

# The EXCHANGE and MARRROW

OXTON ORGANICS CUSTOMER NEWSLETTER

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Well, here we are again at the end of another box season. Looking back over the past year and it's successes and failures, "fairly typical" would be an adequate description. The weather, as always, played a significant part but we all seem to be paying a lot more attention since climate change reared it's apocalyptic head. Even the most skeptical among us seem at last to have been dragged kicking and screaming towards the growing realisation that the western model of carbon spewing economic growth offers us at best an uncertain future and at worst disastrous environmental collapse. So what's to be done? Well, like everyone I live in hope that science will ride to the rescue with an ammo box full of magic bullets. Fusion power, bio-fuels, carbon capture, etc., etc. will all, no doubt, have their part to play but the real change we all need to make is to our own attitudes. Whatever the politicians, engineers and boffins cook up, there can be no escaping the fact that it's us that will make (or fail to make) the changes and our forebears who will hopefully reap the benefits rather than the dire consequences. On the plus side The Americans seem at last to be waking from the gas guzzling dream. This is good news indeed, for without America's muscle and dynamic optimism, not to mention their technological expertise, stabilising the climate will remain a forlorn hope. Of course there must be worries about the implications of economic growth in Asia but it shouldn't be forgotten that the likes of India and China are in the process of playing catch-up. No doubt there are those among us who will point the finger eastwards and use third world economic expansion to justify business as usual at home. Well, for what it's worth, here's the Vegman perspective. Once upon a time I viewed my life in terms of cost and reward, usually financial. For example, my recent family holiday in Sicily cost X number of pounds from which I gained Y amount of pleasure. In all, money well spent. This approach is, I suspect, fairly typical of most of us. But what if I were to substitute energy for money? If I'm honest I could have derived equal pleasure (the bulk of which came from doing stuff with the people I love the most) by canceling the flight and doing pretty much the same sort of stuff right here at home. True, I wouldn't have been able to pick up a piece of volcanic lava from the side of Mount Etna or experienced the delight of tucking into a "real" pizza served to me in a real Italian pizzeria by a real Italian in Italy. But so what? I would at least be able to comfort myself with the knowledge that a bit less CO2 had been shoved into the atmosphere as a result of my energy saving decision. Once you get into the energy saving mind set the change from thoughtless energy consumption to what I'll call "energy mindfulness" is relatively painless. Everything we do in our daily lives requires the expenditure of energy. What we eat, how we work, where we travel, what we wear, how many cups of tea we drink! You name it, it's in there! Once you've woken up to this (obvious!) reality it's a tiny step to cutting down on the amount you need to use. This is all horribly preachy I know so I won't go on much longer. But the essence of what I'm trying to say is this. Climate change isn't someone else's problem. It's yours and mine and my children's and your children's and your and my grandchildren's. If we as one species, and as individuals, don't make, to my thinking anyway, these modest sacrifices and start cutting our lifestyle suit to fit our environmental cloth then the survivors will look back on our generation with justifiable scorn.

## **BOXERS BRIEFS**

Just another quick reminder or two:-

**This is the last box of the 2006/2007 season.**

**The first box delivery of the 2007/2008 season will be on Wed 13th / Thurs 14th June**

As always unless you contact us in the meantime we will assume you wish to continue receiving boxes next season. If you have not done so please settle your account ASAP.

**Only customers whose accounts have been settled will continue to receive a deliveries next season**

As they have proved so enjoyable in the past we will once again be holding our annual farm walk and slow food picnic sometime in July so watch this space.

Finally, many thanks for your continued custom and support. I look forward to seeing you all in June. Vegman

## **CLASSIFIEDS** - Entry free to all box customers

**DAVE HALLIGAN ESQ.** - Physician to those worried by Windows. Hardware and software problems diagnosed. Bespoke databases by appointment Tel.07730775085

**PAULS FISH SUPPLIES** - Delivered to your door. Tel. 01472 329583 or 07944373472

**MASSAGE THERAPY (remedial, sports, relaxation and Indian head massage)** - Do you suffer from a bad back, stiff neck and shoulders, general aches and pains, stress? Massage can improve mobility, speed the healing of specific injuries, ease soreness caused by overworked muscles, reduce stress and tension. For further information or to book an appointment, please contact Sally Allen (IIST, IHHHT, MICHT) Eckington. Tel. 01386 751211. Gift vouchers available.

