



## Grow your own – better by miles

Did you know that DEFRA estimate that transporting food is responsible for 25% of all miles covered by heavy goods traffic in the UK, and that doesn't take account of shipping or air freight, all of which adds up to a lot of carbon emissions?

In reality, we are never going to eliminate food miles completely, just as no one individual can save the planet on their own. But we can all take some action, and if we all do a little, then it adds up to a lot.

As one of my actions, I have chosen to grow my own produce where I can. It helps reduce carbon emissions, reduces food miles and plastic packaging, the food is fresher and food waste is reduced as you only pick what you need, or you can share any excess with your neighbours. It is also fun, and something you could do with your children or grandchildren.

It doesn't matter if you don't have an allotment or a large space to grow your own. You can still grow herbs or vegetables in a small space, or a single pot in a window box. Whatever you choose to do, it can only be a positive step for the planet.