

SIX SEASONS

Environment and Sustainability News from Shire of Mundaring

Sustainable fashion the latest style

Fast fashion has a big ecological footprint. Recent reports have estimated the global fashion industry could use a quarter of the world's remaining global carbon budget to keep warming under 2°C by 2050, as well as generating pollution and microplastic fibres.

Over the past 15 years, the total amount of clothing produced has doubled while the length of time we wear these clothes has fallen by nearly 40%! In Australia, it's not all bad news as pre-loved clothing sales are growing quickly and are may even outgrow traditional retail sales by 2030.

To learn more about sustainable fashion, residents recently had the opportunity to attend a free talk and clothes swap at Boya Community Centre, organised by the Eastern Metropolitan Regional Council (EMRC) and supported by Shire of Mundaring.

The talk featured guest speaker Ciara Lowe-Thiedeman, a qualified, award-winning stylist with a passion for teaching people how to re-wear and repurpose clothing. Ciara explained that sustainable style is



Sustainable fashion favours human and environmental wellbeing over increasing consumption of throwaway fast-fashion.

achievable by developing your own personal style rather than following fashion fads, and considering how clothes are made. A smaller style footprint is achievable by buying less new and more second hand clothes, and hiring or borrowing clothes for special occasions. The talk concluded with a fun clothes swap where participants bought in 164kg of clothing and accessories to swap! The leftover items from the swap will be used towards the next clothes swap, to ensure they stay in a circular economy as long as possible.

If you would like to host a clothes swap, the EMRC loans out racks, mirrors and all the items you will need. For more information contact the EMRC at wasteeducation@emrc.org.au or phone 9424 2222.



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The Noongar seasonal calendar includes six different seasons in a yearly cycle. Makuru is the coldest and wettest time of the year. Yellow flowers of Acacias will soon start to bloom and animals pair up in preparation for breeding in the next season.





Greenhouse gas emissions from food

in 2018, researchers from the University of Oxford compiled data on the environmental impact of different foods from 119 countries including Australia and New Zealand.

The study measured greenhouse emissions per 100 grams of protein from a range of food types.

The results of the study are shown below, as kilograms of greenhouse gases emitted for each food type:

- Beef: 49.89kg
- Lamb & mutton: 19.85kg
- Prawns (farmed): 18.19kg
- Beef (dairy herd): 16.87kg
- Cheese: 10.82kg
- Milk: 9.5 kg
- Pork: 7.61kg
- Fish (farmed): 5.98kg
- Poultry meat: 5.7kg
- Eggs: 4.2kg
- Grains: 2.7kg
- Tofu (soybeans): 1.98kg
- Ground nuts: 1.23kg
- Other legumes: 0.84kg
- Peas: 0.44 kg
- Tree nuts: 0.26kg

These figures are based on global averages, and will vary based on local agricultural practices. They are useful estimates to help inform more climate friendly food choices.

Can more plant-based diets save the planet?

Did you know the food we eat can have a significant impact on climate change? If the average family of four (eating a standard Western diet) halved the greenhouse emissions from their food, it would be the same as getting rid of the family car!

The EAT-Lancet Commission was established to research how to feed the world without accelerating climate change and environmental damage. They brought together 37 world-leading scientists from across the globe to answer one big question - can we feed a population of 10 billion people a healthy diet within planetary limits?

The answer is yes, but only if there is a global shift towards a more plant-based diet.

The Commission found that we can achieve a future where human health and the environment are both protected. We can do this by doubling global consumption of fruits, vegetables, nuts and legumes, and halving the consumption of red meat and sugar by 2050. By adopting a diet rich in plant foods (at least 88% of total calories) and low in animal foods, we could reduce the world's emissions by a quarter and still improve global human and environmental health.

Australians are already adopting more plant-based foods and diets for a range of reasons, leading to a growing range of plant-based products on our supermarket shelves.

To learn more about diets that take care of your health as well as the planet, visit www.eatforum.org/eat-lancet-commission/



There are a growing number of options for planet friendly, plant based burgers

Eating a plant-rich diet is recommended in the Australian Dietary Guidelines for good health and wellbeing. With good planning and an understanding of what makes up a healthy, balanced plant-based diet, you can get all the nutrients you need. If you don't plan your diet properly, you could miss out on essential nutrients, such as calcium, iron and vitamin B12 (this applies to all types of diets not just plant-based diets).

Doctors For Nutrition is an Australian-New Zealand health organisation led by medical and dietetic professionals, dedicated to using food as the foundation of health. Their goal is to contribute to society and the healthcare system through evidence based nutrition science, and improved diets.

The Doctors For Nutrition team recommend an informed plant-based eating pattern to prevent, reverse, or significantly reduce the disability caused by a wide range of diseases such as heart disease, type 2 diabetes, breast, prostate and colorectal cancer, arthritis, acne and more.

To find out more about plant-based diets, download their 'Going Plant-based Guide' at www.doctorsfornutrition.org. Their website also has a range of other helpful tools and resources.

Tips for managing grass trees

The common grass tree or Balga (*Xanthorrhoea preissii*) has a lifespan of up to 600 years! They have a growth rate of only 1cm to 2cm per year, but can eventually reach up to 6m in height.

