

SOPHIA ROE

The chef who wants you
to see food differently

ECO ANXIETY

Care for the Earth and care for
yourself at the same time

AURORA FEAT. NATURE

She's duetting with nature
- and sharing the royalties

Viggo Mortensen

I want to plant things that outlive me



Photo: Nick Ballon/Institute

Welcome to Imagine5: an impact foundation inspiring a planet-friendly life through positive storytelling and future-proof solutions.

Recently I was lucky enough to be sailing across the Atlantic during a moonless night. As the boat moved silently through the black waters, the heavens were alight with an infinite multitude of stars – the Milky Way more immense and radiant than I’ve seen since childhood. Unhindered by artificial light, the night sky was as endless as my sense of awe. Catching a glimpse of this vastness was breathtaking, humbling and liberating – emotions followed closely by a deep gratitude to be alive and able to experience this life as part of nature’s vibrant tapestry.

As small children we naturally approach the world with curiosity and wonder, gazing at the richness of nature, its plants and animals. These emotions feed our developing brains and create our perception of the world that surrounds us, yet somehow as we mature we tend to lose these feelings of wonder, of delight in our lives. Increasingly psychologists are discovering how important these feelings are in maintaining balance and happiness, affecting not only our mental but also our physical well-being.

As we celebrate the five-year anniversary of Imagine5, I am grateful to have found a community of supporters and followers who feel the same wonder at our natural world and are eager to join us in our journey towards a brighter and greener future. It’s why I am so excited to share our latest stories with you. Stories that can cultivate the cultural shift we so urgently need. In our cover feature, Hollywood star Viggo Mortensen reveals his lifelong passion for the wildest places (and films); we meet the singer-songwriter sharing her royalties with nature causes; and we find out from an eco psychologist how connection with ourselves, our community and environment is the first step to meaningful action.

Tonight as I look at the full orange moon rising above the California mountains I am overwhelmed again by the immense beauty and power of nature – a power that is multiplied the more it is shared with others.

Laura DeVere
Founder





Photo: Roger Sieber

Look again

The climate crisis challenges us to find new ways of looking at the world around us. To question what we know and what we believe. To flip our whole view of nature, and where we as humans belong in it. To see things afresh that have been right in front of our eyes the whole time.

Roger Sieber took this photo of a mountain peak reflected in the calm surface of a lake on a summer morning during a trip to Colorado. When he looked at the photos from the long day's hike on his computer, Roger realized he had mistakenly turned them all upside down. He fixed the rest, but left this one as it was.



Photo courtesy of Giken Ltd

Ready to roll

Inside a bike parking facility in Japan, hundreds of bikes wait to be picked up. At street level, users drop off their bikes at an automated booth, swiping a card to identify themselves. The bike is taken underground, ready to be delivered back to its owner at the booth when they're ready to collect it.

Giken Ltd built the first of these bike parks at Kochi University of Technology in 1998 and has since built dozens in cities around Japan. This one holds 200 bikes. More and better bike storage makes it easier for people to get around by cycling, which is better for the climate – and for our health – than driving.



Photo: Smita Sharma

Stork sisters

These women in Assam, India, are members of a very unusual defense force: the Hargila Army. Wearing homemade paper-mache headdresses, their mission is to save the greater adjutant stork, known locally as 'hargila'. Once found widely across South and Southeast Asia, today they are one of the world's rarest storks, with global numbers down to 1200.

This all-female eco army is led by biologist Purnima Barman (pictured in front), who believes that women are key to community-led conservation. So far she has rallied over 10,000 women to raise awareness about the ecological importance of this winged scavenger - traditionally reviled by locals as a bad omen - in a bid to bring the species back from the brink of extinction.

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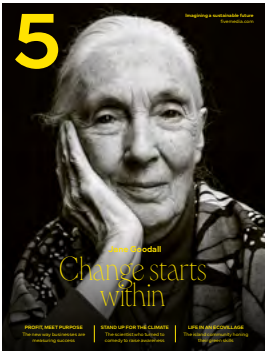
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Earlier issues



The impact of this magazine

We produce this magazine once a year to share stories that inspire positive change. Producing the magazine has an environmental impact, including the paper, printing, shipping and emissions related to our general operations and those of our suppliers. For each copy of the magazine, we estimate the carbon footprint to be similar to

running a bath or eating a vegan pizza (and that's not taking into account contributions to projects designed to compensate for emissions). The more people get to enjoy each copy, the lower the impact per person. Help us make the most of it by sharing your copy when you're done!



We must stand
together and
speak up to save
our planet, not just
for us but for our
future generations.

Billie Eilish
Singer-songwriter

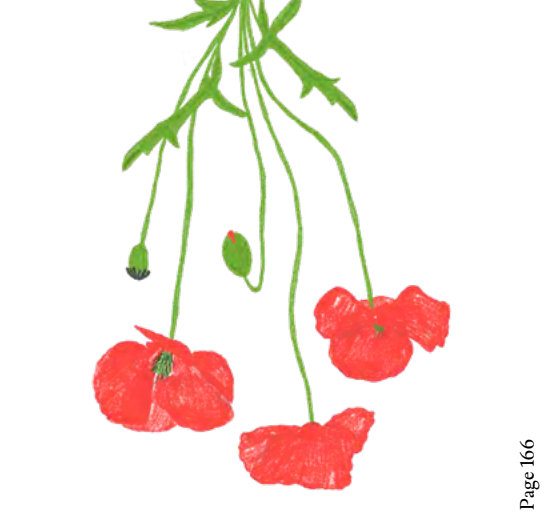
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The Norwegian singer-songwriter AURORA has always woven nature sounds into her music. She is now one of the first artists to share streaming royalties with nature causes, in recognition of its contribution. We met her at the launch of the project in New York to find out more.

all *anything*
is from nature

Words: Liz Hynes

Photos: Boe Marion



*nature has been
my secret lover
for a long time*

The strings of a lone guitar, interspersed with skittering sounds of the forest, a tease of a drumbeat, followed by quickened breath, and finally, a voice.

So begins Brian Eno's remix of A Soul With No King, the single from Norway's 'dark folk-pop' singer-songwriter AURORA. While artists finding inspiration from the Earth is nothing new, some feel as though they sprung from nature fully formed. Such is the case with AURORA: her ethereal voice and evocative lyrics are an effortless fit for this score.

But this track doesn't just sample nature – it credits it. AURORA has collaborated with the Sounds Right campaign, a brainchild of UN Live, to recognize nature as an artist on music streaming platforms. A percentage of revenue from the initiative will be earmarked for conservation charities.

In April 2024, AURORA joined the program's creators for the official launch at the United Nations headquarters. After speaking on a panel with other collaborators, and graciously posing for photographs with fans, AURORA stole away to a corner to chat with me.

Sitting on the carpet, backlit by cloudy skies reflecting off the East River, we discovered a shared

love for taking the ferry, marveled at how quickly the skyline changes, and admired the grotesque beauty of Long Island City's iconic Pepsi-Cola sign, before delving into AURORA's involvement with Sounds Right.

I saw an interview you did at the 2021 UN climate conference, where you described your relationship to nature as being 'heartbroken'. I found that so honest and moving, and wondered if this project to recognize nature as a musical artist has changed that relationship for you at all?

Yes and no. I'm still heartbroken because ... we prove to be quite brilliant minds as a species, [but] we used that to just destroy everything in our way, and when we were done with that we destroyed each other. It's heartbreaking to me, to see how much everyone is suffering. A lot of people are depressed, they're empty; they don't see the meaning in life. You see that people are struggling immensely, especially the younger generation. I think it's because we know something is wrong. We know this is not right. We know we fucked up, and that we are starting to dig ourselves so deep into somewhere, and we're feeling that we can't go out of it.



When we've killed half the species that we share the Earth with ... I think we feel it. We must, no? Somewhere inside. The balance is just profoundly off. And that's what breaks my heart; if that's what we became, and what we are. But being here helps me see that many people are as heartbroken, and I love getting reminded that everyone has a different task. There are people in finance, philanthropists, there are people working in offices and distribution. And then there are artists, musicians ... Martyn Stewart, who recorded all the sounds (see sidebar, p22), just based on his love for animals and being a voice for the voiceless.

Did you have specific requests for Martyn Stewart, or did he just record nature sounds of your country and you picked what you connected with?

Me and Brian Eno worked together on this, and he actually asked Martyn to get Norwegian birds – which happen to be the same birds Brian Eno had in his garden when he was young! So by including those birds from Norway, we did kind of include the birds from England as well, because it's the same animal, the same species, the same voices. So that was really touching and inspiring to both of us, that they

Nature has always been a musician – but now it's official Nature is finally getting a cut of the royalties for its contribution to music. Users can access nature's artist page on Spotify to enjoy both ambient nature tracks, as well as remixed songs whose musicians have sampled the sounds of nature in their work. Artists include AURORA, Ellie Goulding, Umi and even David Bowie, via a new remix of a track from 1995.

Nature causes will get at least half the money that is usually shared between performers, songwriters, publishers and labels – and all the money from the tracks that are purely nature sounds. AURORA said: "I have always used [nature's] sounds in everything I do, so it just feels proper to make it official. She's been my secret lover for a long time now, and we're making it official."



The project is the brainchild of UN Live, an organization that uses culture to pursue the United Nations' Sustainable Development Goals. The goal is to raise \$40 million in four years.

were connected like that. I think the recordings are from, like, the seventies or eighties... so those specific birds, they're probably gone now, which is also touching. Because so many species have been killed, and the birds that are on the recording, they're not here anymore. There is just something very fitting about it.

You've been so open about your relationship with nature in your work and in your life. Are there specific natural sounds or places that you find especially inspiring?

