



THE SUMMER LODGE & THE ACORN INN

GREEN TEAM

magazine

Summer Lodge

COUNTRY HOUSE HOTEL & RESTAURANT





WELCOME BACK!

The Summer Lodge and Acorn Inn Green Team has been hard at work over the last two months implementing many new and exciting sustainability projects throughout our hotels and getting more involved in our local community. We have started a new recycling and waste management project in our kitchens and housekeeping departments, liaised with local charitable organisations to avoid wasting our hygiene products, and spent time learning about our incredible local providers and their dedication to sustainable agriculture and producing fantastic quality food.

We are so lucky in Dorset to have such an incredibly close community of caring people who love our environment, so it was great to speak to so many different people, share our ideas for change and improve the sustainability initiatives we already have in place.

With August and September hosting a wide range of awareness weeks and environmental action days we have compiled a few articles about what we have been up to in order to bring these important sustainability subjects into discussion.

Over October and November, we hope to learn more about the native animals and plants that call the Summer Lodge gardens 'home', speak with local Mycologists to see whether we have rare mushrooms on the grounds and we are expecting a visit from a bat expert who will use a sonic detector to work out which species have been visiting us at night.

We very much hope that you enjoy reading the August and September edition of the Summer Lodge and Acorn Inn Green Team Magazine and if you have any questions about the articles we have written, please do reach out to any of us for more information!



Emily Gardner
MP at The Acorn Inn



Niamh Richardson
MP at Summer Lodge



Emma Smith
MP at Summer Lodge

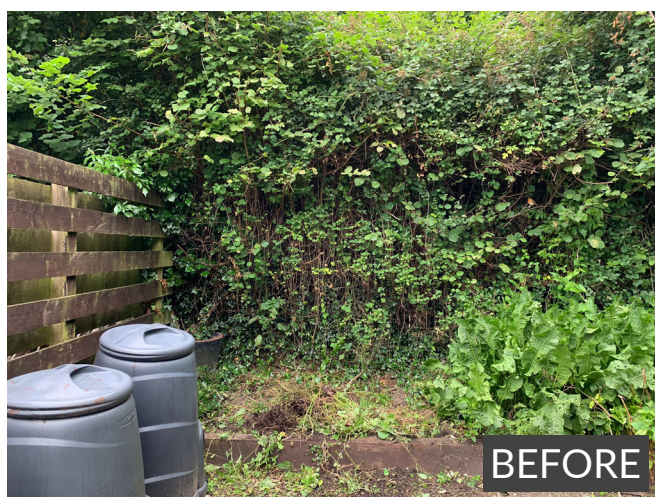


Diarmaid McDermott
MP at Summer Lodge

THE ACORN INN

HERB GARDEN

Following the magazine's first issue, The Acorn Inn's kitchen herb garden is progressing quickly. Emily and Richard have been working to clear the overgrown area so that we could begin utilising the space again as a bigger functioning kitchen garden. We began by cutting back the overgrowing weeds, hedge row and trees surrounding the herb garden. We then dug out all weeds and plants that were not providing any benefits and just causing a lack of sunlight in the garden.



Apple mint
Chocolate mint

Purple Sage
Thyme

Rosemary
Spiced Basil

Opal Basil
Edible Flowers

We are already seeing progress with the garden and have been using the flowers in our desserts. The photos below show some flowers being regularly picked from our garden and our flowers adding colour to one of our specials, the Blackcurrant and Almond Tart, a favourite whenever it features on our dessert menu.



Soon, our herbs will also be featuring in many of our dishes and will be included within our cocktail menu also. We are also very much looking forward to receiving some plants from the gardening team in Evershot in November. These plants will include blackcurrants, gooseberries, and rhubarb, which we are currently planning where to plant. In the next edition of the Green Team Magazine, we will show our progress and how we incorporate into our ever-expanding kitchen herb garden.

As a standard service, we give tap or bottled water to our guests. However, after they leave, we usually pour away the wasted, sometimes untouched water. To combat this the Acorn Inn has recently brought back a scheme to recycle our table water. We pour the left-over water into a bucket left under the bar, and then before each lunch service we use this to water all our potted plants, and our kitchen herb garden, rather than using water from our outside tap.



