

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
- 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
- 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

- We support a group of vulnerable adults - 'People and Gardens'. They helped develop our garden and we have given them a safe, happy environment to enjoy and feel valued. We buy the organic vegetables they produce and use them in our menus.

Mike collects sometimes his shed and after a pe- the whole or part of



the most unlikely materials in riord of time they emerge as something else.



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

Treatment room built
Nook and Cranny.



with leftover materials from

Breakfast/dining table
reel with the help of a lo-



made from SWEB cable
cal 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
Cranny
gar-
new



Nook and
courtyard
dens (the
rooms)



Victorian
becomes a table
London bricks,
plaster, chicken



balustrade
leg.
lathe and
wire

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



Logo signage from recycled materials from Leap Media, a local agency who created and host our website. They are award winning environmentalists and host our website **with carbon neutral webhosting**. <http://leap.uk.net/>



We recommend local places to visit, eat, walk, swim, surf etc on our website <http://lowerbarns.co.uk/#onyourdoorstep>.

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.
- Niles Bakery, granary and farmhouse whites.
- Small bakery at Grampound Road which is only 4 miles away and they bake Da Bara sourdough, with the most amazing taste everyday.
- The majority of our veg is delivered in a box from People and Gardens.
- 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.

- As well as our veggie bags from People and Gardens, they also help keep the gardens at Lower Barns a beautiful space for guests to chill out.