Well, I always have my field recorder with me. So I've used so many sounds that I've gathered just on tour. But that's more often the sounds of people. People and the cities and the noise and the shit – ugh, I hate it! But I love a bit of ugliness in my songs. Because my voice is so, like... not ugly? Or just very folky, and nature-esque. So it's nice to then add the ugliness of the world.

But the sounds now I'm working with for my next project, it's a lot of earth, it's a lot of water, and it's a lot of wildlife in my music. Because when I'm home, that's what I go to. I go to the earth, the water... and then the birds. I'm lucky to live near them. So I get to see how beautiful nature makes me. And I've

gotten to see that my whole life. That's why I've talked about nature my whole life. But I've been an artist for 10 years now, so in the beginning, people didn't get it, I think. I think people thought I was very like, head in the clouds, talking about nature. I didn't even know I was an activist! I just talked about [nature] because I loved it, you know? But then I grew up and I grew angry, because I realized, oh shit. She's much more hurt than I've been aware of.

So do you feel the world has come around to where you always felt you were in terms of a relationship to the Earth? Have you noticed a change over the past 10 years?

People don't look at environmental activists as hippies anymore. Obviously, it's looked upon as a privilege to fight for the environment, because there's been so many social issues and racial issues and war for people to deal with. So for many people, environmental issues are looked upon as, like – okay, good for you, if you have time for that!

But when you look at it in the big picture – as you should, with something as large as nature – you see that fighting for her helps everyone. Because who is hurt the most when everything goes to hell? It's



AURORA

Aurora Aksnes was born in Stavanger, Norway in 1996. She began recording music as a teenager and made her breakthrough in 2015 with the single Runaway – which has been cited by Billie Eilish as a defining musical influence.

Her cover of Oasis' Half a World Away was also a Christmas hit in the UK. AURORA has supported environmental initiatives including EarthPercent, Clean Sounds and SOS Rainforest. Her fourth album What Happened to the Heart? is out now.

→ You can stream the remix of A Soul with No King – featuring nature – on Spotify.





I don't just have hope
and I don't just act
I act because then
I will have hope

everyone who is suppressed, the weakest, who are deprived of their voices and rights. So being an advocate for the environment is also for children, for women. And war – there's nothing more hurtful to the environment than war. So you touch so many social issues by talking about the environment. And that's what I like about now, that the world seems to take it more seriously now. I notice a huge difference. I was 16 and now I'm 27 ... but it's getting there.

Is your latest album also a collaboration with nature?

Absolutely. It's called What Happened to the Heart? What on earth happened? So the album is basically about everything that we talked about today. What happened to the heart? How did we close it to not be hurt on behalf of each other anymore? How did we let the world come to this point? Because when you're a child, it's natural ... I wonder why we learn to create such distance between our empathy and our intelligence.

You're also a big Bob Dylan fan, aren't you?
Yeah!

Me too. So many of his songs, like Masters of War, or Only a Pawn in their Game, they're

really direct addresses to people he sees as causing most of the suffering in the world. Do you see yourself as a successor in that regard? Are your songs calling out people in power, or do you speak more to everyday people, or to the Earth itself?

I have only one song that speaks to people in power, that's The Seed – because I'm angry at people just putting money before everything. What a boring... what the hell. I don't get it! The biggest mystery on earth. Putting a pile of money over people's lives... I don't understand it.

But mostly I just talk to people. Because the people are much more powerful than the people in power. We just don't know it yet. We remember it sometimes – that's why any revolution has happened. That is a revolution, is the people. There's no one-man revolution, there's no one person ... only with people behind them, they're powerful. So I prefer to speak to everyone, to people. Because they are the kings of the world. And queens!

Do you feel any sort of kinship with nature as an artist – especially with this streaming model, where there's so much conversation

about artists being compensated fairly or unfairly through streaming platforms? Do you, now that you and nature are both artists in that regard, feel any kinship from an artist's perspective with nature?

Very much. She's felt iconic my whole life, but now it's just more ... it's an emotional matter that is now on paper. Because all art, all music, all anything is from nature. Everything that's ugly, everything that's beautiful, everything that's kind and cruel ... it's all connected, in this perfect and yet so unjust ecosystem. So it all comes from her anyway. We've used her in everything else, spiritually – since the first human opened their eyes. But now – it took us a few hundred thousand years to get here, when we actually just credit her! Because the way we talk about things changes how we think about things as a group. Like, the fact that pink was the male color of kings in the 1300s, then the minute we talked about it as a girly thing nobody liked it anymore. Because everything that's girly, people don't like.

It's interesting how much it changes, the way we view things. And if we credit Mother Earth as an artist, it will change the way we think of her, and then we will also credit her more mentally as well. I believe it will have good ripple effects. And it just feels proper to put it on paper and make it official, even though it sounds weird to say, but like – it just feels decent, and proper, yes.

Something you seem to do quite well is striking this really beautiful line of pragmatism, but also optimism. How do you maintain that optimism?

Thank you! I've been thinking a lot about that. Because ... [to have] only hope is senseless. But only nihilism, or realism, is death. So it's only when the two work together that you have actual truth, and results. I do have hope, but I don't only have hope – I make hope. So I will make sure that I have hope for the future, because I will do something now about it. I don't just have hope. And I don't just act. I act because then I will have hope. I don't like either without the other, much.⁵



The David Attenborough of sound

The nature sounds that AURORA has woven into her music were captured by Martyn Stewart. Since the first time he recorded a blackbird's call as a child, Stewart has sought to amplify nature's voice. For over 50 years he has traveled the world, microphone in hand, capturing over 30,000 hours of audio. When he realized that human activity was destroying the habitats where he recorded his sounds, Stewart dedicated his work to campaigning for nature.



HOW MUCH WATER DO WE USE IN A DAY?

Illustrations: Ruth Vissing

150 LITERS

THAT'S HOW MUCH THE AVERAGE PERSON IN EUROPE USES FOR SHOWERING, USING THE TOILET, WASHING DISHES ETC.

BUT THAT'S JUST THE TIP OF THE ICEBERG...

THE WATER NEEDED TO PRODUCE THIS OUTFIT COULD FILL

21 HOT TUBS

WHITE COTTON T-SHIRT

2,500 LITERS

JEANS

10,000 LITERS

LEATHER SHOES

16,600 LITERS

AN 8-MINUTE SHOWER

70 LITERS

1 WASHING MACHINE LOAD

50 LITERS

IT'S NOT JUST ABOUT THE WATER THAT COMES OUT OF THE TAP. MAKING ALL THE STUFF WE BUY, WEAR AND EAT EVERY DAY ACTUALLY USES WAY MORE WATER THAN WHAT WE USE IN OUR OWN HOMES.

IN FACT, WE NEED TO MULTIPLY THOSE 150 LITERS BY 30.

CLANK! CLANK!

WHOOSH WHOOSH

MEANWHILE...

52% OF OUR GLOBAL WATER FOOTPRINT IS FROM FARMING.

FEEDING A COW FOR 3-5 YEARS TAKES

1 OLYMPIC-SIZED SWIMMING POOL OF WATER.

A 75-LITER BATH FULL OF WATER GETS YOU...

HALF A PINT OF BEER

TWO-THIRDS OF AN APPLE

30 GRAMS OF RICE

FIVE GRAMS OF BEEF

SO WHAT CAN YOU DO?

BUYING LESS AND RECYCLING MORE MEANS LESS WATER IS NEEDED TO MAKE NEW STUFF

CHOOSING A RECYCLED BOX INSTEAD OF A NON-RECYCLED ONE SAVES

1 LITER

1 MEAT-FREE DAY

SAVES **2,500 LITERS** OF WATER

EATING LESS MEAT IS ONE ACTION THAT CUTS YOUR CARBON FOOTPRINT AND YOUR WATER FOOTPRINT IN ONE GO.

Sources: Hoekstra, 2012, The hidden water resource use behind meat and dairy • Friends of the Earth, 2015, Mind your step: The land and water footprints of everyday products • Global Action Plan, 2023, Water, water waste and the hidden water in our lifestyles • Mekonnen & Hoekstra, 2012, A global assessment of the water footprint of farm animal products • Water Footprint Calculator, 2022, The hidden water in everyday products • Water Footprint Network, Product gallery • We Are Water Foundation, 2018, The water footprint: Water's invisible trade • Water UK, 2020, Vast majority of Brits have no idea how much water they use • WWF, 2008, UK Water Footprint. Research by Sarah Walkley





IF YOU GROW IT THEY WILL COME

Photographer SIÂN DAVEY transformed her garden into a sanctuary where everyone had a place. As the flowers bloomed, she called people in.

Over three years, British photographer Siân Davey transformed an abandoned patch behind her house into a garden filled with flowers, insects and birds. With her son Luke, she researched and sourced native seeds, paying special attention to biodiversity.

“The vision was to make the garden so astonishingly and crazily beautiful that people would just want to come, that we wouldn’t have to personally invite them.”

And come they did. Couples, friends, outsiders, anarchists, the heartbroken and the lonely were all drawn by the color and life on the other side of the garden wall.

Nature disarms us, Davey says. The garden became a safe space full of possibility in which people could be who they are in front of her lens. The resulting series, simply called *The Garden*, is enthralling.⁵



“The vision was to make the garden so astonishingly and

crazily beautiful that people would just want to come”



“Nature disarms us”



Siân Davey's garden sounds
as wonderful as it looks.
[Listen to it here.](#)

The incredible planet-fixing innovations that already exist

Words: Robert Langkjær-Bain Illustrations: Lily Kong



The bicycle

Close your eyes and imagine an exercise bike, only instead of being stuck in one place, the wheels can roll along the ground. That's the idea behind this wacky and surprisingly fast invention. Two thin wheels are connected to a chain, which is connected to some pedals, which is connected to... you. The only downside is that you will no longer be able to join

your friends in bitching about the price of gas, since your bicycle requires none to make it go. Simply eat a normal balanced breakfast, and with some help from your thighs and your perky can-do attitude (plus a motor, if you get an electric bike), the bicycle will convert it into movement. There's even a little bell to let people know you're coming. Cute!

