OCTOBER 2026

Autumn is upon us. For most practical purposes, **autumn 2026 starts on September 1st** (meteorological) and **September 22nd** (astronomical).

Here are some ECO tips for this Autumn…….



Leave the Leaves - a thin layer of leaves across your lawn will nourish your soil. You could rake a larger pile into a corner to provide a great habitat for insects or distribute leaves evenly around the bases of trees and flower beds which allows the leaves to act as insulation for your plants during the chillier months to come. Falling leaves play a vital role in the natural life cycles of plants and soil.

Likewise, leaving seed heads on flowers that have gone over will provide food for birds over the winter.
It can be really tempting to tidy up the garden ahead of the winter but leaving parts un-pruned and untidy is important for wildlife and biodiversity. You could also consider composting as another eco-friendly option.



Shop sustainably for more layers - Are your jumpers wearing out? Have your children or grandchildren suddenly outgrown their winter coats? Are your winter boots leaking? Make sweater weather even cosier by incorporating sustainable fashion practices into your wardrobe choices. Rediscovering what we already have, embracing second-hand gems, and supporting eco-conscious brands is a step in the right direction. So, as you bundle up in your favourite seasonal attire, remember that you're not only staying warm but also contributing to a more sustainable and stylish world.
It's the perfect time to hit the charity shops or to shop online for second hand clothes.

Shop locally and seasonally buy and cook with seasonal foods - Autumn brings warming, hearty foods into season – Choosing autumnal produce ensures better flavour, higher nutrient content, and support for local farmers. Seasonal vegetables and fruits are

often more affordable and environmentally friendly, as they require less transportation and energy for growth

Autumn is the peak season for **apples and pears**, which are widely grown across British orchards and ideal for crumbles, pies, and fresh eating. **Blackberries** also ripen in late summer and early autumn, perfect for jams and desserts.

Autumn vegetables are typically hearty and root-based, including:

Root vegetables: Carrots, parsnips, swedes, turnips, and celeriac, which are excellent for roasting, soups, and stews

Brassicas: Cabbage, Brussels sprouts, kale, and leeks, providing robust flavours for warming dishes

Squash and pumpkins: These add sweetness and texture to soups, curries, and roasted vegetable dishes



Other vegetables: Beetroot, spring greens, and onions are also in season, offering versatility for salads, sides, and baking. Make your dinner plate even more sustainable by batch cooking. Not only does batch cooking make best use of your oven or stove while it's on, but it can also stop you reaching for plastic-wrapped convenience foods another time.

Get ready for an eco-friendly Halloween



Get ready to have a hauntingly green Halloween! Embrace eco-friendly practices this spooky season.

Consider DIY costumes using recycled materials or clothing from your closet, reducing the demand for store-bought costumes. Opt for sustainable decorations like biodegradable or reusable options and choose LED lights for a more energy-efficient ambiance.



Make sure to use your pumpkins after caving them. On average 60% of shoppers throw their pumpkins away after carving them. Try saving the flesh for a delicious pumpkin soup or roast the seeds for a moreish autumn snack.

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