

eco matters

# Green THE GOOD LIFE

Tammy Orlando talks eco-motoring, recycling polystyrene and growing organic gardens

## Green roading

Fed up with rising car costs? Edmund King, president of the AA, tells us how to make savings and be an eco-driver. He gave us these tips to improve your car's efficiency and save money.

**CHECK YOUR TYRE PRESSURE.** Under-inflated tyres increase fuel consumption by around 1%. Research shows that women are the worst culprits.

**DON'T DRIVE IN LOW GEAR.** You rarely need to rev the engine faster than 2 500rpm in a petrol car, or 2 000rpm in a diesel, to get acceptable performance. Doing 59kph in third uses a quarter more fuel than in fifth.

**CUT YOUR SPEED.** Slowing from 125kph to 110kph saves just under 2km per litre.

And driving at 80kph uses 30% less fuel than 110kph.

**DON'T COAST.** The fuel injection system continues to function, so stay in gear and use your brakes to slow down instead.



### AN ECO-STAND IN THE KITCHEN

Cook up a storm and be kind to the environment at the same time with Pedrini's new range of eco-innovative utensils. Since its humble beginning in Italy in 1942,

the company has always been committed to respecting the environment, so it's no surprise they've come out with a whole new line of stylish, top-quality eco tools. All plastic parts are 100% biodegradable and the utensils are dishwasher safe, so you won't need to replace them in a hurry. For more information on where to buy the range, visit [www.pedrini.com](http://www.pedrini.com) or call 021 385 0686.

## 'I turned green from within'



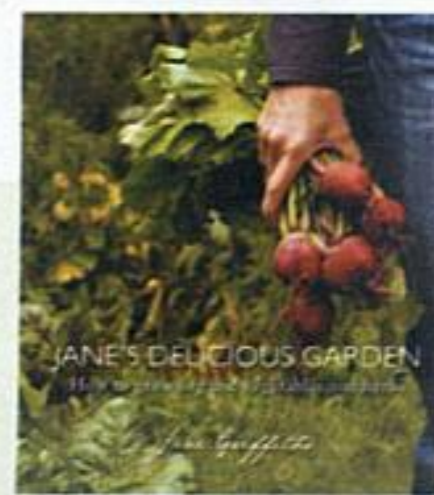
**Stamena Dimitrova, 38, owner of i.yoga centre, lives in Fourways with daughter Leny.**

I believe greener living starts from within. Yoga is a practice that leaves me feeling content. When life gets too busy, I go back to basics and spend time outdoors. Every month I take my students on nature hikes or day retreats where we focus on mindfulness and silent walking to enjoy our natural surrounds. I also plan weekend retreats packed with yoga, meditation, healthy organic eating and connecting with nature. I hope that by helping my students connect with nature again, I'm adding my bit to greener living. Visit [www.iyogacentre.co.za](http://www.iyogacentre.co.za)



### GREEN GARDENING

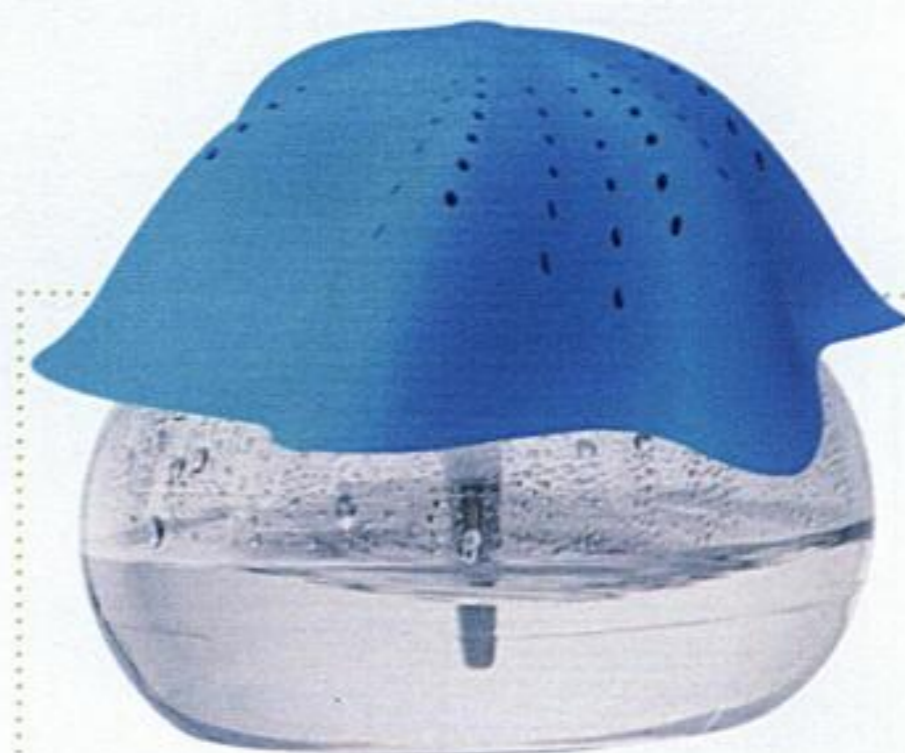
**Jane Griffiths, author of *Jane's Delicious Garden* (Jonathan Ball, R245), gives organic gardening tips for cooler months; [www.janesdeliciousgarden.com](http://www.janesdeliciousgarden.com)**



**1 GROW ASIAN GREENS** They are easy to grow and do best in cooler weather. Bok choy, tat soi, mizuna and mustard are so healthy and delicious used in stir-fries and salads.

**2 CHANGE YOUR GARDEN** Warm yourself up in winter by making structural changes to your garden. If you want to make a new vegetable bed or construct a tripod, now is the time to do it.

**3 KEEP YOUR SOIL MULCHED** This will prevent the soil drying up in summer rainfall areas or washing away in winter rainfall areas. It also keeps the soil warmer. **w&h**



## 16 watts

of electricity is all it takes for these handy air-purifiers to eliminate 99% of all airborne viruses in your home. Made from 100% botanical extracts, they're safe and eco-friendly. From R450. Call 082 377 0122 for more info.

## Want not, waste not

Recycle old polystyrene items with these tips from the Polystyrene Packaging Council.

### Make a difference

✦ Polystyrene can be recycled up to 20 times, so make space next to your bin for a recycling container, it's that simple.

### Separate and recycle

✦ Polystyrene is found in many places from egg cartons, to salad boxes, coffee cups and DVD cases, so recycle these too.

### Get involved in a recycling initiative

✦ There are recycling programmes around the country. Call the Polystyrene Packaging Council (011 793 2658) for drop-off times and what types of polystyrene they accept.

### Did you know?

✦ Over the last year, South Africa recycled 850 000 tons of polystyrene. That equals a road 80km long and 30 storeys of a rugby stadium!