Humans will have to call on all their ingenuity to get through the climate crisis. The good news is, many of the mind-boggling inventions we'll need... were invented a long time ago. From bikes to sweaters to secondhand stores, here's our guide to the underappreciated brilliance of stuff we already have.



The sweater

Heating engineers said it couldn't be done. Now, knit-ologists have proved them wrong. Introducing the sweater: a personal heating system. Want to be warmer? Simply put the sweater on, and it's automatically activated. No password, no six-digit code. It just works. But here's where it gets really cool – and we mean literally cool. When you take the sweater off again, your temperature drops. Removing the sweater slowly and gracefully can even be part of a healthy seduction ritual. When you're done, check the label for cleaning instructions.



The plastic tub

To the untrained eye, it's simply a molded piece of plastic. But the genius of this invention comes by adding a second molded piece of plastic, known as a lid. By combining tub with lid, scientists have harnessed the power of freshness, and are able to keep leftovers edible for much longer than you would think. To extend the life of your food even further, simply lower your standards. Bon appetit!

The train

Imagine a plane, only instead of using jet engines to hurl it through the air, you use electricity to push it along the ground. It's called a train – a sort of wingless, earthbound plane that travels on metal rails, often with sandwiches available on board. Trains use way less energy than planes and can run easily on electricity, so they're much better for the planet. History tells of how the Wright Brothers took their first flight – but what history doesn't record is that afterwards, they took the train home again.



The wallet

A wallet can be used to pay for things you want. But the really clever part is that it can also be used to not pay for things that you don't want. If you find yourself in a store, and see something that you don't want, simply leave your wallet in your pocket, and say something like, "Goodness me is that the time," or, "Your product or service does not seem to align with my values and aspirations for a healthy planet, so I'm going now, bye."

The secondhand store

Imagine a store, only instead of being brand new, the items in it have existed for some time. In the same way that we don't build a brand-new house every time we come home from work, we also don't need everything we buy in stores to be sparkling and wrapped in cellophane. Buying used stuff means we get the stuff, but the planet doesn't have its resources depleted or get lumbered with pollution. Nice!

The solar panel

Remember that time you were in Florida and the power of the sun made you feel all warm and vacation-y? Well, imagine taking a drop of that solar magic and using it to power your microwave, your vacuum cleaner, hell, even your smoothie blender. Now you can. Solar panels provide clean energy and, combined with a battery, can store it for when the sun goes down. The dream of a coal or nuclear power station on your roof remains out of reach for most Americans. But solar panels? That's doable.

The tree

Trees absorb carbon dioxide from the air, helping keep the climate in check. Great minds are trying to work out how to use technology to mimic trees by absorbing carbon. Even greater minds have realized that, well, trees already do it. And preliminary experiments suggest that by taking a 'seed' from a tree and 'planting' it, it's possible to create a new tree. It's a bit like right-clicking on a folder on your computer and selecting 'copy', only with trees.



The screw-cap bottle

Remove the cap by turning it one way. Drink the water. Now, refill the bottle from the tap, and – here's the science bit – put the cap back on by turning it the other way. Once it's closed, you can even turn the bottle all the way upside down, and thanks to physics, your drink will remain inside the bottle, and not in your lap. Now that's innovation.



On the set of Planet of the Apes. Photo: API/AC Productions/20th Century Fox/RGR/Alamy

⑩ movies to save

Words: John Bleasdale

the world

As a kid, I loved escaping to the cinema. Whether it was Indiana Jones or Luke Skywalker, Ghostbusters or Jurassic Park, the movies were there to make my imagination soar. But I've grown up now and put away childish things (sort of); and with every day bringing darker headlines about the state of the planet, it feels like in today's world, escapism isn't going to cut it. Looking away feels wrong, like Nero fiddling – or eating popcorn – while Rome burns.

And yet, movie-wise, here we still are. Indiana Jones has only just hung up his whip; another Ghostbusters movie has just been released; Jurassic Park is now Jurassic World. The highest-earning film last year starred a mass-produced plastic doll that was already popular when I was a kid. So where are the films confronting the climate and biodiversity crises? When researchers studied the movies nominated for Best Picture at the last Academy Awards (taking inspiration from the Bechdel Test, which assesses films based on representation of women), they found that only three of the 10 films made mention of climate change. So where is the Citizen Kane of the environment, the Barbie of sustainability?

It's easy to think environmental messages have been shunned by cinema because people want escapism. If you want to send a message, a studio mogul once pronounced, use Western Union – and modern-day Hollywood still largely operates on that principle.

But wait, there's a twist. Throughout the history of cinema, movies have, in fact, shaped our relationship with the environment; sometimes subtly, sometimes dramatically. Films have informed the conversation, educated children, planted seeds that grew into a life change. How many vegetarians can trace their choice back to seeing Babe as a child? How many botanists were inspired by Bruce Dern's quiet gardener in the 70s sci-fi film Silent Running?

So here are 10 fantastic films that, in very different ways, have positively impacted the way we view the world around us, encouraged us to treat it better, and have warned us of the possible calamity if we don't. →

① **Bambi** (1942)

Walt Disney cartoons might not be what spring to mind when we think of green issues. But this story of a young deer was hugely important to framing the debate. Bambi's relationship with the forest and his friends taught a generation of children to value the natural environment and think of the forest as a habitat, a place to live in, rather than a scary place where wolves lurk. In fact, the real danger in the forest is presented by humans, and specifically the hunter who [SPOILER] kills Bambi's mother in a scene that was seared into many a child's memory. Bambi was so powerful that recreational hunting declined following the release of the film. To this day, pro-hunting lobby groups decry the 'Bambi Effect', the anthropomorphic empathizing with cute animals which causes us to object to people killing them for fun.

② **Planet of the Apes** (1968)

This groundbreaking adaptation of Pierre Boulle's novel came in a year of social unrest. Charlton Heston's

astronaut is the straightlaced establishment figure: he did play Moses after all. He now finds himself on a planet where the apes are in the ascendancy, and humans are brute animals and treated as such. The metaphor could obviously stand for race relations – "Get your hands off me, you dirty ape!" Heston cries – as well as increasing an awareness of animal rights. If we are repulsed by the segregated society of the apes and the way they treat the humans, shouldn't we examine how we treat animals in our world and our own hierarchies? (The recent prequel trilogy explores these points more explicitly.) The famous final shot reveals that the whole film is also a warning about the destructiveness of humanity.

③ **Erin Brockovich** (2000)

Based on a true story, Erin Brockovich tells the tale of a single mother who, while working as a paralegal, takes on a gas and water utility company, accusing them of causing contamination of the water in the small town of Hinkley, California. Steven Soderbergh's

film feels like a return to the socially-engaged cinema of the 1970s, and Julia Roberts went on to win an Oscar for the role of an ordinary woman capable of bringing about extraordinary change. The real Brockovich remains a stalwart champion of clean water and air today and continues her advocacy and activism for communities nationwide.

④ **The Day After Tomorrow** (2004)

Roland Emmerich had already put the human race in danger of extinction with his blockbusting alien invasion movie Independence Day and then resurrected the Japanese atomic nightmare Godzilla to bite chunks out of New York, but with The Day After Tomorrow climate change itself for the first time became the baddie. The science was dubious – featuring a superstorm that brings about an almost instantaneous ice age – but the film was a resounding success and proved that issues could be raised in a way that reached a broad section of the public as well as making a substantial profit for the studio.

⑤ **An Inconvenient Truth** (2006)

Vice-President Al Gore could have finished his political career as the most famous loser of a presidential election when he was pipped to the White House by the thinnest of margins. But incredibly he managed to pull off a consequential second act to his political life with this Oscar-winning documentary. The film lays out an accessible, entertaining and persuasive argument for human-made climate change, and, vitally, offers hope and solutions. It has been cited as an inspiration by Kenyan activist Wanjira Mathai, CNN political commentator Van Jones and climate scientist Michael Mann. A sequel was made in 2017, and there have been other high-profile factual films such as Leonardo DiCaprio's Before the Flood, but this is still the most impactful documentary yet made about climate change.

⑥ **Wall-E** (2008)

The animation studio Pixar has picked up the Disney tradition of encouraging the young to look at

the world in an open way. Finding Nemo already provided the portrait of an ecosystem that was delightful for kids to discover, the equivalent of Bambi's forest. In contrast, Wall-E is a far bleaker vision, at least to begin with. Years in the future, the Earth is now a devastated and polluted planet cared for by a small robot, Wall-E. Somehow Wall-E manages to coax humanity back to Earth and a new beginning, hopefully with a sense of optimism and lessons having been learned.

