



WORLD ENVIRONMENT DAY FASHION

Model twins Brett and Scott Staniland explain why we can't buy our way out of the climate crisis

A WORLD WITHOUT ENERGY BILLS

How tech and green power could put an end to energy bills – for good

THE EUROPEAN YOGA FESTIVAL

Experience community and transformation at Europe's biggest yoga festival

LITHIUM LIES?

Unpicking the myths around electric vehicle batteries



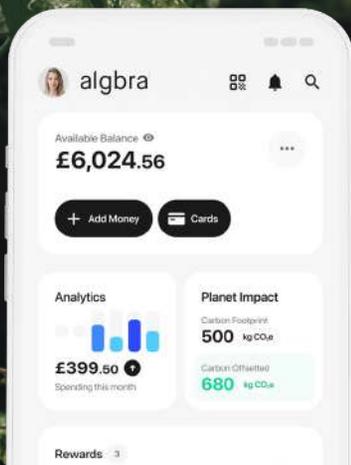
WORLD ENVIRONMENT DAY



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Welcome to My Green Pod Magazine!



Katie Hill, EDITOR-IN-CHIEF
katie@mygreenpod.com

Today (05 June 2023) marks the 50th anniversary of World Environment Day. The focus this year is on solutions to the plastic pollution that is harming our health, economies and planet.

In March 2022, all 193 UN Member States decided to end plastic pollution, and further negotiations for a global plastics treaty took place in Paris 29 May-02 June. The aim is to complete negotiations by the end of 2024 and create a global, legally binding plastics treaty.

As always, plastic pollution is bound up with broader issues of climate justice and loss and damage – issues that will be raised at the Bonn Climate Change Conference from today.

Many SIDs (small island developing states) – stewards of around a third of our oceans – produce little waste themselves and have limited capacity to manage it; at the same time they depend on pristine oceans and coastlines for economic and social wellbeing.

With plastic production set to double by 2030, campaigners have warned small island states are going to ‘choke on plastic’ if urgent action isn’t taken to protect them from the triple threat of climate change, rising seas and plastic pollution.

Global agreements take time, but every individual can make a difference with the choices they make. You can support this World Environment Day’s campaign to #BeatPlasticPollution by searching for plastic-free products on MyGreenPod.com. Every choice has an impact!



In the UK we generate over **222 million tonnes** of waste each year



Almost **65%** of our clothing is made from synthetic fibres like polyester



An electric vehicle (EV) is cleaner than an internal combustion engine (ICE) car after just **16,000 miles** on even the dirtiest grid

ABOUT US

My Green Pod Ltd is an independent, family-run UK business, founded by Katie Hill and Jarvis Smith. We want to share the real stories behind the brands and people working tirelessly to offer ethical alternatives to mainstream products and services. You might not see these options on the high street and they may not be the first to appear in online searches. But they are on mygreenpod.com. Use the search bar to find conscious lifestyle inspiration – and you could save some cash along the way!

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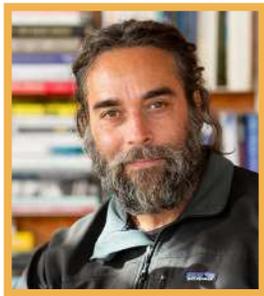
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Jarv's rules

Is the climate crisis the wake-up call we need for our collective spiritual awakening?

Two very important events will fall shortly after World Environment Day 2023: Reset Connect, the UK's largest sustainability show and green investment event (and flagship event of London Climate Action Week), will take place 28-29 June at ExCeL. The Sustainability Show, dubbed 'a sustainable shopping event for planet lovers', will open in Manchester Central 08-09 July.

I'm grateful to have been asked to speak at both events, and was intrigued by both the subjects I was invited to discuss and the places from which I was invited to share. I'll come to those specifics soon, but first we'll need to step back in time.

SWIMMING IN THE MAINSTREAM

In 2007, before I'd entered the crazy world of business, the spiritual lifestyle I was drawn to didn't seem capable of penetrating the psyche of the audience I wanted to reach – a citizen base that I now understand was living in the paradigm we know is driving us to mass extinction.

I could see that many people were stuck in an outside experience of self – one that missed a deep connection to nature, inner wisdom, intuitive insight and experiences beyond the 'let's all head down to the pub on a Friday night, buy new stuff at the weekend and flop back to work on Monday' syndrome.

There is no judgement here: it's a system we were all born into and the indoctrination continues on many, many levels. I know these are sweeping statements and I'm aware that many people will disagree, but this was my experience of life in the mainstream – and in many ways it still is.

WHAT'S THE MEANING OF LIFE?

Before getting into business I trained with a female shaman for well over a decade; she taught me the fine skills of deep listening through the art of mediation, yoga and the journey of the kundalini, an energy that dances through us, holding wisdom and insight, and giving us a taste of the biggest questions for mankind: why are we here, and what is our purpose?

After a decade of hard lessons it started to become more straightforward: for me, we are here to experience life so that we can learn and evolve as a species along with the ever-evolving cosmos in which we experience ourselves.

There is, however, a deeper interpretation of existence: we are not simply on a linear experiential journey, we are also in active co-creation with it. Simply put, the information that creates our experiences can create other experiences – a different way of life, individually and collectively.



PHOTOGRAPHY ISTOCK

What I wanted to do in business was be a part of the spiritual evolution we are now beginning to encounter as a species. It seemed to me that the changing climate is perhaps the thing that will force us to wake up, become more spiritually connected and realise there is more to life than most of us are experiencing.

A SHIFT IN CONSCIOUSNESS

I was guided to be a part of the sustainability movement and mygreenpod.com, which Katie and I co-founded, is the child of this commitment.

At that time, I discovered that most of the people operating in the sustainability sector were people who cared about more than business as usual and the fodder we were being fed by the advertising machine. Business owners had joined the dots,

making heart-and-head decisions in service to more than just profit for profit's sake. Social and sustainable business was popping like organic popcorn on a fire of awakening.

This, I knew, was stage one of a paradigm shift in consciousness, a shift that we are now seeing and beginning to experience as the norm.

My speaking sessions at Reset Connect and The Sustainability Show will involve mass meditations. I've also been invited to share my views on what climate change, biodiversity loss and the toxicity caused by human disconnection are teaching us about ourselves.

The bottom line will be how we can reconnect and honour this time we have named – and experience as – a crisis. I hope to see you there! and hear your views as well.

Find out more

Get free tickets to both shows using the links below

- The Sustainability Show: eventbrite.co.uk/e/the-sustainability-show-manchester-tickets-523717391817
- Reset Connect: reset-connect.com



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The beach at the Resort: La Licciola in Santa Teresa Gallura.



As we continue to face mounting social and environmental crises, many crave a feeling of togetherness and the sense of being united as a group consciousness. Yet modern, atomised lifestyles limit our opportunities to experience this sense of community and unity; if we want to experience pure love and something bigger than ourselves, we can turn to organised religion – or yoga.

The European Yoga Festival (05-13 August 2023) – Europe’s biggest yoga festival – is gearing up to unite approximately 3,000 people in the grounds of Château de Jambville, France. Those attending will get the chance to experience a fully yogic lifestyle through diet, karma yoga and community.

The week involves for four days of kundalini yoga and workshops based on the teachings of Yogi Bhajan, plus three days of white tantric yoga.

FESTIVAL HISTORY

‘In the early ‘70s, Yogi Bhajan sent some yogis from America to spread the teachings in Europe’, explains Siri Sant Kaur, executive director of 3HO Europe. ‘The festival has grown from the intention to create a gathering for the growing communities of kundalini yoga practitioners in Europe.’

