

the olive press

green guide

2010

**Organic and
sustainable
providers in
Andalucía**

'My life as a Woofer'



**Cooking up a
sizzling solar feast**



**How to cool your
house this summer...
WITHOUT air con**



**Chris Stewart: How
my green roof
survived the winter**

Organic Andalucía just got better

Plus our Top 15 green retreats in Spain

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welcome to the third edition of the green guide

From Publisher Jon Clarke

IT is a pleasure to be publishing another annual Green Guide – our third – particularly in the depths of the worst recession Spain has ever seen. While we are extremely busy working on our sister publication the Olive Press (www.theolivepress.es), it is important to all the team to work on and promote what we love best about Spain: its natural beauty.

The country is quite simply the most diverse in Europe. And while developers and politicians have had a good go at ruining large parts of it, you can thankfully still escape to various areas of near wilderness, as Greenpeace boss Juanjo points out on page 42.

It is not for nothing that bears, lynxes and golden eagles are still around in pockets of the peninsula.

We hope the *Green Guide* gives you some ideas, tips and inspiration for the year ahead. And thanks to all our advertisers.

Yours,
Jon

From Green Guide editor Sara Oker

DESPIITE the deepening economic crisis, this year the Green Guide has gone even bigger and better – it even got its very own website www.greenguidespain.com.

This clearly reflects the ever-growing interest in alternative technologies, food sources, and lifestyle choices.

In these tough economic times, it seems, people are looking for real alternatives to their staid and unsustainable lives. And apparently, they are prepared to pay that tiny bit extra in order to get it.

Several organic markets have sprung up both along the coast and inland, here in Andalucía, and the renewable energy sector continues to flourish as people realise that investing in renewable energy makes sound financial sense.

The Junta may be making errors in some places (over the Algorobico in Almería, or down in Vejer, for example, permitting new construction on virgin El Palmar beach), but it is also actively promoting organic producers and suppliers with a system of grants and incentives.

Although times are indeed extremely tough new companies are still setting up with an alternative agenda as their goal.

This year's guide reflects the range of innovative and interesting services and products now available in Spain.

We hope you enjoy it,
Yours,
Sara

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Front cover shot of organic peas by Gabriella Chidgey and on this page, Kenton Smith's wind turbine. See more of his work at www.imagenary.co.uk

Oranges, olives and dirt: an eco-holiday in Andalucia

Fancy a holiday without the packaging? Volunteering on organic farms as a Woofer is a great way to travel and experience green living, writes Tom Mellors



WHEN I tell friends that I recently spent a month volunteering on organic farms in Spain, doing strenuous physical labour on a daily basis, they usually stare quizzically before asking: "What's wrong with you?"

After all, anyone who has met me will know that I am not the most physical person in the world – or for that matter, my family – and the idea of me labouring under the hot sun tends to raise a few smiles, if not bursts of laughter.

So why would a weedy university graduate spend four weeks volunteering on organic farms in the south of Spain? I volunteered through WWOOF – World Wide Opportunities on Organic Farms – in order to find an answer to a question that had been running through my head since I first heard about the organisation: How do people live sustainably in a world which seems more and more dependent upon supermarkets, big utilities and government for everyday life?

With this question in mind I arrived at Finca Topo, my first host farm in the mountain valleys of Malaga province. The word 'finca' literally means 'farm' in Spanish, but often refers to a small country property. Finca Topo was owned by a local teacher called Toni, who lives with his son on the side of a mountain. I knew this would be a challenging experience: Toni spoke no English and I could only speak basic Spanish, which



BENEFITS: *I was staying for free in a place where I could see only mountains*

meant we communicated through wild gesticulations of our hands when verbal language failed us.

The challenge multiplied when I learned there was no hot water for showering because the boiler was broken, and that my bedroom was freezing cold every night. After a few days however, these concerns seemed less important. I was staying for free in a place where in the distance I could see only mountains, dotted with the occasional whitewashed finca and every night I fell asleep to the sound of the Rio Grande in the valley below.

It wasn't all about beautiful scenery though. I was there to help out on the farm, and Toni soon had me doing backbreaking labour in the too-hot-for-November sun. I picked up rocks on land needed for

cultivation, hoed the weeds from around a grove of orange trees, and helped to irrigate the vegetable patches with plastic water pipes.

Toni had rigged up his irrigation system by collecting water from the mountains in a small reservoir – about the size of a swimming pool – above his house. The water was then fed down to the vegetable patches and trees below.

Toni's dedication to sustainability affected every aspect of the family's life. Almost all of the food we ate came from his farm and everything else was from other local organic producers.

The water we drank came from a local spring, and even the house was heated by a highly-efficient wood burning stove, fuelled by pruning olive trees on the farm.

One of the best ways to boost your environmental consciousness is to sit in your favorite outdoor reading spot and peruse some of the best books focused on eco-friendly life here in Spain. From suggestions about organic gardening, to tips on how to travel in a sustainable way, these books can help kick-start your own green lifestyle.

A right riveting read

Green Earth Guide: Travelling Naturally in Spain, by Dorian Yates

This book will help you deal with the constant challenge of how to stay green while you are traveling away from home. Focusing especially on Spain, it provides clear and practical options for green places and services of interest, such as eco-friendly businesses, local and organic foods, national parks, and public transportation

Green Places to Stay: From Beach Huts to Eco-Chic Hotels, All Over the World, by Richard Hammond

Looking for environmentally and socially responsible places to stay? This guide provides options around the world, including several eco-friendly spots in Spain. Whether you're looking for a rustic tree-house or an organic farm, Green Places to Stay has the information to match your budget and desires

Your Garden in Spain, by Clodagh and Dick Handscombe

Written by two gardeners who have lived and travelled in Spain for over 20 years, this guide will help your garden flourish in the variable Spanish climate, whether you are planting on the coastal plains or the inland regions. The book includes practical information for growing flowers, fruits and vegetables, as well as creative ideas for designing your garden

Mediterranean Kitchen Garden: Growing Organic Fruit and Vegetables in a Hot, Dry Climate, by Mariano Bueno

With an emphasis on growing your own food, this book is a great resource for using Spain's often-arid soil to grow everything including fruits, vegetables, medicinal plants, and aromatic herbs. Translated from Spanish,

How do people live sustainably in a world which seems more and more dependent upon supermarkets, big utilities and government for everyday life?

Every scrap of uneaten food was composted and fed back into the earth when fertilising the vegetable patches and fruit trees. This meant that Toni lived a virtually waste-free life, with the majority of his rubbish either being recycled on the farm - in the case of food - or sent out for recycling - in the case of paper, plastics, etc.

Following my stay with Toni I headed east to Granada province to volunteer on my second finca. This time the owners weren't Spanish, but an Austrian family living in the unusually cosmopolitan and somewhat 'alternative' town of Orgiva. Like Toni, Sophia lived alone with her daughter and balanced running her small farm with a full time job as a homeopath. She desperately needed someone to help with the olive harvest and I had apparently arrived in the nick of time. The olives were just beginning to turn and the wind had already scattered hundreds across the farm.

Before arriving in Orgiva I knew very little about olive picking, except for holding a few romantic images of old Spanish farmers leisurely plucking olives from trees. I was in for a shock. I never imagined that it could be so hard. "Just shake the tree with the bamboo stick," Sophia said, "and then pick up the olives from the nets." Sounds easy enough I thought, but it turned out that waving a bamboo stick about in a 20ft high olive tree for six hours a day is about as exhausting as it gets.



PAY OFF: Hard work, but I ate some of the freshest food I had ever tried

Despite my neck, arms and back aching like I'd been stretched in a medieval torture device, I persevered until the end of my stay. I left Sophia with 20 litres of olive oil to see her through the year. In my four weeks volunteering on Spanish farms I worked the hardest I've ever done in my life, but I also ate some of the best and freshest food I've ever tasted. I picked lettuce from the soil and made fresh salad, tasted the wonderful aromas of organic olive oil from trees just a few feet away,

and ate exotic sub-tropical fruits which had been picked only a day before. I also found an answer to that question which had running through my head: How do they do it? The answer came as no surprise. Hard work, a love for growing good food, and a desire to make a positive difference in our increasingly fragile world.

For more information visit www.wwoof.org

Organic revolution

By Jon Clarke

THE news became official last summer. Spain is leading Europe for the production of organic agriculture, with 1.25 million hectares certified as organic.

There is quite simply no excuse, any more, to be forced to eat genetically-modified or chemically-treated fruit and vegetables, here. And fortunately, many of the region's restaurants have woken up to this fact. Chefs such as Stefan Crites at Al Lago in Zahara de la Sierra, was shocked to discover so called fresh lettuces being kept in a cupboard under the cooker when he took over his restaurant. "These days most people demand decent fresh produce," he told me.

Over at La Costa in Almeria, it clearly hasn't won its Michelin star for its meat or fish, but for its amazing selection of fabulous fresh vegetables, in particular the great local raf tomatoes (see below).



One step better is the large organic vegetable garden of Fernando Cordoba at his benchmark restaurant El Faro in El Puerto de Santa Maria.

Then there is Arrieros in Aracena, Gadir in Vejer, Meson La Molienda in Benalauria, Venta Molina in Casares and La Casa Grande in Alpandaire. They all use local, organic produce.

But everywhere I went in Andalucia to research for my book *Dining Secrets of Andalucia* I found young and enthusiastic chefs planting their own vegetable gardens.

Some of them, such as Wes Somerville at El Limonero in Orgiva took inspiration, and even picked wild vegetables and spices along his track on the way to work.

A favourite choice, without a doubt, would have to be Caserio Ananda based at the train station in Gaucin.

Using almost exclusively organic produce, it uses a wood smoke oven, and only orange wood to barbecue with. Finding the place is almost as exciting as when a train steams by. Talking of trains, just up the same line, you will find another well established and fiercely green restaurant, that of Quercus, in Jimera. Run by a charming pair of ladies, it never disappoints and is about as good a secret as you can get.

Get out and get eating!



this guide comes from Spain's top organic farmer and includes tips that only such expertise can provide.

The Green Hour: A Daily Dose of Nature for Happier, Healthier, Smarter Kids, by Todd Christopher

If we hope to truly live the green life, according to the National Wildlife Federation, we need to start teaching our kids to appreciate the natural world. This book suggests children's activities in the great outdoors and encourages parents to give their children a "green hour" every day - an hour in which they can enjoy unstructured play and interaction with the natural

world without the distractions of video games or the internet. Parents, you might not regret trying this new "green hour" philosophy either...

Ethical Living, by Duncan Clark

Advertised as a guide to "going green without the tree hugging," *Ethical Living* gives you the most basic, essential information about which green advice to follow, and which products and companies to support or avoid. Its tips on low-carbon living, responsible shopping, ethical investments, and green energy are applicable in Spain and around the world. This is a useful, and extremely practical book.



"A clean and ethical way of powering the world"

Fossil fuel based energy will become rare and expensive in the not too distant future. Politicians are not warning the people about this problem. Yet there is near unanimity among scientists that the problem is real. This is a worldwide situation and no country is immune.

It is crucial to humanity that we all do our bit to help reduce our reliance on fossil fuel. There are many new ways of generating sustainable clean energy which could be implemented on a large scale. Green Oil Plantations is participating in the efforts to create energy independence by developing plantations of trees that can produce high quantities of crude green oil.