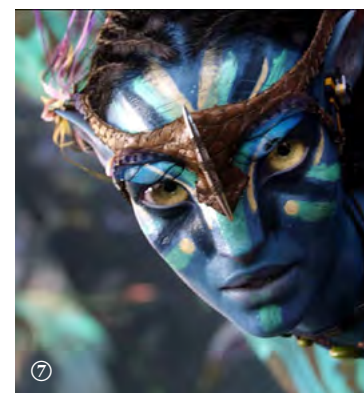
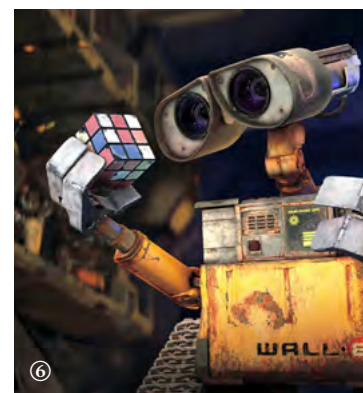
⑦ **Avatar** (2009)

Filmmaker and conservationist James Cameron mixes his passions in one of the most commercially successful films ever made. Avatar also provides a stinging criticism of corporate greed and champions the status of Indigenous peoples and the exploitation of nature. On the planet Pandora, humans ruthlessly search for the valuable unobtainium with scant consideration for the destruction they cause to the environment or to the Na'vi people who live there. Some criticized Cameron's lack of subtlety and took him to task for his use of the white

savior trope, but with its stunning special effects and exciting action sequences Avatar became a worldwide hit and opened the eyes of new audiences to struggles of Indigenous people and the environment.

⑧ **Don't Look Up** (2021)

Initially, Adam McKay honed his talents as the director of Will Ferrell comedies such as Anchorman, but he was increasingly horrified by the fact that climate change – which he perceived as an existential threat – was often reported as the fourth item on the news. So he came up with the idea of two astronomers, played by Leonardo DiCaprio and Jennifer Lawrence, who spot a comet heading on a direct course to impact with the Earth and attempt to warn everyone. However, instead of reacting to this apocalyptic news with some kind of plan, the media are more interested in their looks and the politicians in the rare elements that the comet is made of, despite the fact it is going to destroy the world. This was a Dr Strangelove for the climate crisis, the darkest of satires that became one of Netflix's most-streamed movies.



⑨ **Oppenheimer** (2023)

The more solemn half of 2023's Barbenheimer phenomenon may seem like a strange choice, but what would be more environmentally destructive than a nuclear war? Christopher Nolan's Oscar-winning epic is a cautionary tale about the relationship between technology and the scientific community and its potentially negative consequences. The film portrays J. Robert Oppenheimer as brilliant but also driven by ambitions that blind him to the welfare of the world. Parallels between the development of the atom bomb and the damage done to the environment by industrial development abound. This was a serious film about important issues which reached the widest possible audience and triumphed at the Oscars.

⑩ **Dune, Parts One and Two** (2021) and (2024)

Frank Herbert's 1965 science fiction novel was inspired by his interest in ecology and specifically desertification. He combined this with the story of T.E. Lawrence in World War One and his knowledge of and empathy towards Native American culture. A substance called Spice – which is essential for intergalactic travel – is mined by various exploitative aristocratic families, without any mind to the native population of the planet of Dune. In Denis Villeneuve's thrilling adaptation, issues of Indigenous rights and environmental exploitation go hand-in-hand with one of the most spectacular cinematic franchises of recent years.

ALSO WORTH WATCHING

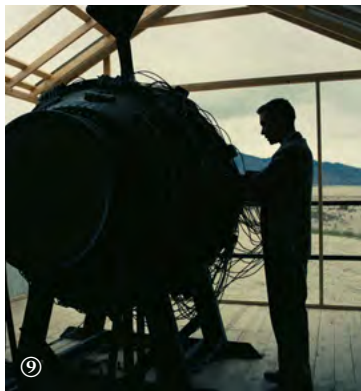
Earth (1930)
Ukrainian director Oleksandr Dovzhenko created one of the most beautiful films about farming you could wish to see.

Silent Running (1972)
A science fiction classic which shows an ecologist trying to save the last flora preserved in outer space.

Gorillas in the Mist (1988)
The life of conservationist Dian Fossey provides Sigourney Weaver with one of her best lead roles.

How to Blow Up a Pipeline (2022)
A group of climate activists take extreme measures in this entertaining heist movie-style call to action.

Photos: Bambi, Allstar Picture Library Ltd. Planet of the Apes, Allstar Picture Library Ltd. Erin Brockovich, Photo 12. The Day After Tomorrow, Moviestore Collection Ltd. An Inconvenient Truth, RGR Collection. Wall-E, RGR Collection. Avatar, Cinematic. Don't Look Up, Pictorial Press Ltd. Oppenheimer, Moviestore Collection Ltd. Dune, Landmark Media. All licensed through Alamy.



Imagine your next car is a cargo bike.

It's happening⁵





Photo: Nate Ryan

The Sioux Chef

Seeding a new food future

As the Sioux Chef, SEAN SHERMAN is out to prove that an Indigenous approach to growing and cooking food can better serve people and planet. From his restaurant on the banks of the Mississippi, he is creating a blueprint for how it can be done – earning him a place on Time’s top 100 list of most influential people.

Words: Cinnamon Janzer

Wedge between the rolling waves of the Pacific Ocean and a stretch of thick jungle teeming with spotted jaguars sits San Pancho, a small beach town in Nayarit, Mexico. Before Sean Sherman became the Sioux Chef on a mission to revitalize Indigenous food systems, before he co-created the best new restaurant of 2022, he spent five months escaping burnout in San Pancho with just a backpack, a guitar, and his young family in tow.

It was then, around 2007, in the once small fishing village that’s since been rapidly developed into a segment of the Riviera Nayarit, that Sherman became enraptured with the Huichol (also known as Wixáritari), the people indigenous to the Sierra Madre mountain range.

From the traditional Three Sisters intercropping method for cultivating corn, beans, and squash in a way that naturally protects and nourishes soil and plants, to the bright and colorful beadwork that



Delicious and sustainable: Duck breast with maple pepita dressing. Photo: Jingyu Lin

wraps three-dimensional forms in a mosaic of geometric shapes, Sherman dived deep into their cultural traditions. The more he did so, the more he found his mind wandering thousands of miles away, to the Pine Ridge Reservation in South Dakota, where Sherman’s own Lakota roots lie. →



Indigenous artifacts at Owamni, Sherman's Minneapolis restaurant. Photo: Jingyu Lin

When he returned, he took the enthusiasm he had found in Mexico, and applied it to his own history. As he immersed himself in the research, he visited local museums and marveled at their rich collections of heirloom corn varieties in every color, so different from the yellow monocrops filling field upon field today. He spoke with elders and explored the plants around him. "I started working with people who knew plants and studying a lot of ethnobotanical texts," Sherman says. "A lot of it was just connecting directly with the plant world – it was a connection that I could share in real time with my ancestors."

It was from this connection, laced with an understanding of how settler colonialism had forcibly separated his ancestors from the land that nourished them, that the Sioux Chef was born. Sherman decided his cooking would do away with colonial ingredients like wheat flour, sugar, pork, beef, and chicken. Instead, it would focus on pure and regional Indigenous cuisine, which meant passing on quasi-Indigenous foods like fry bread that emerged culturally from government relocation and the rations that followed.

In 2012, he began doing pop-up dinners around Minneapolis as the Sioux Chef, using foraged ingredients from sunflowers to sage. "I was really trying to create a concept of what modern Indigenous food would look like," Sherman says. "I used that platform to talk about what happened to us Indigenous people, why there aren't Native American restaurants out there, how we identify what's Indigenous today, and how we can make things different moving forward," he says.

Indigenous food and philosophy on the menu

Owamni – Sherman's first brick-and-mortar restaurant – became the vessel for this vision. Opening in 2021 with his then-business-and-romantic partner Dana Thompson, it went on to win the prestigious James Beard award for best new restaurant the following year.

**"Plants can be food,
they can be medicine,
they can be craft,
they can be shelter,
they can be lodging,
they can be tools,
they can be everything"**

Its philosophy, described on the back of its hyper-seasonal, organic food menu, outlines a rejection of the values of settler colonialism "such as the wanton destruction of the environment, including mining, logging, and monoculture agriculture, all of which contribute to the enrichment of a select few while our beautiful Indigenous landscapes and the people who have traditionally lived on them are continually abused".

We need to rethink how we produce our food. Globally, food production is responsible for about a quarter of the pollution that is causing our climate to heat up, as well as using precious land and water. Industrial agriculture also relies heavily on fertilizers and pesticides that pollute waterways and can have devastating effects on the soil and the ocean, where they eventually end up. →

Lakota roots rediscovered

"I became really curious about their food and realized that I didn't know anything about Lakota food," Sherman says. "We grew up in a colonized state. We grew up in a segregated community. We grew up with the government controlling our food system." Instead of the Three Sisters, Sherman was raised on canned vegetables packed with sodium, canned fruit swimming in corn syrup, powdered milk, and government cheese – products of an industrial food system which, instead of fostering a closeness to the sources of what we eat, takes us further away from them, with harmful consequences for our health and that of the planet.



Photo: Nate Ryan

Waterfalls and spiceberries

At Owamni, this big-picture awareness is instilled in every dish, as well as the place itself. Located on the banks of the Mississippi, its floor-to-ceiling windows reflect the neon glow of the YOU ARE ON NATIVE LAND sign lightly humming by the entrance while overlooking the waters where Spirit Island once stood. For centuries, the Dakota journeyed to give birth on the sacred, spruce tree-speckled island surrounded by the Owámniyomni waterfalls. In 1960, after decades of degradation in the name of limestone harvesting, it was blown up to make way for a now defunct lock and dam system.

Offering dishes flavored with Appalachian spiceberry instead of peppercorns, serving tacos composed of corn four ways, and duck marinated in ancho peppers under a garnish of soft green maple blossoms picked earlier that day (seven weeks earlier than usual, indicating a noticeable shift in seasons), the restaurant is, for Sherman, proof that his vision of true, modern, and healthy Indigenous food can not only exist, but that it can be in demand. And that demand can be a vehicle for change.