The festival is as old as its community; the first event – White Tantric Yoga – was held in 1974. It took place in Holland, in a garden that belonged to a member’s parents. There were 20 people. Today the European Yoga Festival takes place in Jambville, an hour away from Paris, where it welcomes thousands of guests.



LIVING LOVE

The festival’s success has been attributed to the unique way in which it combines white tantric with yoga, spirituality and lifestyle.

Yogi Bhajan’s teachings are rooted in Sikhism and the notion of *seva* (selfless service and devotion), and the whole festival is run entirely by volunteers. The mammoth group effort is a reflection of the festival’s philosophy and purpose.

‘Participants experience the awareness and love of the group for a whole week, which supports them throughout the year’, Siri Sant tells us. ‘For a week you live as a yogi from 4am to 10pm. It creates a real shift for the body, mind and spirit.’

The European Yoga Festival, which is expected to attract 3,000 individuals, uniquely combines kundalini yoga with white tantric yoga

RELY ON MIRACLES

The festival presents an opportunity for transformation on all levels: physical cleansing through a yogic diet and practice, mental purification through *sādhana* and meditation and spiritual upliftment through karma yoga and community. Those attending are encouraged to minimise their mobile phone use and engage fully with the energy of the festival by prioritising human connection over an internet connection.

In return attendees can expect an outburst of love, new friendships and renewed energy for the whole year from a programme of concerts, round-tables, workshops, gong baths, deep meditation and much more. There are kids’ camps with classes that help children discover the tools their parents use, and grow with a range of different skills.

‘The festival focuses on kundalini yoga, which is special because of the awareness it creates and the energy it gives you’, Siri Sant explains. ‘We need to feel understood, supported, united – loved in and out. We need our sovereignty. Yogi Bhajan said: ‘I don’t believe in miracles, I rely on them’. That’s what we experience at the European Yoga Festival.’

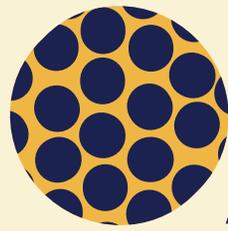
Find out more

Information about the festival and white tantric yoga is at europeanyogafestival.eu

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 Shad Thames,
 London SE1 2YE



CARRIAGES:
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 Tower Millenium Pier,
 Lower Thames Street,
 London EC3N 4DT

TICKETS:
 peaawards.com

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HERO PRODUCTS

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We've picked these products because we believe they are all best in their class for people and the planet.

They represent simple, sustainable switches that will help to keep you, your home and the planet healthy – without compromising on experience or performance!

View all our Heroes at mygreenpod.com/heroes

ARTS & FASHION



GRATITUDE GLOBAL

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mygreenpod.com/heroes/gratitude-global



VALLEY FEST

Get on my land! The South West's best-tasting music festival is the family festival you've been searching for. Acts this year include Bananarama, The Kooks and Soul II Soul. Bring your biodegradable glitter!
mygreenpod.com/heroes/valley-fest

HEALTH & BEAUTY



INCOGNITO SUNCREAM

A reef-safe natural cream, offering protection from the sun and bites.
mygreenpod.com/heroes/incognito-second-skin-suncream

MONEY



ALBRA

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mygreenpod.com/heroes/albra

FOOD & DRINK

POD PEA VODKA

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mygreenpod.com/heroes/pod-pea-vodka



TOP 5 JUNE SWITCHES

1

Wave goodbye to single-use plastics with the refillable Wash Up from Fill Refill. Vegan, cruelty-free and biodegradable ingredients, certified plastic free by A Plastic Planet.

[@FILL_CO](https://twitter.com/FILL_CO)

mygreenpod.com/product/fill-refill-wash-up-peppercorn

2

Switch bottled for filtered water to save cash as well as single-use plastic. The Coldstream Undercounter Water Purification System provides great-tasting water straight from your tap.

[@Coldstream](https://twitter.com/Coldstream)

mygreenpod.com/heroes/coldstream-undercounter-water-purification-system

3

For an eco break with five-star luxury, try Delphina Hotels & Resorts – Europe's Leading Green Independent Hotel Group and home to Europe's Leading Green Resort (World Travel Awards).

[@DelphinaHotels](https://twitter.com/DelphinaHotels)

mygreenpod.com/heroes/delphina-hotels-resorts-resort-valle-dellerica-thalasso-spa-5

4

If you own a website, switching to Krystal UK Web Hosting could make a big difference to your operations and the planet. The purpose-driven company has pledged to plant and protect 1 billion trees by 2030.

[@KrystalHosting](https://twitter.com/KrystalHosting)

mygreenpod.com/heroes/krystal-uk-web-hosting

5

If you're about to buy a product you don't really need, you can save some cash by putting it back and planting a tree instead!

[@treesisters](https://twitter.com/treesisters)

mygreenpod.com/heroes/treesisters



MARKETPLACE

Our ethical Marketplace is full of alternatives to mainstream products, whether you want to clean up your diet or your healthcare routine. Here are just some of the products currently available – use the search bar at mygreenpod.com to find what you need!

PLASTIC FREE

Many of the products on our Marketplace come in plastic-free packaging, or are designed to be refilled and reused again and again.

NATURAL PRODUCTS

All the products we list harness

the power of nature to get the job done – whether you're cleaning the house or taking care of your skin.

GO ORGANIC

Organic products aren't just better for you, they're better for the soil, the water and

the people who grew the ingredients. They are also more familiar to your body, making them tastier, comfier and more effective.

ETHICAL BUSINESS

Many of the companies we feature are doing great things

for nature and society behind the scenes; with your support they can do even more.

PLANT A TREE

For every transaction, we plant a tree in the tropics (with charity partner TreeSisters) as a way to say thank you.



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Soft, biodegradable pads made from GOTS-certified organic cotton

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HAYMAX KIDS

An organic, drug-free allergen barrier balm that traps allergens before they get in

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ALTEYA ORGANICS BULGARIAN ROSE WATER (100ML)

Wonderful multi-use flower water with a mesmerising fragrance

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HEALTHIPOPS TRAVEL (X12)

Vitamin and mineral lollipops with ginger root and chamomile to combat nausea

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WUNDER WORKSHOP RAW CHOCOLATE BLISS BAR GOLDEN TURMERIC

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FOOD & DRINK



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£4.50



CEDAR VITAE BOTANICAL WAX MELTS (X8)

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FILL REFILL HAND SOAP (5L)

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NATURE NURTURE KIDS LITTER PICKER KIT

'The only sustainable litter picker kit for kids' - complete with all the tools and safety equipment a young eco-warrior needs to help clean up the Earth
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GIFT WILD NARWHAL ORGANIC WASH BAG

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GIFTS



LOOP LOOP 'THANKS FOR THE BUTTERFLIES' CARD

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ARTS & FASHION



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NOAH CECILIA

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The classic wardrobe basic: organic, handwoven khadi cotton. Comes with its story
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THURSDAY 3RD AUGUST