Crude green oil can be used to produce carbon neutral electricity for many generations to come. More importantly it can also help tackle the terrible effects of global warming as trees can absorb large quantities of CO2 every year.

Human-kind faces some very difficult choices. Our beautiful planet cannot support six billion people without fossil fuel. At least not with an acceptable standard of living. Policies that seek to reduce the earth's population may seem draconian, but the alternative is far worse.

The world will soon realize that the era of cheap fossil fuel is ending soon. We may learn of this from political leaders, journalists, scientists, the Web—the sooner the better. Once we accept the existence of the oil depletion problem, we can apply our intelligence and ingenuity toward a transition to sustainable energy.

Iraq has the second largest oil reserves in the world and the most underutilized. No efforts will be spared to exploit this resource.

In ten years the Middle East will be the primary source of oil for the entire world, a world still very dependent on oil. Rapidly exploiting the last of the earth's oil means that the inevitable plunge at the end will be fast.

Are we going to just sit back and watch!?

A global energy technology revolution will be necessary to achieve deep cuts in CO2 emissions. Although extremely challenging, it

A clean and ethical way of powering the world



The world's natural resources are finite. As the population grows, the demand for fuel, energy, food and water has never been greater.

Energy Crisis

Is the world prepared for the eminent global energy crisis?

Are governments acting fast enough to minimize the problem?

The answer to these questions is unfortunately

NO!

also shows that such a revolution is achievable. However, time is short and immediate policy action will be necessary if we are to rise to the challenge.

Many people are surprised to discover that Biofuels have actually been used

for hundreds of years – for transport, home heating, power generation and cooking.

Unlike other forms of renewable energy (like hydrogen, solar or wind), biofuels are easy for people and businesses to transition to without special apparatus or a change in vehicle or home heating infrastructure—you can just fill your existing car, truck or home oil tank with it. Those looking to replace gasoline with ethanol in their car, however, must have a “flex-fuel” model that can run on either fuel. Otherwise, most regular diesel engines can handle biodiesel as readily as regular diesel.

Biofuels can be produced from many biological sources, waste, biomass, and green oil producing trees such as *Milletia* (*Pongamia*), *Jatropha*, Palm Oil, Rapeseed, Sugar Cane and others. You can take advantage of this fast growing market and make money with a clear conscience!

Green Oil Plantations is a dynamic company that believes in ethics, professionalism and commitment to the environment. With the ability to harness commercially viable green oil plantations to create commercial profit, we encourage others to become involved in the green oil sector by investing in our projects.

You can choose from two programmes, a long term where you can receive annual fixed returns of up to 17% for a period of 20 years. If you are not looking for 20 years of commitment, then you will be pleased to know that you can exit any time from year ten and receive your capital back. (There is limited availability in this programme so you will need to act fast).

The second option is our newly launched short term programme where you can receive a fixed return of 80% on your money at the end of year five. What is best, you will receive your capital back at the same time.

This is a truly hassle-free investment and Green Oil Plantations is also pleased to confirm that these programmes offer full protection to your capital by a way of a mortgage debenture or first charge against the company's assets, which includes the unencumbered freehold land title in Queensland Australia.

Your investment can be made with cash or via a SIPP so please feel free to contact us today to find out more. For a full complementary information pack please call Gibraltar 200 50859 or e-mail your request to info@internationalcorporateservices.com



FLYING FOX: Chris's new access path

Chris Stewart on Andalucía's extreme climate, his fabulous 'green' roof and how he is involved in an association to rebuild the old stone walls that collapsed during the heavy rains of last winter



HARDY: His 'tough' green roof

“MY WILD SAVAGE HOME”

THIS past winter has been a winter like no other. The gaggles of old men, the reception committees at the entrance to every village, are still shaking their heads in disbelief.

For not even in 1976, when the rivers rose and washed much of the village of La Rabita and 200 of its inhabitants into the sea, did the rains rain down on Andalucía as they have these last few months.

Everyone has some astronomical figure to bandy about. . . but few can compare with the thirteen hundred (yes 1,300) litres that fell in the High Alpujarras, in just one week this January.

The Alpujarras where I live, is one of the very driest spots in Spain. It may seem, even in the drought of summer, to be well watered and rushing with streams and springs, but this is a consequence of the high snowfields, and the miraculous aquifers deep in the bowels of the Sierra Nevada, rather than rainfall.

In fact, the rainfall in an average year is scarcely greater than that of the Sahara desert.

In spite of what those old folks say about how much greater the rainfall was in the past, it was not.

It has always been dry in the Alpujarras. Look at the houses: they have, in common with the architecture of North Africa, flat roofs. The flat roof is a lot less technically demanding than a pitched roof, also cheaper. . . but it's not a thing you'd want in a rainy climate.

They are not designed for rain and all the roofs leaked. My neighbour Bernardo spent much of the winter sleeping on his back with a bucket clutched to his chest. Every hour or so it would fill up and he would have to get up to empty it.

As it happens, we remained perfectly dry on our farm, a few miles outside Orgiva, as we now have a 'green roof'.

The main reason for the green roof is to insulate the house against the summer heat, which it does very effectively by

providing a dense cover of succulent plants to keep the sun off. It looks good, too, especially when the portulakia and mesembrianthemum are in blossom and hanging in thick colourful tendrils down the outside walls. In winter the extra depth of insulation keeps the warmth in, too.

But the best of it is that the waterproof layer of PVC that you must have to keep the roots from penetrating the concrete of the roof, also keeps the drips out. Our bridge however collapsed in that first

For me the beauty of the Alpujarras is in the juxtaposition of wild savage landscape with the intricate webs of terraces and fields

terrible onslaught of rain at Christmas, as well as the road, the acequia, our water supply, a whole rake of oranges and olives, and some of the fields down by the river.

But it would be wrong to complain; many people were hit a whole lot harder. We have recovered more or less by now.

A week after the loss of the bridge we set up the 'Flying Fox', which consists of a steel cable stretched above the river, and a cunning system of ropes and pulleys to pull anyone and anything across.

To date we have winched in and out six *bombonas* of butano, two sacks (rather poignant this) of chicken feed, 30 sacks of sheep feed, a sofa, and 89 sheep, who, through no fault of their own, got stranded on the wrong side of the river. But to return to my theme: it's not just the architecture of the region that suffers in the rain; it's the geological weft and warp of the hills and valleys, the very fabric of the mountains.

Apparently the Sierra Nevada is very young geologically speaking. This means that when it gets wet it all starts falling to bits: rocks break off and roll down the steep hills; land slips away; the very earth turns to porridge and pours in thick,

sludgy flows down into the rivers.

You can literally watch the process of erosion that in a hundred million years will turn the Sierra Nevada into something resembling the Pyrenees, where all the extraneous muck has been washed from the tops, leaving beautiful bare pinnacles of rock.

This winter, every morning the villagers woke to find yet another stone wall collapsed, yet more terraces fallen away, and the paths and bridges that lead to their lands, impassable.

I hate to see the damage to the man-made landscape, the walls and terraces and ancient roads that are the result of centuries of human ingenuity and backbreaking labour.

For me the beauty of the Alpujarras is in the juxtaposition of wild savage landscape with the intricate webs of terraces and fields. And to walk along the ancient ways, the *Caminos Reales*, among the villages in the valleys, with the majestic backdrop of the high peaks.

Unfortunately, even without the winter rains, this infrastructure has fallen on hard times. And unless real efforts are made

to restore the ancient ways and revive the small scale agriculture that has always nourished these villages, then much of the area's unique beauty will disappear, and people will no longer come to walk in it. With this in mind, we have set up an association called *Campos y Caminos de la Alpujarra*. Still in its infancy but we are aiming to motivate that dying breed of older Alpujarreños who have the ancient skills to teach, and those younger folks who may be out of a job, to get out there and hump stones about.

The idea is that if we can reopen the ancient ways, rebuild the walled terraces, and repair the bridges, then we can give a shot in the arm to the economy.

For the mines have been closed, and there's not a lot of money in mountain agriculture; but what remains is the dazzling beauty of the landscape, the history and the unique cultural heritage. Try as they might, the rains will never wash those away.

Chris Stewart's new book Three Ways to Capsize a Boat is out now. You can find out more about his movements at: www.drivingoverlemons.com

PIONEER: Stewart was one of the first to install a reed pool, here with its giant water wheel



Do you need to get around quickly, quietly and cheaply?

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Most people's idea of a perfect holiday can be found just 15 minutes up the coast from Malaga airport. Yet a 90-minute drive away from the airport will take you to some of the most spectacular scenery in Spain.

Here, I have enjoyed some of the most unspoilt and remote landscapes in Andalucía. Based amid the lovely whitewashed houses of Canillas de Albaida, on the edge of the rugged mountains of the Sierra Tejeda Natural Park, I explored an ancient network of mule tracks and trails that took me through the idyllic region boasting Moorish villages, olive groves and vineyards.

As I travelled by minibus, the winding roads with their sheer drops were enough to make my stomach churn.

The driver was full of confidence and knew every turn well, almost sensing when a car would come round a blind bend and knowing when to brake at the last moment.

On my arrival in the small village, I was greeted by Gustavo, the hotel owner; a flamboyant character who took great pride in running the place.

Forget big hotels. There is nothing more pleasant than staying in a small, family-run establishment. No room the same size, each with a different ensemble of furniture. You are often woken in the morning to the sound of church bells heralding the dawn of a new day.

One evening, before dinner, the bells were rung with gusto as we were told someone in the area had died. In a short space of time, the village square became populated by all the local men, with all the women filling the church. Every one, it seemed, had turned out to pay their respects.

Built among mountains, the houses on either side of the narrow streets are scattered unevenly, yet the views overlooking the countryside made this

In search of the quiet pace of life

way of living worthwhile. The fresh air and the idyllic slow pace of life are perfect for those who want a quiet way of life.

The first day's trekking is always more of a challenge than the others. It's like having to get back to match fitness before the football season begins. My limbs ached even more as I climbed up and down the mountainsides on varying terrain. The paths, carved out over centuries by farmers and locals alike, are a network of trails connecting the villages. Fruit trees were abundant, I loved gazing at the avocado trees growing alongside the orange groves.

When I reached my first village, Competa, I was almost blinded, not by the sunlight, but by the brilliant white paint on each building as they glistened in the sun's rays. With roof tiles made from bright red terracotta, the homes were in stark contrast to the lush green surroundings of the countryside. The slow pace of life seemed a deliberate act. No one seemed to want the hustle and bustle of living in a big Spanish tourist resort. Villages have no shortage of bars, and it is a pleasant and relaxing to unwind with a cold refreshing drink. What's more, there is no better way of topping off a fabulous walk than by enjoying some fantastic food, particularly tapas.

As I meandered along each day, I was often reminded of the history of the Spanish Civil War as I passed derelict buildings that once stored arms and

weapons used during the conflict. It is thought many more weapons still lie undiscovered in the mountain ranges. I even learned that, during the Civil War, protection rackets were rife and travelers would pay money to ensure they would not be sitting ducks from the hidden locations on the mountains where a lone gunman would often lay in wait. The arrival of the Moors in the eighth century brought silk manufacturing to the Iberian Peninsula and these ancient trails remain littered with the historical reminders of those once lucrative journeys across Arabia and into the Islamic heartlands of southern Europe.