What to Compost & where to find them	Green	Brown	What not to Compost & why
Fruits and vegetables			Black walnut tree leaves or twigs
- Kitchen leftovers			- Releases substances that might be harmful to plants
Fireplace ash			Coal or charcoal ash
-			- Might contain substances harmful to plants
Leaves			Dairy products (e.g., butter, milk, sour cream, yogurt) and eggs*
- Flower and garden			- Create odor problems and attract pests such as
Grass			Fats, grease, lard, or oils*
- Garden trimmings			- Create odor problems and attract pests such as rodents and flies
Eggshells			Meat or fish bones and scraps*
- Pastry or breakfast station			- Create odor problems and attract pests such as rodents and flies
Yard trimmings			Pet wastes (e.g., dog or cat feces, soiled cat litter)*
- Gardeners waste pile			- Might contain parasites, bacteria, germs, pathogens, and viruses harmful to humans
Hay and straw			
Wood chips			
Cotton and Wool Rags			
Shredded newspaper			
- behind reception or in the Office			
Coffee grounds and filters			

In 2007 the RSPB started to keep track of wildlife crime cases across the UK, they have logged 1297 cases to date. Click [here](#) to learn more

HEN HARRIER DAY

7TH AUGUST 2021

Every August the UK experiences an annual environmental crisis. The red grouse hunt, also known as “The Glorious Twelfth” starts on the 12th of August which means that farmers start preparing the moors of Scotland for weeks by burning acres of heather to provide new green shoots to feed the grouse and cases of Raptor Persecution (the act of shooting, poisoning, or trapping predatory birds such as Buzzards, Owls, Peregrine Falcons, Harris Hawks and Hen Harriers) has skyrocketed.

The 7th of August marks Hen Harrier Day, 24 hours of continuous events, protests, broadcasts, and reports detailing the plight of these beautiful predatory birds. Hen Harriers, whose name in Dutch translates to ‘Blue Chicken Thief’ characteristically hunt by flying low over open ground, feeding on small mammals, reptiles or birds, which means they are drawn in by the 60 million non-native game birds released into the UK countryside every year for shoots. They also nest on the ground, meaning their nests are often destroyed by farm machinery or by the fires set by landowners burning the heather.

To help track the bird’s movements the RSPB has tagged over 100 Hen Harriers as they breed and move around the country, but there is a distressing trend of Harriers disappearing over Grouse breeding grounds, suggesting that they are being killed by hunters to keep the grouse numbers up.

RECOGNISE. RECORD. REPORT

Wildlife crime and how you can help

The UK Wildlife Crime Tasking and Co-ordination Group and the National Wildlife Crime Unit is currently working together to tackle a range of criminal acts against animals in the UK including the trade in endangered species, badger persecution, bat crime, poaching of freshwater pearl mussels, deer poaching/coursing, fish poaching and hare coursing, raptor persecution and cyber-enabled wildlife crime.

Operation Wingspan in Scotland and Operation Owl in North Yorkshire are two campaigns aimed at raising awareness for raptor persecution across the UK.

WILDLIFE CRIME TO LOOK OUT FOR

- Dead birds of prey lying next to dead pigeons, rabbits, pheasants, or other poisoned baits.
- Live birds of prey caught in any trap.
- Any spring traps set out in the open that are not within a cage tunnel or other enclosed tunnel structure.
- Any spring traps set out on top of a post – these are known as ‘pole traps’.

DO TAKE PHOTOS OF THE CRIME SCENE

And of the surrounding area. Use something for scale, take down the date and time, the registration of any vehicles parked nearby, the GPS location of the scene and the details of the animals you found.

DO NOT TOUCH THE BIRDS OR THE BAIT

Poisons used to kill raptors can be absorbed through our skin. Do not touch any traps or approach anyone in the area to ask questions. Keep others away from the area.

CALL 111 AND SPEAK TO A WILDLIFE CRIME OFFICER

CALL RSPB'S RAPTOR CRIME HOTLINE 0300 999 010





WHAT IS A NURDLE HURDLE? AND WHY SHOULD WE CARE ABOUT THEM?

Nurdles, despite their silly name, are a very serious problem for our marine ecosystems. They are small plastic pellets about the size of a lentil and countless billions of them are used each year to make nearly all of our plastic products. Due to their small size they inevitably escape in the manufacturing processes and end up (like most of our waste) washing into the oceans. The size and colour of nurdles make them identical to fish eggs, and when they are eaten by seabirds and other fish, the pellets build up in their digestion and don't pass through making the animals feel full when they could be starving.



