is oat as it tastes really good, is versatile and sustainable. Depending on the brand you choose it may also have added B12 & calcium which is an added bonus. Also maybe have meat & dairy free days to start with and add a day a week as you go on.



We know from our own experience that choices are developing all the time for non-meat eaters. Any new or interesting vegan foods since we first spoke to you?

There is now a huge range of delicious vegan options ranging from alternative meat, fishless fish products, cheeses & yoghurts so many new products to mention. We obviously like to keep our diet as healthy as possible but we also love things like no chicken garlic kiev's which go really nice with potatoes and a herby salad.

Catching Up!

SQUARE ROOTS KITCHEN

It's a cold, wet, wintry day, you're off work and you feel the need for a nice culinary treat to make it all better. What are you cooking up?

We love many different food types but if it's a wintry day we love things like shepherd-less pie with cheesy topped mashed potato or maybe a roasted cauliflower curry.



We've also been using a lot of tofu lately. We love to marinate it and roast it in the oven. It's all making us feel very peckish!



It's 2022, a new year. What are you both hoping for this year?

Wouldn't it be amazing to get back to a covid free way of life? Let's hope so.

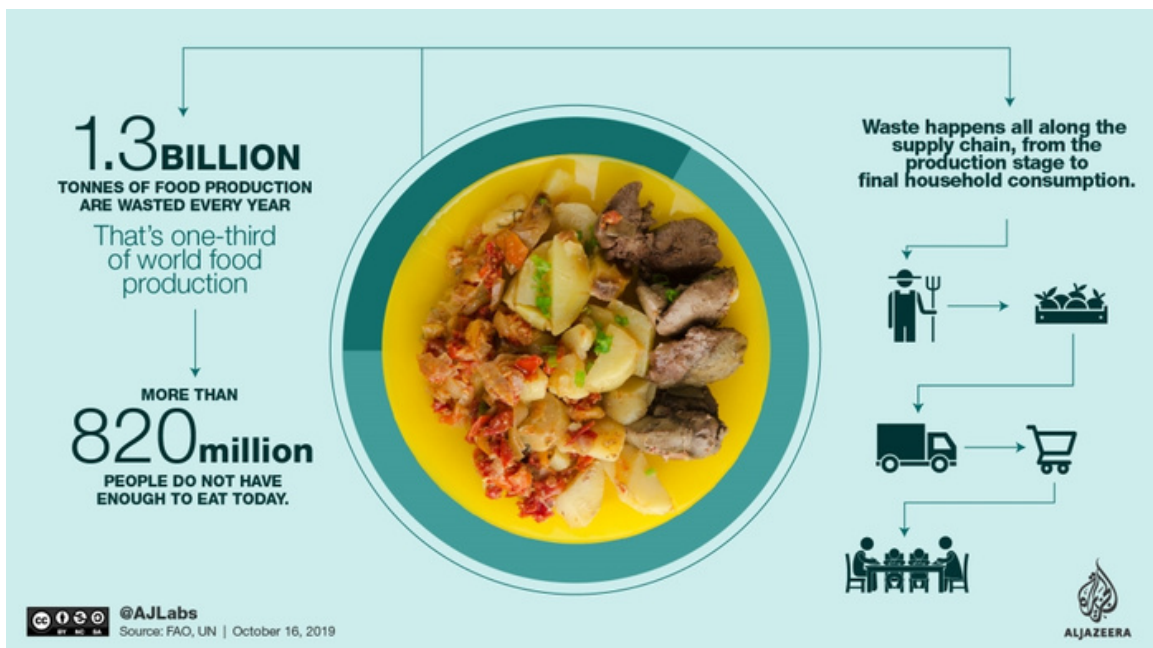
We'd love to think that more people will do

their research into the meat and dairy industry. People need to know how their food and drink are produced and what actually happens in the process leading up to them purchasing it. This in turn we are sure will make people want to eat a cruelty free, healthy vegan diet.

As for Square Roots Kitchen we would love to expand and make it even easier for people to enjoy vegan food & drink, let's hope both happen this year... fingers crossed.

www.facebook.com/squareroots15

www.square-roots.co.uk



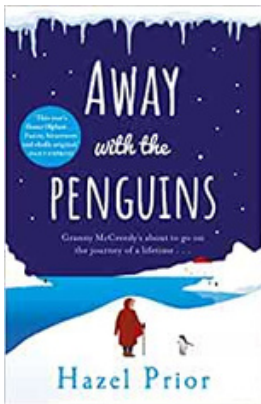
Read Up!

