

## Lower Barns Boutique B&B - Trying to be as 'green' as we can be

Living in the heart of the countryside makes us very aware of the fragile balance of nature in Cornwall. We try to minimise our environmental impact in the following practical ways:

- Support local suppliers (beds, carpets, white goods....)
- Sourcing local food from producers at the quayside, farmers markets, farms and artisan shops
- Employing local people - therapist, cleaner, tradesmen, consultants for marketing and website design
- Supporting other businesses by recommending them to guests, on website, packs in rooms and verbally
- Recycling and making it easy for guests too
- Composting green waste and left over food and using the compost on our garden
- Encouraging guests to save on laundry
- Line drying washing wherever possible and using A+++ washing machine
- Some wool duvets and pillows, sourced locally from [www.thewoolcompany.co.uk](http://www.thewoolcompany.co.uk)
- Wool blankets and throws
- 80% LED lighting and increasing
- Used Eco web design company for new website with carbon neutral web hosting (<http://leap.uk.net/leapold>)
- Offer to collect guests from airport or bus depot if travelling by public transport
- Built many of our buildings using recycled materials
- Use old pieces of furniture and upcycle into on trend pieces
- Bathrooms and kitchens have low flow taps/cisterns and no high pressure showers to conserve water.
- Friendly cleaning products wherever possible
- Encourage wildlife with no nasty sprays, wildflower meadow, untended small areas, bird feeders and boxes and quirky 'bug hotel' and bee friendly plants.
- Planted an orchard with native fruit trees.
- Rescued and restored our vintage gypsy caravan
- Raising money for local charities with distance cycle rides

Mike collects sometimes the most unlikely materials in his shed and after a period of time they emerge as the whole or part of something else.



Gypsy caravan 'before' and 'after' in the garden of The Hideaway.



Breakfast/dining table made from SWEB cable reel with the help of a local metal worker.



We have worked with a team of local artisans and skilled tradesmen since the original conversion of Lower Barns. The kitchen and other substantial pieces of furniture were built to bespoke design 16 years ago and are still going strong.



A selection of recycled items used in Nook and Cranny

Even an old chair has a new life.



In the Nook and Cranny courtyard gardens (the new rooms)





Victorian balustrade becomes a table leg.



'Bugs' motel to ensure we have the right insects for the garden.



London bricks, lathe and plaster, chicken wire

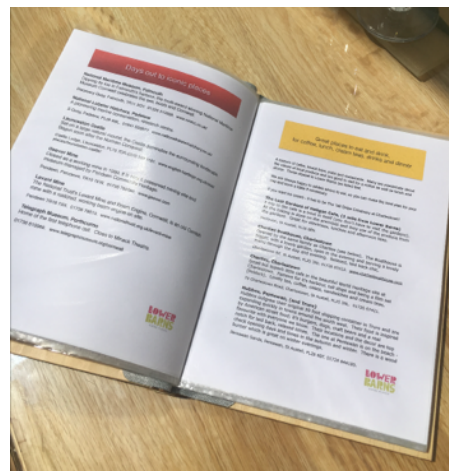


Logo signage from recycled materials from Leap Media, a local agency who are award winning environmentalists and design our advertising.



We recommend local places to visit, eat, walk, swim, surf etc on our website [www.lowerbarns.co.uk](http://www.lowerbarns.co.uk), facebook, twitter and instagram.

We also have a pack in each room with our recommendations



### **Local suppliers :-**

- Kittows family butchers, St Austell (6 miles).
- Lobbs Farm Shop a mile up the road at The Lost Gardens of Heligan. They produce their own beef and lamb.
- Local milk from Rodda's or Trewithen.
- Our jams are from Boddingtons as they are a small family run business at the top of Mevagissey hill, just 3 miles away. Their conserve is made from small batches, using traditional open pan cooking methods with no artificial preservatives or setting agents.
- Roskilly jams are based on the Lizard Peninsula.
- Loveday's Larder Marmalade.
- St Ewe Free Range Eggs, Ventonwyn Farm is 3 miles from us and they have been supplying us with misshapen eggs for years.
- Truro Farmers Market (13 miles away) with local produce from veg, flowers, breads and fish.
- Honey from artisan bee keeper Andrew Pownall, lives only 4 miles away, and keeps his hives within his cottage garden.
- Small bakery at Grampound Road which is only 4 miles away and they bake Da Bara sourdough, with the most amazing taste everyday.
- The Cornish Smokehouse at Grampound (3 miles away) is where I buy my smoked fish and local cheeses. Also within the village of Grampound a small cooperative have opened a shop selling a growing range of high quality local produce.
- When the opportunity arises (which is a phone call from John) I buy fish straight off the boats at Mevagissey Harbour.