

the 2009

green guide guía verde



My Garden of Eden
by Chris Stewart



Getting to the
bottom of peak oil



A green day out...
by train, of course

organic and sustainable providers in Andalucía
proveedores orgánicos y sostenibles de Andalucía



Don't get blown off course!!!

Take a look at the back cover

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Sustainable design

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By Sara Oker, Green Guide editor
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I am delighted to welcome you to the second edition of the Green Guide published by Luke Stewart Media S.L. We are living through extremely harsh economic times, that are taking their toll on us all. So, I would like to take this opportunity to thank all our advertisers, large and small, for their support. Without you, the Guide wouldn't exist!

But, despite the odds, the organic sector continues to be a growing market as is proved by the diverse list of growers and suppliers featured in the Guide.

I moved here from London 17 years ago, where I took organic and ethical shopping for granted. So I was astonished to discover I couldn't buy, fresh, healthy organic food easily in Andalucía. But times have certainly changed. Today, there is cause for celebration because not only is there more awareness of healthy eating here, but also of fair trade, exercise and environmental issues.

I hope this edition of the Green Guide - with over 1000 entries from all over Andalucía - will be an asset to enable you to find and support your local organic providers and other valuable service providers.

Me alegra mucho daros la bienvenida a la segunda edición de La Guía Verde de Andalucía, publicada por Luke Stewart Media S.L.

Estamos viviendo unos tiempos económicos muy duros, y estamos sufriendo todos. Por lo tanto, me gustaría dar las gracias a todos nuestros anunciantes, grandes o pequeños, por vuestro apoyo. Sin vosotros no existiría La Guía Verde.

Sin embargo, y a pesar de la actual coyuntura, el sector orgánico sigue siendo un mercado creciente, un hecho probado por la amplia lista de cultivadores y suministradores presentados en La Guía Verde.

Me mudé aquí desde Londres hace 17 años, donde daba por supuesto la compra orgánica y ética. Así que me quedé asombrada al descubrir que no podía comprar fácilmente comida fresca, sana y orgánica en Andalucía. Pero es cierto que los tiempos han cambiado. Hoy en día hay motivos para celebrar porque no solo hay más conciencia de la importancia de comer sanamente, sino que también hay conciencia del comercio equitativo, de hacer ejercicio y de temas medio-ambientales. Espero que esta edición de La Guía Verde, que contiene más de mil listados de todas partes de Andalucía, sea útil y que podáis encontrar y apoyar a vuestros productores orgánicos locales y otros muchos proveedores de servicios importantes.

From Jon Clarke, Green Guide publisher
jon@theolivepress.es



Welcome to our second edition of the Green Guide, Andalucía's only comprehensive guide to local organic and sustainable providers. Despite the massive economic downturn it is amazing to see so many companies bucking the trend and thriving. Much to do with an urgency to protect the wonderful, yet massively endangered, region we live in, many people are turning to more sustainable forms of living.

Now, as the message finally spreads about climate change, it becomes more and more important that we look after the region's environment. The Green Guide hopes to link people who feel the same way.

Bienvenidos a la segunda edición de La Guía Verde de Andalucía, la única guía comprensiva de todos los proveedores locales de productos orgánicos y sostenibles. A pesar de la crisis económica es sorprendente ver tantas compañías que van en contra de la tendencia y que prosperan. Conscientes de la urgencia de proteger la región maravillosa, además de estar enormemente en peligro, donde vivimos, mucha gente adopta maneras de vivir más ecológicas. Ahora, mientras por fin el mensaje sobre el cambio climático se difunde, es cada vez más importante que cuidemos el medio ambiente de la región. Es el objetivo de La Guía Verde unir a la gente que piensa igual.

Welcome / Bienvenida

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Spain's organic and green energy sectors provide a regular supply of good news stories.

The country has taken over from Italy as Europe's largest organic producer mostly thanks to Andalucía, which is now dedicating 784,000 hectares of land to organic farming.

Although most of the produce is exported to northern Europe, the number of outlets here is increasing and many of the larger supermarkets now have an organic section.

Organic farmer Francis Cobo is doing well. "My aim is to sell my seasonal produce as locally as possible, which means it works out cheaper."

The Junta de Andalucía works hard to promote organic farming and has recently engaged the ethical bank Triodos to provide affordable and accessible credit to those farmers prepared to "go green."