**THERAPY AND COUNSELLING IN WYRE PIDDLE** - Much more than tea and sympathy; a personal journey of discovery or help with specific problems - these can build up to a point where we can't manage on our own. Therapists offer professional objectivity and attuned sensitivity to enable you find vital insights and change your situation. Eleanor, trained in London, has over 18 years of experience and qualifications and has lived and worked locally for 6 years. She is BACP accredited and teaches psychoanalysis, therapy and counselling as well as practising it. The chance to do this work is available and absolutely everything about it remains strictly confidential and private to you. For an initial consultation please phone 01386 550136 or contact [cc-m\\_counselling@tinyworld.co.uk](mailto:cc-m_counselling@tinyworld.co.uk)

**JEFF LYNN - Interior and exterior painting and decorating** - Tel. 01386 792198

**FLADBURY PIES AND SAUSAGES** - Church Street, Fladbury. Prize winning pies, sausages and ready meals. Various high quality meat products, ideal accompaniments for your organic veg. Catering service also available. Tel. 01386 860288

**PINS & NEEDLES - MAKERS AND REPAIRERS OF SOFT FURNISHINGS** - Loose covers, upholstery, blinds and curtains, bed throws, cushions. Alterations. No job too small or too large. Call Sally on 01386 861550

**DUTCH LEWIS' BROADBAND - Music for all occasions** Tel. 01386 553557 or visit [www.dutchlewis.com](http://www.dutchlewis.com)

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**HAWLEY'S EVESHAM HONEY** We don't fiddle with our honey - jarred up straight from our hives in Charlton - deeeelicious!! Only £2.50/lb jar call Elaine 01386 860420 or mail [el@hoho72.fsnet.co.uk](mailto:el@hoho72.fsnet.co.uk)

**GUITAR TUITION** - I currently have three sessions available for one to one guitar tuition on Wednesday nights. I have played the guitar for 20 years & teach most styles for Electric & Acoustic Guitar Relaxed teaching style at a pace that suits the student. I am able to teach from beginners to advanced I offer competitive rates & travel to the student's house at no extra cost. Please feel free to contact me if you need any further information Emile Baird Email - [emilebaird@aol.com](mailto:emilebaird@aol.com) Telephone: 01386 760723 Mobile: 07957 267964

**AROMATHERAPY/INDIAN HEAD MASSAGE** - Experienced mobile therapist. Why not try these gentle effective therapies. Chris Tarplee 07707 675216

**NATUROPATHIC NUTRITIONIST** - Migraine, Skin disorders, IBS, Fatigue, PMT, Anxiety, Insomnia, Arthritis, Heartburn, Weight gain or loss are just a few symptoms that may be addressed through dietary changes. Naturopathic Nutrition can treat people with all manners of health problems whether they be, physical, mental, emotional, chronic or degenerative states. For a friendly chat and booking, please call: Fiona Waring 013862 67964 / 76072307957 [fionawaring@aol.com](mailto:fionawaring@aol.com)

**JAMBO! SOUNDS OF AFRICA AT THE BECKFORD BIG SING** Sunday 25<sup>th</sup> February 2007, 2pm-5pm. Hot rhythms and sublime harmonies from Africa. Be you seasoned singer or absolute beginner...all voices are welcome to come and join the singing at this monthly community event. No music knowledge necessary as all songs taught by ear. Workshop led by Hilary Davies and Alice Robin. Beckford Village Hall, Main St, Beckford GL20 7AD. £10 pre-booked, £12 on the door. Details: Hilary 01386 751206 or Alice 01386 882 889. Forthcoming dates: 25<sup>th</sup> March, 22 April, 2pm-5pm Sunday afternoon.