Climbing up through these idyllic rural settings, I reached the summit of Cerro Verde (1,346m), a peak similar in height to Ben Nevis. I enjoyed a picnic lunch at the top, enjoying the fresh Andalusian air as I looked out across the limestone landscapes.

It was amazing how quickly I ascended and descended within a short space of time, often gaining a few hundred feet within hours each day. Among the trees and plant life were many vineyards producing fine wine. A few years ago, it was considered that wines from this region lacked the quality of their French counterparts.

However, nowadays, many quality red and white varieties are produced in this area. Unlike other vineyards, the grapes are left to the mercy of the elements and are not watered or tended, giving a rich full flavour.

A lot of them are the famous sweet wines of the Montes de Malaga, a fabulous and fitting end to a great day's walk.

Just a short drive away from the Costa del Sol lies some unforgettable scenery, rich in history, begging to be discovered on foot, writes Mark Davidson



Visit Mark's website at www.markdimages.com

Two bibles for walkers in Spain



Walking in Andalucía by Guy Hunter-Watts

Enjoying and appreciating Spain's natural beauty is an important first step to sustainable living, and this guide – now in its sixth edition – serves as a great companion for that quest. All of the book's walking routes begin in Southern Spain's national parks. Along with detailed trail information, Hunter-Watts gives you the best places to stay and eat closeby.



Hiking in Spain by Stuart Butler

If you're looking to explore other regions of Spain on foot as well, then you may want to consider purchasing this more comprehensive hiking guide published by Lonely Planet. The book has a wide array of excursion suggestions, including short walks and multi-day treks throughout Spain, as well as advice on hiking equipment, health, and safety.



OFF THE BEATEN TRACK: Setting foot high in the hills near Competa



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It's a living miracle

It might seem strange to talk about water recycling after the wettest winter in half a century, but I am afraid it is going to become a bigger and bigger issue.

For the last five years, Andalusia and indeed most of Spain has suffered from a severe and worrying drought that left many regions with water shortages and reservoirs across Andalusia at under 30 per cent full.

While it has just bucketed down for four of the last six months, I am pretty certain that water shortages are soon to return and the issue will get increasingly acute.

When I hear talk about sustainability then, I always think that the first word on everybody's lips should be water.

The person in the street can easily understand water-saving technology. You can apply it easily to every household and it is therefore a good method of communicating sustainability.

You've heard the tips... you can take showers rather than baths and turn off the tap when you scrub your teeth. And then there are water-saving taps, toilets that use a fraction of the water for flushing and basic rainwater traps for irrigation. The problem is that without legislation or grants, no one will pay the additional expense to install them.

So assuming we cannot produce more rain, we can do the next best thing; use our water resources more efficiently.

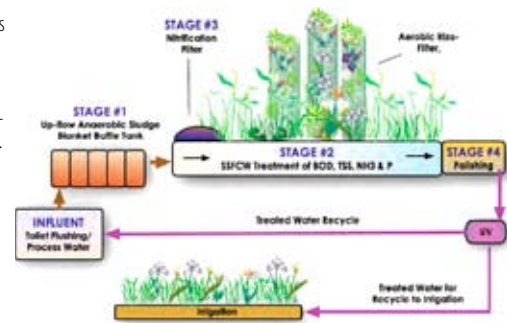
Ultimately a lot of time and money is wasted purifying water to drinking quality and then using it, both domestically and industrially, for processes that could use recycled grey-water.

Grey-water standard can be achieved cheaply and efficiently using a method called 'bio-remediation'. I first learnt about bio-remediation while submitting an application for a European housing competition on a polluted site in Amsterdam.

The chemicals from the property's previous use as a gas works had leached into the soil and were threatening to affect the housing estate to the south. When my colleague suggested using reed beds to clean the site, I sceptically pointed to the long list of contaminants noted in the brief.

"No Problem!" he told me confidently, and handed over the scientific study of the previous de-contamination of the Ruhr valley in Germany.

Our scheme was simple; mechanical rendering of the worst areas to help bacteria neutralise the contamination, then use an enclosed 'Living Machine' for



the second stage of de-contamination. The Living Machine, as it was called, would also conveniently handle all of the domestic sewage, leaving the water in the



RADICAL: A turbo-charged reed bed system, similar to those used to clean pools, while (above) diagram explaining the process

How an incredible invention, the 'Living Machine', can turn sewage into crystal clear water in just four days, writes architect Liam Kellehar

final phase reed beds clean enough for wildlife and nature study groups to use for recreation and washing.

An ingenious invention, a Living Machine is a bio-filter that has been designed to treat black-water, or sewage.

Basically it is a turbo-charged reed bed system, like the ones you sometimes read about for cleaning natural swimming pools, as is the case in the home of *Driving Over Lemons* writer Chris Stewart.

Sewage water passes through a number of tanks, teeming with live plants, trees, grasses and algae, fish, tiny freshwater shrimps, snails, and a diversity of micro-organisms and bacteria.

Each tank is a mini-ecosystem designed to eat and break down waste. And incredibly, the process takes about four days to turn mucky water crystal clear. It's chemical free, odour-free, and compared to conventional waste treatment it costs less financially and ecologically.

The Living Machine was designed by Canadian ecologist Dr John Todd and his wife Nancy, who founded Ocean Arks International, a not-for-profit organisation, in 1981. As well as normal residential use it has so far coped with the effluent from industrial contaminants as diverse as chocolate factories and heavy metals from the jewellery industry.

IN the end, it was even good enough to drink, although the psychological barriers prevented most people from doing this.

I have been trying to encourage my clients around Andalucía of the benefits of the Living Machine for the last three years. But so far nobody has taken the bait.

This may be due to price as they cost tens of thousands of euros, and for an individual homeowner this is quite pricey. But what about the developer behind a dozen homes, or a street of ecologically-minded neighbours? The system could be easily incorporated.

A grant could be given as a contribution for the savings made by not using the normal sewage system.

There is hope however, from a British company Biomatrix Water, which estimates that within a year it will be marketing a similar system from as little as 1000 euros per household.

Until then I will have to concentrate on other water re-cycling systems and keep a look out for that Mickey Rooney moment.

Liam Kellehar, BA (Hons) Arch., RIBA, can be contacted at liam@arquitectos.eu.com or on 690 721 141

CHARMING as they may look, the beautiful whitewashed houses in southern Spain have a nasty habit of heating up in summer. Even if you seal the building properly, insulate it correctly, the minute you start cooking in the kitchen or open the door it rushes the heat of summer. But luckily, John Wolfendale, of green architecture company Eco Vida has a few top tips on how to keep your house cool in the summer.

DESIGN YOUR BUILDING FOR A HOT CLIMATE:

- **Shading** : this is a vital part of a design in a hot climate. Shade as much as possible of your home to the south, where it will receive direct hot sun most of the day, but also to the west, where the sun sets. The westerly sun is harder to keep out due to its angle and it often arrives just as the thermal mass of your structure is more likely to have reached capacity. Shading is vital in the evenings and can include overhangs, blinds, or shutters

- **Special Glazing**: Although this is mostly for keeping heat in, you can now get solar-reflecting glass and solar-absorbing glass to keep away the rays. Beware though: You may lessen your views, not to mention cut down on passive heating in winter. Find a careful balance

- **Thermal Mass**: this is often the excuse for using vast quantities of concrete and is certainly why traditional stone buildings in Spain have such thick walls and usually remain cool in summer. Essentially,

Beat the heat

How to cool a passive house In Spain

the bulky walls absorb the heat allowing you to stay cool inside. This method is entirely reliant on the bulk cooling down overnight

- Look again at your domestic appliances. Are they low in energy consumption and where are they located?

REDUCE HEAT GAIN BY:

- Cooking outside – not a bad idea we have a lot of barbecues in Spain. It also helps to use an extractor fan in the kitchen
- Using energy-efficient lighting and natural light
- People are a major heat source in passive houses so get rid of them, or at least go outside

MAKE YOURSELF FEEL MORE COMFORTABLE BY:

- Moving the air with fans
- Using evaporation techniques such as fountains and dripping walls which work well in dry climates, but less well in humid climates
- Using cool colours: apparently psychologists propose this as a way to beat the heat.



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SIMPLE, BUT CLEVER: A mechanical ventilation system can make a huge difference to the temperature of your house, while (right) a heat exchanger

NOTHING seems more wasteful or futile in terms of climate conservation than turning on the air conditioning. It's too hot so you burn fossil fuels which make the world hotter, possibly forever, in order to make your own little box cooler temporarily. It's like turkeys voting for Christmas. Science has made a lot of progress in the technology of solar cooling. There are a number of technologies which are being researched. There are systems which dry the air with desiccants, systems which dry out salt in a vacuum (solar thermal cooling), and there is geothermal cooling. In Spain there is a cooling system which is flexible enough to cope with the typical spring and autumn weather, which can be too hot one day and too cold the next. But energy efficiency isn't just about science and gadgets these days. It's about good design: something which, I'm afraid, has been in short supply in the mass construction industry in southern Spain in recent years.

The key to making these technologies energy efficient is in reducing what you ask of them. In short: stop your building getting hot in the first place and once it is cool keep it cool. That means good, well thought out, design with careful orientation, window placement, and shading. It means good insulation and, ideally, an air-tight building with a mechanical ventilation system and heat exchanger. So

Totally cool!

How new technology that can even be controlled from your mobile phone is helping us heat and cool houses in the most sustainable way, writes John Wolfendale



you always have clean filtered air in your living spaces at the right temperature and at the right humidity.

A well designed (and well constructed) building with solar cooling will keep you comfortable and pay back within five to ten years.

The idea is to install a system which combines the two methods of heating and cooling: on the one hand under-floor technology and on the other, heating and cooling the air.

Under-floor systems are better because they are much more efficient. When you heat or cool you deal with the floor, the walls, and the entire structure of the building. Once you have cooled your building, it should stay cool inside. Even if you open the door.

However an under-floor system cannot respond that fast to a sudden change in temperature.

A system which heats or cools the air responds fast, but is inefficient. If you turn the system off or open the door you lose all the cooling or heating effect.

Conventional air conditioning systems

work entirely in this way and this is why they are so wasteful.

One system my company has started to use involves cold water for cooling in summer created by using an 'air source heat pump' rather than a compressor powered by photovoltaic electricity. This is practical for two reasons. The requirement for cooling is low because the building has hopefully been well designed and built. Secondly the under-floor cooling method rather than cooling the air method means that once cool it stays cool.

The best designed buildings include a mechanical ventilation system and heat exchanger which massively increases the efficiency of the building. It also allows us to cool the air introduced into the building. A regulator can manage the two systems seamlessly. It will cool the air to get quickly to the desired temperature then switch to the under-floor for greater efficiency. It also manages the danger of condensation.

It does this by favoring the cooling of the air when conditions are humid because cooling the air also dries it. This regulator can even be managed remotely from your mobile phone. Even better, these systems use a conventional solar hot water system for heating in the winter and for hot water to kitchen and bathroom. This is augmented by the air heat pump so you always have hot water and heating even on cloudy days. The mechanical ventilation and heat exchanger operate in exactly the same way in the winter to keep you warm. It is the best way to keep a building cool in summer, warm in winter, and, above all, not heat up the atmosphere and add to global warming.



