

Why don't my organic fruit and vegetables stay fresh for very long, even though I store them in the fridge?

Organic produce does not contain any preservatives and should be sold and consumed as soon as possible after harvesting. The fresher an ingredient is, the healthier it is, so rather buy smaller quantities of organic produce and enjoy the items while they are fresh.



Staple a string of fairy lights all along the bottom skirting of a dark passage to provide light for guests or little ones who need to find their way down the passage in the middle of the night.

How can I stay cool at a hot summer function?

Follow these simple tips to stay cool and look stylish:

- Choose lighter coloured fabrics. They will absorb less heat.
- Wear natural fabrics such as cotton or linen as these are cool materials that will help you to regulate your body heat.
 - Wear a looser fitting dress or pair a light camisole with a floaty skirt or linen trousers. Combine with a three-quarter or short-sleeved jacket for a more formal occasion.
 - Substitute a smaller, lighter clutch bag for a big bag.
- Avoid heavy silks and linen as these will cause you to perspire.
- Finish off your outfit with strappy sandals and minimal jewellery.
 - If it is an outdoor daytime event, wear a wide-brimmed hat.
 - Wear sunblock, avoid heavy make-up and take a body spritzer with you to help you cool off.

All the ecofriendly advice available makes my head spin. What steps are effective yet easy to do?

You are probably already doing the basics such as recycling glass, paper, plastic and cardboard, using fabric bags to carry your shopping and replacing ordinary light bulbs with low-energy ones (take your globes and batteries to Pick n Pay for safe disposal). Also try the following:

- Go to www.faithful-to-nature.co.za for a list of products and toxic ingredients to avoid.
- SMS CO2 to 34017 (you need a WAP-enabled cellphone) and follow the instructions to check the size of your carbon footprint and to compare it every month. This is an initiative of the World Wildlife Fund (WWF) and SMSs cost R2 each.
- When you buy take-away food, take your own containers with you to the food outlet and ask for the take-aways to be put into them.
- Go to www.wwf.org.za/hero for more helpful hints on how to green your life.

Turn to page 60 to read about how three readers are greening their lifestyles. >>