Triodos bank, founded in Holland in the 1980s, and in Spain since 2004, has backed various businesses such as re-forestation company Maderas Nobles which aims to plant one million new trees.

In fact, several Andalucía-based firms have teamed up with this innovative company to put part of their profits into tree-planting schemes that not only offset carbon emissions, but also hold water in the subsoil. This also helps to cut down on erosion, which is an enormous problem in southern

Andalucía: top of the 'green' league

By Sara Oker



Blazing success - World's largest solar tower near Sevilla

Spain.

Founder Juan Valero is a real pioneer. He set up in 2000 to single handedly re-forest and re-educate Spaniards about these issues. They now have clients such as Volkswagen supporting the project.

Other companies, including Bebés Ecológicos, which provide green products for babies, also has its own sustainable forest in Albacete.

Valero has become a real lynchpin in the efforts to re-forest parts of Spain, by helping to set up a scheme known

as *Responsabilidad*.

"We are one of the few companies offering a way to invest in a sustainable future. Planting trees will be the equivalent of producing steel between the wars - the motor and heart of a new kind of economy."

On another front Spain is also a pioneer in the development and use of alternative energies, with Andalucía again at the fore.

It was recently reported that over 30 per cent of energy in Andalucía comes from sustainable sources, with wind

the primary generator.

On April 18 last year the wind farms in Cadiz alone produced 10,879 MW, (or 32 per cent of Spain's electricity requirement) and on November 24 produced 43 per cent of demand. While it is a contentious issue, the region is going full speed ahead to bring in thousands of new wind schemes, with the government target of 20,000 MW by 2010.

At the same time solar energy plants are opening all over the region. Europe's first parabolic trough solar system, Andasol 1, can be found in Guadix in Almería.

Using curved parabolic reflectors to focus the sun's energy 30-60 times its normal intensity into a receiver pipe, this energy then heats a thermal fluid in the pipe to generate steam to power a turbine to drive an electric generator.

With new additions this year and in 2011, it will be the biggest in the world.

One of the most exciting developments is at Fuentes de Andalucía, near Sevilla, where the Abengoa plant has the world's largest solar tower and provides energy for 10,000 homes.

The alternative energy sector is now a booming market despite the current economic climate, with Spain leading the way in new developments in wind, biomass, and solar energy. A good news story indeed.

polémico, la región se dirige a toda marcha hacia la creación y explotación de miles de nuevos aerogeneradores. La meta del gobierno es llegar a la producción de 20.000 MW para el año 2010.

Al mismo tiempo se están abriendo plantas de energía solar a lo largo de toda la región. La primera parabólica solar europea, Andasol 1, se encuentra cerca de Guadix en Almería. El concepto se basa en la utilización de reflectores curvos parabólicos que enfocan la energía solar de 30 a 60 veces su intensidad normal. La energía es enfocada sobre una tubería receptora calentando fluidos térmicos a fin de generar vapor que a su vez hace funcionar una turbina de generación eléctrica.

Existen planes para la apertura de dos plantas en 2009 y 2011 que convertirán el sistema en la mayor planta de energía solar del mundo.

Uno de los desarrollos más interesantes se lleva a cabo en Fuentes de Andalucía, cerca de Sevilla, donde la planta Abengoa tiene la torre solar más grande del mundo y suministra energía para 10,000 viviendas. El sector de la energía alternativa se encuentra en una clara fase de expansión, a pesar del actual clima económico, con España liderando los nuevos desarrollos en energía eólica, biomasa y energía solar.

Buenas noticias de hecho.

When Chris Stewart and his wife Annie Exton bought their Alpujarran hill farm two decades ago, it was on its knees and creaking with neglect.

Bone dry and with little vegetation, desertification had come knocking at its door, and its owners faced a constant uphill battle.

Now the property, which straddles a hillside beside the Trevezlez river, has been brought back from the brink of decay.

Through clever use of planting and irrigation and the right amount of animal and plant husbandry, its 70 hectares are a harmonious mix of vegetable gardens, woodland and upland pasture for their flock of sheep.

Speaking modestly of the incredible turnaround, the author of best-selling book *Driving over Lemons*, tells the *Green Guide*: "We are just seeking to have the lightest possible ecological footprint."

"To be honest we have not used the term carbon neutral because we don't really understand the concept. It is very complex and baffling. We only need to go 100kms in our car and we have given off 70 kilos of carbon and that messes things up."

