



Eat Grow Upcycle

A guide full of hints and tips to help you
green your home during lockdown

Contents

I. Eat

- * Red lentil & sweet potato pie 5
- * Super easy bread 7
- * Quick tofu & noodle soup 8
- * Don't throw it away! 9

2. Grow

- * Grow a pineapple tree 11
- * Grow tomatoes 12
- * Grow an avocado tree 12
- * Grow potatoes 13
- * Grow lettuce, cabbage or celery 13

3. Upcycle

- * Make your own cleaning products 15
- * Upcycle old jars and bottles 15
- * Tie-dye your old t-shirts 16
- * Upcycle your drink cartons 17
- * Make a birdhouse 17
- * Make a planter 18
- * Make a pen holder 18



Welcome!

Many of us are spending a lot more time at home due to the COVID-19. That's why we've put together this guide. It's full of cheap and cheerful ways to eat, grow and upcycle your way through the lockdown with creative projects to boost your wellbeing during these challenging times.

Inside you'll find delicious vegan recipes, tips on how to grow vegetables from store-bought produce and advice on how to make houseplants from food waste. Plus, we've included some innovative ways to reinvigorate your wardrobe, make eco-friendly cleaning products and transform old packaging into useful household items – all without spending a penny!

We'd love to see your creations, so please take photos and videos of your projects and share them with us. Lockdown can be a lonely and troubling time, so we encourage everyone to reach out and connect with each other. Stay home and stay safe.

#EatGrowUpcycle

eatgrowupcycle.uk@greenpeace.org

@GreenpeaceUK on Twitter, Facebook and Instagram



Take a screenshot

This guide has been designed to work best on mobile, so whenever you see this icon, take a screenshot so you can refer back to it later on.

I. Eat





Red lentil & sweet potato pie

For the pastry:

450g **plain flour**

225g **vegan margarine**

1tsp **salt**

For the filling:

1 **onion**

1 clove crushed **garlic**

1tsp grated **ginger**

1tsp **black mustard seeds**

½ tsp **cinnamon**

1tsp **ground cumin**

1tsp **ground coriander**

1tsp **paprika**

1 **sweet potato**

125g **red lentils**

250ml **vegetable stock**

SERVES FOUR

1. To make the pastry, mix together the flour, margarine and salt with some very cold water to form a ball, then set aside in the fridge for 30 minutes.
2. For the filling, make a paste by frying a diced onion for 5 minutes in some olive oil, add the crushed garlic clove and ginger and fry for a further 2 minutes. Add all the spices and stir well for another minute.
3. Into this mix, add the lentils and the chopped sweet potato. Stir well into the curry paste, making sure all the lentils are coated – this helps them not stick together.
4. Pour the stock over the lentils, bring to the boil, cover and leave to simmer. Check every 5 minutes or so to make sure the lentils have soaked up the stock but aren't sticking to the bottom of the pan.
5. After 20 minutes or so, the lentils should have soaked up most of the stock. If it's too dry then add more liquid in small amounts. The key is to have a firm-ish mixture, not watery, otherwise you risk the pastry going soggy.
6. Once the lentils are soft and the sweet potato is cooked, remove it from the heat. season with salt and pepper to taste and let it cool.
7. Set the oven to 180°C.



8. Roll out two thirds of the pastry using a rolling pin (put the rest to one side for now) so it's big enough to fit your dish (a 20cm dish would be ideal).
9. Use the rolling pin to lift the pastry base into the dish, pushing down all the edges. You may need to cut off some of the excess pastry with a knife. Now part bake for 10-15 minutes.
10. While the pastry base is in the oven, roll out the rest of the pastry so it is big enough to create a lid.
11. Get the pastry out of the oven, and pour the pie filling into the pie dish. Make sure you moisten the edges of the pastry with some water so the lid will stick.
12. Use the rolling pin to lift the lid off the surface, then carefully lay it on the top of the pie.
13. Press down the edges so that the lid sticks to the side of the pie. Make a hole in the top with a knife to allow the steam to escape.
14. Return to the oven for 25-30 minutes or until golden brown.
15. Remove from the oven and leave to cool. Enjoy on its own or with a side of seasonal greens.

TOP TIP

Any leftover pastry can be frozen for next time to reduce wastage, and any leftover mixture can be turned into soup!





Super easy bread

500g **strong white flour**
2tsp **salt**
7g sachet **fast-action yeast**
3tbsp **olive oil**
300ml **lukewarm water**



TOP TIP

If you don't get a chance to eat all of your bread, cut it into cubes and freeze it. You can use the leftovers to make croutons for soups and salads. Simply defrost the bread cubes, cover them in oil and salt and pop them in the oven until brown.