JENNA WARREN

Meet our brand new book reviewer!



This is my first column as resident book-reviewer (hello!). As this is a green-themed issue, I thought I would share some of my recent favourite books which focus on nature and the environment.

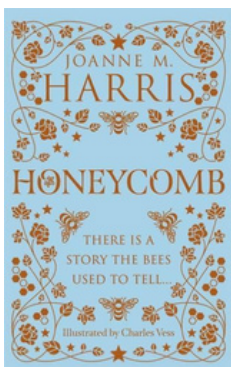
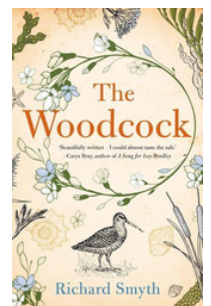


I'll start with fiction. Over Christmas I enjoyed *Away with the Penguins* by Hazel Prior, a warm-hearted up-lit novel with an icy cold setting. The book follows the adventures of Veronica McCreehy. Veronica is eighty-six years old and fiercely independent, with no idea who she's going to leave her fortune to when she dies. While watching a nature documentary, she becomes fascinated by Adélie penguins. Veronica travels to Antarctica, to meet a group of scientists studying the penguins, and to decide if their project would be a worthy recipient of her money. She soon falls in love with the penguins and forges unlikely friendships with the scientists.

The novel also explores Veronica's life as a teenage girl evacuated to the country in World War Two, and her newfound family connection in the form of Patrick, the grandson she didn't know she had.

The book captures the fragile existence of the penguins and touches on the power of social media to bring the plight of wildlife to wider attention.

The Woodcock by Richard Smyth is an historical novel set on the north east coast of England in the 1920s. It is told from the point of view of Jon, a naturalist, and his wife Harriet. An American entrepreneur arrives in the seaside town with his two daughters and an ambition to build a pier and pleasure garden. This leads to conflict with the local community. The novel wonderfully captures the coastal environment, and the wildlife Jon encounters and studies on the cliffs and shore.

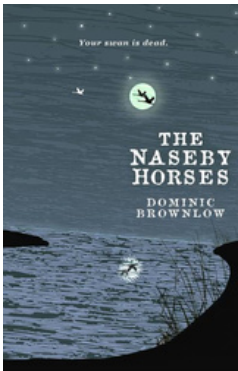


As a huge fantasy fan, I wanted to include a magical read amongst my recommendations. *Honeycomb* by Joanne M. Harris is a stunning work of fiction, presented with beautiful illustrations by Charles Vess. The author of *Chocolat* has assembled one hundred original fairy tales to create a 'mosaic novel'. Many of the tales use nature as inspiration: we meet the Lacewing King, the Spider Queen and the Harlequin. Bees create stories from their nectar and serve as a recurring motif throughout the novel. The book is strikingly original, but it also has a folkloric quality which made me feel like I could be reading a collection of very old stories.

Read Up!

JENNA WARREN

The prose is gorgeous and appeals to every sense, immersing the reader in a detailed fantasy world. It's strange to review it in the winter, because it somehow feels like a warm summer evening distilled into book form.

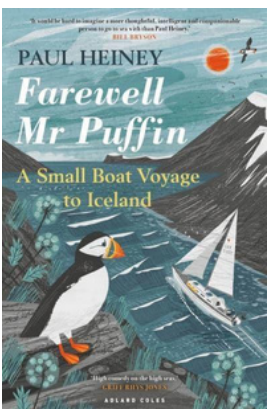
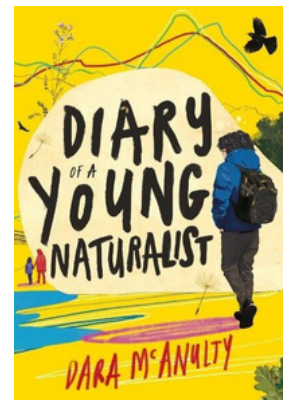


The Naseby Horses by Dominic Brownlow is part mystery, part folk horror, and part meditation on the landscape and natural world. The novel is told from the point of view of seventeen-year-old Simon, who has recently moved to a Fenland village with his family. His sister Charlotte goes missing, and Simon takes it upon himself to save her.