To get around this they only use one car and every time they go out they fill it with recycling material and produce, which they sell to friends in the village.

"We sell some potatoes, eggs, lettuces and broad beans and deliver it to people on the way to town" Chris explains.

"But it would be very hard to



Jon Clarke discovers how bestselling author Chris Stewart turned a corner of Andalucía into a carbon neutral oasis



Back to life: Chris and wife Annie 'greened' their farm over two decades

make a living off it".

They have also worked hard to make the property as cool and insulated as possible, to

cut down on any need for air conditioning.

"We have created our own micro-climate like the Arabs

did when they lived here," explains Chris. "The key is creating shade and using water cleverly and carefully."

"We make sure we use all our grey water in the garden, which is why it is so green around the house."

"All the vegetation ensures that it is so cool around the house we never have to consider air conditioning. We don't even need to have fans, not even for my afternoon nap."

It is a constant battle to make sure things get done: that grey water gets properly used, that everything is well composted and as much as possible is recycled.

"We don't weigh our rubbish and get depressed if it is more than last week. In fact we have fun doing the recycling."

As for the garden, Chris - who has just finished a new book about sailing called *Three Ways to Capsize a Boat* - describes it as his retirement plan.

"It is our garden of Eden and pension, because I have no pension plan as I have not done a decent day's work in my life."

"In our old age we'll be stumbling around here on our zimmer frames plucking fruit from the trees and stooping down for veg."

"And eventually, of course, we both want to be buried under one of the old olive trees."

Chris Stewart's new book *Three Ways to Capsize a Boat: An Optimist Afloat is out now. A larger interview with Chris Stewart to launch the Green Guide 2009 can be found in the Olive Press (www.theolivepress.es)*

Chris Stewart's top tips for going green

- Grow green roofs, which work particularly well on flat roofs. Plants such as *carpo brotus*, *portulackia* and *sedum* work well. "And they have spectacular flowerings in the Spring."

- Erect a pergola on top of the roof to keep the sun off.

- Plant ivy and other creepers to keep direct sun off the walls.

- Use drought-resistant plants and grey water to irrigate them.

- Get a gas fridge, to save electricity.

- Save on water by drinking from your own tap and if you insist on bottled water buy from local companies.

- Have more than one compost heap. They take about five years to be ready so start a new one every few months. "We have at least 20 of them" says Chris. To speed up the compost heap, don't add in soil, but use comfrey leaves and even a bucket of urine every once in a while. "My wife is so keen to make it work she bought me a bucket to pee in for Valentine's Day."

- Get an eco ball for the washing machines.

- Make your own jam out of apricots, strawberries and raspberries, and syrup from pomegranates ("take seeds out, then reduce, reduce, reduce").

- Make your own tea out of orange blossom.

- Save on toilet paper by using your hand (and remember to wash your hands after meeting Chris).

Pasa a la página 7

Como reclamamos el paraíso

Quando Chris Stewart y su esposa Annie Exton compraron su finca en la ladera alpujarrana hace dos décadas, la casa estaba de rodillas y crujiendo de abandono.

Más seca que una pasa y con poca vegetación, la desertificación había venido a llamar a la puerta, y los propietarios se veían enfrentados a una constante batalla cuesta arriba. Ahora, la propiedad, que hace puente sobre una colina al

lado del río Trevezlez, ha sido rescatada del borde de la ruina.

Por medio del uso inteligente de plantación e irrigación y la cantidad correcta de cría de animales y de plantas, sus 70 hectáreas son una armoniosa mezcla de huertas, bosques, y

tierras de pastoreo de meseta para su rebaño de ovejas.

Hablando modestamente del increíble giro radical, el autor del libro líder de ventas *Driving over Lemons (Conduciendo sobre Limones)*, explica a la Guía Verde: "Solo queremos dejar la huella ecológica más ligera."

