



SUSTAINABILITY

CHALLENGE



Re Vamping Old Clothes

By Aleksandra Gaheva

Make a fashion Statement



A change of season

is coming, but does it mean that you have to change your whole wardrobe, even if you are strapped for cash? We said "No". Here is a simple and creative way to look fashionable without draining your wallet.

Revamp your old clothes.



"Yes"

that stash of clothes at home that you don't know what to do with. You loved those tops and trousers once - what happened? Out of fashion? Don't give me that.

"It's not about fashion, it's about style"



You can make a long skirt into a shorter one. Add strips of ribbon in various patterns and even sew on buttons.

How about taping the bottom of a fabric skirt and sewing it on the bottom of a denim skirt. You have seen this in shops? Yes, and now you can make it for free.

You can sew a top onto an old skirt and make an amazing dress for that upcoming party. You may need to add an elastic band for the waist. No need to worry about having the same dress as that other girl.

Decorate your jeans with sequin



How about you make felt and design a bag. Get some wool and layer little strips next to each other on a sushi mat. Make three layers, white in between every layer you sprinkle small amounts of washing powder. Apply a layer of cling film and roll it up. With rubber gloves in a hot water bucket soak the bundle while holding it. Roll it around your hands and repeat this until you think it is well soaked. Put a lot of your own



Strength



Repeat when you turn the fabric around and apply new piece of cling film. Leave under the top and create something

FAB



buttons and far fabric on boots to fashionable. Daring try to sew onto the side.



Here you can go wild! Cut off the neckline to give it an 80s feel, cut on up side down. Chop off the sleeves for a tank. You can then have the sleeves and strip them along the seam. You can also cut off the neckline to give it a more casual look. Or cut it to a shirt from a t-shirt to make a more casual shirt. You can also use fabric from other things to add more colour and flare!

Tube Top

Apply little woolen or the top of move them for the more

Good Luck

You can a pattern

Englefield

An absolutely picturesque village which epitomises the essence of English rural life.

Upon accidentally going through the back route to the village, we found ourselves stumbling into a country lane with plum trees dripping with fruit (which we just had to eat!) and were welcomed by a group of horses, peering over a gate.



From our picnic table all our senses were pleasantly satisfied; the church bells rung endlessly, every angle had a view, a lake, cricketers, polo players and the vegetable garden. We sipped on home-made elderflower champagne and the sun shone as it should.



Christine taught us how to make strong magazine baskets weaved together with old telephone wires.

For our fabulous FEAST, we all prepared vegan & vegetarian dishes from mostly locally sourced food. Our hard work the previous week of foraging, market shopping and cooking all paid off with the scrumptious meal.



on our 2nd morning of our challenge we went gathering wild fruit around Reading. our first stop was the university of Reading, which was abundant in Blackberries. we also visited several gardens on the campus, where we found some apples, which when we tasted, had pinky flesh.

one of our most surprising discoveries was that of a fig tree near Wokingham Road, with lots of ripe fruit! we also found several plum trees (with several different varieties...) and what we thought were crabapples. throughout our expedition we never felt lost on private ground. most university parks are open to the public, and quite open to the public. often trees hang out onto the streets. we found one type of plum scattered over a street, and in surprisingly good condition! It was amazing the amount of fruit we'd gathered, as we set it out on the table back at RSC, and all from a few hours' work!



Our muffins!

Wild Blueberry Muffin Recipe

Ingredients:

- 3oz butter
- 3oz sugar
- 2 teaspoons baking powder
- 1 egg, beaten
- 8oz plain flour
- 110ml milk
- 3-5oz wild blueberries

Method:

Wash the blueberries under running water. Soften the butter with spatula. Gradually add the sugar and the egg, mixing throughout. Mix 1 tablespoon of flour with the blueberries and put to one side. Sift the remaining flour with the baking powder and fold into the butter, sugar and egg mixture. Stir in the milk. Mix in the berry and flour mixture. Bake in greased muffin tins at 200 degrees C. for about 25 minutes.



Making the chutney



All the stuff we collected!

The Pink Fleshed Apple

Making the Summer Pudding...

another important aspect of food is cooking. with our fruit, we made some delicious vegan muffins, with lots of yummy blackberries; a plum crumble, which really tasted great. (and I've made it again at home...) as well as a summer pudding and an elderberry chutney with lots of apples.

We also visited the Wootley farmers' market. Farmers' markets are great places to get fresher produce, ~~and~~ from local farmers, and also ~~from~~ in season! I also got some great bread for the summer pudding, and olive and rosemary loaf, and cheese buns! and got some ingredients for our feast on Sunday! (see the angefield page)



The Amazing Plum crumble



After our Sustainability week finished, our work got carried on to form 'Reading Abundance', which forages for wild fruit and distributes it, or processes it, like making apple juice! You can find us online here: <http://readingabundance.weebly.com/>



YUM!!!

braziers Park



We helped a bit with weeding and wood chopping for new district heating system



and had a lovely visit of braziers ecogarden and surrounding land.



...and had a lovely picnic under old walnut trees next



...and had a chance to see several alternative technology solutions

Visit to englands longest running community.

a residential college and an architectural treasure in south Oxfordshire



braziers is home to about twenty people. Some work in braziers, some outside, there are also several younger residents. Volunteers from over seas spend in braziers up to three months here working participating in the life of the community

braziers in addition to running its own courses, provides a venue for events, workshops and celebrations.