I loved the atmosphere of this book, and the way the landscape is a character in the story. It is set at the height of summer, and there's something oppressive about both the place and the season as portrayed in the book. The descriptions of nature, particularly birdlife, are beautiful, but there's the sense of something uncanny lurking just beneath the surface. I would highly recommend it to anyone who loves fiction with a strong sense of place.

I would also like to recommend three non-fiction books which I have recently enjoyed.

Diary of a Young Naturalist by Dara McAnulty is an exquisitely written account of a year spent immersed in nature. McAnulty is an environmental activist and conservationist who lives in Ireland with his family. The book is about his great love for nature, his concern for the environment, and his experiences as an autistic teenager. As well as recording his observations of the natural world, he also writes about the climate crisis. He attends events such as the School Strike for Climate and becomes a spokesperson for issues facing nature and the environment. His diary is a true love letter to nature, and the book won the 2020 Wainwright Prize for Nature Writing.

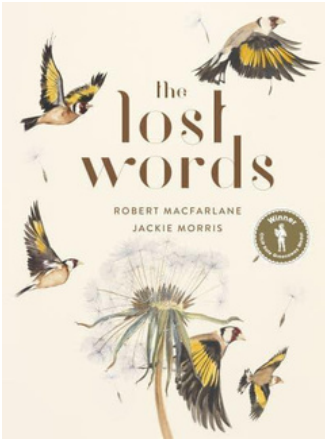


Farewell Mr Puffin follows Paul Heiney's small boat journey to Iceland via the north east coast of England, northern Scotland, Orkney and the Faroe Islands. The author embarks on his journey with the intention of seeing puffins. But while each location he visits is reputed to be rich puffin territory, he only manages to spot a single bird on his voyage.

As well as contemplating the fate of the puffin, the book also portrays life in remote coastal and island communities, covering nature, travel, history and a touch of mythology. Heiney's travels around Iceland account for around half the book, and I found his explorations of Reykjavik particularly fascinating.

Read Up!

JENNA WARREN



Finally, I would like to recommend *The Lost Words* by Robert Macfarlane and Jackie Morris. Nature writer Macfarlane has written a series of poems to preserve words from the natural world which are in danger of disappearing from the vocabulary of children: words such as acorn and dandelion. Each poem is accompanied by an exquisite watercolour painting by artist Jackie Morris.

This is an amazing gift book with appeal to both adults and children alike. There's now a pocket-sized sequel, *The Lost Spells*, which is just as beautiful.

Jenna Warren is a bookseller and writer from Teesside. She studied Theatre and later Creative Writing at university. She runs Book Corner, an independent bookshop in Saltburn-by-the-Sea, which she opened in 2014. Her debut novel will be published by Fairlight Books in autumn 2022.



That's the thing about books.

They let you travel without moving your feet

Jhumpa Lahiri

A room without books is like a body without a soul

Cicero

Take a good book to bed with you - books do not snore

Thea Dorn

*The worth of a book is to be measured by
what you can carry away from it*

James Bryce

Coming Up!

So there we are, the first issue of 2022 done and dusted. We sincerely hope our little magazine has helped banish the last of the New Year's hangover.

For ourselves, we'd like to start the new year with a 'thank you' to you our readers for coming back to us time after time, and writing to let us know how much you enjoy Up! It means a lot to know that our efforts go some way towards brightening so many people's days.

We began Up! as a reaction to the gloom and shock we all felt with the onrush of a deadly pandemic. Thankfully we appear to be moving towards the end of the worst but such has been your reaction we will still be here pandemic or not.

Every month we so look forward to planning future issues and hope you enjoyed this month's reduce, reuse, recycle theme. How great was Uncle Bulgaria? Next month we'll be back with lots of features, articles and poems on the theme of Colour. Until then, 'keep Wombling' and as they say in our part of the world, 'keep ahaad'!



Much love
Bridget & Harry xx



Don't forget, if you have any suggestions for future articles or features, we'd love to hear from you.
Just email us at TalkToUp@gmail.com