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Subject: Green for Beginners 4

ALL ABOUT VEGETABLES!



This year the [National Vegetarian Week](#) is between Monday 19 May to Sunday 25 May. The Week is all about going vegetarian and discovering meat-free new foods that can be delicious. You can sign-up for the challenge, get free resources and check out vegetarian recipes!



Eat Seasonably: Either a vegetarian or a dedicated meat-eater, fruits and vegetables are tastier (plus they are better value and it's better for the planet) when they are in season.

Check the website for information on [What to Eat Now](#) or even What to Grow Now.

The [Eat Seasonably Calendar](#) shows what you can eat each month or check out which specific fruit or vegetable is in season.

Miriam's green beauty tip(s)



Would you like to add a bit of shine to your hair? Use cider vinegar as the last rinse when washing your hair. Simply put 2 table spoons of cider vinegar into a 400-500ml jar, mix with lukewarm water and rinse your hair. For good results use this mix regularly.

Tip for guys: For a smooth & healthy skin, use organic aftershave oil instead of a traditional high street products full of irritating chemicals. The best product tested by my male friends is [Trevano aftershave oil](#).

Many thanks,
The Green Team (Miriam, Siân, Daria, Sam, Kalliopi)
For further information about the LSE Green Impact initiative have a look [here](#).