"Para decir la verdad no hemos utilizado la frase 'neutral en carbono', porque en realidad no entendemos el concepto. Es muy complejo y difícilísimo. Basta con viajar 100 kilómetros en nuestro coche y ya hemos emitido 70 kilos de carbono, y eso lo estropea todo." Para evitarlo no conducen más de un solo coche y cada vez que salen, lo cargan con todo tipo de material reciclado y productos, que venden a ami-

FACTFILE

Time: 2.5 to 3 hours

Difficulty: easy to moderate

Equipment: Sun hat and factor 25 sun protection. A stick is handy for the occasional incline or rocky bits. A camera is a must. Water

Train times: Benaoján to Jímera de Líbar: 08.11*; 10.24; 17.09; 20.22 - Jímera de Líbar to Benaoján: 08.23; 13.38; 17.03; 20.11* Single fare: 1.60 €
* Weekdays only

Places to eat:

Asador El Muelle, Estación de Benaoján, tel: 952 167 508
Bar Alliolí, Estación de Jímera de Líbar, tel: 635 668 132 - closed Tuesdays
Bar Cantina Estación, Estación de Benaoján
Café-Bar Stop, Estación de Benaoján, tel: 952 167 142 - closed Saturdays
Hotel Molino Cuatro Paradas, Benaoján, tel: 952 167 129
Hotel Restaurante Molino del Santo, Estación de Benaoján, tel: 952 16 71 51
Restaurante Quercus, Estación de Jímera de Líbar, tel: 952 18 00 41

Bibliography:

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Dining Secrets of Andalucía, by Jon Clarke, published by Santana Books
Walking in Andalucía, by Guy Hunter-Watts, published by Santana Books

We've done our green day out twice in recent months, in December and in April, and once in each direction. And whatever the season or routing, it's a fantastic way to spend a day. Combining one of Andalucía's most scenic train rides with a fabulous river valley walk and a splendid slap-up lunch, things don't get much better. You are heading to the hills near Ronda and can arrive by train from either Granada or on the coast at Algeciras. British Conservative Party leader David Cameron recently undertook the walk, while staying in the famous nearby mountain town.

In fact, the walk through the valley of the River Guadiaro between the villages of Benaoján and Jímera de Líbar can be done broadly in two different ways.

Either catch the 10.24 train from Benaoján-Montejaque station for the seven-minute train ride to Jímera de Líbar and walk back to your car in time for lunch in one of four different restaurants in Benaoján Estación.

Or you can do it the other way round and walk from Benaoján to Jímera in time for a late lunch in the acclaimed *Restaurante Quercus*, or for *tapas* in nearby *Bar Alliolí*, before catching the 17.03 train back.

Stunning

Whichever way you do it, you'll walk through some of the most stunning scenery around. The fast-flowing Guadiaro, which winds its way through the valley, accompanies you for large parts of this walk, as does the single-track railway line which takes trains from Granada to Algeciras along a picturesque route built by Scottish engineer, Sir Brodie Henderson, at the beginning of the 20th century.

With the sheer limestone mountains of the Serranía de Ronda on one side and rolling hills, lush with vegetation,

What could be better than an eco-friendly train ride and a healthy walk back through a protected landscape, followed by a meal made from organically grown produce? Paul Whitelock describes two options for a green day out - one recently taken by UK Conservative leader David Cameron - in the beautiful Guadiaro valley



Three generations of walkers take a well-earned rest

Our green day out

on the other, this is a really pretty way to get those leg muscles working and your heart pumping.

Whether in the middle of winter when everywhere is still green, or in early spring when the wild flowers are blooming and the trees blossoming, you'll marvel at the beauty of nature. In the summer set off early or late or you'll frazzle in the sun.

En route you might see rabbits, goats and wild boar, as well as pretty butterflies and circling griffon vultures. You'll meet other walkers too, mostly friendly and game for a chat. The last time we did this outing, we met Spaniards from all over Spain, several Germans and some Spanish-looking ladies who spoke perfect English

— they were Gibraltarians, glad to escape the narrow confines of The Rock to enjoy the wide open spaces of this part of southern Andalucía.

Lunch at *Asador El Muelle*, a former railway shed, is a hearty good-value affair, with a wide choice of meats and fish grilled in their wood-burning oven. The meat and fish main courses are generous and are enjoyed by a predominantly Spanish clientele, always a good sign. You escape from here for about 15 euros per head, including drinks.

At the more fundamental *Café-Bar Stop* you can get a hearty three course menu del día for about eight euros, bread and wine included, if you can get a seat. This is a very popular eat-

ing place, run with utter efficiency by the formidable Anita. But note that they are closed on Saturdays.