The photo shows some of the microplastics that spilled from the 'toxic ship' the X-Press Pearl which caught fire and sank off the coast of Sri Lanka on the 20th of May 2021. On the 27th, the ship lost several containers containing billions of nurdles and toxic chemicals which spread all over the west coast of Sri Lanka.

These pellets take between 500 and 1000 years to biodegrade which means that the fisherman and villagers in the coastal towns of Sri Lanka will have to tackle this problem for decades and it is already affecting the marine life in the waters around the island.



GREAT BRITISH BEACH CLEAN

Every September thousands of people take to the beach all over the UK to take part in the Great British Beach Clean, weighing their collections and inputting their data to help scientists study how waste travels once it reaches the sea.



To help the cause, Emma, Alex, Tess and Maisy from Summer Lodge joined up on Chesil for a day of litter picking along Dorset's iconic Jurassic coast.

Together we gathered five bin bags of rubbish using equipment kindly provided by the Chesil Beach Fine Foundation. Things we found included plastic bags, bits of fishing net and rope, food packaging, shoes and bottles.

Chesil beach is popular with tourists for its views and fantastic fishing but the high winds that blow over the top of the beach means it is often covered in litter from picnics or things blown from the boats moored just off the shore.

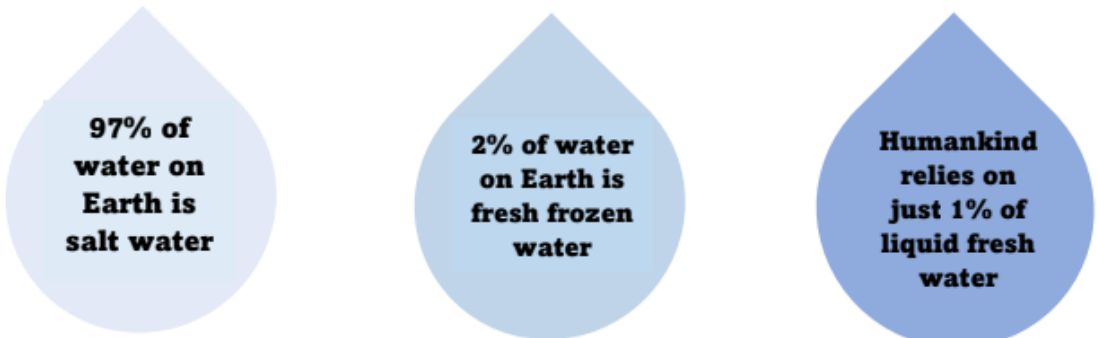
We used one of our paid volunteer days to do this together and the weather turned out great if a little windy at times.



THE DAY ZERO WATER CRISIS

By 2040, most of the world will not have enough water to meet the growing annual demand. 'Day Zero' is a term relating to the day where running water is shut off from an area and water rations are put in place instead. Although this is already a close reality in Cape Town, most major cities are drawing ever closer to Day Zero within the next few decades unless water consumption habits change. We have learnt to treat water as a never-ending infinite supply, but this is not the case.

BUT DON'T WE HAVE ENOUGH WATER ON EARTH?



**97% of
water on
Earth is
salt water**

**2% of water
on Earth is
fresh frozen
water**

**Humankind
relies on
just 1% of
liquid fresh
water**

When we talk about "running out of water", what we really mean is: Do we have access to that drinkable 1%? This is also very dependent of where one lives, and where large bodies of water are located (Netflix, 2018). Most liquid freshwater is underground, so we source much of our water from lakes and rivers. However, if these bodies of water dry up due to climate change (CFR, 2021), evaporation from heat, or are built on, there is nowhere for water to be stored and thus it is wasted. This can also lead to cities flooding if there is no storage for rainwater.

Furthermore, the more water you take from aquifers underground, the longer the water supply takes to replenish. The second side effect to this is also that aquifers absorb the soil, causing cities to sink; in some places as much as 9 inches a year (Netflix, 2018). There are now more people on earth consuming more water than is sustainable. Water resources are more erratic and dry periods are now longer.

ARE WE USING WATER IN A SUSTAINABLE MANNER?

We cannot sustain our current habits long term. Water is an inexpensive commodity, and thus it is easily wasted. The true cost of water does not reflect on the price of a product, such as a hamburger or a t-shirt, even though it takes 1,650 litres of water to make one hamburger, and 2,500 litres to make one t-shirt. Water is priced and treated as if there will always be enough of it and this is why we use it in wasteful ways. There are now more water stressed countries than ever before because the water is being used by one dominating company or industry, instead of being used equally. The demand for water is also causing conflict between local people and industries.