“We’ve been sold out since we opened,” says Sherman proudly. “About 70% of our staff identify as Indigenous.” The strategy is simple – purchase from local Indigenous producers first and national Indigenous producers second, followed by BIPOC and allied producers rather than big box trucks hauling frozen, over-processed foods that are, Sherman says, “literally just making us sick with cancer and obesity”.

The menu changes, depending on what’s in season.
Photo: Jingyu Lin



The land as a living being

The restaurant is a thriving business, but it’s about more than just profit. A large portion is eaten up by food costs, anyway. By eschewing pork, chicken, and beef in favor of Indigenous proteins like crickets, duck, and bison that are sustainably and locally sourced, the restaurant promotes producers that demonstrate a deep respect for the land as a living being and a seven-generations focus on a sustainable future that’s inherent in Indigenous practices and philosophies.

“It’s unfortunate that this restaurant is unique. Part of the goal is, how do we normalize something that’s healthy and Indigenous? We’re showing a model that’s possible,” Sherman says. “Our big mission is to try to help this situation happen elsewhere, all over the place.”

He sees the heart of his work as developing an infrastructure that doesn’t otherwise exist, one that wrests control of the food system away from governments and corporate conglomerates, replacing it with a deep connection with the plants and planet around us.

“If you have a knowledge of plants, they can be food, they can be medicine, they can be craft, they can be shelter, they can be lodging, they can be tools, they can be weapons – plants can be everything,” Sherman explains. “If you have a relationship with plants, you know how to utilize the world around us better, how to protect things, how to harvest things more sustainably.”

Rather than excitedly harvesting all of the wild leek-like ramps that pop up across Minnesota each spring, we should instead take the Indigenous track of understanding the perils of overharvesting. Then, armed with a deep reverence for all that plants provide, we’d know to collect just the tops and very, very few bottoms so they can grow robustly back the following year.

“You have to learn how plants work before just pulling them up ... That’s not a part of our education system, but it should be,” Sherman says. “Our kids can name more Kardashians than they can plant species.”

He envisions a world where the seasons and the plants that signal them play a leading role in our lives; a world in which Indigenous ways of knowing and being form the foundation for our food system. It’s this vision that he’s now working to expand beyond Minneapolis – first, to Montana, followed by hopes for all of the US.

Sean Sherman in the kitchen of Owamni, which was named Best New US Restaurant less than a year after opening. Photo: Nate Ryan



“Kids can name more Kardashians than plant species”

A storied history

“Our ancestors survived for countless generations with the world around them. Pick an area in North America or the world and you’ll find that Indigenous cultures had figured out how to survive healthily before colonization happened,” Sherman notes.

With an Indigenous approach, he says, “You have a different way of thinking about food. You have relationships with plants, you have the passing down of stories. You have all these things that are just completely counter to what colonization has normalized in our lives.” It’s a way of thinking that encourages sustainable practices that respect nature and the land.

At Owamni, even a grain of rice is enough to reveal an untold story. Wild rice is the official grain of Minnesota, and wild rice soup is one of the state’s best-known specialties. But in truth it isn’t wild at all – it’s a domesticated crop grown in paddies. True wild rice grows naturally in lakes and creeks, and once you’ve tried it, you wouldn’t confuse it with the not-so-wild variety usually found in soups. It is true wild rice that Sherman’s team serve up at Owamni, presented simply with dried cranberries. Each mouthful is a reminder that the food on our plates is a gift from the land. The biggest gift back? To treat it as such.⁵

She's partying for the planet



HIGH 5 TO ECO RAPPER
HILA THE EARTH

Interview: Cecily Layzell
Photo: Duncan Ballentine

Dressed in a big, round planet costume, eco rapper HILA THE EARTH uses music and comedy to educate about climate issues and inspire positive action. Audiences love it.

How and why are you using rap to talk about climate issues?

I've been a huge fan of hip-hop since I was a little kid. I grew up in New York City, the birthplace of hip-hop, and I feel that the legacy of rap music and hip-hop is one of community and communicating struggle, and also perseverance and empowerment through music and collective thought. When you rap you can get a lot of lyrics into a very short amount of time. And so when you're communicating anything, especially science or deep concepts about earth regeneration, it's a really helpful and useful tool. It's also super fun.

Do you do anything else on the side?

This is my full-time job. I do a lot of really incredible different events. As a musician, I find it exciting that I can perform in venues that are not just your average bar or concert hall. It's great to see all the different spaces that I fit into and my music fits into.

What is the most fun you've had as Hila the Earth?

Fun is part of the ethos of the whole operation. I have a lot of fun performing at events where people are taking action, like clean-up events. I have so much fun doing the clean-up, performing, amping up everybody, getting everyone hyped for the awesome work that we're doing. I have a lot of fun at community garden events. I love it when kids are present. I love it when people can just let loose and dance with me.

Does the fun element help to get your message across?

I think that using music and comedy and joy puts people in a state of ease and happiness. That to me is the most effective way to make things happen, to take action. I don't think that a lot of people operate out of shame and fear and depression. At least speaking for myself, that holds me back when I'm dwelling in those mental states. And it's very hard not to [dwell] when you hear what climate scientists are saying about our trajectory. My goal is to balance that out with solution-based messaging that also makes you feel really good and ready to take on the challenge.

What have you gained personally from using your skills in this way?

It's connected me with the Earth so much deeper than I could have ever imagined I would be. Because everything I'm doing is in service to the Earth... I really have oriented my whole life towards listening to the planet and what she wants. It makes me feel on a personal level so much more connected and purposed.

"I think that using music and comedy and joy puts people in a state of ease and happiness. That to me is the most effective way to make things happen"

What is the best response you have had to your eco rap?

By far it's the viral video of me on Mother's Day at Tompkins Square Park [in New York]. This video last year took my followers from 50,000 to 150,000. It was such a big achievement ... and I feel like I'm still riding the coattails of that.

Why do you think the video resonates with people?

It's an interesting video because I'm very small on the screen ... it's a candid video made by someone in the audience. And it's just silly – you see this little Earth bouncing around. I put the lyrics up on the top, so you can see the lyrics that I'm saying. The song, Dirty Talk, is truly one of my best because it merges wordplay and sexual innuendo and also earth science about soil into this one killer piece. I love capturing people's attention with the sexual innuendos, but then having them really hear what I'm saying brings it all home.⁵

NOMINATE A CHANGEMAKER

Who would you like to nominate for a High 5 and why? We'd love to know. Tell us about a changemaker you know of, out there making a difference and inspiring others along the way. Email us at editorial@imagine5.com.

Dirty Talk

Lyrics: Hila the Earth

You want the dirt? I'll give you the dirt
I am the dirt that you live on – the Earth
You want it dirty? – I'll give you the word:
I gave you the world – I make it work
I make it work, work, work
I got the worms working under my skirt
I'm what you live on
I'm what it's worth
I am the Earth – I give you the dirt

Oh yeah
Get on the ground
My body so porous,
my body so round
wanna talk dirty?
I'll give you the sound
give me the roots, I'll give you the mound

Feed me your feces
We need to hustle
Clean up my beaches
Show me your mussels
I'll give you crabs
I'll give you turtles

Build me up baby
I'm filled and I'm fertile

Dirty talk
You want the dirt?
Feeling the clay and the sand up my shirt
Slip in my silt, I'll give you a squirt
You wanna eat it? You need my dirt!

Potassium, nitrogen, enzymes, vitamins
Spread your seed, I'll invite them in
Giving you what you need, time and time again
I got minerals, fungi, H₂O, bacteria,
Carbon, nematodes
If you wanna grow, you gotta get a hoe
Work the land, that's a hand job bro

Throw your organics all over my body
I'll make it hot, you're welcome to watch me
I'll break it down, I'll mix it all up
And then when I'm done,
you can grow some more stuff

Lickin up that plant sweat,
I'm sequestering that carbon
I come alive, when you get me wet,
there's an ORGY in your garden!

I like variety, so stop that monocroppin,
lift up that concrete and watch my flowers pop in
The dirt that I've been turning is the cycle,
death and birth
And I'm trying to get turnt cause I'm dirty,
I'm the EARTH

You want the dirt? I'll give you the dirt
I am the dirt that you live on – the Earth
You want it dirty? – I'll give you the word:
I gave you the world – I make it work
I make it work, work, work
I got the worms working under my skirt
I'm what you live on
I'm what it's worth
I am the Earth – I give you the dirt

THE EVOLUTION IS HERE



...but can it go the distance?

Electric cars on our roads are one of the most visible signs of the world’s transition away from fossil fuels. But while some places have embraced EVs big time, in large parts of the US they remain rare. Are we ready for the EV revolution? And how far can it really go toward solving our environmental problems?

Words: Chad Small Illustrations: Richard A Chance

Mosé Auto has been repairing cars in Seattle’s Georgetown neighborhood since 2010. Against the backdrop of the city’s ever-growing tech landscape, Georgetown is an outlier: industrial and heavily working-class. The kind of place you’d expect all those tech workers to get their Teslas fixed. So where are they?

“We don’t really work on [electric vehicles] like that,” says Carlos Rueza, one of Mosé Auto’s mechanics. “We only had four [...] this year so far.”

If you look at the entirety of the United States, this isn’t unexpected. In an April 2024 Gallup survey, only 7% of people reported owning electric vehicles, or EVs, and the number who said they’d consider getting one was lower than a year before. In a country with more vehicles per person than almost anywhere else, getting Americans into EVs has huge potential for cutting carbon emissions and improving air quality. The EV revolution should be a pillar of the environmental movement, but it remains, mostly, an aspiration.