1. Put the flour and salt in a large bowl.
2. Put the yeast in a jug and add the lukewarm water. Mix for about 5 minutes.
3. Make a hole in the middle of the flour, add the water and oil slowly while mixing at the same time. If the dough seems stiff, add a little water and keep mixing!
4. Take the mixture and place on a floured surface. Knead the dough for around 10 minutes.
5. Once you are happy with the dough, place it in an olive-oiled bowl and cover with a clean cloth for proving, like an airing cupboard or a windowsill with direct sunlight. The dough should double in size in around two hours. Alternatively, put it in the fridge overnight.
6. Once proved, put the dough on the counter and fold it into itself several times until you make a nice round, smooth shape.
7. Cover the dough with a clean towel and leave it for a further hour to double in size again.
8. Heat the oven to 220°C.
9. Place on a baking tray on top of baking paper, and bake for 30 minutes.



Quick tofu & noodle soup

1 pack **plain tofu**
200g of **rice noodles**
1 **onion**
1 **carrot**
1 **celery**
4 **broccoli florets**
5 **mushrooms**
6 **fine green beans**
1 tbsp **toasted sesame oil**
500ml **vegetable stock**
1 **garlic clove**
Thumb-sized piece of **ginger**,
finely chopped
1tsp **Chinese five spice**
A bunch of **chopped coriander**
A pinch of **chili flakes**
Soy sauce (as much as you like!)

SERVES TWO



1. Finely chop the vegetables.
2. Drizzle a small amount of toasted sesame oil into a pan, heat and then add in all the vegetables. Allow the vegetables to slowly cook down, stirring occasionally.
3. Add the garlic, fresh ginger and Chinese five spice. Fry for a couple of minutes.
4. Add the soy sauce, 500ml of stock and bring to the boil.
5. Once boiling, add the noodles and diced tofu. Cook until the noodles are softened to your liking.
6. Sprinkle it with as much chopped coriander as you like and some dried chili flakes.

TOP TIP

If you don't have Chinese five spice powder, it's made of cinnamon, clove, star anise, fennel and pepper. Have a rummage and see if you have any of those lurking in the back of your cupboards. Also, mushroom stock cubes and even ketchup can add depth to this soup.

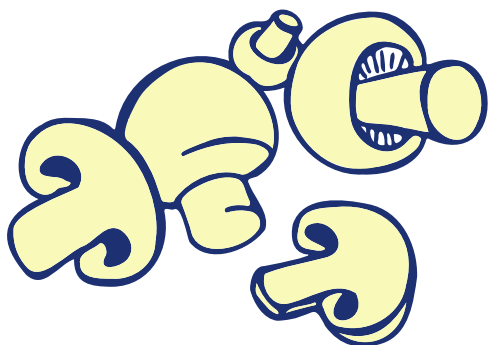


Don't throw it away!



Top tips to combat food waste

Don't compost cauliflower leaves or potato peelings – turn them into a delicious crispy snack instead. Just wash thoroughly, chop into small chunks, drizzle with oil and salt and pop in the oven for 15 minutes at 200°C until crisp!



Broccoli stalks are also totally edible and nutritious. Just wash and dice them like you would carrots, then boil or roast with a little oil and salt.

It's super easy to make your own vegetable stock. Just keep all of your veg scraps in a resealable bag in the freezer, such as mushroom stalks, carrot peelings, leeks, wilted greens and celery tops (although avoid potato skins as they don't make great stock!). When you have a bagful, wash them thoroughly before adding to a big pot. Cover with a couple of litres of water and boil for two hours, adding salt to taste and any green herbs you fancy. Once done, sieve the stock through a strainer and that's it. Then simply pop the stock in an ice cube tray and use one cube at a time for waste-free, tasty stock!



2. Grow



Bring the outside in!

Growing your own plants from food scraps is not only a lot cheaper than buying from the shops, it's really good for your wellbeing. The sense of achievement that comes with growing something from nothing can be such a boost, made more so by the fact that you get to eat it at the end! You don't even need outside space, just a sunny spot at home. Plus, with less fresh produce on the shelves at the moment, it's an opportunity to become more self-sufficient.

Here are some of the easiest plants to grow from food scraps! You just need some plant pots and multi-purpose compost.



Grow a pineapple tree

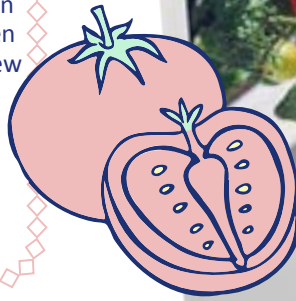
Rather than chucking the head of your pineapple in the compost bin, did you know you can grow a pineapple plant instead? This great tip not only reduces your food waste, but gives you something exciting and tropical to grow.