Unfortunately, the scarcer water is, the more access to it becomes a competition, and this decision is often up to governmental bodies. Water scarcity is also one driving force in violent conflict as shortages in water leads to a decline in livelihoods. It is even predicted that water will be the next economic currency; with hedge funds now buying up water resources. However, valuing water can have benefits. For example, irrigation methods would become more effective because government would care more about the price of wasted water. And water infrastructures would be repaired, meaning a stop to the 42% of leakages in water systems.

CAN WE CREATE MORE WATER?

Although desalination has doubled, it still only makes up half of what we use annually. This process takes up a lot of money and energy and the prices of water would rise as a result. Therefore, every product that uses water would also increase in price. **Access to clean drinking water and sanitation is a human right**, so how do we value an invaluable resource? It needs to be priced in a way to protect human needs first. Meaning evaluations of land and current resources need to be considered to a greater extent. Furthermore, exploring ways to recycle wasted water and invest in smarter agriculture will help in wasting any oversight of water.

Cape Town pushed back their Day Zero in 2019 as they managed to cut their water use in half due to community efforts to avoid wasting water. Smart water metres installed in schools can show how much water is being wasted. Teaching children also created a secondary effect of teaching family when they went home. This is an illustration of what we can do worldwide to conserve water and ensure there is enough of it to share, rather than it being wasted or used solely on one product. The average water consumption in South Africa is now 237 litres a day, but in Cape Town it is 105 litres a day. Day Zero events could become the norm for most cities within the next few decades. However, being mindful of the importance of reducing wastage can help us to slow the effect of water shortages and the reduction of many local livelihoods, where water is the main commodity. Water scarcity is an issue less about actual water shortages than it is the finance and politics.



THE SUMMER LODGE

LOCAL FOOD SUPPLIERS

Executive Chef Titman, alongside our General Managers, Jack and Alex Mackenzie, endeavour to uphold and strengthen Summer Lodge's food supply chain to ensure each dish reflects our 'farm to fork' philosophy. Chef Titman proudly testifies:

'I am delighted to work in the heart of Dorset's countryside, and to have the freshest, sustainable, locally sourced produce at my fingertips as well as incredible ingredients from our kitchen gardens, to create delicious menus for our guests'



Advantages of localising our supply chain

Localising supply chains represents a tremendous opportunity to reduce our environmental impact. Primarily, when you reduce shipping, storage and packaging, you lower emissions and energy usage. Sustainable sourcing is also a current marketing trend, which enhances consumer confidence, increasing brand awareness and strengthens customer loyalty.

Sustainable sourcing and its societal benefits

Sustainable sourcing also supports employment rates within local communities. When labour intensive goods and services are bought, relatively more jobs will be supported. If local suppliers source their inputs from other local suppliers, this generates ripple effects throughout the economy, with incomes and jobs being supported amongst direct and indirect suppliers.

OUR SUPPLIERS



The Summer Lodge Team (0 miles)

The hedgerows and woods are teeming with plants and perfect for foraging berries, wild garlic, mushrooms and edible flowers, while the garden team cultivates seasonal vegetables in the kitchen garden and poly tunnel.



Steve Crate - Evershot Bakery, Evershot (50 yards)

Steve and Pete make the most delicious artisan breads for us daily which we use in addition to the breads made by our pastry team.



David & Karen Richards - Capreolus, Rampisham (2 miles)

David and Karen began with two small smoker machines, creating amazing cured and smoked meats. They source locally bred and reared free-range meat from traditional and rare breeds, and today they are world class artisan producers.



Pete Lemmy - Liberty Farm (5 miles)

Pete runs his organic herd on his family farm near Halstock. He is passionate about providing us with top quality milk and has even invented a machine which allows us to use his milk without any single-use plastics being involved in the process.



Sarai Longman - Longman Cheese, North Leaze Farm, North Cadbury (10 miles)

The Longman family have been making cheese here for two centuries. They are passionate champions of West Country cheese, which we are proud to serve, as well as their cream and butter.



Clive Samways - Samways, Bridport (16 miles)

Samways work with over 150 local boats every day to source top quality local fish for the menu and share our values of maintaining a sustainable supply for the future.



