



Issue 8: Cheshvan 5786 / October-November 2025

Welcome to EHC's Green Team News. Contributions are welcome from any member of the community – if you have visited an interesting environmental project, discovered a relevant book, radio programme/podcast or TV show or if you have ideas from your garden that you would like to share. Please contact The Green Team through notifications.ehc4@gmail.com. The deadline for the next edition is **13th November**. The most recent newsletter will be uploaded to the [Green Team page of the EHC website](#) shortly after publication.

Community Gardening Day at EHC - 28th September



Eight volunteers signed up and were joined by other adults and three children later in the morning. Many thanks to Alice, Ayalah, Janet, John, Jonathan, Linnel, Moria, Sam, Shimon, Shirley, Yonatan and Zak (and to our wonderful project leader Lesley, adds Janet!); also to the children Abbi, Nadav and Sorsha.

We had a list of tasks and everyone was invited to work at the task they felt most comfortable with, including strimming the grass verges, deadheading plants, flattening cardboard to lay on weeds, putting up chicken wire to support our fig tree, collecting coriander seeds, clearing the raised beds to plant onions, sweeping and, most of important of all, providing tea, coffee and biscuits for everyone. The children did some weeding followed by sowing spring onion seeds and planting spring bulbs in pots.

Huge thanks to all the volunteers and to EHC for providing funds for much needed extra gardening equipment.

If you would like to help out for a couple of hours there are plenty more tasks to complete before the winter. Email notifications.ehc4@gmail.com for details of next gardening session.

Lesley



<https://www.ehcong.com/jewish-edinburgh/green-team/>

Edinburgh Council grant for shed

The Green Team is delighted to announce that we have been awarded a grant by City of Edinburgh Council to purchase and install a shed to store garden equipment. Watch this space for updates on the “shed project”!

Can I recycle my lulav and etrog?



Here's some ideas for how to recycle your lulav and etrog.

1. Use the lulav to burn the chametz at Pesach;
2. Use the myrtle for besamim for havdalah;
3. Stick cloves into the etrog releasing the fragrance to use for besamim at havdalah;
4. Weave the palm into a basket;
5. Cook the etrog – here is a link
6. <https://www.myjewishlearning.com/the-nosher/use-your-etrog-with-these-5-recipes/>
7. Check that your etrog has not been sprayed with pesticides; if not, shave the etrog peel and add it to gin/vodka to be drunk next Sukkot! That only works if the etrog is organic as the pesticides used are generally very strong and heavy;
8. Keep the lulav as additional schach for next year.

Buying Really Local?

In Radio 4's five-part series, 'Food Britannia', Max Cotton is on a mission to find out if we could feed ourselves entirely from food grown in the UK. In the first episode 'The Supermarket Dilemma' he learns that even if a product seems completely British, more often than not it contains ingredients from other countries. For instance, a white loaf which we would assume is produced in Britain can contain a mixture of foreign flours.

Will Max succeed in his mission? Find out by clicking on the link below. Each episode is only 14 minutes long and investigates the possibility of only living on truly sustainable local food from farming practices to growing your own.

<https://www.bbc.co.uk/sounds/play/m002k38l>

JCOS Mitzvah Day Mushrooms and Mitzvahs Sunday 16th November

MUSHROOMS & MITZVAHS



- learn how fungi can be a tool of resilience in the face of crisis-
- celebrate Mitzvah Day with community-
- take home your own oyster mushroom growbag and more-

everybody welcome, £12

book at bit.ly/mitzvahmushrooms

SUNDAY, NOVEMBER 16
2:30-5:00, LAURISTON FARM, EDINBURGH

powered by Limmud

Contact Sydney at getbteva@gmail.com for more information

Click on the image above to book.

Can You Tell the Difference?



One is made from bamboo and the other is cotton. How to choose?

There are pros and cons when looking at the sustainability of each manufacturing process.

Bamboo pros:	Bamboo cons:
1. Grows quickly and is naturally rainfall-fed. 2. Is protected by a natural bio agent so requires zero pesticides or fertilisers. 3. Is cut without uprooting the plant so much of the greenhouse gas is left in the soil. In addition, bamboo absorbs incredible amounts of CO₂ and can release around 35% more oxygen than trees. 4. Is biodegradable. 5. Bamboo fabric is antibacterial making it hypoallergenic for sensitive skin. 6. It's breathable and moisture wicking.	1. Processing the bamboo to extract fibres uses harmful chemicals which can affect the environment. 2. Mechanically processing the bamboo is less common but more eco-friendly. It is also more labour intensive. (Although the upside of that is in the provision of jobs.) 
Cotton pros:	Cotton cons:
1. Natural fibre from cotton plant. 2. Soft, breathable material. Light to wear and cool when hot. 3. Able to absorb moisture. 4. Machine washable and durable. 5. Organic cotton decomposes easily. 6. Material biodegradable.	1. A single cotton shirt requires about 2,700 litres of water. This could meet one person's drinking needs for over 2 years. 2. Traditional cotton farming can lead to soil depletion and heavy pesticide use. 

Both textiles have organic sources, which for bamboo cuts out the chemical method of fibre extraction while for cotton, sustainable farming practices eliminate harmful chemicals although still requiring more water than bamboo.

Hopefully you, reader, can now make a more informed choice.

Lesley