It’s not like this everywhere. Globally, 14.5% of new cars sold are fully electric. But in the US the figure is only eight per cent. That’s compared to 80% in Norway, 24% in China and 20% in Germany. Experience has shown that a country’s EV sales typically take off after they reach a ‘tipping point’ of 5%, which the US already passed more than two years ago. But challenges remain. EVs are often expensive, and charging stations can sometimes be hard to find. Additionally, broader EV adoption means that

battery production will need to surge along with it. The process of getting necessary battery minerals can be rife with human rights violations. Are there ways around these hurdles to American EV adoption, and will combustion engines soon be a forgotten memory in the United States?

A question of where you live

Americans with electric cars might be a relatively small percentage of car owners, but they’re satisfied. In fact, Rueza counts himself among happy EV drivers. And that’s been a function of word-of-mouth. “[My friends] encouraged me to get one and I got one,” he says. Despite rarely repairing electric cars, Rueza is a proud Tesla owner. Although his Tesla – and the \$1,900 (€1,750) home charger – were expensive, the fuel savings have been unrivaled.

Like in most West Coast cities, gas prices in Seattle are expensive, often exceeding \$4.50 per gallon (about €1.10 per liter). Rueza says that charging his Tesla at home only adds about \$8 per month to his electric bill. Because Seattle’s power grid is largely hydroelectric, electricity is often incredibly cheap. So, adding \$8 to a monthly electric bill while saving upwards of \$100 on gas is an easy tradeoff. But neither these savings nor the accessibility of EVs is a given in all parts of the United States.

The price of a brand-new Tesla Model 3 can be over \$35,000. The federal government has tried

to offset some of these costs by providing \$4,000 to \$7,500 income tax credits for used or new electric cars. Additionally, states like Washington offer an extra EV rebate for both purchasing or leasing electric cars. A Seattle resident could see the price of a Tesla go from almost \$40,000 to nearly \$25,000 with cumulative incentives. The same is true in other heavily populated, higher-income coastal states like New Jersey and California. But for large swaths of people living in America’s interior, an electric car is a dream purchase.

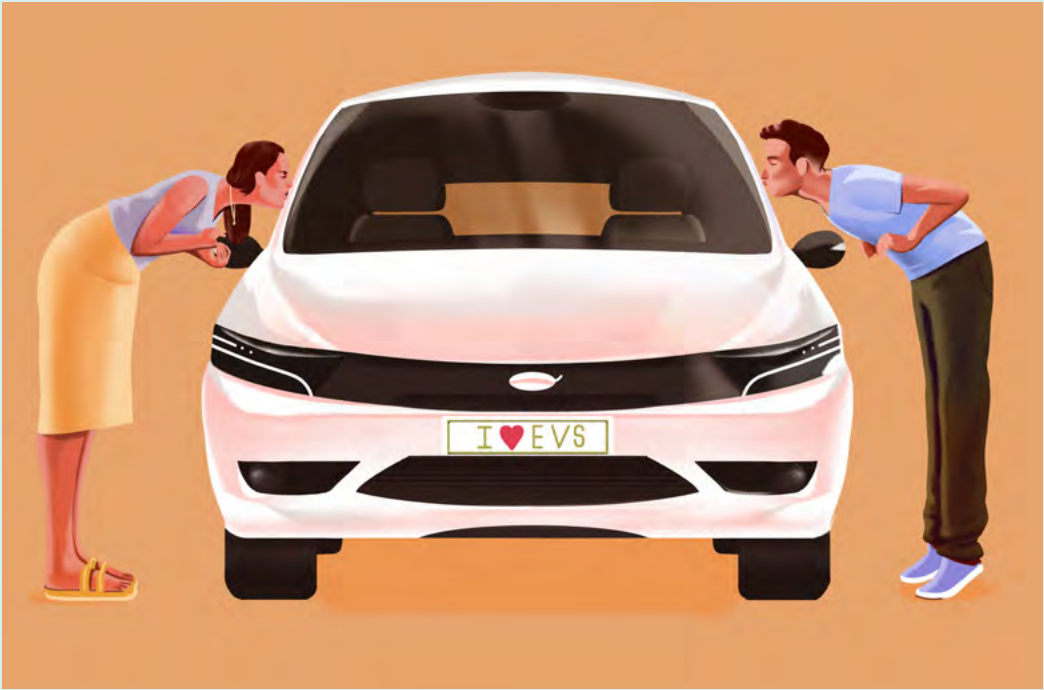
Making EVs more accessible for buyers means getting prices down and offering a wider menu of options. That requires increasing the number – and variety – of EVs on the US market. The federal government has tried to encourage carmakers to produce more EVs and fewer gasoline vehicles, by tightening rules on the average gas mileage of all the new cars that each manufacturer places on the market. Yet it is less enthusiastic about allowing more imported cars

into the country, because of pressure to protect US businesses from cheap competition, and in August 2024 tariffs on Chinese EVs were increased to 100%. According to Beia Spiller, who leads the transportation program of Resources for the Future, an environmental research organization based in Washington DC, more variety in terms of range (how far a vehicle can go between charges) is a particularly important factor. Spiller says, automakers are looking to design EVs with “250 miles plus” (400km plus) of range as opposed to producing “a range of vehicles that has 100 miles” serving drivers with nearer destinations. Injecting variety into the market will take time – right now half of all American EVs are Teslas.

A long way to go

The price of an electric car in the United States can be prohibitive, but for many buyers it’s the car’s range that’s the deciding factor. Rueza has been very pleased

“Electric cars are still quite far from being the ‘silver bullet’ climate solution that we would all love to see”



with how much power his Tesla has climbing Seattle's notoriously steep hills. He still, however, keeps a conventional gas-powered car for long-distance trips.

Washington is lucky to have thousands of charging stations, but not all states are so fortunate. In parts of the Midwest, Mountain West, and the South you can go hundreds of miles without seeing one (these regions also often lack reliable public transportation). So particularly in the middle of the United States, an electric car would need hundreds of miles of range to be a reasonable mobility option. This results in what has become known as range anxiety for current and prospective EV owners.

Trials are underway where induction coils built into roadways can charge vehicles while they drive (see sidebar, opposite page), but this technology remains a long way off being rolled out widely.

"Some people are going to need more [range]," Spiller says. "Putting in a lot of charging stations is not going to be feasible in really rural locations where there's just not that many people."

The battery conundrum

In order to get away from fossil fuels and make more things electric, one thing the United States and other countries will be needing is a lot of batteries. The life cycle of these batteries brings up numerous ethical issues, however. "If we're able to ramp up EV adoption then we're going to need a lot of minerals," Spiller says.

Mining for lithium, nickel and cobalt (some of the minerals typically used in EV batteries) often takes place in developing countries with light worker and environmental protections. For example, runoff from lithium mines in Zimbabwe has compromised agricultural reservoirs. In the Democratic Republic of the Congo, accidents in cobalt mines frequently lead to disabilities, amputations, and even deaths. As Spiller notes not all mines are the same. Some have much better worker protections and environmental oversight, but those mines consequently are much more expensive to operate.

American mines do exist, but costs to do work here are high and mineral deposits aren't as plentiful. "We have to be balancing the cost of the extraction, the minerals themselves, and this environmental stewardship and social stewardship," Spiller says. Batteries produced with minerals mined under oversight in the United States might appease buyers – and environmental activists – who want their EVs to be truly green. But bringing all the mines to the United States is "sort of a non-starter".

Electric cars are still quite far from being the 'silver bullet' climate solution that we would all love to see. They can, however, play a role as one of a number of changes that can make our transport greener. We mustn't overlook trucks, which are actually responsible for the majority of pollution from our roads, says Nadia Gkritza, a professor of civil



"EVs are just one of a number of changes that can make our transport greener"

engineering at Purdue University. "If we are to decarbonize the transportation sector, we need to focus on freight vehicles, commercial vehicles," she says. And getting people out of private cars altogether is a goal on which Spiller and Gkritza agree. Electric bikes can help, and better, more integrated public transit – though a long-term undertaking – is vital.

The American green transition will ultimately be the combination of many factors. Buying an electric car can help, but it won't get us all the way there by itself.⁵

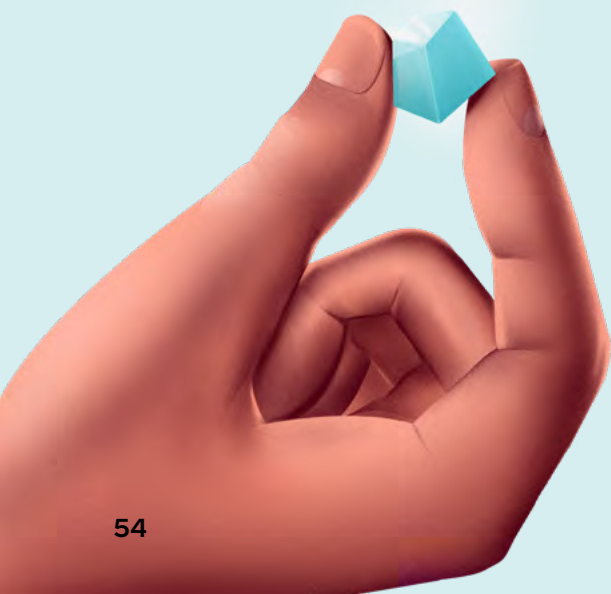
CHARGE WHILE YOU DRIVE

One of the first things on an EV buyer's mind is where they're going to be able to charge their vehicle. But what if we could abandon charging stations altogether? This is exactly what Nadia Gkritza of Purdue University and her collaborators are testing out. They are looking at wireless power transfer as a way to charge EVs without charging stations at all.

By the summer of 2025, the goal is to electrify a quarter mile of US Highways 23 and 52 in West Lafayette, Indiana. As she describes, wireless power transfer works "pretty much like an induction cooktop or when you wireless charge your cell phone". Transformer coils underneath the roadway in designated highway lanes transfer power to receivers connected to EV batteries.