ARCADIA AFTERBURNER

HIPPO SOUND SYSTEM +
ARCADIA SOUND SYSTEM



THU 3RD - SUN 6TH AUGUST, 2023

FRIDAY 4TH AUGUST

LAKE STAGE

SOUL II SOUL

ISHMAEL ENSEMBLE

A-Z BARE JAMS • CUT CAPERS
SMOOVE & TURRELL

ARCADIA AFTERBURNER

DJ FLIGHT

ALTERN 8

LEGENDS OF
GOLDIE LOOKIN' CHAIN

SAMEDIA SHEBEEN DJ SET

LORDS OF LIGHTNING

THE YARD IN ASSOCIATION WITH
THE JAM JAR BRISTOL



DOREEN DOREEN

FRIENDLY FIRE BAND

A-Z RWKUS • SUNTOU SUSSO

FEAST

PETER SANCHEZ-IGLESIAS CASAMIA GROUP

WITH JOSH EGGLETON THE PONY CHEW VALLEY

CHEFS

A-Z ADAM ARMSTRONG THE MET BEN HARVEY BIANCHI'S GROUP

GUY & VIC SIDDALL EATCHU IMKE POTGIETER UBUNTU FOOD

LOUISE MCCRIMMON THE BLAISE INN

NEWSTEAD SAYER THE STAR & DOVE

NOYA PAWLYN NOYA'S KITCHEN SIMON DYER

SEAN MARTIN CARGO CANTINA

SATURDAY 5TH AUGUST

LAKE STAGE

THE KOOKS

SCOUTING FOR GIRLS

A-Z BCUC • HELEN GANYA • IT MAN
SUPALUNG • THE BREATH

ARCADIA AFTERBURNER

GROOVE ARMADA DJ SET

BOOTY BASS NGAIO & AYY DEN

DUNKS & FLASHMAN FUNK

PLUMP DJs

THE CHEMICAL PRODIGIES

LORDS OF LIGHTNING

THE YARD IN ASSOCIATION WITH
THE JAM JAR BRISTOL



BIBI TANGA
& THE SELENITES

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A-Z SAFRELA • SUPER PANELA • THE DRYSTONES

FEAST

PEGS QUINN SONNY STORES WITH DANNY BOHAN RIVER CAFE

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A-Z ALI PUMFREY YEO VALLEY

DR CAROLINE GILMARTIN EVERY GOOD THING

HANNAH CATLEY LOCKDOWN LOAVES HUGO HARVEY THE PONY CHEW VALLEY

JAY JETHWA TIFFINS OF BRISTOL LESLEY GATES

MARK CHAPMAN COR RESTAURANT

MARTIN SVIBA SALVO 1968

SUNDAY 6TH AUGUST

LAKE STAGE

BANANARAMA

IBIBIO SOUND MACHINE

A-Z FAUNA • FLEETWOOD BAC
THE ALLERGIES LIVE • VC PINES

ARCADIA AFTERBURNER

CRAZY P DJ SET

KRAFTY KUTS

NORMAN JAY MBE

SHAKA LOVES YOU

LORDS OF LIGHTNING

THE YARD IN ASSOCIATION WITH
THE JAM JAR BRISTOL



RÍOIGNACH CONNOLLY
& HONEYFEET

THE BRASS FUNKEYS

A-Z BLIND YEO • SWEET BABOO
THE JOHN MARTYN PROJECT
THE ODD BEATS

FEAST

REGEN SUNDAY LUNCH
WITH YEO VALLEY AND ROOT

CHEFS

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WTF WORKSHOP • JUNKFISH • ECO-BUBBLES • KIDS ZONE • CRAFTS TENT FOR KIDS

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WWW.VALLEYFEST.CO.UK

WORLD ENVIRONMENT DAY FASHION

Model twins Brett and Scott Staniland explain why we can't buy our way out of the climate crisis



In the fashion world, World Environment Day presents another opportunity for brands to get in on the action of pretending to care about the planet, and pushing the latest brand of greenwashing consumerism. Want to subscribe to a healthy pinch of environmental activism? Buy our new green T-shirt!

'Buy something and save the planet' is probably the laziest type of greenwash marketing – but unfortunately, it tends to work. People can get rid of a bit of the guilt surrounding their typical habits by offsetting it with a once-a-year purchase of something 'better'.

We absolutely cannot buy ourselves out of the fashion climate crisis. How many 'sustainable' T-shirts do we really need? We don't like to promote consumption, but if you have decided that you'd like to buy something better, a trustworthy place to start would be mygreenpod.com.

FASHION'S PLASTICS PROBLEM

The theme for World Environment Day 2023 centres on beating plastic pollution. A connection people often don't make is the plastic pollution that exists in the form of poly-based clothing. The fashion industry relies on the oil industry for plastic, which it spins into impossibly cheap clothing that's in many cases worn just a handful of times before inevitably ending up in landfill.

Almost 65% of our clothing is made from synthetic fibres like polyester. Textiles account for 15% of plastics production which, behind the packaging and construction industries, makes it the third-most polluting sector from a plastics



Textiles in landfill at Old Yamada in Accra, Ghana (above); Brett with imported textile waste in Kantamanto Market, Accra

perspective. This means the plastic pollution problem is very much a fashion problem, too.

There's a chance unwanted clothes may reach a charity shop, be returned to the brand's online store or even be deposited into a clothes bank. Ah, good deed done! Perhaps not. Not one of these options guarantees the item of clothing will be diverted from landfill.

WASTE COLONIALISM

Charity shops are notoriously overwhelmed with fashion, and today's low quality of clothing and fabric means many donations are unwanted. The clothes could instead reach secondhand

markets in other areas of the world, such as Kantamanto in Accra, Ghana. In the past, when good-quality preloved clothing had plenty of life left, it helped communities like this to thrive.

But now that fashion is dominated by poly-based clothing, and the cycles of fast fashion are getting quicker, the quality has dropped so much that the clothes have no value in these communities.

In fact, it's more realistic to say that these communities are now being used as a waste-management strategy. Imagine swapping a designer cotton shirt for oil-based fast fashion. The outcome is that communities are having to deal with our clothing at the end of its life, which means piling up landfill, destroying land and biodiversity, polluting air and water sources and causing fires. It is known as Waste Colonialism.

The Or Foundation in Ghana has facilitated the Extended Producer Responsibility (EPR) and Stop Waste Colonialism campaign, to provide the Kantamanto community with the resources they deserve so they can adequately manage this dumping of waste into the ecosystems.

Plastic clothing sheds micro-fibres, which have been found in everything from drinking water to human blood.

BEATING PLASTIC POLLUTION

Plastic clothing sheds microfibres, which have been found in everything from drinking water to human blood. When plastic clothing is dumped into communities that don't have sufficient resources, it puts people and the planet at risk.

You can learn more and help support the EPR via The Or Foundation's website and endorse the position paper at StopWasteColonialism.org.

Another way to beat plastic pollution is to switch to a circular textile economy, which brings us back to the initial point: stop buying new things to subscribe to good environmental causes, and change your habits instead.

Next time you find yourself in a store shopping or going through your current wardrobe, have a look at the fabric composition, see how much plastic is in your wardrobe and rethink what plastic pollution actually looks like.

Find out more

- More about The Or Foundation is at theor.org
- Stay up to date with Brett and Scott on Instagram: [@twinbrett](https://www.instagram.com/twinbrett) and [@twincscott](https://www.instagram.com/twincscott)

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Janey LOVES

Natural beauty expert **Janey Lee Grace** shares her top picks for World Environment Day



The statistics are staggering: in the UK we generate over 222 million tonnes of waste each year, which is equivalent to 3.3 tonnes per person.

Since 1964 there has been a 20-fold increase in the production of plastic; if this trend continues, it could mean that by the year 2030, the ocean will contain more plastic – by weight – than fish.

WE'VE GOT THE POWER

Ecosystem Restoration – the theme of this year's World Environment Day (05 June) – feels optimistic. We all have the power to choose eco-friendly products that reduce the volume of waste that ends up in landfill, and we can all help to conserve resources.

CHOOSING NATURAL BEAUTY

Skincare and personal care products can make a significant environmental impact; they can contain potentially harmful chemicals and often come in single-use plastic packaging.

The fantastic news is that we can now choose products that are natural and sustainable, that are vegan, cruelty free and contain plant-based ingredients that do no harm to our health or that of the environment.

NATURAL OPTIONS

Thanks to a shift away from single-use plastics, lots of great products now come in packaging that is recyclable, biodegradable or refillable. My advice is to support brands that prioritise sustainability in all their operations.

