



### Wooden it be luvverly

Pedro Redig has been fashioning furniture from discarded wooden pallets for more than five years now. He makes sofas, planters and tables from pallets he finds on the street or rescues from building depots. "At the start I would respect the structure of the pallet to make everything look rustic," said Pedro, of Cherry Tree Road, N2. "Now I break apart and use the wood itself to give more flexibility in my designs." His finished items are protected with wood stain or paint to give them long life outdoors. Find out more on social media @planetpallet

### Run out of juice? Call for Roger

Visitors to the Sustainability High Road event were able to sample delicious fresh apple juice thanks to the hand press wound down tightly by Town Team member Roger Chapman. Using donations of fruit from growers across East Finchley, Roger and his helpers first crushed the apples in a scrapper before pressing them. "All these apples would otherwise have gone to waste," said Roger. The taste-testing got very positive reactions although at least one visitor was disappointed that it wasn't cider.



### Hats off to Cecilia's wearable plastic

What can you do with all those plastic bags clogging up your cupboards and your drawers? Knit with them, of course. This is what Cecilia Montero demonstrated, showing off the colourful hats and mats she had knitted or crocheted out of the supermarket carriers she had cut into strips. Cecilia has run workshops for adults and children to show off her plastic recycling skills and says, although we need some plastic in our lives, there's too much of it being used once and then thrown away.



### Trees and trainers

GoodGym co-ordinator Paul Salaman was wearing two hats on his stall at the event. Besides recruiting new runners for GoodGym, which organises short runs and voluntary tasks around Barnet, Paul was also promoting the Tiny Forest planted this year at the north end of Hampstead Garden Suburb, between Mutton Brook and the North Circular Road. Scores of new trees were planted there to encourage other native woodland flora and fauna. "It was a tough start for them with the dry hot summer but they have survived," said Paul. Find out more at [goodgym.org](http://goodgym.org) and [tinyforest.earthwatch.org.uk](http://tinyforest.earthwatch.org.uk)



### Space for nature

We probably imagine most rewilding projects happen in open fields or forests but in fact there's a lot we can do in the suburbs to welcome nature, says East Finchley lecturer Sian Moxon. She teaches architecture and sustainable design at London Metropolitan University and leads the Rewild My Street project, which encourages residents to create wildlife-friendly zones right outside their door, ranging in size from flower beds to pocket parks. "The pandemic helped people notice nature more and we can make space for it in our streets and cities," said Sian. Find out more at [rewildmystreet.org](http://rewildmystreet.org)



### Power for People

Corinna Miller and Andrew Hutton representing the Power for People group, a non-profit organisation campaigning for the UK to transition to 100% clean energy, explained the benefits of the creation of neighbourhood energy schemes and co-operatives, to enable communities to generate their own electricity.



### It's time to sack the plastic bag

You may never need a plastic carrier bag again. Mike Hughes and Alison Roberts of East Finchley Festival CIC sold reusable cotton shopping bags in two different designs, with all proceeds going towards the community festival. More East Finchley-themed designs can be found at [www.ILoveN2.co.uk](http://www.ILoveN2.co.uk). Alongside them, Isabelle King put her crochet skills to good use by making more than 200 washable shopping bags and selling them in support of Age UK. Isabelle supplies the 100% cotton for each bag out of her own pocket and each one takes around four days to finish. "I enjoy the crocheting and particularly in winter I am always knitting," she said. Isabelle is

happy to take commissions for knitting sweaters or other items from anyone supplying wool and measurements. For more information, contact her via Age UK on 020 8432 1416.



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