

# Palate For The Planet



Celebrating 400 years  
1621-2021  
Oxford Botanic Garden  
& Arboretum

By completing the tally activity for two weeks and tackling your food carbon footprint, you're helping us with our research into the impact botanic gardens can have in educating our visitors around the world.

Thanks for taking part in Palate for the Planet: a sustainability challenge, brought to you by OBGA (Oxford Botanic Garden and Arboretum) and BGCI (Botanic Gardens Conservation International), that explores the carbon footprint of our food choices. All the other activities are fun extras, to inspire you to think about your food differently. Find out more about this project here:



Thanks to everyone who takes part and thank you to all the volunteers who helped make this possible.

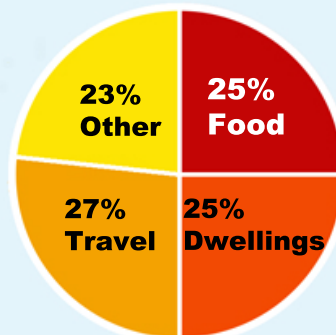
**BOTANIC GARDENS**  
CONSERVATION INTERNATIONAL

## WHAT TO KNOW ABOUT CO<sub>2</sub> EMISSIONS

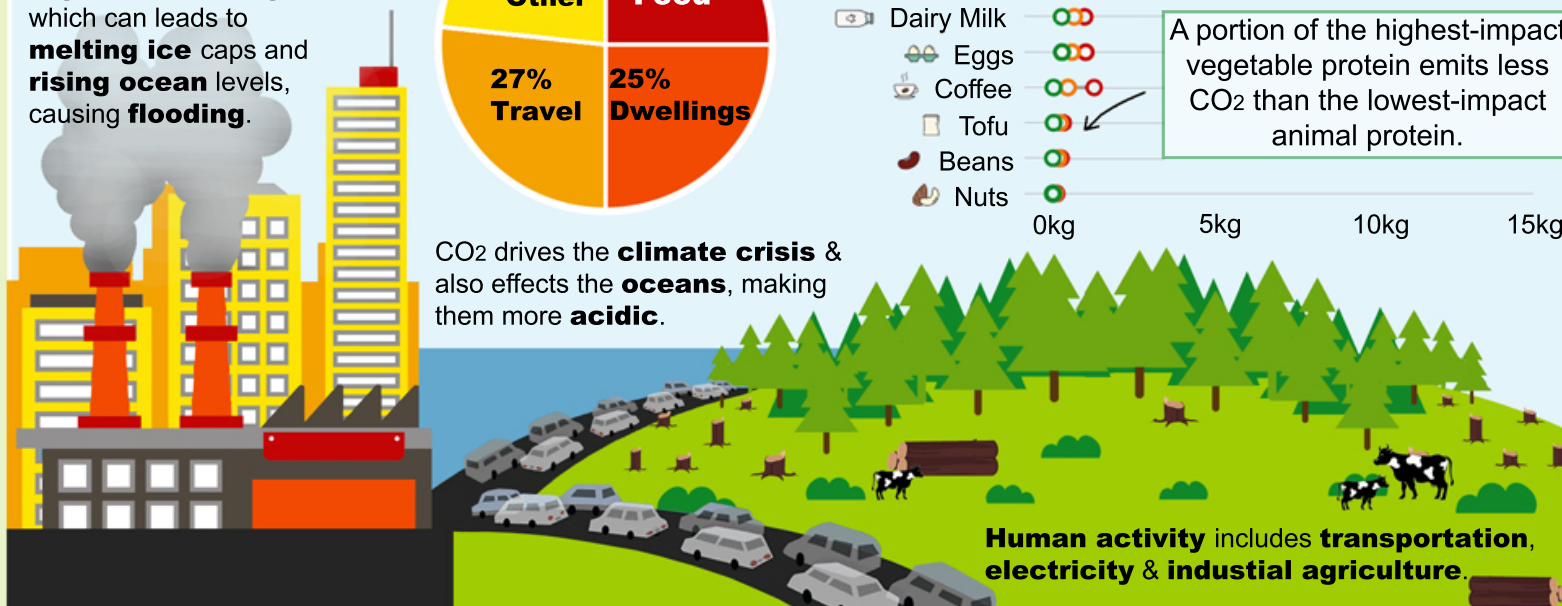
Carbon dioxide (CO<sub>2</sub>) is a naturally occurring gas. But today, 30 billion tons per year of CO<sub>2</sub> (or 84%) is related to **human activity**.

Increasing levels of CO<sub>2</sub> in the atmosphere are linked to **global warming**, which can lead to **melting ice** caps and **rising ocean** levels, causing **flooding**.

Food accounts for a quarter of an average UK person's greenhouse gas footprint.

