

Resource Recovery

it's your choice



Eco Fashion

♥Preloved♥Recycled♥Eco-garb♥Vintage Wear♥Rescued attire♥Enviro-clobber♥Clothing Swaps

Fashion is fun and a great way to express yourself, but have you considered the impact your clothes have on the environment?

What is *Eco* Fashion?

Eco fashion is about choosing clothes that take into account the environment. A huge amount of resources including water, energy and fuel go into producing the clothes we wear, as well as large amounts of chemical fertilisers that are used on fabric crops. Eco-fashion aims to reduce the resources we use and buy, and reduce the impact of fashion on the natural environment. Eco-fashion can include second hand clothes, utilising scrap materials, reusing fabric to make new garments or choosing clothes that are made from environmentally sustainable fabrics (like bamboo, organic cotton, hemp).

Rethink, reuse and take care!

Wear pre-loved clothing – wearing preloved clothes avoids generating demand for resource intensive clothing, supports charities or local businesses, is inexpensive, creates a unique style for yourself and prevents them being wasted in landfill. There are dozens of places to find great vintage and rescued clothing in the Blue Mountains (see right).

Share the love – storing clothes that don't get worn doesn't benefit anyone. Get them circulating - see below for local ways to do this.

Look after your clothes – follow the care instructions and your clothes will look better for longer!

Keep your clothes for longer – choose clothes that really appeal to you, not what this season's trends dictate. That way you will wear them longer.

Choose quality, not quantity – quality clothes will last much longer than cheap clothes, but don't confuse expensive for quality. Look for quality fabric and workmanship.

Rethink your buying habits – impulse buying and retail therapy can often leave you with clothes you rarely or never wear.



Join the Fashion Revolution !

Where to find clothing rescued from the abyss of overfull wardrobes in the Blue Mountains!

Glenbrook

Linen and Lace and Retro Gear
Vinnies

Blaxland

Bibles for Missions Op Shop
Blue Mountains Cancer Help Op Shop
Vinnies

Warrimoo

DmF Emporium

Springwood

Frou Frou
Lifeline
Vinnies

Leura

Mrs Peel
Renomee
Leura Vintage

Katoomba

After-a-Fashion
Blue Mountains Cancer Help Op Shop
Lifeline
Macarthurs Arcade

Mr Pickwicks

Salvos
Very Fashion
Vinnies

Blackheath

Chic Not Shabby
Salvos
Victory Theatre
Vinnies



Share the love in the Blue Mountains:

- ♥ Go to Blue Mountains Free Cycle www.freecycle.org.au
- ♥ Check Out Blue Mountains Community Garage Sale on Facebook.
- ♥ Use Second Hand Clothes stores, see right for a list to get you started
- ♥ Take them to be recycled at the Katoomba Waste Management Facility, it's free to drop them off!
- ♥ Organise clothing swap meets with a group of friends.

www.bmcc.nsw.gov.au

Living with less waste

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Reduce pruning, reduce waste

Choosing the right tree or shrub type for your garden can minimise waste by reducing the amount of pruning necessary and therefore reduce the amount of waste sent to landfill. Plants such as bougainvilleas and hydrangeas require a lot of pruning, whereas a native such as white correa requires no pruning and survives on rainfall alone. For a list of low maintenance trees and shrubs see the following website:

www.sydney.foe.org.au/SustainableConsumption/garden/treetable.html

What to do with weeds

Recycled green waste has the potential to spread weeds and plant disease if not processed correctly. Shredded woody weeds and soft grassy weeds can make good compost but if any of the plant parts that can shoot to form new plants (seeds and stems or roots of some plants) survive, you could spread weeds to other parts of your garden or your neighbours'. Your compost heap needs to maintain temperatures above 55°C to kill most weed seeds and is not realistic for the average home gardener. You can still stop weed spread and make good compost by following these easy steps:

- Don't plant weedy plants in your garden. Check 'Weeds of Blue Mountains Bushland' booklet and the Blue Mountains weeds website www.weedsbluemountains.org.au before any planting.
- Remove seeds and plant parts which can regrow from weedy plants before composting. These can be disposed of by keeping in a sealed black plastic bag in the sun or immersed in a bucket of water until they break down completely. They can then be added to compost safely. Alternatively, you can dispose of these troublesome plant parts (parts that can regrow) by sending them to landfill in your usual garbage collection where they will be deeply buried to prevent regrowth.
- Keep your compost heap covered, or better still use a compost bin, so that weed seeds cannot be blown or dropped into it. Shred green waste before composting to reduce the chance of viable plant parts reshooting.

For more information on safe weed disposal and which weeds could be a problem contact: Linda Thomas, Community Weeds Officer on 4780 5612.

Low waste lawns

Reduce your lawn area where you can to minimise your grass clippings. Feed your lawn by leaving the grass catcher off when mowing. In a year, grass clippings from 100 square metres of lawn will produce about 2.5kg of nitrogen. This is about the same amount of nitrogen that a lawn this size needs in a year.

- Cut the grass when it is dry and keep the mower blades sharp.
- Mow the lawn regularly, so grass clippings are small and remove about 1/3 of the length of the grass in any one mowing.
- Raise the mowing height in summer to prevent getting too much cut grass on the lawn. This will also encourage deeper roots and help protect grass from drought and heat damage.

Benefits of composting and worm farming

Composting garden and kitchen organic waste, as well as worm farming, is a great waste to reduce waste sent to landfill. It also saves money on expensive fertilisers by returning valuable natural nutrients back to the soil. See 'You can recycle your organics - A how-to guide to help you recycle your organics by composting' and 'You can recycle your organics - worm farming' (available at BMCC) or on the Council website.

www.bmcc.nsw.gov.au