Mark Firth - Chesil Smokery, Bridport (16 miles)

Mark and his team are addicted to smoking delicious things and we are equally addicted to their fantastic salmon.



Sean Vining - Axminster (20 miles)

Sean works only with free-range farmers who share his, and our, vision of high welfare for all the animals. His Devon lamb and pork are exceptional, and his sausages are 'simply amazing'.



Eric, Liz & James Sealey - Fossil Farm (23 miles)

The Sealeys founded Jurassic Coast meats to market their own free-range Rose Veal and Aberdeen Angus beef. Today they work with a few hand-selected farmers to provide us with our exceptional beef.



Jason & Rachael Goring - Barbers Cheddar & Black Cow Vodka (25 miles)

Jason and Rachael run the family farm which produces this fantastic Cheddar cheese.





SIMPLE COMPOSTING

What is compost?

Compost is made up of organic matter that can be added to the soil and used as fertilizer where it improves plant growth. The composting process involves four main components: organic matter, bacteria, oxygen and moisture. A simpler approach can be taken with a three-step method: the addition of Greens, Browns and Water.

Greens - This includes materials such as grass clippings, vegetable waste, fruit scraps, and coffee grounds. These are nitrogen-rich compost materials.

Browns - This includes materials such as dead leaves, branches, and twigs. These are carbon-rich materials.

Water - Having the right amount of water, greens, and browns is important for compost to ensure the right environment for decomposition.

Types of composting:

1. Basic composting
2. Vermicomposting
3. Aerated static pile of composting
4. Onsite composting
5. In-vessel composting
6. Aerated windrow composting

At Summer Lodge we implement a form of Vermicomposting. This is better than basic composting due to its higher nitrogen, phosphorus and potassium content and its ability to improve the soil structure. This method of composting aids to increase its water-holding capacity. The addition of earthworms increases soil aeration. This is believed to be the best method as nature looks after itself when given the correct conditions.

Our Head Gardener Robin Andrews has been practicing this method for many years. We acquire all the necessary items from our kitchens to compile a healthy compost square which decreases our carbon footprint and reduces the weight of our food waste.

Backyard composting

1. Select a dry, shady spot near a water source for your compost pile or bin.
2. Add brown and green materials, making sure larger pieces are chopped or shredded.
3. Moisten dry materials as they are added.
4. Once your compost pile is established, mix grass clippings and green waste into the pile and bury fruit and vegetable waste under 10 inches of compost material.
5. Cover the top of the compost with a tarp to keep it moist. When the material at the bottom is dark and rich in colour, your compost is ready to use. This usually takes anywhere between two months to two years.

Indoor composting

If you do not have space for an outdoor compost pile, you can compost materials indoors using a special type of bin, which you can buy at a local hardware store, gardening supplies store, or make it yourself. Remember to tend your pile and keep track of what you throw in.

A properly managed compost bin will not attract pests or rodents and will not smell bad. Your compost should be ready in two to five weeks.

WHY COMPOST?

Enriches soil, helping retain moisture and suppress plant diseases and pests.

- Reduce cost on transportation and Co2 emissions.
- Reduces the need for chemical fertilizers.
- Encourages the production of beneficial bacteria and fungi that break down organic matter to create humus, a rich nutrient-filled material.
- Reduces methane emissions from landfills and lowers your carbon footprint.

What to Compost & where to find them	Green	Brown	What not to Compost & why
Fruits and vegetables - Kitchen leftovers			Black walnut tree leaves or twigs - Releases substances that might be harmful to plants
Fireplace ashes -			Coal or charcoal ash - Might contain substances harmful to plants
Leaves - Florists bins and gardens polly tunnel			Dairy products (e.g., butter, milk, sour cream, yogurt) and eggs* - Create odor problems and attract pests such as
Grass clippings - Gardeners			Fats, grease, lard, or oils* - Create odor problems and attract pests such as rodents and flies
Eggshells - Pastry or breakfast station			Meat or fish bones and scraps* - Create odor problems and attract pests such as rodents and flies
Yard trimmings - Gardeners waste pile			Pet wastes (e.g., dog or cat feces, soiled cat litter)* - Might contain parasites, bacteria, germs, pathogens, and viruses harmful to humans
Hay and straw			
Wood chips			
Cotton and Wool Rags			
Shredded newspaper - behind reception or in the Office			
Coffee grounds and filters - bar under the coffee machine			
Paper - Reception			
Houseplants - Florists waste			
Tea bags - Bar and porters waste liquid bin			
Cardboard - Brown bins			
Hair and fur			

DONATIONS FOR

DORCHESTER COMMUNITY CHURCH

Every week the Dorchester Community Church based in Poundbury collects and creates over 50 bags full of surplus food and toiletries to distribute to families in need across Dorset. Since the pandemic the number of families applying for aid from food banks like this one has grown exponentially, the majority of which often go without hygiene products in favour of food.