This technology has been applied in Germany and the UK for stationary vehicles, but this American pilot will be one of the first times vehicles will be charged while moving. And as a politically conservative state, Indiana's success could be a template for decarbonizing other red states.

The pilot will be targeting trucks, for two good reasons. Firstly, gas and diesel-powered trucks create more pollution than all other road vehicles put together, and secondly because electric alternatives struggle to cover long distances between charges because they use up power so fast. By summer 2025, the pilot should have results that could seed similar projects elsewhere, and even influence passenger vehicles too.

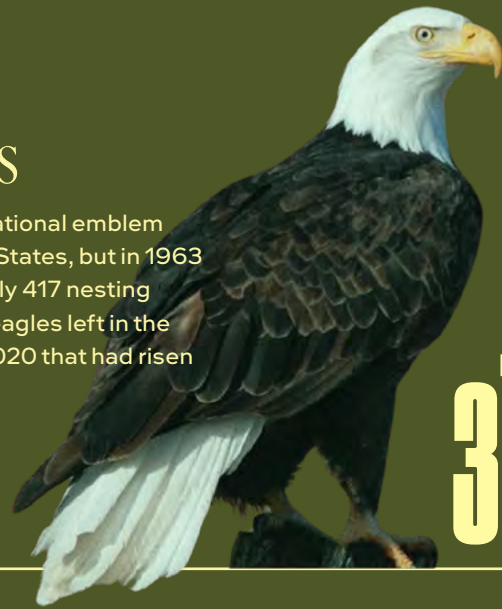


BALD EAGLES

They're the national emblem of the United States, but in 1963 there were only 417 nesting pairs of bald eagles left in the country. By 2020 that had risen to 316,000.

417 pairs

1963



316,000

2020

WILDLIFE BOUNCING BACK

WOLVES

Wolves help keep populations of deer, wild boar and other animals under control. In 1970 there were just 100 wolves left in Europe. In 2018 there were 17,000.



100

1970

17,000

2018

AMERICAN BISON

In 1889 there were about 1,000 bison in the United States. By 2022 there were 20,500 wild bison... plus another 420,000 in commercial herds!



1,000

1889

20,500

2022

WILD BOAR

Wild boar root around in the soil and create good conditions for plants to grow. In 1970 there were fewer than 50,000 wild boar in Europe. In 2018 there were 15 million!

50,000

1970



15,000,000

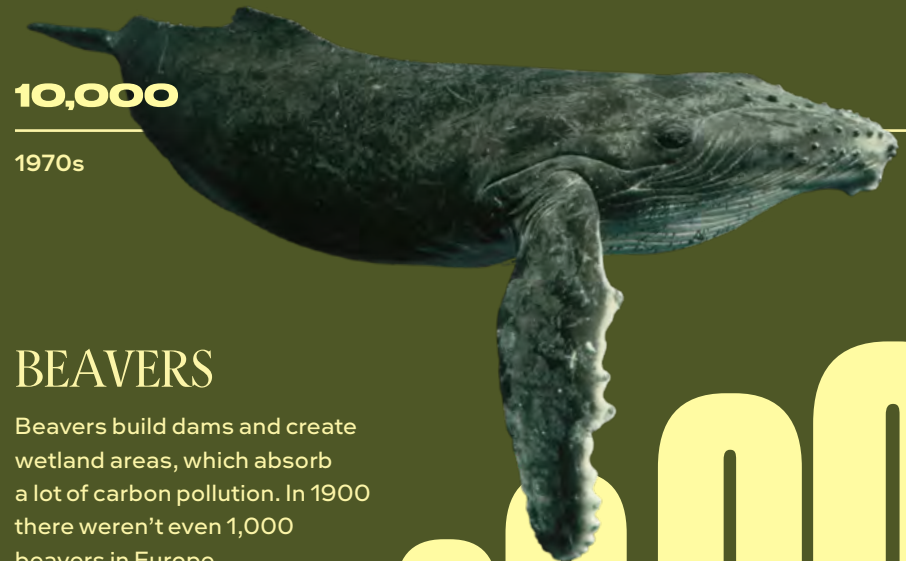
2018

HUMPBACK WHALES

By the 1970s whaling had brought populations to as low as 10,000-15,000. Now they have bounced back to 80,000 - but recently there have been drastic falls in some regions, possibly due to heatwaves.

10,000

1970s



80,000

2024

BEAVERS

Beavers build dams and create wetland areas, which absorb a lot of carbon pollution. In 1900 there weren't even 1,000 beavers in Europe. Now there are 1.2 million.

< 1,000

1900

1,200,000



2020

make things

The punk knitting world of

Lærke Bagger

Move fast

Words: Laura Hall Photos: Petra Kleis
Styling: Vibe Dabelsteen Hair and make-up: Ayoe Nissen



The first rule of knitting?

There are no rules.



Lærke Bagger

Born in 1985, Lærke Bagger has been knitting since childhood. She has a master's from the Royal Danish Academy of Fine Arts, where she specialized in hand knit design. Based in Copenhagen, her first book *Close Knit* was published in 2022 and her second book *Knit it Out* comes out in fall 2024. More than 230,000 people follow @laerkebagger on Instagram.

Opposite page: Lærke in her own #3daydress and vintage stockings. Checkered top and blazer: Ganni. Boots: New Rock.
Page 58-59: Lærke is wearing a black silk satin dress by Day Birger et Mikkelsen.
Page 63: Belt by STAMM Exchange.

I need to be myself, I can't be no one else...

If Lærke Bagger had a theme tune, it would be Supersonic by Oasis. Unconventional, gutsy and borderline punk in her approach, she's sold knitwear to Miley Cyrus, written two outstanding knitting books (the second of which is coming out in English soon), and toured them, around Denmark at least, like a rock star. Her design school peers may have been puzzled by her choice to specialize in knitting, but that didn't stop her. Ever since she was eight, she has rarely been seen without yarn in her hands. Her creations are colorful, anarchic, joyful and scrappy. Oh, and she's a huge fan of Liam Gallagher. Welcome to a world where knitting can be punk, and fashion can be responsible.

"You shouldn't make a beautiful piece of clothing just because it's beautiful. You know what I mean? It has to have something more," she said. We're in her studio, a colorful space in the north of Copenhagen where boxes full of color-sorted yarn line the walls, and Barbies dressed in miniature versions of her designs stand on the window ledges. We're talking about fashion.

"I'm not a philosopher," she said. "I just know that clothing alone is not gonna cut it anymore. You have to be responsible and you have to think."

"I'm not saying that it's not exhilarating, looking cool and being beautiful – I tried it two days ago for the photoshoot [for this article] – but it's not going to carry me through my entire year or whatever. It has to have something more like a backbone to it."

Lærke is showing me around and introducing me to her work. As well as the Barbies and the boxes, there's a wall of bookshelves containing those peculiarly yellow-tinged plastic-wrapped 1970s-era books you often find in charity shops, books about knitting from all corners of the world, and boxes of knitted creations from Iceland, the Faroe Islands and Greenland. It's an orderly riot of color and ideas, accessorized by unlikely items such as a polar bear claw necklace and a cupboard stuffed with sickly-green colored velour fabric, and

everything is in its right place. It's a reflection of her approach: as a living example of Picasso's credo: learn the rules like a pro so you can break them like an artist, Lærke may be a classically-trained and extremely well-read textile designer but she loves nothing more than to break the rules. She admits in her books that she doesn't like to follow patterns – but she has written a book full of them, nonetheless.

"I'm slowly trying to dissolve the whole concept of knitting patterns," she said. "So there are less patterns or more loose patterns in my second book. The book is about ways to approach knitting, ways to look at it and ways to look at fashion as well, much more than just copying what I do."

It's a radical approach to a cozy genre that has relied on the classic template approach to guide knitters through the ages. Her books are compelling reading: a fusion of patterns, ideas, scrapbook pages, memoir-style essays and thoughts about her life and upbringing, with jumpers to knit along the way. Not to mention pictures of her knitting in her knickers, hanging out with friends (while knitting), and touring Greenland with Liam Gallagher's face on her sweatshirt. The ideas are fun and full of a kind of reckless energy that says: it doesn't matter if it's not perfect, it's more important how it makes you feel. It's more about embracing the mistakes that come with venturing into unknown territory than seeking a singular way of doing things.

"It resonates with so many people, because it's about feeling like you're the odd one out and you don't fit in. I've never felt like I fitted in with the crafting community, and then I slowly realized that there were so many people like me," she said.

The essays delve deeper into a sense of what crafting can give – not just the idea of making something, but the knowledge that it brings people together, helps with anxiety and can fight our communal addiction to fast fashion at the same time. Perfect isn't the goal; there's much more to it than that. →

“I thought it was going to be so sweet seeing people on the street wearing something that I made,” she said. For some time, she had been selling her knitwear in upmarket Copenhagen boutiques. “But it’s so much better seeing people wearing something that they made. I also know that most of their stuff is made from recycled materials or dead stock or upcycled yarn, and then they don’t go out and buy a shitty bad quality jumper from the high street.”

To further stoke this idea of empowering people to knit, rather than sell her own designs, she tours with her friend, hobby knitter Christine Feldthaus, with an interactive talk show where they talk, offer prizes, run competitions and generally share the joy of knitting with Denmark’s knitters. There’s an expectation that those turning up will knit along with them. Tickets are sold on Ticketmaster and the venues, which include some of Denmark’s top concert halls, regularly sell out.

“I’m really proud of it, but more than that, I’m interested in what knitting or crafting can do, besides being a craft. Like, creating communities and bringing people together.”