Here is a selection of products that are natural, contain beautiful, effective ingredients and come from brands that follow through with sustainable credentials.



Find out more

Information about the Janey Loves Platinum Awards entries and recommendations is at [imperfectlynatural.com](https://www.imperfectlynatural.com)

PLANET-FRIENDLY PRODUCTS

Alteya Organics Bulgarian Rose Water

It's hard to beat the luxurious feel and beautiful fragrance of this 100% pure organic flower water. This is a therapeutic and food-grade rose water, steam distilled and bottled in the heart of Bulgaria's Valley of Roses. It can even be used as a hairspray!

Rhythm of Beauty Seasonal Day Cream

Harness the power of flower essences with this gorgeous cream, which is a nutritious cocktail of skin superfoods. It contains shea butter, aloe vera and cocoa seed butter, plus powerful antioxidants and vitamins to help reduce high colour as well as the appearance of broken veins.

Atlantis Skincare Eye Cream

Don't forget the sensitive skin around your eyes! Try the Atlantis Skincare Eye Cream with hyaluronic acid plus shea butter, rosehip oil, oat kernel, mango seed butter and aloe vera juice. It's soothing, hydrating and can reduce the appearance of fine lines and wrinkles.

PiQi Water Kefir Soap

Sometimes we just want good old-fashioned soap and water – but make it one that is vegan and palm oil free! Try the new, 100% natural Water Kefir Soap from PiQi, based on raw fermented probiotic water and packed with nutrients. Handcrafted in Devon and available in three scents, it contains live probiotic cultures and organic acids, plus olive oil.

Equinox Kombucha Multipack

We know that good skin comes from within, and one way we can look after our gut health and enjoy an excellent alcohol-free drink is by opting for kombucha. Equinox Kombucha uses only the finest sustainable ingredients. There are six original flavours – I love the Raspberry and Elderflower.

Vegan Happy Clothing Fringed Bag

You can carry all your summer products (and your kombucha!) in this Vegan Happy Clothing Fringed tote bag. It's 100% cotton and vegan; all the embroidery is animal free and the lettering is printed using vegan-friendly inks.



CLOCKWISE

Atlantis Skincare Eye Cream, 15ml (£160); Equinox Kombucha Multipack, x12 (£29); Alteya Organics Bulgarian Rose Water, 100ml (£7.20); Vegan Happy Clothing Fringed Bag (£33); Rhythm of Beauty Seasonal Day Cream, 60ml (£52); PiQi Water Kefir Soap, 110g (£8.50)



A SPIRIT OF DIVERSITY

The artisan, 'pre-industrial' spirit that embodies its history, community and local environment



Find out why Sin Gusano Project is a My Green Pod Hero at mygreenpod.com



I called my boss from a hammock on Mazunte beach, on the coast of Oaxaca, and told him I wasn't ready to make the move', remembers Jon Darby. 'I felt I was getting a lot more of what I needed at that time in my life than I'd get if I returned to the role waiting for me – at a new sales desk focused on the European oil and gas market.'

Jon was on a life-changing trip, unexpectedly extended from a 10-day break to visit a friend to a three-month journey exploring the far south of Mexico. During that time he visited some remote distilleries and developed an appreciation for the ancient craft employed in making mezcal – an artisan spirit made, like tequila, from agave.

On returning to London, Jon visited every mezcal-selling bar in London only to find that, much like his career, a certain spark was missing. 'They may have been great bars for other reasons', Jon reasons, 'but nobody was putting the focus on the things that had started to fascinate me about these spirits – namely that the traditional stuff is made in incredibly small batches, in a style that's harmonious with the community it's from.'

COMMUNITY SPIRIT

Mexico is one of the most culturally and environmentally diverse countries on the planet –

the state of Oaxaca alone is home to more plant species than the whole of Europe – and all that diversity shines through in its local spirits.

Different species of the agave plant are endemic to different regions; each area also has its own tools and recipes, leading to unique flavours in the mezcal produced. Batches from the same place also vary due to the artisan nature of production.

Jon calls real artisan agave spirits 'pre-industrial products', as they're made at a tiny scale, in harmony with the natural environment and to a *gusto histórico* flavour profile – the developed preference of a local community. 'Not only does the good stuff rarely reach the export markets', Jon tells us, 'but a lot of it doesn't even leave the very community in which it's made.'

Nevertheless, the agave spirits industry as a whole is booming. In the US tequila sales are set to outstrip bourbon this year, and in the UK mezcal is the fastest-growing spirits category. Yet Jon warns that sales growth isn't the only import thing to consider. 'With increased demand for the product comes increased pressure on local resources', he explains, 'most notably, when it comes to mezcal production, on water and wood. The issue of monocropping and the attendant degradation of soil quality is also having a devastating impact on the

biodiversity and landscape of some agave-growing communities.'

As is often the case, it's the international conglomerates with celebrity-backed brands that are getting rich from this industrial growth; those harvesting the agave continue to earn Mexico's minimum wage.

'It's a real dichotomy because the people and the communities making the most fascinating micro-batch agave spirits, in the most traditional way, are often also among the poorest financially', Jon reveals. 'They would benefit hugely from a healthy industrial boom in the market for the product they make. But evidence from the tequila industry suggests such a boom wouldn't be healthy, and that they'd lose out environmentally.'

WHAT'S IN A NAME?

Part of the problem is the regulatory framework behind the denomination of origin (D.O.) for 'mezcal', which has been largely copied from the tequila industry. While the tequila D.O. has been a huge success in commercial terms, Jon argues it has taken a previously artisan product and created a race to the bottom in terms of its finished quality.

'The tequila industry is awash with substandard products adulterated with chemicals and additives,

'I often look at the current market for agave spirits as a litmus test for the future of humanity; if we can't enjoy and protect this incredibly delicious thing without over-commercialising and homogenising it, I doubt we can save our species from extinction either.'

and mile after mile of monocropped blue agave as far as the eye can see', Jon tells us. 'I've been to places where trees have died in the middle of an agave field because the soil can't support diverse life anymore, and the agave only grow with the support of chemical fertilisers.'

The D.O. system, based on Europe's protected designation of origin (PDO) appellation system, is designed to protect a product from a specific geographic region – and actively excludes lots of small-scale mezcal producers due to their location or some aspect of their process.

Another fundamental problem with applying the D.O. system to mezcal is that the region of production is simply too large. 'It's the biggest denomination, or origin, in the world', Jon explains, 'and the diversity within that geographic area is just too big for one set of rules – certainly one copied from the tequila industry, which only uses a single

depleting the resources from the environments in which it operates. 'I often look at the current market for agave spirits as a litmus test for the future of humanity', he says; 'if we can't enjoy and protect this incredibly delicious thing without over-commercialising and homogenising it, I doubt we can save our species from extinction either.'

EXPERIENCING DIVERSITY

Jon founded the Sin Gusano Project with a primary goal of showcasing and celebrating the diversity of mezcal, because that's what he believes makes agave spirits so special.

'Our first Sin Gusano Mezcaleria was a rustic mezcal-tasting room that operated as a café in the daytime, on a backstreet of Hackney', he explains. 'We sold mezcal in flights of three single measures so customers were forced to experience the diversity.' In 2019 Jon launched the Mezcal Appreciation

SLOWING DOWN AND GIVING BACK

The Sin Gusano Project was inspired by more traditional cultures that aren't obsessed with accumulating wealth and having more of everything. In showcasing the truly artisan products from those communities and telling their stories, Jon hopes to bring people a little closer to an alternative way of living.