LOFTY AIR CON: Utilising the attic

John Wolfendale is a director of Eco Vida, an architectural construction company specializing in energy efficient buildings. Visit www.EcoVidaInternational.com for more info



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Forestry investment has, in particular, provided a safe haven from market volatility – timber is the only asset class to have risen three out of the four market collapses of the 20th century, according to investment legend Jeremy Grantham. Furthermore, the outlook for timber investments is excellent. Supply in many parts of the world remains very low, while current levels of planting fall way short of meeting current demand.

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Managed Timber investments have grown in popularity over recent years and are rapidly becoming the choice of shrewd investors. As an asset class timber has consistently out-performed most other commodities over the last 100 years (inc oil, gas, gold) and according to investment legend Jeremy Grantham, forestry is the only low-risk, high-return asset there is.

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Are you concerned about the environment? Would you rather take the train than travel by aeroplane, or car? Are you looking for some green, sustainable places to stay? Well, as the summer holidays loom, the Green Guide finds 15 eco-friendly options right on your doorstep around Spain

Eco-retreat yourself



Cuevas del Pino

An organic farm for over two decades, Cuevas del Pino is one of the most genuine green places to stay in southern Spain. But it is also a wonderful spot to unwind and relax, being entirely alone, away from roads, and in a huge estate that stretches for miles into the nearby Sierra Morena mountains. The amazing retreat combines a series of cottages set in a tranquil oasis of calm, yet just 15 minutes from the centre of Cordoba city. Spend a night in its stunning, recently converted cave house, and you will sleep like a baby, serenaded by nightingales. Best of all, the owner, beguiling artist Pilar del Pino Lopez, is extremely knowledgeable about the nearby arabic site of Medina Azahara and can point you in the best direction as to walking or cycling there. Visit www.cuevasdelpino.com or call 650325861

Kaano Etxea

For a place completely self-sufficient on renewable energy check out Kaano Etxea in stunning mountains in Navarra. Powered entirely by wind turbines and solar panels, the owners have used Feng Shui to design their five bedrooms, which are made from chestnut and oak wood and even the floors are made from natural materials. The cost is from 75 euros per night, including breakfast. For more information go to www.kaanoetxea.com or call 948396080/685707277/94 8396010.



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Finca Buenvino

If you have always wanted to grow up on a farm, Finca Buen Vino can help you live the dream... at least for a few days. This stunning country estate, hidden high in the Aracena national park, keeps hens, lambs, and pigs, and produces its own eggs, vegetables, herbs, chestnuts, and cork. You can even use these fresh ingredients yourself in one of the hotel's cooking classes that teach a variety of southern Spanish and Northern African dishes. Located near the Spain-Portugal border — and less than an hour to Sevilla — Finca Buen Vino has plenty of day-trip travel options if you can bear to leave its gorgeous premises. www.fincabuenvino.com/ 959124034



Casa la Dehesa

Rated by *the Guardian* as a "funky little casita", Casa la Dehesa is located between Chiclana and Conil, only 15 minutes away from the nearest Costa de la Luz beach. The owners use solar energy to power the electricity, use water pumped from a well and re-use as much rainwater as they can. La Cabana, in the grounds of Casa la Dehesa, sleeps two but can accommodate three for an additional five euros per night. It costs from 35 euros per night. Go to www.casaladehesa.com or call 678367850/679638074.

Cortijo Balzain

For the rustic-loving, eco-friendly history buff, Cortijo Balzain is the place to go. A 17th-century estate within the Sierra Nevada Nature Reserve, yet close to the legendary Alhambra in Granada, it ticks plenty of boxes. Cortijo Balzain has nine cottages that can each hold eight guests. Its restaurant is known for cooking delicious traditional Spanish dishes using local produce. If you visit in the winter, the Sierra Nevada ski resort is easily accessible. If you're there in the summer, relax by the pool and enjoy the solitude of a mountain sunset. www.cortjobalzain.com/ 952602065



Hoopoe Yurt Hotel

Often touted in magazines, like *Vogue*, as one of the 'best retreats in the world', it is not hard to see why. Beautiful simplicity is order of the day for Ed and Henrietta's stunning escape hidden in a cork and olive grove with unspoilt views that stretch for miles. Completely zero-carbon you stay in one of the secluded Mongolian-style yurts, which are powered entirely by solar panels and equipped with composting loos, hot showers, and electricity sockets. Surrounded by nature, you wake to wildflowers and hoopoes, hence the name. A holiday in one of the yurts lets you return to nature without having to forgo your usual vacation luxuries. Best of all, the hotel's restaurant serves delicious local foods, many of which come from an adjoining garden. If you're still not relaxed after a few days in the yurt, the hotel offers both full-body massages and yoga classes. www.yurthotel.com/660668241



Hacienda el Mirador

The name says it all — stop here for some of the most spectacular mountain views in Andalucía. Perched high up above the eagle's nest village of El Gasto, Hacienda Mirador has panoramic views of both the Grazalema mountains and the nearby lake of Zahara. Sit in the pool with a glass of local wine or freshly-squeezed orange juice, and just watch the world slip by. Guests can stay in one of the three bungalows or in the main house, all built in a traditional Andalucian style and operated in an eco-friendly fashion. Be sure to explore the large finca blessed with picturesque gardens and excellent bird-watching. www.hacienda-elmirador.com/ 606670728

Refugio de Cristal

For a luxurious break where you can wildlife-spot to your heart's content, stop by the Refugio de Cristal in Toledo. The place is located next to Cabaneros National Park and uses renewable energy sources, as well as making efforts to save water. Prices are from 52 euros per night including breakfast. There are details of offers on the website www.elfrefugiodecristal.com or call 618448544



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Mallata Rapun

Surrounded by valleys, Mallata Rapun is located in an abandoned village, in Huesca, not far from the French border. The house maintains a traditional rustic exterior while using alternative energy sources to generate power and it's made entirely from materials found locally, like wood and stone. The cost per room per night is from 50 euros, but the whole house with its three bedrooms can be hired from 150 euros. For more details go to www.jaca.com/mallatarapun or call 974337218/685977290.



Alcantarilla

IT was recently picked out by *the Guardian* as a 'green place to stay' for its organic vegetable garden and tree-planting scheme, as well as being singled out by *the Independent* as one of Spain's Top Six rural retreats. It is easy to see why. This beautifully, converted smallholding, near Ronda, maintains its ancient charms and has a breathtaking two-hectare garden and natural, alberca-style pool. Visit www.alcantarilla.co.uk or call 951166112

The Lodge

For a quiet getaway with fantastic views, over to the Atlas Mountains in Morocco on a clear day, and only an hour away from Granada, The Lodge could be right up your street. Situated high up in the Sierra Nevada at Semilla Besada, a conservation research farm in the mountains, there are great opportunities for self-guided walking tours as well as ample birdwatching to be done. To help the environment, The Lodge provides biodegradable body-care products, uses renewable energy sources where possible – including to power light and heating in the accommodation – and provides guests with information to ensure their stay is as



ecologically friendly as possible. Prices: A stay for one week costs 385 euros and the accommodation sleeps four. For further details visit www.holisticdecisions.com/thelodge or call 958347053

La Alqueria de Valverde

Situated in the Allyon mountains, La Alqueria de Valverde is a large three-storey house converted into four apartments each accommodating different numbers of guests. The building is constructed completely from pine wood and stone with wood decorations inside made from oak. The countryside is within easy reach of the house and there are some great mountain bike trails. To reserve a room from 80 euros per night, call 949307444/680644232, or visit the website www.laalqueriadevalverde.com.



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Casa Olea

Nestled in a sleepy valley in the heart of Cordoba's famous olive oil belt, Casa Olea manages to be both green and luxurious at the same time. Highly-rated by the UK press, it is stylish, clean and extremely well run by its owners Claire and Tim, who have excellent knowledge of the region and travel in general, having worked in the industry for years. The hotel's heating and water comes from a state-of-the-art sustainable boiler that runs appropriately on olive pips. Casa Olea only employs staff from nearby villages, and serves mostly local, organic produce. Rent bikes, go hiking or explore the region, including the stunning nearby town of Priego de Cordoba. www.casaolea.com/ 696748209



Cortijo Mataliente



Hotel Posada del Valle

If you can't decide between the beach or the mountains, then Hotel Posada del Valle could be the place for you. Surrounded by an organic farm, the hotel is close to the Asturian mountains as well as the beaches in eastern Asturias. The hotel recycles, makes compost from any organic waste, uses local and ecological products as well as producing electricity from renewable sources. The rooms cost from 49.60 euros per night and you can book by calling 985841157 or look at the website www.posadadelvalle.com.

If you fancy being in the countryside but not too far from the nearest town, then head to Cortijo Mataliente in Jerez de la Frontera. The house is a bio-climatic construction, made from mud, wood and straw.

All the warm water and heating to the house is provided by solar power. The rooms cost from 45 euros per night. To book call 658646055/630085170 or visit www.mataliente.com.

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The authorities are subsidizing a movement towards improving conditions and numbers of factory-farmed fish. But is it safe? asks Sara Oker

Aquaculture – no need to go green around the gills

In a few years time, factory-farmed cod, haddock and sole will be as common as factory-farmed salmon, trout and sea bass, say the experts.

More and more of the fish that we consume, both in restaurants and via supermarkets, will not actually come from the sea. Instead, it will come from holding tanks, where fish are literally born, reared and culled, before being put on our plate. But, before you go green at the gills, read on.

Aquaculture, as it is known, is becoming one of Spain's fastest-growing industries. And it has to be.

With fish stocks dwindling and overfishing at a critical stage, it is perhaps vital that this new industry is embraced with open arms.

Yet, the industry has been heavily criticised for both malpractice and in its entire concept over recent years.

There are numerous concerns ranging from the issues of pollution caused by fish waste, to the impacts of sourcing raw materials from the sea.

For example, it can take up to five pounds of wild fish to produce just one pound of farmed fish. At the same time the process is said to pollute the environment with antibiotic-laden fish food, diseased fish carcasses and fecal matter.

Further concerns arise over the conditions in which the fish are raised.

They often spend their lives in cramped and unhygienic enclosures, which can lead to infections, diseases and debilitating injuries.

The dangers are combatted by a range of chemicals, which critics also insist can easily leak out into the sea, or even into drinking supplies.

There is also the issue of fish farm escapees that can end up competing with wild fish for food and infecting wild fish stocks with diseases otherwise unknown in their populations.

The genetic make-up of wild fish stocks can be modified if interbreeding occurs. So far, these concerns have not stopped the industry's rapid development here in southern Spain, particularly in the realm of organic aquaculture.

Andalucia has become a major player in this field, putting into action various innovative projects that even incorporate the potential of renewable energy.

There are already 19 authorized



FISH FARMS: New regulations will restrict numbers and improve welfare

installations in the open sea in Cadiz, Malaga, Granada and Almeria that contribute 50 per cent of the Andalusian production. In total, 90 companies currently produce 7,000 tonnes of fish a year, and the figure is growing rapidly. The authorities are, at least, now working hard to regulate it and iron out the risks. New regulations coming in this year will affect the criteria for the breeding of fish, crustaceans and shellfish. These regulations will control the quality of the water, reduce the effects on the environment and improve the general welfare of the fish. In particular, this will be done by creating a maximum number of fish allowed per square meter. Breeders will also be tasked with finding food similar to what the fish would eat in

has been set up to aid sustainable aquaculture.