Even cheaper, but charming nevertheless with its outside terrace on the station platform and a super display of flowers, is the *Bar Cantina Estación*. No menu of the day, but a choice of about ten daily dishes at realistic prices. On Saturdays they have a barbecue with a good choice of meat and fish to whet the appetite. The restaurant at *Hotel Molino del Santo* is another matter altogether. This is high-class dining. Owned and run by Andy Chapell and Pauline Elkin, this place is very popular with locals as well as visitors. So much so that you need to book at weekends. The menu changes regularly and has a good selection of vegetable and salad dishes. The ingredients are largely organic and either home-grown or sourced locally. Top dish is *habitas con morcilla, manzana y beicón*, baby broad beans sautéed with black pudding, apple and bacon pieces. Allow about 30 euros per person, including wine. The hotel offers a special discount of 35 per cent on room rates for *Olive Press* readers booking within three days of their planned stay, if they mention the paper.

Reputation

Another option, a half kilometre's walk away alongside the river, is *Hotel Molino Cuatro Paradas*, which boasts one of the finest dining terraces in Andalucía. But you need to ring first to check that they are serving lunches. In Jímera de Líbar Estación, *Restaurante Quercus*, also in an old railway shed, is the more expensive of the restaurants described here, but it's worth every penny. This place has quickly gained a reputation as one of the top restaurants in Andalucía. Run by local ladies María Luisa Martín and Pepa García, *Quercus* offers a really healthy menu, using ingredients from their own *huerta* or from local farms. There



The Granada to Algeciras train threads its way through the valley while (inset) Tory leader Cameron pictured at Bar Alliolí

are countless specials every day, and lots of vegetarian options. Try the *timbale* of baby broad beans and avocado with a *carpaccio* of langoustines and roasted cherry tomatoes and crispy slices of young leeks. A full meal with wine is about 40 euros a head.

Another interesting but cheaper option is the village bar right by the station. *Bar Alliolí*, now run by Englishman Paul Darwent and his Danish wife, Synnøve, this locale is loved by the villagers, as well as being popular with walkers on a budget. A wide range of excellent *tapas* is always available, as well as tourist information. It was here that the UK's probably future prime minister David Cameron ended up recently after taking the walk with his family.



The lovely shady terrace at the Hotel Molino del Santo

So that is "our green day out". The walk is highly recommended and so is the food, whichever direction you go in and wherever you choose to eat. Enjoy!



The pretty station at Benaoján, little changed for decades

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gos del pueblo. "Vendemos patatas, huevos, lechugas y habas y los repartimos a la gente camino del pueblo. "Pero sería muy difícil ganarse la vida de eso."

También han trabajado mucho para convertir la propiedad en un lugar tan fresco y aislado como sea posible, para evitar la necesidad de instalar aire acondicionado.

"Hemos creado nuestro propio microclima como hicieron los árabes cuando vivían por esta zona," explica Chris. "Las claves son crear la sombra y usar el agua con inteligencia y con cuidado."

"Aseguramos que usamos todas nuestras aguas residuales en el jardín; eso explica porque todo está muy verde alrededor de la casa."

"La vegetación significa que siempre hace tanto fresco dentro de la casa que nunca tenemos que considerar poner aire acondicionado. Tampoco nos hacen falta ventiladores, ni siquiera para que yo pueda echarme una siesta."

Es una lucha constante asegurar que todo se hace: que el agua residual se usa correctamente, que todo se composta adecuadamente y que todo lo posible se recicla.

"No pesamos nuestra basura y no nos deprimitimos si hay más que la semana pasada. En realidad nos hace ilusión el proceso de reciclar."

En cuanto al jardín, Chris, que acaba de terminar un nuevo libro sobre el tema de la vela, llamado *Three Ways to Capsize a Boat (Tres métodos de zozobrar un barco)*, lo describe como su plan de jubilación.

"El jardín es nuestro Edén y nuestra pensión, porque no tengo ninguna otra por no haber hecho ni un día de verdadero trabajo en mi vida."

"En nuestra vejez tropezaremos por aquí en nuestros andadores arrancando fruta de los árboles e inclinándonos para recoger verduras."

"Y por fin, desde luego, los dos queremos ser enterrados debajo de uno de los olivos."

Restaurante "EL MUELLE"
ASADOR

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The current recession is of huge benefit to our planet. But while the slowdown is giving the environment a short term breather, the damage is still being done.

One of our main concerns is the concept of 'peak oil', which is the point in time when the maximum rate of global petroleum extraction is reached and production enters a terminal decline.

Over the past 100 years, those of us living in the West have developed lifestyles that would be impossible to sustain without cheap and abundant oil. And it is not just for our cars and planes. Oil is vital for the mechanical farming methods that produce our foods, the lorries and, depressingly, the planes that transport it, the factories that process it, and finally the methods by which we cook.