If you're running a really big and successful business that profits in what Jon describes as an 'unfair capitalist system', he would say it's important to support the less fortunate around you in your local culture. 'If you run a successful and expensive restaurant in London – a city that creates both huge wealth and homelessness – think about giving to the local food bank at the end of the service', he says.

The Sin Gusano Project supports a number of independent family producers, and operates a profit-share programme that sees 10% of UK profits



CLOCKWISE
Sin Gusano products are labelled 'agave spirits' so smaller artisan products can be showcased; the Mezcal Appreciation Society (MAS) is a subscription club for agave fans; Jon Darby, founder of The Sin Gusano Project, helps to cover an oven at a palenque in Mexico



READER OFFER
Use the code **mygreenpod** at **singusano.com** to get **25% off your first delivery** when you join MAS

plant – blue agave – and operates in a much smaller geographic area.'

The vast majority of exported mezcal is certified under this system, which has effectively embraced the mid-profile of all possible flavours. 'That's why the vast majority of the stuff you can drink in the UK isn't as interesting as the things you can find with a lot of effort and time on the road in Mexico', Jon explains. 'Worse, producers who have been making mezcal for generations can be encouraged to adulterate their process and heritage in order to gain access to the international mezcal market. This can lead to a preference for particular plants and processes, and a loss of diversity.'

A TEST FOR HUMANITY

Many scientists already agree the planet is going through its sixth mass extinction event, which will accelerate as we lose biodiversity.

Jon's hope is that the more commercial end of the mezcal market will be stopped from completely

Society (MAS), a subscription club for agave fans. MAS members receive two 200ml bottles every two months, plus 25% off upgrades to 50cl bottles if they discover a mezcal they really enjoy. 'To me this model felt like the most honest way to represent the diversity that I found so important', Jon explains. 'It's a massive amount more work than I would have had if I'd chosen to work with one or maybe two producers, and churn out more and more of the same thing, but it's what I would want as a consumer – and I think it's the best way to showcase the diversity and hopefully help people see why it's so important.'

This decision to prioritise and showcase diversity rather than trying to be commercial is why Sin Gusano products are labelled as agave spirits rather than mezcal. 'People always tell me it would be easier to make money working with certified mezcal', Jon says, 'but I tell them that if I just wanted to make money I wouldn't have left my career in the finance industry.'

funnelled to development projects in communities that work with agave. Jon is also generally at the edge of debates around how regulation should develop, and tries to fight in the corner of diversity and tradition rather than solely for commercial development.

'I think our capitalist and consumerist western culture has gone too far', Jon tells us. 'Instead, you can slow down with a glass of these special spirits and be virtually transported to the communities via the web pages behind the QR codes on our bottles. You might decide it's not worth spending another night doing overtime behind the desk to save up for stuff you don't need. That's the big picture of what we're trying to give back, while supporting the sustainable development of rural agave communities in Mexico.'

Find out more

■ Discover artisan mezcal and more on the story behind the spirit at singusano.com

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CHEERS TO CHANGE



Celebrate change in the sustainable drinks sector at the **Positive Spirits Show**

The demand for sustainable spirits is on the rise in the UK – and for good reason. As more individuals seek ways to reduce their environmental impact and make conscious choices regarding their consumption habits, sustainable spirit options have never been more important.

The UK market share of eco-friendly spirits has grown by 20% in recent years, primarily due to consumer demand for ethically sourced products that don't harm the environment or exploit workers. Many distilleries have taken steps towards sustainability themselves, from using renewable energy sources like solar power in production processes to reducing waste output and reinventing their packaging materials.

Independent spirit and non-alcoholic spirit brands continue to press ahead with innovation and sustainable business practices, but to drive change they need to work in collaboration with the hospitality, events and food and beverage markets.

SHARING EXPERTISE

On Saturday 17 June, an exciting, one-day event will showcase the world's best sustainable spirits at White Rabbit Studios in Shoreditch, London. Positive Spirits, created by sustainable events agency Legacy Events, is open to all drinks enthusiasts – from bartenders and buyers to members of the public.

There is huge networking potential, with a goal to encourage the collaboration and knowledge-sharing that will lead to further transparency and sustainability across the entire sector. At the show people can learn where their sustainability journey can go next, and meet the customers and industry leaders who can become their champions.

SPEAKERS AND TRENDS

The programme is packed with exciting speakers, including journalist and writer Aleesha Hansel and influencer and conscious drinking expert Laura Willoughby from Club Soda. Expect to hear lively discussions on market trends and how the public are turning to 'nolo' (no- and low-alcohol) drinks in a bid to change their drinking habits.

The event will host demonstrations and workshops from brands such as Boatyard and Avallen, and attendees can look forward to meeting a huge range of brands in the Sustainable Marketplace, including Sapling Spirits, Match Tonic, Caru Spirits and The Oxford Artisan Distillery.

Find out more

■ Programme and ticket details are at positivespirits.events and on Instagram [@positivespirits.event](https://www.instagram.com/positivespirits.event)



SUSTAINABLE SPIRITS

Here are some of the brands to watch out for on the day.

BOATYARD

Irish spirits maker The Boatyard Distillery was the first legal distillery to be built in County Fermanagh, Ireland in 130 years. The passionate, family-run business showcases a range of premium, quality spirits, including Double Gin, Vodka, Old Tom Gin and Sloe Gin.

The brand is also ethical, sustainable and environmentally conscious; it recently launched a range of initiatives such as efforts to eliminate single-use glass bottles in its visitor centre, a bottle refill programme allowing customers to bring bottles back to the distillery for refilling and Eco Refill pouches for some of its spirits.

All these initiatives resulted in the distillery being awarded B-Corp certification in early 2023, making it the first on the island of Ireland to receive the recognition.

MATCH TONIC

Match Tonic Water offers a range of contemporary mixers (Indian, Mediterranean, Floral and Spicy) created with superfoods. The attractive and stackable square bottles are made from 100% post-recycled glass, in glassmaker Estal's Wild Glass, which embraces imperfections in the material. The bottles have been designed for e-commerce, with optimal protection for shipping. The brand's goal is to create a true paradigm shift that makes us rethink everything – even those of us who are well and truly set in our ways.

SAPLING SPIRITS

Sapling Spirits – known for 'spirits that leave a good taste in your mouth' – exists for three reasons: to lead the way within the sustainable drinks industry; to tackle climate

change by planting a tree for every bottle bought and to produce world-class British vodka and gin.

The company uses British winter and regenerative wheat in all its products to localise supply chains and promote biodiversity. Sapling's care for nature is underscored by its reforestation programmes; tree planting days are organised for trade partners during the British tree planting season, while other methods are used to plant trees around other world in other seasons.

To reduce waste and improve its customers' carbon footprint, Sapling sells 5l bags in boxes to trade and bottle refill pouches to retail stores, which has saved 125,000 bottles.

CLOCKWISE
Sapling Spirits Gin and Vodka;
Boatyard Gin and Vodka Refill Pouches;
Match Tonic Water in Floral, Indian and Mediterranean flavours

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All about the bees



We talk bees with two experts who are helping to save them

Avallen calvados is made from apples, and the company's purpose is built on a firm commitment to help save bees from the many dangers the crucial pollinators face.

On World Bee Day (20 May), we caught up with Avallen co-founder Tim Etherington-Judge and Gill Perkins of the Bumblebee Conservation Trust. We asked why it's so important to raise awareness of bees and all that they do for the planet – on World Bee Day and beyond.

WHY ARE BUMBLEBEES SO IMPORTANT?

GP: For years we've heard lots about the importance of honeybees, which has worked wonders; their populations are, largely, now on the increase. But the bumblebee and other varieties of wild bee have declining populations and if that continues, we'll suffer some rather unpleasant consequences.