Grass tree skirts are important fauna habitats, providing homes for many native birds, mammals, reptile and invertebrates. However, they are also highly flammable.

Managing dead material (thatch) in grass trees near houses can help reduce the risk of your house (or other assets) burning in the event of bushfire. If grass trees are very close to a house, dead thatch can be trimmed with hedge clippers or a chainsaw.

Although grass trees are resilient and adapted to fire, frequent burning with less than six year intervals can cause damage. Burning only when needed, with a low intensity fire, can stimulate flower and seed production whilst keeping the protective mantle of the trunk intact and green top of the plant largely unburnt.

Igniting a grass tree should always begin at the top of the dead thatch (not from the bottom of the thatch). This will reduce the intensity of the fire which is safer for you, and give any animals hiding underneath a much better chance to get away. On larger properties, leaving unburnt skirts on grass trees further from your house can preserve valuable fauna habitat.

Late autumn or early winter is the best time to burn, since it puts less stress on the plants' energy and nutrient reserves. Grass trees will usually still burn after recent rain, and with a less intense fire that is likely to produce less embers. Always have a hose or other fire fighting appliance at the ready in case embers get away.



Placing rocks around grass trees can provide additional shelter for wildlife



Our tallest grass trees can be hundreds of years old!

When removing dead thatch, remember that habitat for some wildlife is also being removed. Consider ways you can reduce the impacts on wildlife such as:

- Ideally, don't burn or trim all grass trees at the same time
- Plant clumps of low native shrubs to provide alternative shelter for wildlife
- Place hollow logs or large rocks with holes in between them where wildlife can shelter and hide from predators
- If trimming thatch, leave a small amount of thatch for shelter if it's possible and safe to do so.

The Bushfire Centre of Excellence has recently published an excellent information sheet on Burning Grass Trees which you can download from: www.dfes.wa.gov.au/site/bushfire/bushfirecoe.

The Shire's winter burning workshops start soon. If you are interested in joining a workshop please email: winterburning@mundaring.wa.gov.au.

For more information about safe burning practices and reducing fuel loads on your property, call the Shire on 9290 6696 or email: firesafety@mundaring.wa.gov.au.



Online events gaining popularity

Shire of Mundaring has been using webinars as an alternative to in-person workshops during the Covid-19 outbreak. A webinar is an online event that is hosted by an organisation and broadcast to individuals through their computers via the internet.

A webinar is sometimes also referred to as a 'webcast', 'online event', or 'Zoom seminar'. Webinars can be just as interactive as in person event (participants can see and hear each other) and speakers are able to present slide shows and videos. Attendees report they have enjoyed participating in the events from the comfort of their own homes.

Recently Perth NRM and Shire of Mundaring partnered up to offer the 'Loam Wasn't Built in a Day' webinar, presented by Ellen Walker and Bonnie Dunlop from Earthwhile. Twenty eight participants learned about the breakdown of all things soil and compost, with tips to help develop healthy soil. You can now find this as a video online on You Tube (search for Loam Wasn't Built in a Day').

More free webinars are coming up, so be sure to book your place!

Landcare Calendar - Tips for Makuru



- During winter, runoff can cause erosion of valuable topsoil, making it harder for plants to thrive. For tips on controlling erosion, see our info sheet 'Erosion and Sediment Control' at www.mundaring.wa.gov.au (click on the Environment Services tab)
- Switch off your reticulation over winter
- Keep stock off waterlogged paddocks to prevent pasture damage and soil compaction.

Six Seasons has been prepared by the Environment and Sustainability team at Shire of Mundaring. For comments, feedback or questions call 9290 6740.

What's On



Wooroloo Garden for the Community Opening & Great Gardens Workshop Sat 11 June, 11am to 2pm

Join Shire of Mundaring, Department of Communities and Red Cross for this free workshop to celebrate the new garden. It will include presentations from The Forever Project on:

- Firewise home and garden principles
- Safe and effective weed control
- Garden recovery after fire
- Wicking bed gardening.

To book your place visit www.greatgarden.eventbrite.com.au

Every Drop Counts (Webinar) Thurs 16 June, 12 noon

Join Perth NRM and the Shire of Mundaring for this free online workshop to dive into the importance of water management in a drying climate.

To book your place visit www.perthnrm.com/events

Cutting Kitchen Waste (Webinar) Wed 22 June, 6.30pm to 7.30pm

Join Switch Your Thinking and the Shire of Mundaring for this free webinar. Reducing food waste is good for the environment and avoids wasting money too. Learn some fun, clever and creative tactics to reduce waste in your kitchen.

To book visit www.eventbrite.com (search for 'Cutting Kitchen Waste').

Circular Economy Helping to Reduce Biodiversity Loss (Webinar)

Fri 24 June, 9.30am to 10.30am
Join the EMRC and guest speakers from Planet Ark and the Western Australian Biodiversity Science Institute to learn how businesses and customers can choose products that are nature-positive.

To book visit www.eventbrite.com (search 'biodiversity circular economy').