1. Use toothpicks to suspend the pineapple head over a large glass jar filled with water and place in direct sunlight inside your home.
2. Change the water every couple of days, making sure it's touching the base of the pineapple head.
3. You should notice some root growth after the first week. Once this happens, plant the head in a pot of compost and place it in a sunny spot. Water once a week.



Grow tomatoes

1. Next time you slice a tomato in half, put the seeds on a kitchen towel and allow to dry for a few days.
2. Once the seeds are dry, plant them one to a pot in a sunny spot and water every day.



Grow an avocado tree

Next time you tuck into your avocado on toast, don't throw away the stone. Similar to the pineapple tree, you'll need some toothpicks for this one. If you don't have toothpicks, some chopsticks or even twigs will suffice.

1. Suspend the stone over a jar of water and place in a warm place with indirect sunlight.
2. Make sure you keep the water topped up.
3. After a few weeks, the stone will split and a root will start to appear.
4. Once the root is around 6 inches long and leaves have started to grow, it's time to plant in some soil.
5. Make sure you only plant the root, and not the leaves. Water 2 - 3 times.





Grow potatoes in four steps

1. Leave a couple of potatoes in a dark cupboard for several days to encourage sprouting.
2. Once the potato is covered in sproutings, cut them off in chunks, allowing at least three sproutings per chunk.
3. Lay them on some kitchen towel, and leave to dry overnight.
4. If you have a garden, plant the potato skin 4 inches deep into the soil with the sproutings facing up. If not, plant them into a bag for life filled with soil and watch them grow!

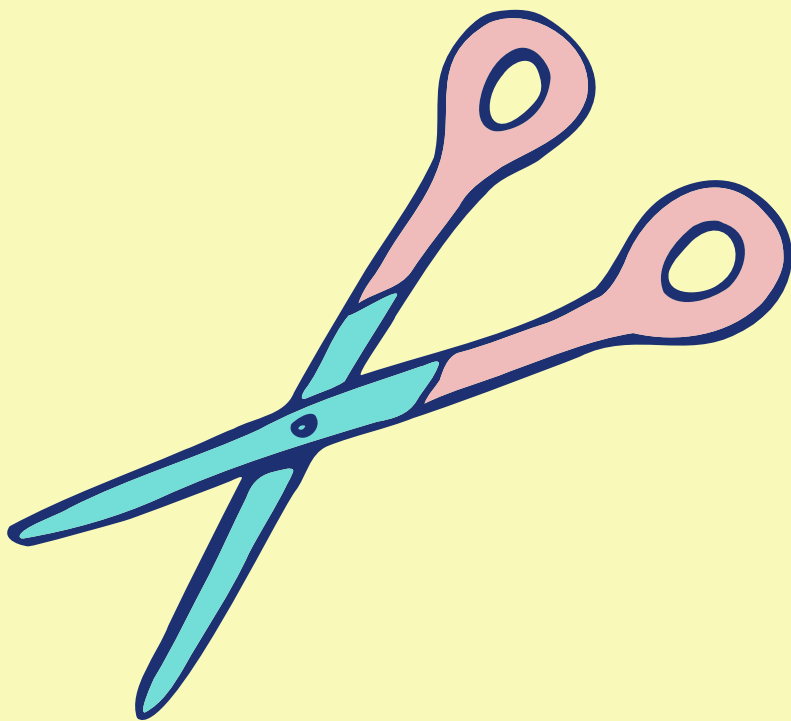


Grow lettuce, celery or cabbage in five simple steps

1. Place any leftover vegetable hearts in glass jars with a little water at the bottom.
2. Keep the jar in a sunny spot, like a south-facing windowsill.
3. After five days you will notice roots beginning to appear along with new leaves.
4. When this happens, plant the vegetable heart in some soil.
5. Watch it grow until it looks big enough to eat. Yum!



3. Upcycle



Make your own cleaning products

You can make effective cleaning products with household items. This is not only better for the environment but saves money and means you can upcycle old plastic bottles or jars rather than buying new.

All you need is white vinegar, water and your favourite essential oil. Fill the bottle with half vinegar, half water, then add 10-12 drops of scented oil (lavender or tea tree are ideal). Mix well and that's it!

Essential oils will reduce the vinegar smell. However, if you are not happy with the scent, try popping some lemon/orange skins in a jar of water for a week or so. Once ready, you can add this extra liquid to the mixture to reduce – if not eradicate – the vinegar smell.