Just last month, it was announced that the town hall of Barbate had managed to persuade the army – for the first time – to release an area of land near Zahara de los Atunes to be used for fish farming. Another innovative project called EcoAqua has been set up between Andalucia and Portugal to pool scientific resources. Its goal is to introduce new species and create new systems that will save energy and reduce the impact on the environment.

In Agua del Pino de Cartaya, in Huelva, schemes are in place to use year-round thermic solar energy to cool or heat water in the growing pools.

The company is working closely with the Andalucia Energy Agency and has already invested some 1.4 million euros. One energy-saving measure involves the production of microalgae to feed the fish.

There have also been

various initiatives set up to cultivate fish in cages in the open sea. This process would allow them to cultivate traditional species such as Lubina, Dorada, Urta, Pargo and various molluscs, such as oysters.

At the moment, aquaculture is only a complementary method to normal fishing practices, but it certainly offers advantages over traditional techniques. Quality control and price stability are easier to achieve alongside permanent and more reliable production.

In Andalucia aquaculture could be a major source of much needed (and stable) employment.

In an increasingly environmentally unstable world it would be unwise to look away, it seems.

Aquaculture would help to create price stability and could be a major source of much-needed (and stable) employment

their natural environment.

The new rules will also prohibit the use of pesticides, fungicides and herbicides. It is hoped that the new rules will not only create better quality fish, but will also increase competition and encourage new companies to start up.

More good news comes in this month, with the Agriculture and Fishing Agency creating two key areas of aid.

It will be subsidizing up to 50 per cent of any projects that convert to ecological production or take on improvements to the infrastructure of organic farming.

The businesses can also get financing using an agreement set up between the agency and the ethical bank Triodos.

On top of this, a special European fund

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Evergreen can help you design a basic system for a small finca or mobile home, or can create a large fully automatic self-regulating hybrid system that can run all your household items.

The company specializes in creating installations that are suited to the client's needs, and where customization is essential to their mission. All systems are made to order and custom-fitted if necessary.

Evergreen can sell you all the products you need, including photovoltaic solar panels for electric, solar thermal for heating water, wind turbines and towers, energy-efficient LED lighting, batteries, inverters, solar energy system tracking devices, and charge controllers.

Evergreen is up-to-date on all the newest developments in underfloor heating, in addition to modern geothermal, gas, propane, and combination boilers.

"We live exactly how we did in the UK," explains the English businessman, who moved to Spain five years ago. "We have all our mod cons and use them on a daily basis."

If you're considering any of these systems or individual products, Evergreen welcomes you to check out its show home on Lake Iznájar, just 20 minutes from Antequera.

With a completely energy self-sufficient system, the home is off the grid but still allows its owners to use household appliances as they would on a normal grid system.

To be self-sufficient, the show home relies on a variety of alternative energy sources. Harnessing the sun's energy, the Evergreen home boasts a fully fitted solar array on a tracker, and to utilize Spain's strong and steady breeze, a 1000-watt turbine on a custom-sized tower. In addition to basics like an LED lighting system, you can check out more advanced alternative energy technologies like the underfloor heating powered by a top-of-the-range propane condensing combination boiler and the rainwater collection systems.

Evergreen hopes that if people take the time to go see their show home, more Andalucians will take interest in sustainable energy installations. If you are looking for certain makes and models of solar equipment, such as Solarventi and wind equipment, like Hornet Wind Turbines, inverters/chargers i.e. Outback, Lorentz, Studer, Morningstar - Evergreen can supply them all.

When it comes to customer service, Evergreen staff are helpful and friendly without putting pressure on their clients. They recommend you give them a call and ask for a quote before you decide to work with any other company.

As their catchphrase promises: "You will be nicely surprised." And we will beat any like-for-like quotation.

**For further information, please call the daytime number 693505510 or the evening number 957036027
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Andalucia's Inspector Gadget

Meet Edwin Spijkers, the green techie from *Generador Electrico*, who is now one of Europe's top alternative energy providers.

By Sara Wallace

He is, without a doubt, the true Inspector Gadget of Andalucia. From electric scooters to solar cookers and from LED lights to wind turbines, gizmos and gadgets have replaced the sheep and goats that used to populate Dutchman Edwin Spijkers' finca high in the hills above Ronda. Residing in 1000 wonderful hectares with his seven-year-old son Luka and Spanish wife Sonia, Edwin is certainly one of the country's kings of alternative energy. Claiming to run one of the most important online green shops in Europe, his company *Generador-Elctrico* is a gold mine for green techies. All around his estate you will find the latest in sustainable technology. Along with various solar technology, the latest in LED lighting and electric-powered

vehicles, he employs four wind turbines alone to power his two houses, workshop, well pump, and pool.

"Technically, I'm carbon negative," he explains, standing next to his five-year-old hybrid Prius - one of the first to be bought in Andalucia.

His self-sufficient system produces more than enough energy to serve his needs, but due to local regulations he cannot sell the extra energy back to the grid because his installation involves batteries.

It is one of the banes of his existence and, as he explains, electricity provider Sevillana "will do everything in its power to find an excuse not to take your energy." But aside from that, Edwin is a visibly relaxed and sociable 38-year-old, who has lived in Spain since his parents emigrated here when he was nine

SUSTAINABLE: Four wind turbines and a bank of solar panels power Edwin's mountain farm, near Ronda



years old. As the only Dutch student in his primary school, Edwin quickly learned Spanish and became acquainted with the country's culture and lifestyle.

Initially based on the coast, his family soon moved to the finca in Ronda, in

order to find some space and escape from the rapid development along the Costa del Sol.

While he liked going out and playing football with his schoolfriends, he was always fascinated by technology and alternative energy sources.

"I started fooling around with the wind and sun when I was around ten years old," he recalls. And although the family's finca had access to grid energy, he soon persuaded his parents to invest in green technology and make the farm self-sufficient.

But the first sign that a thriving business could stem from Edwin's natural curiosities came when he started experimenting with large second-hand

generators, originally belonging to the East German army, in the early 1990s. "I initially helped some local acquaintances find generators for their fincas, and they kept coming back asking for bigger and bigger ones. Out of this, the idea for *Generador-Elctrico* was born."

Edwin had soon set up a company and website, which began selling online in 2004. Today roughly 90 per cent of his sales are within Spain and his main focus is on helping

people customize their systems and supported by a team of trusted installers all over Andalucia.

"Some people don't have enough wind or sun for typical installations, so we need to personalize it for them and do the correct calculations," he says.

He prides himself on being at the forefront of alternative technologies and is always trying to be the first to find new products. Aside from a recent two-week research trip to China, he has just discovered a solar barbecue from Italy. He has already ordered 25 and is visibly excited just talking about the barbecues, which use

WHIZZKID: Edwin has a range of electric bikes available for sale



Despite having to pay more money upfront, in the long term there are huge savings to be made from sustainable technology

Edwin's energy tips

INSPECTOR Gadget Edwin Spijkers admits that the world of sustainable energy can be confusing at first. But he has some words of advice for simple ways to green up our lives.

First and foremost he suggests starting with the installation of efficient LED lights in place of existing halogen lights.

Next, he recommends we give solar cookers a go and encourage family members and friends to try them as well.

But most importantly, if you are planning on installing a solar or wind power system, make sure to carefully evaluate your energy demands.

"Get a quote for what you actually need, or, if you're expanding, try to make the most accurate predictions possible," he says.

He also insists that when you are purchasing a system, don't try to cut corners; make sure you invest in thick cables that will not risk burning your hardware.



LIVEWIRE: Spijkers has every conceivable green technology at his home, from solar fans (top) to pool ioniser (below)

tubes to magnify the sun's rays. Edwin believes that people who live in Spain - and especially Andalucía - have the perfect climate to benefit from alternative energy resources. Despite having to pay more money upfront for the technology, in the long-term they will make "huge" savings, as well as reap the environmental benefits. "Spain is one of the best countries for this, especially here in the South," he explains. "And there is a lot of wind in Spain - good wind - due to its geographical location, particularly here in Malaga and Cadiz." The main problem, he believes, is people being overwhelmed by the technology and conflicting reports. "They don't realize that for 10,000 to 40,000 euros they can get a very neat solar system suited to their needs," says Edwin.

"Often it takes much less than people expect to be mostly or fully self-sufficient." Prices for alternative energy sources are often lower through Generator-Elctrico than through other firms because Edwin imports products directly from the manufacturer, thus cutting out the middleman.

All of these products can be found in his massive warehouse, which was previously used for milking machines and chicken coops.

His latest mission is to try and make electric scooters fashionable in Spain. "I've been trying to do it for quite a while but no-one seems interested and I don't know why," he says sadly.

The scooters, imported from China, look just like normal bikes, but are significantly quieter on the road and better for the planet.

There are two models, a 1500-watt

version costing 1100 euros and a 5000-watt version with a price tag of 2560 euros after deducting a 640-euro government grant.

The larger scooter can go between 80 and 120 km on a full battery, which takes six hours to fully charge at a cost of "around a euro".

In addition to green transport, Edwin also focuses on products that can help people prepare food in an eco-friendly way.

Generator-Elctrico sells three types of solar cookers, which are outdoor ovens that use sunlight as their energy source. Because the solar cookers use no fuel and are free to run, many humanitarian groups have encouraged communities

in developing countries to use them.

"But they are also perfect for families here in Spain," says

Edwin, who is currently selling four types, the cheapest for 99 euros.

As if to confirm his own ethics, on the day of my visit his wife was cooking a flan in her own solar cooker in his back garden.

While cooking takes slightly longer, especially in the winter and on cloudy days, the extra flavor is worth it, he explains.

"And they are particularly good for stews and pot roasts. You just put everything in and forget about it, and then come back a couple hours later and it'll be finished and ready to eat."

As I made for the car to head home, it seemed there was one last gadget to send us on our way. Edwin proudly handed me a two ten-gallon hats, equipped appropriately with a solar-powered fan to cool down my brow in the heat.

Very cool, very cool indeed...just like the rest of Edwin's products.

Often it takes much less than people expect to be self sufficient

Solar barbecues and cookers are becoming all the rage this summer, writes Sara Wallace

Recipes to try

Chicken Teriyaki

Cooking Time: 3-4 hours

1 medium half-chicken breast, cut-up and skin removed
1/4 cup white wine
1 to 2 tablespoons sugar
2/3 cup soy sauce
1 clove chopped garlic
1/2 tablespoon ginger

Place chicken in a pot and add the remaining ingredients. Cover pan and bake 3 to 4 hours, turning chicken once or twice. Cook rice in another pan at the same time as a nice accompaniment.

Spinach Quiche

Cooking Time: 2 1/2 hours

1/2 cup chopped onion
1/2 cup mushrooms, sliced
1 cup Swiss cheese, shredded
1 10-oz. package frozen spinach, thawed and drained
3 eggs
1 can evaporated milk
3/4 cup Bisquick
1/4 tsp. nutmeg
Salt and pepper, to taste

Butter a 9-inch round dark roaster pan. Combine onions, mushrooms, cheese and spinach in a round roaster pan. Beat together the remaining ingredients. Pour over the vegetables. Cover and bake for 2 1/2 hours.