Degradation

But we are going to have to get used to living without it, as while most scientists predict we will reach 'peak oil' in the next five years, bank Goldman Sachs recently claimed we may have already reached it.

The problem is that today's global economy is almost five times the size it was half a century ago. This has come at the expense of the degradation of 60 per cent of the world's eco-system. If the predicted 2050 population of nine billion aspires to affluence, the global economy would need to be 15 times bigger than today's. Regardless of ecology or ethics, this is not possible.

The crisis will start when producers are finally unable to supply the 30 billion barrels of oil required annually. Without them, the global economy will face extreme stress, with a



There are many ways we can prepare ourselves for the arrival of 'peak oil', explains Larry Buckle

The route down from the peak

sudden rocketing of oil prices. The West will no longer be able to function as it currently does. The

renewable energy sector will ease the situation but nothing has been found to replace the power of oil. In 1956, Marion King Hubber, a geologist, predicted that US oil reserves would reach peak production in the 1970s and subsequently decline. At the time, the government and oil industry rubbished this claim. Today, however, it is a fact, and as a result, the US now imports large quantities of oil to meet demand.

Nowadays most oil producing countries are facing peak production. While many (alongside their oil company friends) often exaggerate the level of their reserves, the writing is on the wall. The issue of 'peak oil' should not be confused with the amount of oil remaining underground, with huge quantities still available, yet difficult, or politically complicated, to

reach. The technology is constantly improving to extract these reserves, yet that is not the real issue: we are using more oil than future supplies will provide.

The problem is further emphasised by the industrialisation of China and India, with their vast populations aiming to develop lifestyles requiring huge amounts of energy. This, if not somehow avoided, will almost certainly tip the globe into a disastrous spiral of warming, faster than most scientists already think.

Looking at the positives, ordinary people have the power to create real change, with many already doing their bit. Living in Andalucía, we are in one of the world's hot spots for sustainable energy. But we could easily provide much more energy from sustainable sources than the current 30 per cent.

There is certainly no reason why solar farms could not be sited on the roofs of urban buildings, with the cities requiring far more energy than those living in rural areas.

The climate and terrain of Andalucía is also perfectly suited to small scale food production. It also benefits from an army of experienced elderly growers, who are only too happy to impart their local knowledge.

Full employment could be pursued by encouraging local craftsman rather than imported goods, reversing the damage of soil erosion from heavy-handed agricultural practices and the creation of many new jobs to help alleviate the impact of previous damage. Education and democracy need to be central to any change, with ordinary people key to the decision-making process.

Unable to cope

Sadly though, our economic and political systems (the vast majority of politicians and mayors included) are unable to cope with the realities of the new post-industrial world. We need to accept that the current crisis is not temporary, but an ongoing and long-term symbol of morally-unsound behaviour.

Global leadership, ill-equipped at the best of times, is trying to use the remedies of the last century to cure the problems of the 21st Century, a tactic that is unlikely to succeed. Things will soon inevitably change and it is up to us not to succumb to the misguided arguments shrouding the current debate. Having an idea is not naive and aiming for a better society is not doomed to failure.

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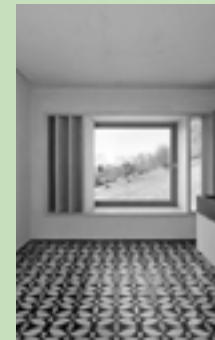
SUSTAINABLE DESIGN IN ANDALUCIA

Terra Firma Projectos, established by Francis Corr, an environmental engineer, is a sustainable design consultancy based in Andalucía.

"We are currently working on a range of eco-tourism projects across Spain, from larger hotels to intimate lodges, and residential rural projects. The demand and interest is ever growing which reflects a broader public awareness.

"We have a specific goal to produce the highest quality finishes with styles that range from vernacular rustic to minimalist modern." Working with a network of foreign and locally based architects who specialise in their respective fields, from straw-bale to rammed earth, and studied in the German "PASSHAUS" building systems, Terra Firma Projectos is intent on modernising the perception of sustainability.

"I often prefer to remove the tag 'sustainable' to simplify the concept for potential clients. A client should expect a home that is designed, and as importantly, constructed to the highest standards that is durable,



efficient and healthy (non-toxic) for an equivalent price or less. People should not have to compromise on any aspect of their dream home or project."