Plants and pollinators have co-evolved over 140 million years. As a result there are plants that will only release pollen to the exact vibration of a bumblebee. We know that some of our favourite fruits, berries, beans and pulses are most effectively pollinated by the bumblebee, thanks to its distinctive low buzz and long tongue. The lesson here is, the greater the variety of bees we can encourage and help to thrive, the more fruitful our farms will be.

TEJ: I loved learning about the different types of bee when we launched Avallen. One thing I find fascinating about the bumblebee is that it's so unlikely to sting you. They're so focused on getting to the next plant (and probably drunk on nectar) that they are nearly harmless to us. So never swat a bumblebee away – there's a lesson!



Find out why
**Avallen calvados is a
My Green Pod Hero
at mygreenpod.com**

Find out more

- You can take the pledge to Bee the Change at bumblebeeconservation.org
- Browse or buy Avallen calvados at mygreenpod.com/vendors/avallen

WHY ARE WILD BUMBLEBEE POPULATIONS DECLINING?

GP: Generally speaking, the problem is threefold. Bees started losing their habitats as far back as the second world war, when we lost 97% of our wildflower meadows. That was swiftly followed by urbanisation: more built-up environments, less green, flowery meadows with plenty of nectar. Then agricultural intensification began, which saw the introduction of systemic pesticides which, we now know, come up through the sap and into the nectar – and have a negative effect on the health of our bees.

TEJ: Consolidate all of this with climate change, rising temperatures and lack of food, and it's a perfect storm. The bees that come out at the beginning of the season are the queens – they give birth to that year's colony. If they come out in March and nothing's in bloom or the weather is unpredictable, you don't just lose a queen bee, you lose a whole colony. It's quite a fragile situation.

WHAT DOES A COCKTAIL LIST LOOK LIKE WITHOUT POLLINATORS?

TEJ: First of all, you'd be limited to grain-based spirits, like whisky. There would be no potatoes for vodka, grapes for brandy...

GP: Or botanicals for gin!

TEJ: And when it comes to mixers the situation is even more bleak. No fruit juices for cocktails, no coffee for espresso martinis. And that's before you even consider food. We don't think about how our food gets on to our plate, but there's a whole complex process – and bees are a crucial part of it.

That's what's different about Avallen. We are sustainable by design, starting from the creation of the liquid itself. Our calvados is made from nothing but apples, water and time, and the apples we use are grown in Normandy orchards where artificial irrigation and pesticides are completely banned. The orchards regenerate year after year, creating thriving biodiversity for bees and other winged insects. It's a more traditional method but one that completely respects the ecosystem of the orchard.

SO WHAT IS THE ANSWER?

GP: We know from our recent survey that people don't act to help the bees because they are time strapped, worried about money and scared to commit – so we designed our campaign, Bee the Change, around that. It's a bunch of micro-actions that don't take up time or money, like deadheading flowers more often to give more blooms across the season or leaving 'weeds' like dandelions to grow.

The campaign was meant to run for one year – we're now in year three. By educating, we're driving people to be the change and that's so, so important. And if more companies could do what Avallen is doing, things would look very different in a short space of time.

A WORLD WITHOUT ENERGY BILLS?

Octopus Energy's Michael Cottrell reveals how green power and cleantech could put an end to energy bills for good



Find out why Octopus Energy's Super Green Octopus Tariff is a My Green Pod Hero at mygreenpod.com

Until recently, energy efficiency hasn't been much of a concern for would-be homeowners or tenants. But as two crises have dawned on us – climate and the cost of living – we've been forced to reconsider just exactly what it is that makes a house a home.

It's no secret that the UK has a housing problem; our homes are the oldest and leakiest in Europe. We need to retrofit nearly all 29 million of them if we're to achieve net zero carbon by 2050 – that's the equivalent of 1.8 homes per minute.

When it comes to new-builds, we're constructing too few homes – to frequently dismal standards. Energy bills linger as a constant anxiety in the background.

ENERGY AND THE HOUSING CRISIS

Now more than ever, people want homes that are fit for the future – that can protect them against price spikes and a rapidly warming world. The way we consume energy is at the heart of all of this.



PHOTOGRAPHY ILKE HOMES

Our current system depends on an outdated market built exclusively for fossil fuels – one that’s fuelling inflation and rising interest rates. Just as our extraction of dirty oil and gas is killing our planet, it also makes us politically vulnerable; Russia’s invasion of Ukraine plunged Europe into the worst cost-of-living crisis it has seen for decades.

But if our energy system is fanning the flames of the UK’s housing crisis, it’s also the key to solving it. Right now, we’re on the cusp of a green energy revolution that will transform our lives in every way. How we consume energy on a local level – in our homes – is an important piece of the puzzle.

TAKING CONTROL OF ENERGY

Cleantech is rapidly enabling consumers to take control of their energy use and benefit from lower rates while putting greener energy back on the grid. When electric vehicles (EVs) are plugged in at home, for instance, consumers have the opportunity to optimise their charging to the very greenest times, and at cheaper rates. If controlled intelligently, each car can draw its power at different times to flatten demand on the grid.

Like EVs, domestic low-carbon tech – heat pumps, solar panels and home batteries – is growing exponentially. The real magic happens when you combine these technologies and use smart controls to manage the electricity they import and export.

ZERO BILLS HOMES

We’re now working with house-builders to develop what we call ‘Zero Bills’ homes. Someone who moves into a new-build home kitted out with green hardware (a heat pump, battery and solar) will pay zero energy bills for at least five years – guaranteed.

It works by integrating the low-carbon kit with our tech platform, Kraken, to optimise the power the homes generate and consume, enabling homeowners to import power when it’s cheapest and export it when their solar panels are generating lots of green electrons.

As families move into some of the first Zero Bills homes, we’re working hard to make Zero Bills the new standard – with plans to deliver 10,000 homes across the UK by 2025. In the midst of a global fossil fuel crisis, this is the best way to demonstrate to people that clean energy is cheap energy.

GREEN POWER IS CHEAP POWER

Zero Bills is a world first – but the truth is, it needn’t be. In fact, it’s perfectly straightforward to build green homes with no bills – because green energy is no longer a premium product. Today, the price of renewably generated energy is the lowest ever. A green electron from solar or wind is cheaper to produce than a dirty electron.

But the way our energy system works means that the price of the most expensive power determines the price for all, so it’s harder for the cost benefits of green energy to rise to the surface.



OPPOSITE
A solar roof is installed at a Zero Bills home to help reduce costs for bill payers

ABOVE
Families are now living in the first completed Zero Bills homes at Stanford-le-Hope, Essex