Solar Granola

Cooking Time: 2-3 hours

6 cups rolled oats
1 cup almonds or walnuts (finely chopped or ground in blender)
1 cup soy flour
1 cup powdered non-fat milk
1 cup wheat germ
1 cup salad oil
2/3 cup honey

Mix together the first five ingredients. Add salad oil and honey and stir. Cover. Bake 2 to 3 hours in solar oven. (Coconut, raisins, sesame seeds, cinnamon, etc., may be added.)

Recipe source:
<http://solarcooking.wikia.com/wiki/Recipes>

The sizzling sun

WANT to impress your friends this summer? Well wait for the sun to come out, sit in a deck chair with a beer and a good book and wait for lunch to be ready... and it won't cost you a penny. That is, in gas or electricity.

It has all been made possible by a line up of new solar ovens to recently come on the market.

There is even a solar barbecue, which requires no matches, no charcoal and almost no smoke.

Solar cookers are the hottest new outdoor item for your garden this year.

From just 99 euros, you can cook, bake or boil your food without using up unnecessary energy.

"Solar cookers are an inexpensive, easy and eco-friendly way to cook," explains Edwin Spijkers, founder of green company Generator-Electrico, which sells four different types of cooker.

"We have been using them for years and they work incredibly well because they cook slowly, so the flavor of the food is incredibly rich.

Little salt

"On top of that, your dishes will require very little water and very little salt." Fitting perfectly into the slow-paced, sun-filled Spanish culture, sun cookers take slightly longer than conventional ovens but can reach an average of 180 degrees. And the sky is also the limit for what you can cook, with dishes like *carne y tomate*, flan, baked bread, paella, and baked chicken particularly easy to do on a solar cooker.

Plus, it is easy to get recipes. A quick Google search of "solar cooker recipes" produces numerous websites dedicated to giving you ideas for your new product, including creative suggestions like solar mint tea, mango banana bread, Spanish quiche, and solar-baked brownies.



HOTTING UP: Ovens reach 180 degrees



SIMPLE AS ABC: Perfect for mango banana bread and solar-baked brownies

You can choose from four varieties of solar cookers at Generator-Electrico's online store.

The options currently for sale are the 99-euro Parabolic Oven, the 190-euro Sun Oven, the 230-euro solar barbecue, and the 240-euro Sun Cook.

The company donates five euros per oven sold to *Aldeas Infantiles*, a non-profit making organization that helps orphaned children. Last month in Rincón de la Victoria, Edwin even took his range of ovens to the beach to prove they really worked.

To raise money for a food bank in Malaga called *Banco de alimentos*, Edwin and other helpers used solar cookers to prepare paella on the beach. Holidaymakers ate a plate of solar paella and a beer for just 1,85 euros and sent

an SMS that donated money to the food bank.

In addition to being great around the house, solar cookers have also been used in developing countries as an affordable and easy way to cook, and more importantly to purify water.

In dry regions like Africa and Haiti, solar cookers pose no risk of fire, and also help prevent deforestation because they require no firewood.

Perhaps one of the best places for solar cookers with its abundance of sun, however, is right here in Spain. If you and your family are willing to give the sun a chance this summer, as Edwin says, "you'll be pleasantly surprised."

Visit www.generator-electrico.com

Sun Cook - 240 euros - Made in Portugal - Edwin's favorite variety of solar cooker

Sun Oven - 190 euros - Made in the United States

Solar barbecue - 230 euros - Made in Italy

Parabolic Oven - 99 euros - Made in the United States



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956123032
www.al-lago.es

Casa Andaluz - Veggie B&B and Self-catering
El Gaster - 956123795
www.casa-andaluz.info

Casa Convento la Almoraima
Rural Hotel
Castellar de la Frontera
956693002
www.la-almoraima.com

Casa Montecote - Self-catering
Vejer de la Frontera
956448489
www.casamontecote.com

Casa Viña de Alcántara
Rural Hotel
Jérez de la Frontera
956393010
www.vinadealcantara.com

CasaCinco - Hotel & Self-catering
Vejer de la Frontera
956455029
www.hotelcasacinco.com

Casas Karen - Self-catering
Caños de Meca
956437067
www.casaskaren.com

Chilimoso
Tarifa
956685092

Cinco Lunas - B&B (Basic & Beautiful)
Zahara de la Sierra
609123966
www.cincolunas.com

Cortijo Barranco - Rural Hotel
Arcos de la Frontera
956231402
www.cortijobarranco.com

El Gaster Village Lodgings
B&B in village house
El Gaster
956123640
www.elgaster.co.uk

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Horse riding lessons and Trailriding.
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Villamartin
956231286
www.dysli.net

Hospedería Duques de Medina
Sidonia
Rural Hotel
Sanlúcar de Barrameda
956360161
www.ruralduquesmedinasidonia.com

Hostal El Anon - Rural Hotel
Jimena de la Frontera
956640113
www.hostalanon.com

Hotel Casa Cinco - Rural Hotel
Vejer de la Frontera
956455029
www.hotelcasacinco.com

Hotel La Breña
Rural Hotel
Los Caños de Meca
956437368
www.hotelbreña.com

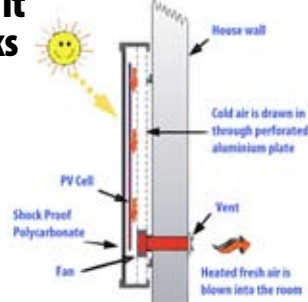
Greenest way to destroy damp

THE wettest winter in history has been good news for at least one product. SolarVenti has seen its demand soar, as a record number of people look for a solution to damp problems.

Completely solar powered, with no running costs or maintenance, the concept could not be simpler. When the sun shines, air in the solar panel is heated and a fan introduces warm, dry air into your home, leading to an absorption of moisture, as well as free heating for your home.

The SolarVenti product, supplied by Nerja company Técnicas Maro, is also now testing an extra hybrid panel that also heats water. Contact them on 952529538 or visit their website www.tecnicasmaro.com

How it works



Self-sufficient: The principle behind SolarVenti is simple: a small, built-in, solar cell powers a 12V fan which is connected to an air vent, a control unit and an on/off switch.

Warm air ventilation Whenever the sun shines, the air in the panel is heated and the fan, receiving power from the solar cell, introduces warm, dry air into your home at up to 160 cubic metres per hour.

Hotel La Casa del Califa
Rural Hotel
Vejer de la Frontera
956447730
www.lacasadelcalifa.com

Hotel la Chancillería
Rural Hotel - Jérez de la Frontera
956301038
www.hotelchancilleria.com

Hotel Punta Sur
Rural Hotel
Tarifa
956684326
www.hotelpuntasur.com

Hotel Sindhura - Rural Hotel
Vejer de la Frontera
956448568
www.hotelsindhura.com

Hurricane Hotel - Rural Hotel
Tarifa
956684919
www.hotelhurricane.com

La Casa Grande B&B
Arcos de la Frontera
956703930
www.lacasagrande.net

La Gallega - Hostel & Restaurant
Conil
606911876
www.hlagallega.com

La Hormiga Voladora - B&B
Bolonia
956688562

Los Chozos
B&B and Self-catering
Benaocaz
956234163
www.loschozos.com

Pachamama
Tarifa
956 685 362

Restaurante Canela y Clavo
Vegetarian restaurant
Puerto de Santa María
956875270
www.canelayclavo.com

Silos Gallery
Art Gallery, Accommodation & Eco Cafeteria
Tarifa
956684685
www.silosgalleries.com

Suroma Holidays
Algodonales
Activity Holidays
661096727
www.suromaholidays.net

ACTIVITIES

ACTIVIDADES

Girasol Outdoor Company
Tarifa
956627037

Hurricane Hipica
Horse riding
Tarifa
646964279

Whale Watch
Whale & Dolphin Spotting
Tarifa
956627013
www.whalewatchtarifa.net

Wildsideholidays - Natural Park and Wildlife Info Site
Cádiz
www.wildsideholidays.com

ALTERNATIVE MEDICINE

MEDICINA ALTERNATIVA

Ana Pérez Sánchez
Natural Medicine
San Fernando
956592123
www.medicosnaturistas.es

Anselmo Iglesias Blanco
Homeopath
San Fernando
956593354
www.semh.org

Antonia Asencio García
Homeopath
Jérez de la Frontera
956336009
www.femh.org/andamed.htm

Blanca Morales Prado
Homeopath Algeciras
956656923
www.femh.org/andamed.htm

Centro Terapeutico Aleva
Center of Natural Medicine
La Línea de la Concepción
956176120
www.centroaleva.es

Clinica Serdent
Physician Natural Medicine
Jérez de la Frontera
956301211
www.medicosnaturistas.es

Dolores Ruiz García
Homeopathic Physician, Cádiz
956272501
www.femh.org/andamed.htm

Fernando Alarcón Álvarez
Physician Natural Medicine
San Fernando
956592123
www.medicosnaturistas.es

Gerardo Rodríguez Fuentes
Homeopathic Physician
Chiclana
956401122
www.femh.org/andamed.htm

Inmaculada Cortés Delgado
Homeopathic Physician
Cádiz
956264775
www.femh.org/andamed.htm

José Alfonso Domínguez Arias
Physician Natural Medicine
La Línea de la Concepción
956763601
www.medicosnaturistas.es

José Luis Castillo Díaz
Homeopathic Physician
Cádiz - 956272501
www.femh.org/andamed.htm

M^a Antonia Santaella Sanchez
Physician Natural Medicine
La Línea de la Concepción
956767694
www.medicosnaturistas.es

M^a Trinidad Carrasco Sánchez
Homeopathic Physician
Cádiz, 956831888
www.femh.org/andamed.htm

M^a Angeles Calvo Galiana
Homeopathic Physician
Puerto de Santa María
649181891
www.femh.org/andamed.htm

Ramón Castro Thomas
Homeopathic Physician
Puerto de Santa María
956560653
www.femh.org/andamed.htm

Servando López Gómez
Physician Natural Medicine
Puerto Real - 956888897
www.medicosnaturistas.es

HEALTH, SPIRITUAL & HEALING

SALUD Y ESPIRITUAL

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Course Chinese Medicine
Jérez de la Frontera
956037351
www.demedicinachina.com/

Tiendas Santiveri - Natural products
Algeciras
956663967
www.santiveri.es

Tiendas Santiveri - Natural products
San Fernando
956597178
www.santiveri.es

EDUCATION, ASSOCIATIONS & POLITICS

EDUCACIÓN, ASOCIACIONES Y POLÍTICA

Asociación Nosotros
Green Guide of Tarifa
Tarifa
956680848 (fax)

Ecologistas en Acción Cádiz
Environmental activists groups
Puerto Real
956837702
www.ecologistasenaccion.org

CÓRDOBA

CRAFTS & PRODUCE

ARTESANÍA Y PRODUCTOS

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Baena
957670400

Aceites del Monte Horquera
Organic Olive Oil
Nueva Carteya
957678193
www.aceitesdelmontehorquera.com

Aceites la Muralla - Organic Olive Oil
Zamora Rute
957598514
www.aceiteslamuralla.com

Aceites La Pedriza S.A
Olive oil
Cabra
957524585

Aceites Vizcantar, S.L.
Organic Olive Oil
Priego de Córdoba
957540266
www.aceitesvizcantar.com

Agrícola Sierra Morena
Organic Olive Oil
Villaviciosa de Córdoba
957360096

Alcubilla 2000, S.L.
Organic Sunflower Oil
Castro del Río
957374005
www.alcubilla2000.com