The key to any process, is making informed decisions, so please feel free to contact us for a chat about the possibilities for your project.

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LIVING SUSTAINABLY IN A SEMI-ARID ENVIRONMENT

Volunteers travel from around the world to work at the fascinating experiment Sunseed Desert Technology, a small charity based in Almería.

Now well established, the group is developing exciting methods to show that it is possible to live sustainably in a semi-arid environment.

Based in four houses, there are seven departments, looking into different aspects of sustainable living from 'appropriate technology' to 'eco-construction' and from 'dryland management' to 'mycorizal research'.

As well as investigating all types of solar and wind energy, they are also working at replanting native plants in the harsh dry environment using clever irrigation methods.

They are experimenting with new types of compost toilets and using urine as a fertiliser for plants.

For more information visit our website www.sunseed.org.uk



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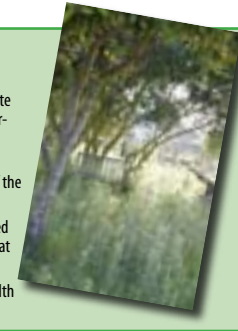
ECO-CHIC RETREAT

Owner Tanya MacRae has succeeded admirably in turning a 10-acre plot inside the Marismas del Barbate natural park into a delightful, sustainable, low-water-use escape called El Sueno.

Dubbed 'a cool, eco-chic country retreat' it is nestled inside a valley in one of the most untouched areas of the Costa de la Luz.

It offers guests four beautifully restored houses, based in beautiful and spacious surroundings, in an area that covers over eight organic acres.

Minutes away lie miles of golden beaches and a wealth of activities - it really is the perfect holiday retreat.



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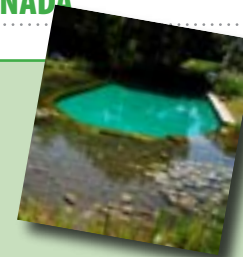
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Edwin Spijkers, founder of Generator-Electrico, this year's Green Guide sponsor, moved to Spain when he was nine years old. Originally based on the coast, his family then moved to a spectacular 1000 hectare *finca* just outside the historic town of Ronda. Although they had mains electricity they set about becoming self-sufficient in power and running their *finca* on a combination of solar and wind power, even making their own biodiesel to run their tractor and cars. Thus began Edwin's fascination with renewable energy. He set up the Generator-Electrico.com online shop and over the years he set up many independent power systems around Andalucía, with the growing demand for all types of renewable energy products. Edwin also problem-solves and corrects faulty set-ups done by other firms.

Edwin aims to provide high quality products that meet all



the safety and technical standards at an affordable price. He does this by importing them directly from the manufacturer and therefore cutting out the middle man. He wants to make available all the more unusual energy-saving devices, like solar cookers and

other gadgets that aren't available from your average provider. In fact over the years his company has become one of the largest independent distributors of the better known brands, starting to supply neighbouring Portugal and even the UK. He is particularly keen to sell

solar kits so people can easily install their own renewable energy source, without having to pay an expensive installation fee.

"It's actually much easier than people think to install this type of equipment and once people realise this, they then want to try some of the other renewable energy products available. Here in Andalucía we're lucky to have lots of uninterrupted sunshine and depending on where you are, wind as well. And the best thing is, it's completely free."

To find out more go to www.generator-electrico.com.

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Con sus plantaciones, que ocupan 900 hectáreas de terreno, y donde crecen 70.000 árboles maderables y más de 400.000 de restauración de bosque mediterráneo, MNSS ofrece a la sociedad un producto de ahorro alternativo que aún importantes beneficios medioambientales, sociales y económicos.

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"Money doesn't grow on trees! Unless you work in the timber-growing bussines!"

Financial Times, October 2008

"The consumption of timber products will increase by 60% in the next 25 years." *GfRA 2005*, Memo to the United Nations

"The acquisition of forest by large investment companies has increased significantly in recent years. Stable yields and low correlation with traditional activities justify this interest." *Standard & Poor's*, August 2007

"Spain import 50% of the forestry products it uses. There is a great opportunity for those who decide to improve the quality of forest and sawmills." *Stefan Nolte*, Quality and Finance Director MNSS

"We are facing a period of major change. Investment in forestry is going to be a major tool in the new era. Planting trees will be the equivalent of steel manufacturing in years between the wars" *Juan Valero*, founder of MNSS



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