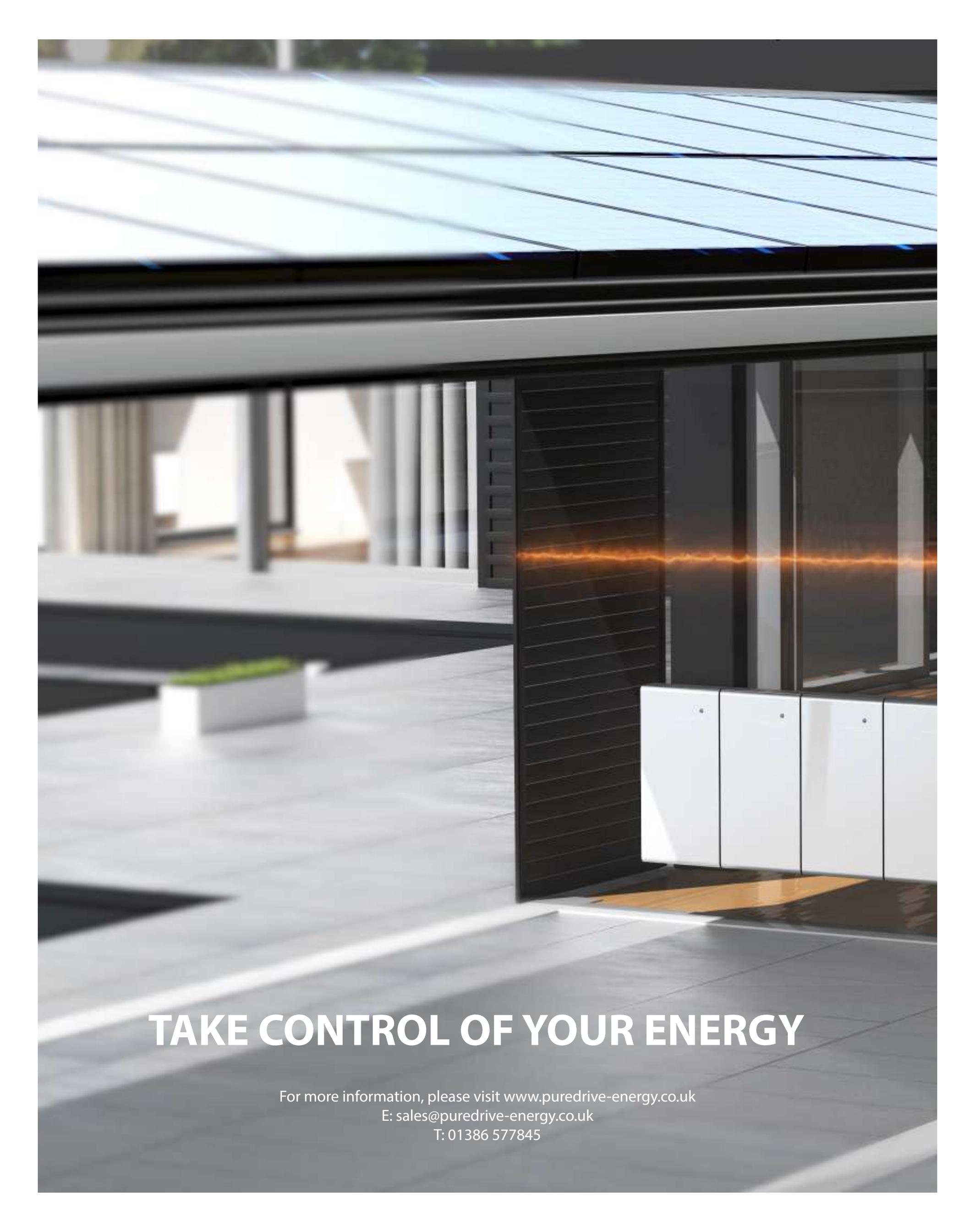
The grid that operates today was designed exclusively around fossil fuels, with people in control rooms switching power plants on and off according to whatever energy humans need. It’s harder to fit renewables into that world, but technology makes it entirely possible. It’s here right now – and if we act fast, it could save us from the very worst consequences of climate catastrophe while driving down costs for consumers.

Humans can be pretty resistant to change. We’re addicted to burning fossil fuels because we’ve built our world – our homes – around doing it. But here’s the thing: when the alternative is quicker, easier and cheaper, humans aren’t so resistant to change after all.

That’s what ‘Zero Bills’ is all about. Greener homes aren’t just good for the planet: they’ll end the worry and cost of bills all together. Now, the rallying call is on developers and architects to build homes which use green tech – and for people to demand them.

Humans can be pretty resistant to change. We’re addicted to burning fossil fuels because we’ve built our world – our homes – around doing it. But here’s the thing: when the alternative is quicker, easier and cheaper, humans aren’t so resistant to change after all.

MICHAEL COTTRELL GLOBAL PRODUCT & PARTNERSHIP DIRECTOR AT OCTOPUS ENERGY GROUP

A modern building with a glass roof and a row of white energy storage units. The building has a dark facade with large glass windows. The roof is made of glass panels supported by a metal structure. The ground is paved with light-colored tiles. A small planter box with green plants is visible in the foreground. The overall scene is bright and modern.

TAKE CONTROL OF YOUR ENERGY

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'COBALT CONSPIRACIES & LITHIUM LIES'

Fully Charged's **Dan Caesar** unpicks the myths around electric vehicle batteries

It seems strange that an independent YouTube channel like the Fully Charged Show is better educated on hot topics like batteries and electric vehicles (EVs) than politicians and commentators, but that's the reality.

In fairness, as time goes on technological advancements (in any number of sectors) are accelerating at a mind-melting rate, so how could a 'generalist' hope to understand what's happening in the here and now, and what it means for the near future?

And that's what politicians are: generalists. People who have to absorb reams of information, and are often parachuted into areas (seriously) outside their expertise.

It's entirely possible that those key policy-makers are hopelessly out of date on matters like artificial intelligence and battery chemistries.

What's more, there are more than a few who are so extensively entwined with vested interests from establishment organisations that it might not suit them to have their finger too firmly on the pulse of new technologies.

On the subject of generalists, journalists are little better – and often worse when it comes to misinformation.

I've been communicating the benefits of 'cleaner' technologies for more than two decades; when I see our specialist subjects (energy and transport) being discussed by politicians or commentators, my mouth is generally agape as I listen to a torrent of untruths.

I think it's safe to assume these inaccuracies are not limited to the topics in which we specialise. A worrying thought.

FEAR, UNCERTAINTY AND DOUBT

The misinformation we have witnessed from the 'mainstream media' in 2023 seems to have plumbed the depths more profoundly than we can recall. We speculate that the surging global demand for wind, solar, batteries, heat pumps and EVs of all shapes and sizes is really rattling a fossil fuel establishment that has had its own way for too long.

We've heard it all before, but the intensity of the FUD (fear, uncertainty and doubt) being pumped into public discourse right now is a reminder of the power of dirty tricks, outright lying, obfuscation of facts and arguably the most insidious of all: the billions spent on lobbying and influence.

We have enough experience to be able to counter all the arguments we hear, but it takes time – and that, of course, is the reason why it is such an effective tactic. The biggest catalyst of change in energy and transport though is obvious: the lithium-ion battery.

THE POWER OF THE BATTERY

An almost accidental investment by Exxon in the early '70s, the lithium (titanium disulfide) battery breakthrough was gathering dust until Sony saw the potential of a similar chemistry for rechargeable lithium cells for camcorders in the early '90s.

This in turn led to a limited-edition EV from Nissan in 1998. Then followed GM's infamous EV1, a model that relied on nickel-metal hydride batteries and in turn inspired Tesla's

Roadster, which reverted to lithium-ion. The rest is history, yet the 'chemistry' of these batteries continues to evolve. In fact, many argue that we are still merely scratching the surface of the battery's potential.

A QUIET REVOLUTION

Much like the rapid reduction of cost and increase in computational power that revolutionised the microprocessor industry in Silicon Valley, variants of lithium-ion batteries have been undergoing a revolution of their own.

Four times more energy dense and 97% cheaper than that early Sony technology, rechargeable batteries have – much like wind and solar – ambushed the fossil fuel industry. What's more, progress continues at pace, and several firms are on the cusp of unlocking batteries that are twice as efficient again.

This is why we've seen battery electric vehicles leap from 80 miles of range to 250, and could easily witness a doubling by the end of this decade. Possibly sooner, much sooner.

The volumes of investment in energy storage are so high that we will likely witness multiple technological leaps in the next few years, and levels of efficiency that might make medium-to long-haul electric aviation a realistic prospect.

IS COBALT A BARRIER TO EVS?

In spite of this fantastic progress, some still prefer to pretend batteries are fundamentally flawed, and spread unsubstantiated bad news about the prospects of an electrified future.