Alimentaria del Sur de Europa
Olive oil
Palma Del Rio
957649027

Almazaras de la Subbética
Organic Olive Oil
Priego de Córdoba
957547028
www.parqueoliva.com

Almazara San José C.B. - Olive oil
Baena
957670150

Almendras Francisco Morales S.A.
- Dried Fruits Nuts
Priego de Córdoba
957556 06

Almofre Online Store &
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957414050
www.almofre.com

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Santaella

957315262

Angel García Román-Mielsico
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Córdoba

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- Organic Olive Oil
Luque
957667021
www.canoliva.com

Arte Oliva - Compañía Alimentaria
del Sur de Europa
Organic Olive Oil
Palma del Rio
957649027
www.arteoliva.com

Bio-Oro el Mediterráneo
Organic Olive Oil
Zamoranos
957705326
www.sucmorales.es

Bodegas G. Gomez Nevado
Ecological Wine
Villaviciosa de Córdoba
957360096
www.bodegasgomeznevado.com

Bodegas Robles, S.A.
Ecological Wine
Montilla
957650063
www.bodegasrobles.com

Bodegas Toro Albala S.L. - Wine
Aguilar de la Frontera
957660046

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Córdoba
957497475
www.campinaverde.com

Carta Maestra - Prepared food
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957300839

CEPA - Organic Olives
Cabra
957522504
www.cepa.es

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957722000

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Obejo
957369070

Corpedroches - Meat
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957140961

Crismona - Organic Olive Oil
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www.crismona.com

D. Gabriel Gómez Nevado - Wine
Villa Viciosa de Córdoba
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www.daabio.es

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957650216
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957150235

Ecomardom - Organic Eggs
Montalban
957311100

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957183250
www.precocinadoscordon.com

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957532790

Explotaciones La Parilla S.L
El Viso
957127221

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(COVAP) - Organic Meat
Pozoblanco
957773933

Ganadería Ecologica Angel Nieto
Nieto - Meat
Santa Eufemia
957158364

Gomeoliva - Organic Olive Oil
Priego de Córdoba
957700584
www.gomeoliva.com

Grupos Aceites Iplantaoliva, S.L.
- Organic Olive Oil & Olives
Fuente Palmera
957712019
www.iplantaoliva.com

Hacienda Del Duque - Organic
Olive Oil
Baena
957667021

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957764522

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Oranges & Eggs
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957690258

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www.aceitecovarguitas.com

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957310452
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615326517
www.legumbresbaena.com

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Organic Olive Oil
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957770529
www.olipe.com

Luis del Pino
Organic Olive Oil
Montalbán de Córdoba
957310014
www.bodegaspelpino.com

Manuel Molina Muñoz e Hijos
Organic Olive Oil
Almedinilla
957703143

Manuel Vaquero Ortiz
Fruit
Montalban de Córdoba
957310452

Med Internationa - Organic Olive Oil
957767725
www.med-int.com

Montalbeña de Aceites S.L. - Olive oil
Montalban
957310320

Muñoz Vera e Hijos - Organic
Olive Oil
Cabra
957529200
www.mvera.com

Muy Natural S.L. - Bread
Montilla
957651287
www.muynatural.com

Ntra.Sra. Del Carmen
Organic Olive Oil
Hinojosa del Duque
957140217

Núñez de Prado, C.B.
Organic Olive Oil
Baena
957670141

Oleocultura
Organic Olive Oil & Olives
Castro del Rio
957374005
www.oleocultura.com

Oleum Hispania Organic Olive Oil
Priego de Córdoba
957700094

Oliverera del Guadiato
Organic Olive Oil
Villaviciosa de Córdoba
957360115

Oliverera los Pedroches, S.C.A.
(Olivalle) - Organic Olive Oil
Cooperative (500 members)
Pozoblanco
957770529
www.olipe.com

Oliverera Ntra. Sra. De Luna
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Villanueva de Córdoba
957120188
www.aceitedeolivealeologico.es

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Olive oil
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957589292
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957585031

Pepe Pareja - Organic Olive Oil
Bujalance
957170574
www.pepepareja.com

Pro.Se.Me. Semillas
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957490799
www.proseme.com

Productos Garrido, S.A.
Confectionery
Rute - 957538341
www.productosgarrido.com

Proco Subbética S.L. - Olives
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957700707
Pronatue, S.L.
Natural Fertilizer
Córdoba - 957811355
www.pronatue.com

Queseria de la Sierra Subbética
Artesan Goat Cheese
Zuheros
957694714

San Francisco Fabrica de Aceites
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Baena
957665276

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Olivar de la Luna
Organic Olive Oil
Córdoba
957771208
www.olivardelaluna.com

S.C.A Andaluza Oliverera La
Purísima - Olive oil
Priego de Córdoba
957540 41

SOS Cuétara S.A
Olive oil
Alcolea
957320200

Sucesores de Morales S.L
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Priego de Córdoba
957705326

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Iznajar
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Union Almdrera Andaluza S.C.A.
- Dried Fruits Nuts
Priego de Córdoba
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Valle de Encinas
Organic Meat
Córdoba
957770613

Vegas del Guadalquivir S.L
Córdoba
957176529

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Organic Olive Oil & Olives
Carcabuey
957553014
www.virgendelcastillo.com

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Alternativas Energeticas Ecologicas
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Cabra
678413494

Boutique Solar - Solar Energy
Lucena
902556688
www.boutiquesolar.com

Carlotenas de Energia - Solar Energy
La Carlota
957301863
www.carlotenasdeenergia.es

Energysur Solar - Solar Energy
Fuente Palmera
Córdoba
957638266

Enerplus - Solar Energy
Lucena
902223333
www.enerplus.es

Gedeon Easy Solutions - Solar
Energy
Córdoba
957348207
www.gedeon.es

Grupo SCER - Solar Energy
Córdoba
957082974
www.gruposcer.es

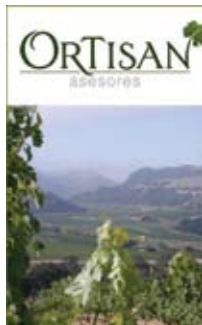
Solar Heat - Solar Energy
Córdoba
954831398



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SERRAÑA DE RONDA
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Telephone: 678733286

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TURISMO RURAL Y COMER

Alojamiento Rural Puerto Carretas - Rural House & Bodega Villaviciosa de Córdoba 957360760 www.puertocarretas.com
Cuevas Del Pino - Self Catering Villarubia 957458372 www.cuevasdelpino.com
El Cortijo La Prensa - Hotel & Restaurant Rute - 606313532 www.elcortijo-laprensa.com

ALTERNATIVE MEDICINE

MEDICINA ALTERNATIVA

José Luis Espejo Lozano Homeopathic Physician Córdoba - 957454786 www.femh.org/andamed.htm
José Rodríguez Moyano Physician Natural Medicine Córdoba 957484586 www.medicinamanual.com
M^a Jesús Larrea Barroso Homeopathic Physician Córdoba - 957292355 www.femh.org/andamed.htm
Moisés Rojas Castellanos Homeopathic Physician Villanueva de Córdoba 957121325 www.femh.org/andamed.htm
Natividad Povedano Gómez Homeopathic Physician Córdoba 957404631 www.femh.org/andamed.htm

HEALTH, SPIRITUAL & HEALING

SALUD Y ESPIRITUAL

C.E.M. Los Arcos Yoga & Meditation Córdoba 957471743
Centro Deportivo Aquazul Pilates, Yoga, Sauna Córdoba 957102628
Luma Social Educativa Saludable Yoga & Meditation Baena 957690051
Tiendas Santiveri Natural products Córdoba 957476307 www.santiveri.es
Tiendas Santiveri - Natural products Córdoba 957089443 www.santiveri.es
Tiendas Santiveri - Natural products Córdoba 957281950 www.santiveri.es
Tiendas Santiveri Natural products Priego de Córdoba 957700310 www.santiveri.es

EDUCATION, ASSOCIATIONS & POLITICS

EDUCACIÓN, ASOCIACIONES Y POLÍTICA

Ecologistas en Acción Cordoba Environmental Activists Groups Cordoba 957492359 www.ecologistasenaccion.org
EPEA (Empresas de Productores Ecológicos de Andalucía) - Digital Catalogue Organic Business Association Montilla 902366830 www.epea.es
Federación Española de Empresas con Productos Ecológicos-FEPECO Organisation to Promote Organic Córdoba 902366830 www.fepeco.es
Ideas (Iniciativas de Economía Alternativa y Solidaria) Import Organic & Fair Trade Produce - Villafranca de Córdoba - 957191243 www.ideas.coop



GRANADA

CRAFTS & PRODUCE

ARTESANÍA Y PRODUCTOS

Aceites Echinac - Organic Olive Oil Guadix 958660529 www.aceitesechinac.com
Aceites Maeva - Organic Olive Oil Abolote 958466107 www.aceitesmaeva.com
Adonay S.A.T - Prepared food Almuñecar 958881535
Agrocastril Ltda. (La Castrileña) - Organic Olive Oil Castril - 958720833 www.altipla.com/agrocastril/
Agrolachar S.C.A Lachar 958457432
Alcampo S.A centro comercial Tropical - Meat Motril 958605500
Almencastril S.A.T.L Dried Fruits Nuts Castril 958720833
Almazara Caseria de la Virgen, S.L. - Organic Olive Oil Alomartes 958340325
Alor Eco - Fruits & Vegetables Otivar 958645279 <http://www.oeko-line.de/page/kontakt.htm>
Antonio Contreras Perez - Fruit Guadix 956662646
Antonio Garcia Sierra - Meat Cortes y Graena 958670601
Antonio Sanchez Fernandez Essential oils Caniles 958710783

Arboreto S.A.T.L Dried - Fruits Nuts Baza 958702274
Asociación de Productores Agrarias San Sebastian Organic Olive Oil Benalua de las Villas 958390402 www.condebenalua.com
Barrales Olives Granada 606537352
Bodega Cortijo Fuentezuelas - Wine Laroles 950022160
Bodega Los Barrancos - Ecological Wine Lobras 958343218 www.los-barrancos.com
Camac Wholefoods Organic Supermarket Orgiva 958784616
Carchuna La Palma Fruits & Vegetables Carchuna - 958623903 www.carchunalapalma.com
Consumo Cuidado - Eco Shop Granada 958271199 www.consumocuidado.org
Cucho Verde Organic Seeds & Plants Motril - 958824378
Disponusa - Organic fruits & vegetables Churriana de la Vega 958554774 www.disponusa.com
Eco Loco Todo Bio Fruits & Vegetables Orgiva www.ecoloco-todobio.com
Ecomaz Producciones Ecológicas Mazimiza Fruits & Vegetables Cortes de Baza 958736396 www.ecomaz.com
Ekobaby - Eco Baby Food Motril 958604024 www.ekobaby.com
El Encinar Granada 958819432
El Panadero Loco - Bread Granada 958229279
Eurocastril S.A. - Fruit Gualcho 669318407
Feysol Nature - Honey Ugijar 958155878 www.feysolnature.com
Frutas y Hortalizas Eurocosta Fruits & Vegetables Motril - 958833652
Hortofruticola La Caña Fruits & Vegetables Motril 958834920
Genoveva Pérez Reyes - Honey Cacin 636155242
Granavega Bio s.C.A - Fruit Lachar 652982160
Hornos Maria Diezma S.L - Bread Benalua 958676040

