



Newsletter 24 – Late Summer 2023

We've been working for four years raising awareness, encouraging discussion, and stimulating practical action. We want to move forward as a thriving, sustainable community that responds positively to the big environmental and social challenges.

Sustainability ideas raised at Village Day

Tips to help your garden adapt to changes in climate –

We will not know what climate change has in store for us but extremes of temperatures and weathers can impact our gardens. So here are a few tips...

- **Mulch, mulch, mulch** ... it really works! Lay a good inch of mulch on to the soil in Autumn/Winter. This helps keep both the soil and plant roots moist and protects them from extremes of water and sun. As the mulch breaks down it also feeds the soil with organic matter and leaves your plants healthier.
- **Water thoroughly occasionally rather than a little and often** – deep, thorough watering reaching the roots will help the plants to become fully turgid and better able to tolerate heat and drying winds. It will also save a lot of watering time.
- **Plant lower growing ground cover plants** – these cover the soil in the same way as mulch, protecting the roots from damage by heavy rain, so the plants are less likely to be damaged from wind and cold.
- **Try not to dig your soil** – bringing up soil from underneath, which is cooler and damper spoils the reservoir held by the soil. The top layer can often look dry and dusty but it's helping to prevent loss of moisture lower down.
- **Keep landscaping soft so water can drain away** – too much concrete and hard paving can mean heavy rain is unable to quickly run away. Use gravel and soft ground cover wherever possible.

Plants that will tolerate more extreme conditions

Drought Resistant Plants			Plants that will survive almost anything the weather throws at it:-
Lavender	Cerastigma plumbaginoides	Sage	
Helichrysum	Phlomis	Salvia	Alchemilla mollis
Euphorbia	Sedum	Rose Nitida	Sedum
Cistus	Echinops	Rosemary	Eryngium
Gaura	Ballota Aster Monach	The Dunwich Rose	Aster Monach

Use less Plastic by substituting your supermarket brands for plastic-free alternatives or refilling them. There are many brands on-line which offer plastic free alternatives to washing products, i.e. SMOL, also plastic free or recycled toilet paper like WHO GIVES A CRAP or NAKED SPROUT any many more. The Country Store here in Marshfield sells refills for Faith in Nature and Ecover products ... so check it out.

ECOVER

Washing-up liquid
 Non-bio laundry liquid
 Wood & silk wash
 Fabric softener and all-purpose cleaners and more ...








FAITH IN NATURE

Shampoo
 Conditioner
 Body wash
 Hand wash



How can we help our insects?

According to research done by the Natural History Museum, our insect population may have decreased by as much as **60%** over the last 20 years.

<p>Insects are essential to life and without them our ecosystem will fall apart. Insects pollinate our plants and are a vital part of the food chain, feeding birds and mammals.</p> 	<p>Try to have something in flower throughout the year so there's always something to eat.</p> 
 <p>Over time you will end up with a vibrant, robust and balanced eco-system in your garden giving you a great deal of satisfaction and pleasure.</p>	<p>Grow a variety of different things - a meal for every appetite!</p> <p>What can we do to help encourage and support our insects & make our gardens a haven for them?</p> <ul style="list-style-type: none"> • Don't use poison • Plant simple, single flowered plants - insects can reach their nectaries
<p>Become more tolerant and have patience. E.g. a leaf curled around a hatch of aphids is a potential meal for ladybirds and hoverflies as long as it is left in peace. It can be a fascinating experiment to leave well alone for a while and wait and see. It renews your faith in nature.</p> 	<p>Have a wild area, even if small, insects need longer grass to hide in and to hatch their eggs.</p> <p>It helps all wildlife to have some water in a garden, even a small basin of water will help something</p> <p>Try not to be too tidy</p> 

STOP PRESS –

We are looking for someone new to join our committee and we would ideally like to attract someone with children at a local school in order to have better contact with children on some projects. Please contact us if you are interested on the correspondence email below.

COMING NEWS -

We will be feeding back the results of our Community Car and E-Bike Questionnaire shortly as well as news about other work done by Sustainable Marshfield.

MARSHFIELD FAMILY HARVEST BRING & SHARE SUPPER - Saturday 28th October -

This is a new event which will be held in the Community Centre from 5.00-9.00pm. Please watch out for more details.

Growing Sustainable Marshfield membership with your help

We want to grow our free membership, connecting up households in and around Marshfield who are interested in taking local action for sustainability. Please encourage friends and neighbours to join.

Email: membership@sustainablemarshfield.org All other correspondence to news@sustainablemarshfield.org

Join the **Sustainable Marshfield Group** on Facebook, like 415 others, to get regular updates.