Hygiene poverty is a growing problem in the UK, with many families unable to afford many of the everyday hygiene and personal grooming products most of us take for granted. The reality of low income is that it restricts people's options, leaving them torn between being able to heat their homes, pay the rent, eat or be clean.

Since changing to Floris toiletries in our hotel, we have recently found ourselves with a surplus of soaps, hand wash, body wash and body lotion from Ren and the Stone Street Soap House. At first, we offered them to staff to take home but we still had so many left over we reached out to our new friends at the Dorchester Community Church who took them off our hands.

For the last few weeks families around Dorset have been receiving little bags of toiletries donated by Summer Lodge with this message.

Over one third of people living in the UK and over half of 18 to 24 year olds have had to go without hygiene or grooming essentials or cut down on them due to lack of funds. 3 out of 10 teachers regularly buy their pupils toiletry essentials. (Kind Direct, 2017)

Several charities and non-profit organisations around the UK are fighting aspects of hygiene poverty. Freedom4Girls is a UK charity that works worldwide to provide donated products, create reusable pads from sustainable materials and educate young women from countries where periods are stigmatised or taboo. They currently accept monetary donations or postal donations of unopened period products. They also offer advice on how to open your own donation station in the UK and offer sewing workshops where suitable materials can be sewn into reusable pads.

In January 2020, the UK Government rolled out a scheme to all schools and colleges in England making period products free to all students.

The scheme is being delivered on behalf of the Department for Education. Schools and colleges have to sign up, and then place orders to receive period products. But only 40% of schools across the UK have signed up for the Period Product Scheme.

Charities like the Red Box Project provide boxes of donated period products to UK schools so that every child can study stress-free and they never have to miss school because they can't afford tampons.



The Red Box Project

A MESSAGE FROM DORCHESTER COMMUNITY CHURCH

On behalf of Food Share and the families and households we support, we want to thank the team at the Summer Lodge Hotel most sincerely for the kind donation of toiletries for our Food Share project. We've found that alongside the fresh fruit, vegetables, eggs and bakery we usually include, other items are also most welcome.

Toiletries are a real treat, as many of our families will have been recently housed or found themselves in reduced circumstances. Often, when food is difficult to afford, families will neglect to purchase toiletries; so it's great to include personal items that help them feel valued and special and your lovely donation of luxury toiletries has enabled us to do this. Our parcels start with supermarket surplus food and donations from local allotments.

They vary week by week, depending upon donations, but the aim is to provide fresh food that will help create some nutritious meals. We have had some wonderful community support over the last 4 years and especially since the start of the pandemic, when we saw a huge increase in referrals. Our deliveries are currently nearly back to pre-pandemic levels at around 50 a week; the changes to universal credit over the next few weeks may see an increase in demand. Initially we provide a parcel once a week for 6 to 12 weeks and we cover all of Dorchester and the surrounding villages. We work closely with the Dorchester Food Bank, as our parcels complement each other, and often combine deliveries - this is particularly helpful in respect of the rural villages.

We're able to use any financial donations we receive to make up the shortfall in donations and to add to the nutritional value of the deliveries with fresh eggs and additional seasonal vegetables. These are purchased after the day's donations have been collected, helping keep costs and waste to a minimum. We're passionate about reducing food waste and make the most of every donation we receive. Inevitably some of the fruit and vegetables are "past their best" and unable to be distributed.

These items are separated out for composting and in time, the compost is donated back to the community allotments.

Thanks again for the lovely donation,
Liz Meech, Food Share Administrator



THANK YOU SO MUCH

for reading the October edition of the
Summer Lodge and Acorn Inn Green Team Magazine.

We hope you learnt something new and feel inspired to go out and do something which
will positively affect the people, plants and animals around you.

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Follow the links below to keep up to date with our new projects or email us
for more information about any of the issues raised in this publication.

SUMMER LODGE



ACORN INN