Huertas Bajas C.B - Fruit Loja 958321754
Internacional Granadina de Alcaparras S.L - Fruit Benamaurel 958733100
José Antonio Maldonado Pérez - Fruit Albalote 606156798
La Frubense, S.L. - Preserves Benalua 669786888 www.lafrubense.es
Las Torcas Organic Online Store Almuñecar 958785344 www.lastorcas.com
Lizzy Wynn Organic Almonds Torviscon 958852082
Matadero Municipal de Baza Organic Meat Baza 958704447
Mercomotril S.A - Fruit Motril 958601600
Nomadas - The Buddha Shop Crafts Bubion 958763951 (Bubion) www.tiendasonomadas.com
Ntra.Sra. Del Rosario Organic Olive Oil Castril 958720162
Olibaza - Organic Olive Oil Baza 958342218
Piscifactoría Sierra Nevada, S.L. The only organic caviar in the world Riofrío 958322621 www.caviarderiofrío.com
Procam S.C.A - Fruit Motril 958600306
Producciones Ecoicas Mazimiza S.L - Fruit Cortes de Baza 958736396
Proeco, S.L. - Organic Eggs Loja 958326830 www.proeco.es
Quinua - Shop Granada 958226957 www.quinua.es
Rafisol Sun Protective Swimwear & Beach Accessories for Children 958958333 www.rafisol.com
Sanavi S.A - Biscuits Cakes Lachar 958457127
Santa Isabel - Organic Olive Oil Campotegar 958385065
Semillero Hortoplant Organic Seeds & Plants Motril 958820375
Semillero Saliplant Organic Seeds & Plants Motril 958623376 www.saliplant.com
Union Harinera - Flour & Semolina Peligros

958405304 www.unionharinera.com
Valles Opere - Organic Olive Oil Cortes de Baza 958734824
Verbonat S.C.A Santa Fe 958441660
Viatu S.L - Wine Valle Del Zalabi 958480303

SUSTAINABLE LIVING

LA VIDA SOSTENIBLE

Aguasolve - Solar Water Heating Orgiva 646215731 www.aguasolve.com
Cannabric Sustainable Building Materials Guadix 958663344 www.cannabric.com
Carrington Builders Murals & Surveying Service Almuñecar 958353368 www.carringtonbuilders.com
Casa Verde Sur Las Alpujarras 690 321 755 casaverdesur@gmail.com www.casaverdesur.com
Casa Tecnica - Solar Energy 958828871
Damp Proofing Spain - Swimming Pools Castell de Ferro 958656560 www.dampproofingspain.com
Deep Blue Pools - Swimming Pools 952594393 www.deep-blue-pools.com
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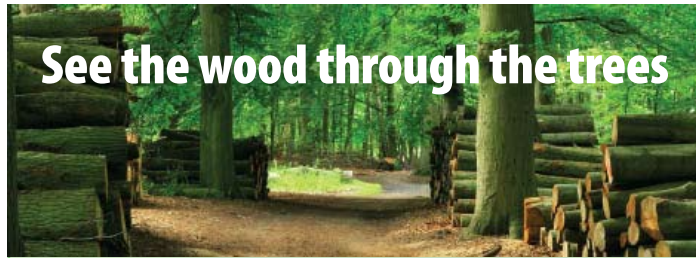
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See the wood through the trees

"As an asset class, timber – a renewable resource with constant product demand – stands out as a remarkably stable investment." - Bloomberg Wealth Magazine

DECIDING where to invest your hard-earned money is a concern for every investor, particularly in these turbulent times.

Roller-coaster fluctuations in the stock market, the parlous state of the property sector – not to mention the unprecedented environmental catastrophe in the Gulf of Mexico – make this crucial decision more difficult than ever.

How does one find an investment that is stable, eco-friendly and a consistently long-term performer then? Answer: invest in managed timber.

Managed timber investments were until recently the best kept secret of the super rich investors and hedge fund experts but have grown in popularity over recent years and are fast becoming the choice of many savvy investors.

Timber has consistently out-performed most other commodities over the last 100 years – including oil, gas and gold.

Investment guru Jeremy Grantham trumpets forestry as the only real low-risk, high-return asset, having risen steadily in price for 200 years, offering an average return of 6.5 per cent per annum for the last century.

Ethical Forestry is one company that specialises in forestry investments, managing a diverse

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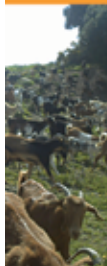
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Soynatura - Health, Quality of Life and Sustainable Development Fair

Estepona - October 15-17, 2010

www.soynatura.es

BioCultura in Madrid

November 4-7, 2010

www.biocultura.org

BioCórdoba - Organic Food Exhibition and Tasting

Cordoba - November 18-20, 2010

www.biocordoba.com

Natura Málaga - Healthy Living and Sustainable Development Fair

Palacio de Ferias y Congresos de Malaga - Summer 2011

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BioFach 2010 - World Organic Trade Fair

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Font of knowledge:
President of
Greenpeace Spain,
Juan Lopez de
Uralde (right)
tells *Green Guide*
publisher Jon Clarke
about his favourite
natural escapes in
Spain

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My Top Ten Green Escapes

HAVING spent 23 years travelling the length and breadth of Spain to campaign for its environment, Greenpeace president Juan Lopez de Uralde knows better than most about its prime nature spots. Uralde – who spent three weeks in jail last Christmas after protesting at the high-profile Copenhagen Summit – includes three Andalusian treasures among his favourite green escapes.

Despite fears over ongoing development plans, the lobby group leader explains that Spain is still home to some stunning environmental gems.

"There is so much to choose from and it's been pretty difficult to make this

selection," he explains.

"Ultimately it is such a shame that so many of these beautiful areas are still threatened. In particular, the beaches in Cadiz and the Donana national park with the threatened oil pipeline"

The vocal campaigner has also been a long time critic of Ronda's notorious Los Merinos golf development, where *the Olive Press* interviewed him two years ago.

"It's great that *the Olive Press and Green Guide* is highlighting not only the positives, but also Andalusia's environmental challenges.

"Organic living should be the aim for everyone in Andalusia and we wish you all the best."

His picks

- 1** Parque Nacional de Ordesa y Monte Perdido (Huesca)
The valley is so beautiful and, above all, I love the waterfalls and Mount Perdido
- 2** Valle de Somiedo (Asturias)
For the sheer richness of nature on offer. In particular, its leafy forests and the population of brown bears
- 3** Parque Nacional de Doñana (Andalusia)
Simply, the area with the most biodiversity in the whole of Spain
- 4** Caldera de Taburiente (La Palma)
This is a wonderful pine forest in a spectacular valley
- 5** Beaches and dunes of the Costas de Cádiz (Bolonía, El Palmar...)
Almost the last virgin beaches in the whole of Spain, but tragically very endangered
- 6** Mount Teide (Tenerife)
An impressive volcano – the highest mountain in Spain – which has some fabulous wildlife and nature
- 7** Pinares del Valle de Valsain (Segovia)
Beautiful forests which are home to rich and raw wildlife
- 8** Parque Natural de Cazorla y Segura (Jaen)
Hidden among the olive groves of Jaen, a wildlife paradise can be discovered
- 9** Islas Cíes (Galicia)
Crystal-clear Atlantic waters and definitely Spain's best beach
- 10** Hayedo de Irati (Navarra)
A rare and rich humid forest in a very dry region



1



2



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10

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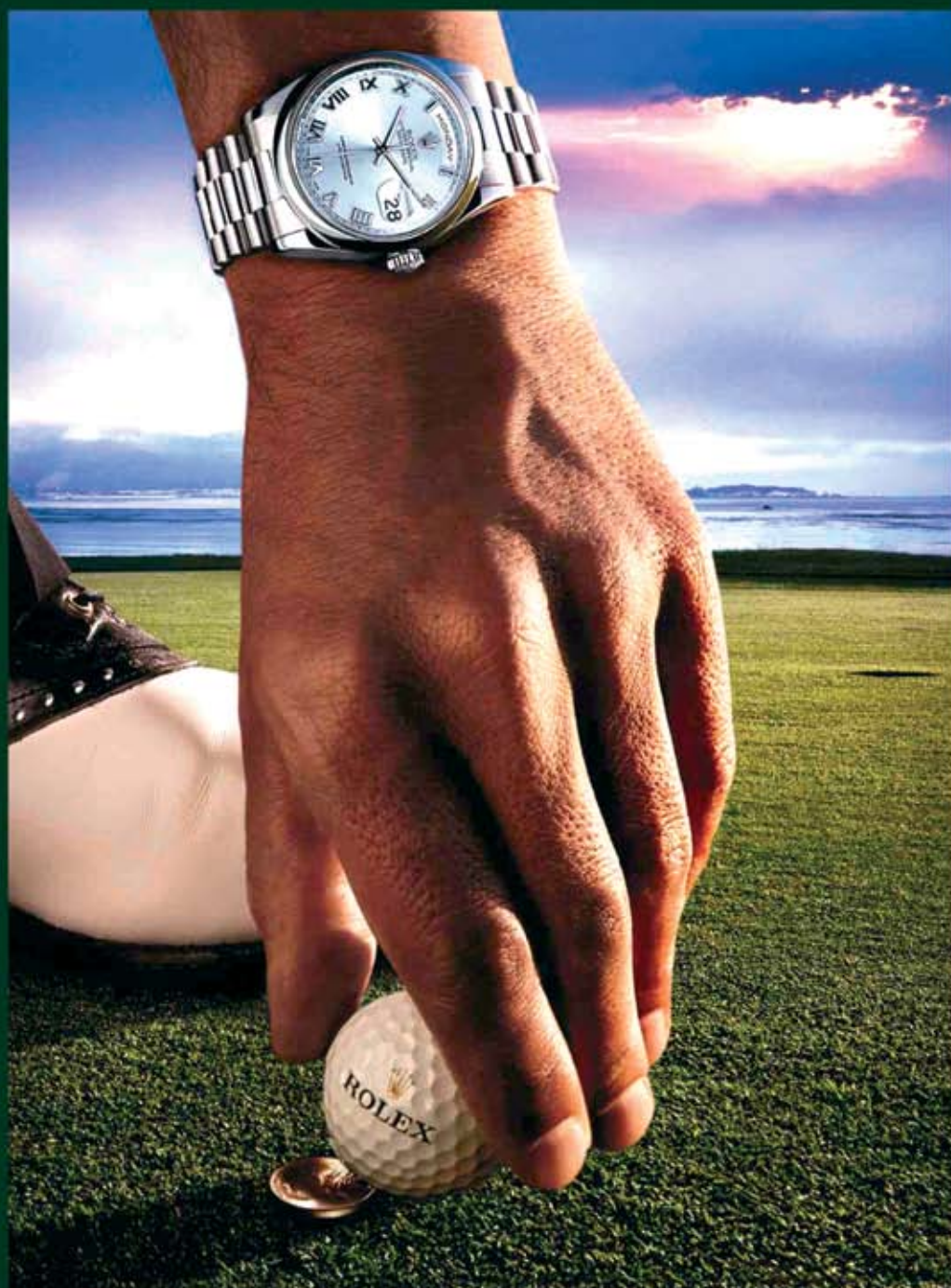
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