The truth is that while there are many mainstream media hit pieces on the 'availability of lithium' and the 'ethics of cobalt',

USES OF COBALT

- Superalloys, as used to make parts for gas turbine engines
- Airbags in cars
- Mobile electronics, including laptops, phones and tablets
- Catalysts for the petroleum and chemical industries
- Cemented carbides (also called hardmetals)
- Diamond tools
- Corrosion-resistant and wear-resistant alloys
- Drying agents for paints, varnishes and inks
- Dyes and pigments
- Ground coats for porcelain enamels
- High-speed steels
- Magnetic recording media
- Magnets
- Steel-belted radial tyres

EV batteries will last much longer than engines, can be used in buildings after their first life and at the end of their second life can be recycled almost entirely, too. Petrol? No. Diesel? No. We just burn them into the atmosphere and hang the consequences.

DAN CAESAR CEO AND PRESENTER, FULLY CHARGED SHOW

any obsession with individual materials is pointless. There will be many different battery chemistries.

It's cobalt that has invariably been cited as an issue, with deeply emotive images of child labour in the Democratic Republic of the Congo (DRC) often used to inflame opinions and outrage. But the uses (see box) of cobalt pre-dated its use in battery electric vehicles, and those uses will continue long after the electric car market has engineered its way round the need for cobalt.

WHAT ABOUT LITHIUM?

This isn't the stuff of fantasy; Tesla, Ford, Rivian and Stellantis are all using incredibly large volumes of cobalt-free LFP batteries (lithium iron phosphate) right now, and are in the process of phasing out the use of cobalt entirely.

Well, what about lithium? No, it's not all that rare. Yes, scaling up its mining to match the demand for EVs will be a challenge, but not impossible. Yes, sourcing lithium can be 'environmentally destructive', but no, not always; there are non-invasive ways to extract it.

The process of sourcing fossil fuels is much worse; a battery electric vehicle is cleaner than an internal combustion engine (ICE) car after only 16,000 miles on even the dirtiest grid.

WHY BATTERIES ARE BETTER

EV batteries will last much longer than engines, can be used in buildings after their first life and at the end of their second life can be recycled almost entirely, too. Petrol? No. Diesel? No. We just burn them into the atmosphere and hang the consequences.

In better news, cobalt- and lithium-free sodium-ion batteries, as pioneered by the likes of CATL, AMTE, LiNa, Faradion and many more, are already here, and will be in home and car batteries in the next 12 months.

As even politicians and journalists are likely aware, sodium is extraordinarily abundant and cheaper, too. Believe us, this battery arms race is only just starting. Wait until you hear about semi-solid state batteries.

In short, batteries are better, and so are battery electric vehicles. In fact, batteries (and energy storage in general) will lead us to a more resilient, balanced energy system, where we can make greater usage of the planet's finite resources.

Don't believe the cobalt conspiracies and lithium lies that try to tell you otherwise. And ask yourself, if they are this inaccurate on batteries, what else have they got wrong? And are they even worth listening to in the first place? At the Fully Charged Show, and at our Fully Charged LIVE events, we will always endeavour to keep you as current as we are.

Find out more

- The Fully Charged Show has a global audience on YouTube and in 2023 will also have a second channel dedicated to Home Energy, six LIVE events around the world and an international Awards event. Discover more at [fullycharged.show](https://www.fullycharged.show)

COMPETITIONS

We've got our hands on a bunch of prizes from fantastic companies that are doing things differently. We love them all and we want to give you a chance to get to know them, too – so we're running these competitions so you can have a go and see for yourself!

We've hand-picked this selection of green pearls – including sustainable spirits, fantastic festival tickets and everything you need for a sun-safe, bite-free break – to help set you on a path to a lighter lifestyle.

To enter and view any Ts & Cs, visit mygreenpod.com



WIN

MEMBERSHIP TO THE MEZCAL APPRECIATION SOCIETY

One lucky winner will get specially selected mezcal spirits, made by artisans, delivered straight to their door with a six-month membership to the Mezcal Appreciation Society (RRP £150).

Deadline for entries:
15.09.23



WIN

A BOTTLE OF POD PEA VODKA

Pod – a new climate-positive vodka – will give three readers a bottle of its vodka, which is made with 100% British peas. This is a unique spirit that will give a new twist to classic cocktails – experiment with a green take on a Bloody Mary!

Deadline for entries:
22.07.23



WIN

£250 TO SPEND AT MY GREEN POD

One reader will win a My Green Pod shopping spree! The site is packed with sustainable switches to lighten your life.

Deadline for entries: 22.07.23



WIN

A BOTTLE OF BEE-FRIENDLY AVALLEN CALVADOS

Six readers will receive a bottle of planet-positive apple brandy in a revolutionary paper bottle. A certified B Corp and 1% For The Planet member, you can enjoy Avallen without giving the planet a hangover.

Deadline for entries:
01.07.23



WIN

A PAIR OF TICKETS TO VALLEY FEST 2023

Bag a pair of adult weekend tickets - plus glamping accommodation and a pair of legendary Feast tickets - for Valley Fest, the South West's best-tasting music festival.

Deadline for entries: 01.07.23









WIN

GET YOUR HANDS ON THE ULTIMATE TRAVEL BUNDLE, COURTESY OF AWARD-WINNING INCOGNITO

The award-winning ethical travel product specialists at incognito have put together a bundle of everything you need for a sun-safe and bite-free break. These natural products -with a combined RRP of £135 - protect both in and out of the sun, with something for all the family.

Deadline for entries: 22.07.23





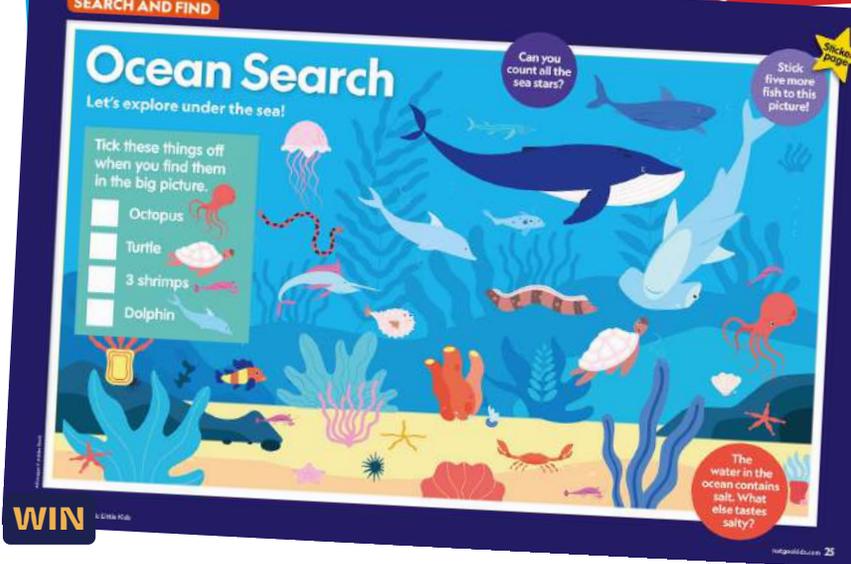


Nurture a love of learning



Little Kids

Brand new magazine! For ages 3-6



Ocean Search

Let's explore under the sea!

Tick these things off when you find them in the big picture.

- Octopus
- Turtle
- 3 shrimps
- Dolphin

WIN

A ONE-YEAR SUBSCRIPTION TO NATIONAL GEOGRAPHIC LITTLE KIDS

National Geographic Little Kids is a new magazine for animal-loving children aged three to six. It's the perfect present to help nurture your child's love of learning and inspire them about our natural world.

Deadline for entries: 01.07.23



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