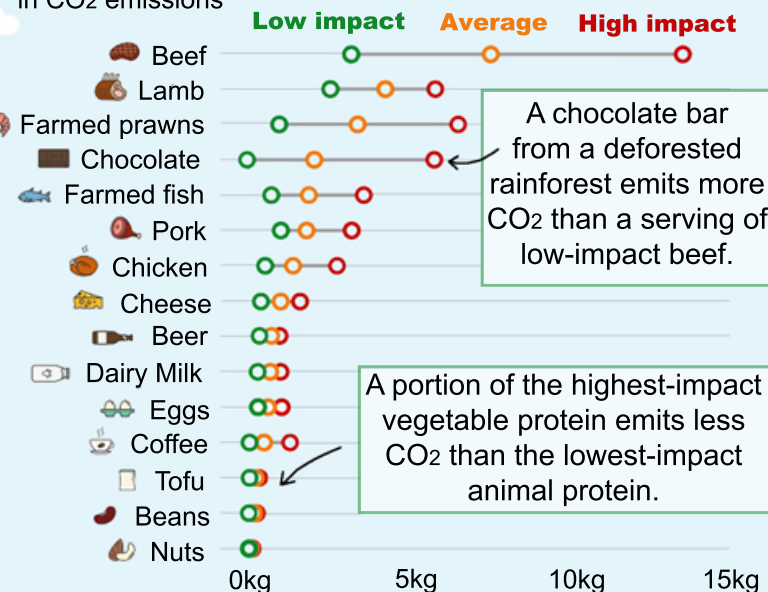


CO<sub>2</sub> drives the **climate crisis** & also effects the **oceans**, making them more **acidic**.



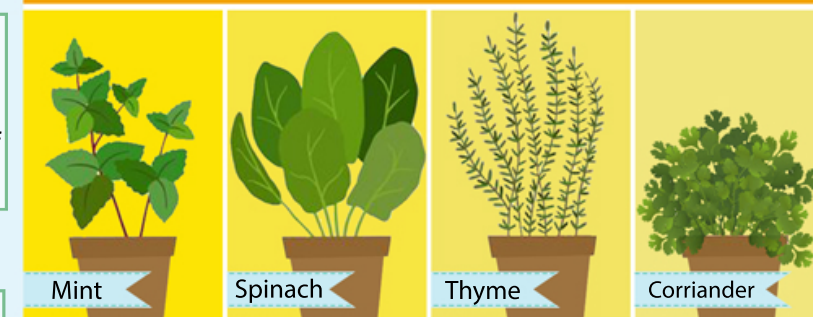
## The same foods can have a range of CO<sub>2</sub> emissions

This graph shows how foods produced in different ways can vary in CO<sub>2</sub> emissions

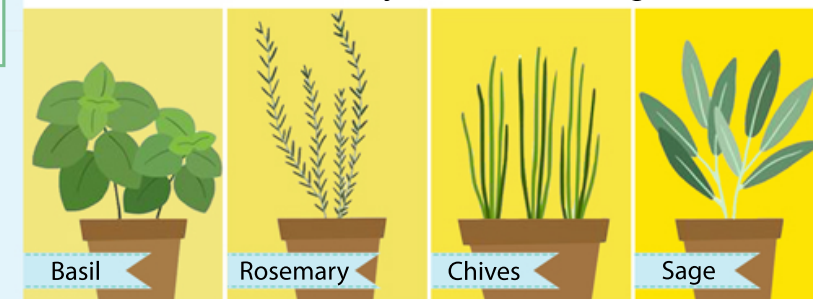


## HERBS

Annual herbs bought in a supermarket can be expensive and have a significant carbon footprint due to transport, plastic use and the peat they are grown in. It's easy, fun and tasty to grow your own at home. Here's how:



Which herbs can you find in our garden?



## PLANTING HERBS IN 5 EASY STEPS



**STEP 1**  
Soak seeds in water for a couple of hours



**STEP 2**  
Fill plant pot with peat free soil



**STEP 3**  
Plant seeds 3x deeper than the width of the seed



**STEP 4**  
Place in south facing window for max sunlight



**STEP 5**  
Water when soil surface is dry to touch



## 3 QUESTIONS TO FIND OUT HOW SUSTAINABLE YOUR FOOD IS

### 1. Is it plant based?

Plant based food nearly always release less CO<sub>2</sub> and are therefore better for protecting the planet.

### 2. Is it local?

Buying local can eliminate overseas plane travel or long lorry trips. This cuts down on fuel consumption and air pollution. Buying local also reduces the demand on shipping, packing and refrigeration.

### 3. Is it seasonal?

Buying in season can help reduce your carbon footprint and support local agriculture. Local, seasonal foods also tend to be more nutritional and tasty!

1KG OF BEEF NEEDS



7 Litres petrol



1500 Litres of water



121,8 m<sup>2</sup> Arable land

THIS IS EQUIVALENT TO



160kg Potatoes



1 Year's daily showers



A cow emit 80x more greenhouse gases than 1kg of wheat

BEEF