TOP TIP

Think before chucking empty spray heads away. Often, plastic-bottle spray heads can be fitted on to screw-top glass bottles to create (nearly) plastic-free refillables for your homemade cleaning potions.

Upcycle old jars and bottles

Old pickle jars make great water glasses and old jam jars are perfect for juices and smoothies. You can even use them as tea light holders for a relaxing, candle-lit bath. There are loads of ways to reuse glass bottles too. Fill them with solar-powered fairy lights, stick a candle in the top or use them as refillable water bottles.



Tie-dye your old t-shirts

Grab an old shirt and a decent pair of scissors. If you fancy a complete transformation, cut the bottom off to make a crop top or cut the sleeves to make a vest. If you don't have any old t-shirts, why not spruce up your socks, pants or old bed sheets?

An **old t-shirt** (you can use any fabric but this guide is for a t-shirt)

One bottle of **food colouring**

200ml **white vinegar**

200ml of **water**

2 **elastic bands**

Large **bowl or bucket**

A reusable **water bottle** with a squirty hole

A handful of **salt**



1. In a large bowl, mix the water and vinegar until there is enough liquid in the bowl to soak the fabric. Soak for one hour.
2. Wring out the fabric and lie flat on a towel. Now pinch the fabric in the middle and twist. Keep twisting until all of the fabric is twisted and makes a circular shape.
3. Tie the rubber band around the fabric. You can use several bands if you wish. Check online – there are loads of ways to do this.
4. Put the food colouring in the water bottle. Be generous with the amount you use so the colour is highly saturated. For a t-shirt, you'll need about 200ml of water. Mix the water and colouring together in a water bottle.
5. Grab a large bowl and squeeze the mixture over the fabric. Then leave the fabric in a dry bowl for around 12 hours.
6. Fill a large bowl with really cold water and add a handful of salt. Wring out the t-shirt in the water for about 5 minutes.
7. Once done, wring out the water and leave the fabric to dry, then wash as normal.



TOP TIP

You can make knee-length shorts or hot pants out of your old jeans or trousers. Or crop a hoodie and use the bottom half as a skirt!

Upcycle your drink cartons

There are loads of ways to upcycle orange juice/plant-based milk cartons. Some councils don't recycle them – so all the more reason to turn them into something new. Here are a few ideas:

Make a birdhouse

A used **drink carton**

Good **scissors**

Old **newspaper**

A **towel**

Environmentally friendly **paints**

Paper or card

A straight(ish) **stick**

String

Bird food



1. Wash the carton and dry it out by leaving it upside down for an hour. Lay a towel on the floor and gather all of the listed items.
2. With a pair of good scissors, cut windows on either side of the carton – any shape or size you fancy. Then cut a hole at the bottom on both sides – big enough to poke a stick through. This is a ledge for the birds.
3. Paint your birdhouse and leave it to dry on newspaper. Then give it a second coat. Drying times will depend on the type of paint you use.
4. It's time to decorate your birdhouse. Be as creative as you like.
5. Once dry, use the scissors to poke a hole through the top. Then use string to create a loop so you can hang your birdhouse. Don't forget to put some bird food inside to encourage the birds!





TOP TIP

Supermarket potted herbs never last long as they always pack too many in one pot. Next time you buy one, replant it when you get home by separating them out. You can use your new homemade planters!



Make a planter

You'll need paints, scissors, compost and something to plant.

1. Wash the carton and leave to dry for an hour.
2. Using scissors, cut a rectangular hole length-ways along one side of the carton.
3. Paint the carton and leave it to dry. Then it's time to decorate.
4. Once your decorations are dry, fill it with compost and plant some tomato seeds. You can normally fit three seeds to a planter. Now watch them grow.

Make a pen holder

You'll need scissors, paints and pens.

1. Wash and dry the carton.
2. Cut the carton in half.
3. Paint your holder any colour you wish. You may need a few coats, so allow it time to dry inbetween.
4. Decorate your pen holder by drawing stars, flowers or anything you like.





We hope you enjoyed this guide and it's inspired you to eat, grow and upcycle your way through the lockdown. We really would love to see what you've been up to, so don't forget to share your photos and videos with us using the hashtag **#EatGrowUpcycle**, tagging us on social media **@GreenpeaceUK** or emailing **eatgrowupcycle.uk@greenpeace.org**.

From all of us at Greenpeace, we wish you the very best and hope you are safe and well. We'd also like to take this opportunity to thank all of the key workers who are keeping the country going. **Thank you for everything – we have so much respect and gratitude for every single one of you.**

GREENPEACE