



Welcome to July's Newsletter

Greetings,

Here is your monthly newsletter from Sustainable Carlisle to help get you in the disposition for a summer of sustainability!

This month I am offering a more condensed version of the newsletter as I prepare to take some time off to go visit family, but this month's edition will include...

- > Freestall updates for this weekend
- > Results from our AGM
- > Upcoming events
- > Gardening notes for the month

I hope you all have the chance to get out into nature during the summer holidays, be it a walk through Rickerby Park on the way home from work or a family trip out to the Lake District.

Best regards,

Katie Lock

Development Worker at Sustainable Carlisle



Freestall this Saturday

Our monthly Freestall makes a return to the Farmers' Market in the beautiful Cathedral grounds this Saturday, 9am - 2pm, along with many other local businesses, culinary delights and handmade goods.

Please do pop by to say hello and talk to one of our wonderful volunteers, who will be giving away free things to challenge consumerism and waste. If you would like to donate some unwanted goods please come down and hand them over on the day. The Freestall is a key element of our outreach to the general public so donations are very warmly appreciated.

We will also have lots of interesting information to discuss and leaflets to hand out, with sustainability issues a hot topic on the stall.

Thanks goes out to the team of volunteers who will be running the stall on the day.

Results from our AGM

Our AGM last week was a great success and received a good turn out of people. Lots of things were discussed and evaluated, from our covid-19 project recovery to how we can go forward in this new world.

View the full minutes and my development worker report presentation on our website here -

<http://www.sustainablecarlisle.org/agm-2021>



Upcoming Events

There are now less than 100 days before COP 26, where world leaders will be coming to Glasgow to discuss the future of environmental action, and there's lots to be done in this run up.

One huge national campaign is the **Great Big Green Week** (18-26 September) which will see communities come together for 'green' actions. Check out their website to find out more <https://greatbiggreenweek.com/>.

Behind the Sustainable Carlisle scenes right now we are planning something very exciting, creative and significant which YOU can get involved in - more details to follow very soon, so watch this space!

National campaign **Cycle to Work Day** is also around the corner, when on the 5th August where you can be part of the UK's biggest cycle commuting event. More information here, <https://www.cycletoworkday.org/>



Picture from www.gardeningknowhow.com

Gardening notes for the month

Our gardening section of the newsletter continues this month, with an article that discusses watering your plants during these hot months, including some interesting and creative solutions.

[Read the article in a new window by clicking here!](#)

Jobs for August...

- Start thinking about winter salads which can be sown at the end of the month; oriental greens, winter lettuce, miners lettuce. These don't always do well in Cumbria and tend to sulk until the spring when they flourish with all the early spring plantings, but it's maybe worth a try.
- As crops are lifted, sow green manures in the ground. Remember to keep the rotation pattern in place.
- Lift main crop onions, dry outside for a few hours and then hang in a cool dry place away from rain. When the tops have turned brown they can be stored to use through the winter and spring. Look out for rots as onions affected will not store. Use these straight away or slice up and freeze.

Many thanks for the content goes to one of our network members.



Children, family, young people activity packs

Just another reminder that we have launched our activity packs that can help keep the whole family busy, interested in the environment and creative over summer.

With three separate packs aimed at different experience / ability levels there is something for all ages to do.

Learn more and download your packs today via our website,
<http://www.sustainablecarlisle.org/activity-packs>



Calling to those who have read through to the end...how did you find this format for the newsletter?

Having a newsletter that is just within an email like this, versus having a separate document to read through. I am interested to know if you have found this condensed email easier to read or if you prefer the chunkier separate document format I usually produce.

And as ever, if you would like to submit something for the next newsletter please email me at katie@sustainablecarlisle.org.

We are a network of people and projects in Carlisle, that want to make our city more sustainable for ourselves and for following generations. We wish to help create a peaceful, vibrant, resilient future based on common sense, ecological wisdom and social justice.





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