



10 Minutes For The Planet

Eating green: restaurants with a conscience ©

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Stressed syllables are underlined and in **bold**.*

Eating green: restaurants with a conscience

Hello! I'm Sarah Heath and you're listening to 10 Minutes for the Planet on EnglishWaves.

The word is out: eco-friendly restaurants **are in**! Green dining has thankfully become fashionable, and happily not just out of **necessity**. A **poll** conducted across 60 countries worldwide showed that 66% of consumers, **particularly** millennials, are **prepared** to pay extra for **sustainable goods** including when it comes to eating out. People are more aware and **justifiably** concerned with where their food **is sourced** and want to feel comfortable that it **fits with** their ethical values. And restaurants and other **food outlets** have **tuned into** this new consciousness.

Many restaurants have taken up a more general **environmentally-friendly**, healthy ethic and go for organic, locally-grown, **seasonal** fruit and vegetables and **free-range meat** and even **foraged** herbs, and like to make as much **in-house** as possible to reduce their carbon footprint. But some are **taking it to a whole new level**!

One restaurant between San Sebastian and Santander in northern Spain, has taken sustainability to the very heart of its **existence**: the Azurmendi collects and uses rainwater, it has solar panels and a vegetable garden on the roof and uses a **geothermal** system for internal climate control which **contributes** to 90% of the building's needs. There are electric car-charging points in the restaurant's carpark and a **seed bank** set up in conjunction with the Basque Institute for **Agricultural** Research and **Development**. And all produce is from local farmers which has helped to revive the area's **economy**. Not surprisingly, it has won the World's Most Sustainable Restaurant Award twice. Oh, and it has three Michelin stars!

the word is out (exp.)

everybody knows about it

to be in (exp.) fashionable, trendy

poll (n.) a survey

sustainable goods (exp.) articles produced in an environmentally friendly way

to fit with (phrasal vb.) to match

food outlet (exp.) place where you can buy food

to tune into (phrasal vb.) to associate themselves with

free range meat (exp.) meat from animals kept in natural conditions with free movement

to forage (vb.) go searching for plants to eat in the wild

in-house (adj.) made by the restaurant itself

to take sth. to a whole new level (exp.) to make sth even better or successful than before

seed bank (exp.) a place where seeds are stored to preserve genetic diversity

In France, a Parisian restaurant called Septime is also a double-winner of this award. They claim that their menus are 80% plant-based and they have **opted out of** selling beef dishes entirely. 99% of all their **ingredients** are sourced in France, vastly reducing their **carbon footprint** and they have a whole ingredient policy whereby the entire vegetable or animal is used in their cooking, meaning **zero waste**. They have bought an area of land on which to grow as much of their own **produce** as possible and work with local farmers on preserving 1,400 seed varieties in **partnership** with the Conservatoire du Goût. This is an initiative linked to the EU's **biodiversity** strategy to involve the agricultural **community** on genetic resources.

The one-starred Relae restaurant in the Danish capital, Copenhagen, used an entire oak tree to make its tables and takes part in a scheme with an **organisation** called "Beyond Coffee" which aims to find new ways to use **spent** coffee grounds. This involves collecting the used coffee from restaurants to re-use in the growing of vegetables such as mushrooms. Their kitchen uses **sustainably-sourced** sea salt from an Icelandic company called Saltverk which is one of the few entirely sustainable salt **producers** in the world.

Scotland is **renowned** for its fresh fish and at The Captain's Galley, the owner and chef walks to the quayside each morning to **handpick** the fish he wants to order and prepare. His kitchen garden provides fresh herbs and their own chickens, the eggs. He also uses the old cooking oil to help power his car!

In the Far East, an Indonesian restaurant called Ijen also strictly follows a zero-waste **philosophy**: its tables are made from foam **offcuts** and recycled wood; the floor consists of a mixture of cement and broken **crockery** and glassware and the menus are printed on **sustainably** harvested paper stuck to recycled car tyres. All their fish is **line-caught**, the spirits they serve are home-made, and all waste is composted or re-used.

One London chef insists that too much food is wasted unnecessarily at the **preparation** stage. He believes that peeling vegetables is a waste, particularly as most of the nutrients are found in the skins of potatoes and carrots, for example. **Apparently**, several hundred years ago, the peel was the part which was consumed and the middle thrown away! If peeling **is a must**, the skins can be used to make soup. And an **ingenious** and delicious-sounding use of cheese **rind** removed from whole cheeses is to dip it in batter and deep fry it!

to opt out of (exp.) to choose not to do sth.

carbon footprint (n.) the amount of carbon emissions produced by a group/individual

zero waste (n.) where nothing is thrown away

spent (adj.) used

sustainably-sourced (exp.) coming from a place which respects the environment in their production methods

renowned (adj.) famous

to handpick (vb.) to select personally and with care

offcuts (n.) a piece of waste material that is left after the main piece is used

crockery (n.) plates, cups and dishes etc.

line-caught (adj.) caught with a fishing rod or line

to be a must (n.) sth. that is essential to do

rind (n.) exterior or skin of a cheese

In the UK, there is an organisation called the Sustainable Restaurant Association whose **president** is world-renowned French chef, Raymond Blanc. They have three main areas of interest: **sourcing** good-quality produce; involving the local **community** by allowing them to use the restaurant space and creating **environmental** awareness through better training of staff.

The American equivalent is The Green Restaurant Association which certifies restaurants who practice **sustainability** and offers advice on how to achieve it.

Other slightly **wacky**, eco-friendly restaurant ideas includes a bistro which provides uncooked lengths of fettuccine pasta to use as **stirrers** for hot drinks. Many, many **establishments** have **leftover** bread which is sent on to local chicken farms as feed. **Eateries** offering fish on the menu, now wait until they have their **delivery** of line-caught fish to see what type of fish it is before deciding the menu so no fish are wasted. Many replace plastic **straws** with bamboo ones. And other more standard measures include not selling bottled water and **composting** food waste where possible.

And what about the massive fast-food chains? One Burger King branch in Delhi has provided a box for **customers** to put their unused sauce sachets in! A small step but a step nevertheless!

Tune in next week for more stories on the **environment**, here on English Waves.

to source (vb.) to find a supplier

wacky (adj.) amusing in a strange or eccentric way

stirrer (n.) an article used to mix or combine

leftover (adj.) uneaten after a meal

eatery (n.) a place to eat out

straw (n.) a thin, cylindrical tube through which to suck a drink

*Tip!

Syllable stress can help us to understand spoken words. Let's take the words 'environment' and 'environmental'. First count the syllables: 'en.vi.ron.ment' has 4 syllables, 'en.vi.ron.men.tal' has 5 syllables. Syllable stress is when you say one of the syllables slightly louder or with more emphasis. Different forms of the same root word may have different word stress. So in this example we say:

environment and **environmental**.

Likewise the stressed syllable is different in the following words:

sustainable and **sustainability**
prepare and **preparation**