She also sees a future in using her platform to empower businesses, mainly small mostly women-owned businesses, independent dyers, wool producers, small pattern designers and crafting designers.

There are mentions of her mental health battles in her books, notably around the death of her father, and it’s clear that knitting has been a form of therapy for her, a way to knit away her worries and make something useful from them at the same time. They’re also striking pieces: a work of textile art in themselves that represent more than fashion to her.

“I’ve been asked: how can a sweater represent something within? I’m like, that’s a stupid question, how can it not, though? You wouldn’t ask a musician that, right? You wouldn’t ask an artist that.”

With Lærke, it’s never just knitting: it’s art, it’s an energy and it’s accessible to everyone. Reading between the lines, between

**“People ask, how can a sweater represent what’s within?
I’m like, how can it not?”**

the scrap techniques and rows of multi-colored yarn, there’s a deep sense of fun powering the knits, a rebelliousness and a sense of play. This, along with knitting videos soundtracked by Metallica and knitwear designs that are deliberately joyful, provocative and colorful, have led to a significant social media following on Instagram (@laerkebagger).

“People talk a lot about how bad social media is,” she said. “It’s also good. It’s also really good for the whole crafting community. We couldn’t have happened without social media, and every day I connect with crafters all over the world discussing how to do the perfect rib stitch or what wool is good wool. It’s part of the deal.”

It’s only a small step from community and the thoughts of how much better we are

when we are connected, to grassroots activism. As we’re talking about community and media profiles and how long it takes to reply to every message, Lærke stops.

“I don’t want to say it, but I’m going to say it: it feels like the world is coming to an end. Don’t you? Don’t you feel like the world is coming to an end?”

Think too hard about fashion – about anything these days – and it feels like it’s all falling apart. The cost of living rises, the climate change news intensifies, the desperate need to know what to do next, and how to take positive action increases. Knitting might help with the anxiety but it can’t take away all the problems. We sit for a moment in the grip of existentialist dread. There’s no easy answer to any of it. So we talk about what is possible.

Cutting down on consumption, overall, is one thing that Lærke advocates – right down to the wool you buy.

“You should buy your wool from small vendors if you can,” she said. “I also think you should buy as little as possible and then use what you have.

“I find that my creativity is at its best when my material is limited. I realize this sounds crazy when you look around here at all the items I have, but what I mean is that whenever I set out to do a new jumper or whatever, I’m not dependent on having that particular wool. For instance, right now I’m out of black wool. Too bad. I’ll find something else to make with what I have.

“I think the most exciting things happen for me when I’m forced to think outside the box. So if I have the black wool right now, I could do the jumper, but if I only had the charcoal wool, I’ll have to rethink. And then something great usually happens.”

We’re talking about knitting, but we could be talking about anything. It doesn’t matter if you’re a knitter, a shopper, a chef or a programmer, the idea that we have enough right now is revolutionary. Make the best of what you’ve got. Think hard before you make or buy something new. Then if you’re going to do it, just make sure you break the rules.⁵



A COMMUNITY OF KNITTERS

Lisbeth (@lisbethkarline), Nuuk, Greenland:

When I was pregnant with my second child I came across Lærke Bagger’s Insta and I was taken in by the way she combines technique and color. I used blue yarn as the base and some bits of leftover yarn, and it was fun to see how the sweater developed for me. I feel calm and in control of my thoughts when my hands are working. With two kids it’s important to get some breaks, and at the same time feel like you’re getting something done.

Mette (@ungtblod), Copenhagen, Denmark:

When Lærke Bagger was making her first book I was lucky enough to be asked if I’d like to be a test knitter. I made a sweater from the book as a test. It’s much, much easier to start knitting now than it was in the past. Knitting patterns have got much, much better and are written better for learners. And there’s a wealth of help videos and a big community online!

Casper (@homostitch), London, UK:

My mum taught me to knit when I was very young. I had a long break in my teens and twenties when other things were more fun. Then my sister had a baby and my mum picked up her needles again and so did I. I saw a piece on Lærke’s Instagram and loved it, and knew I had to make it.

Emily (@emilyvtnits), Texas, US:

The best advice I have to anyone that wants to make their own clothes, is to jump right in and get started! For my latest sweater, I drew inspiration from Lærke Bagger’s iconic scrappy sweaters. Her book hadn’t yet been published, so I studied her Instagram feed to figure out how I could recreate one. I used another pattern as my template and got to work. This sweater was so freeing to make and is now one of my absolute favorites to wear.

For the penguins

A story by Gary Priest

Illustration: Ciara Quilty Harper

I stopped recycling on the day you left. You were the one who wanted to save the world, not me. I was the anthracite-fueled cynic with a penchant for sullen women with placards and eyes brown and impenetrable as the frozen autumn ground.

Your placard read ‘Ozone before Oligarchy’.

The details of how we became lovers are unimportant. I made you laugh and was an eager pupil for your eco-education, even if I still snuck a greasy kebab once a week and never quite understood which types of glass you could and couldn’t recycle.

Your friends disliked me for my lack of knowledge about fluorocarbons and tofu. Rasmus, in particular, zeroed in on me.

“Why are you doing this, dude?” he asked. His man bun was wound even tighter than he was. “Who are you doing it for?”

I was doing it for you, of course.

I should have said ‘mankind’, or ‘the kids’ or ‘the universe’, but for some reason, none of those obvious answers came to me.

“I’m doing it for the penguins,” I said.

His jaw actually dropped, and he took a step back which enabled me to escape into the kitchen and an innocuous discussion about hummus.

The details of how you left are also unimportant. It involved a kebab container that wouldn’t degrade for a millennium and the fact that I was not a philosopher, poet or protester.

I was your project. Your pupil. I made you laugh, and in the end, it wasn’t enough.

A week after you left, the kitchen overflowed with pizza boxes, single-use plastic bottles, and empty, unrinsed wine bottles and beer cans. Together

they formed a slagheap of sorrow. My pathetic attempt to destroy the planet.

I knew you never loved me the way I loved you. Your passions lay elsewhere. You were more concerned about the hole in the sky than the emptiness in my heart.

I let the refuse collect in the hope you might come back and see my ecological dirty protest, but you never did.

Eventually, I bought some heavy-duty bin bags and cleaned up. No sorting or reading the recycling information. I would dump all my misery and woe into the non-recyclable waste where it belonged.

The sixth bag split and emptied its guts all over the floor. I slumped in a kitchen chair. I looked at this mass of melancholy for a long time. Among all the non-degradable detritus, I saw a pattern emerge of a life spent carelessly and all the mistakes that would remain long after I had left this rock, and then I knew what I had to do.

Twenty-seven minutes later, all the pizza boxes and rinsed-out wine bottles and beer cans were in the blue bin. The half-eaten kebabs and fried chicken bones were in the brown bin, and everything else was in the green bin.

It felt right.

It wasn’t done to please or appease you. It wasn’t done to try and make you love me. It wasn’t done for myself who knew that all hearts mend given enough time and processed meat.

I did it for the right reason.

I did it for the penguins.



This story was first published on Flash Fiction Online

AMERICA'S CUP: The young team steering a new course in one of the world's oldest sailing races – combining speed with sustainability. It looks like a winning combination, no matter who comes first.

Words: Sally Davies Photos: Rita Puig-Serra Costa

The race to go green

“I’m from Palma de Mallorca. We’re surrounded by beaches, all around the island, and it’s rare that you go to one and don’t see any plastic on the sand or in the water,” says Neus Ballester. At 20, she is the youngest member of the Spanish sailing squad in this year’s America’s Cup, competing in both the youth and the women’s teams.

Plastic is not something that the first competitors of this 173-year-old sailing event would have had to worry about. They were able to focus on the glory of winning the giant, meter-high silver ewer – the ‘Auld Mug’ – a prize that many a skipper since has dreamed of.

Held every four years, the America’s Cup is the oldest international sporting competition in the world, predating even the modern Olympics. This most prestigious of sailing races was born in 1851 with a race around the Isle of Wight, a race in which the US contender easily outran the British fleet of yachts.

The triumphant vessel, the America (who gave her name to the Cup), was built to a revolutionary new design. A low schooner with sails made from cotton instead of the more traditional flax, she had concave bows that allowed her to cut through the water with less resistance, harnessing the power of the wind in an unprecedented way.

The race for greater efficiency and speed continues to be a driving force behind the Cup, leaping ahead in 2013 with the adoption of foils – blades that lift the boat out of the water at speed. The reduced drag means that boats can move faster than the wind, sometimes almost three times faster.

For the 37th America’s Cup, held in Barcelona this year, teams made up of the best sailors from 11 countries are competing in racing yachts so technically advanced that they can reach speeds of up to 50 knots, or 93km per hour (58 mph). →

A crew member out in one of the training boats in pre-race season.





At 20, Neus Ballester is the youngest in the Spanish team.



Preparing the training boat for a stint out on the waves.

Partnering for progress

As the newest generation of sailors such as Ballester are realizing, in this sport, efficiency and sustainability are two sides of the same coin. It's about working with the elements instead of against them. It's why the Spanish youth and women's crews of Barcelona-based Sail Team BCN were on the lookout for ways to make their training and preparations for this year's America's Cup more eco-friendly.

Enter Foundation0, which advocates the use of renewable technologies and energy efficiency. Working closely with the Spanish team, the foundation came up with the idea of a groundbreaking zero-emission hub.

The zero-emission hub is central to advancing a greener vision for the sport and is housed in a repurposed freight container. Sitting alongside the teams' Barcelona portside base, it is designed to supply all of the energy and water needed to power the

gym, showers, kitchen, training simulator and offices during the two months of the competition.

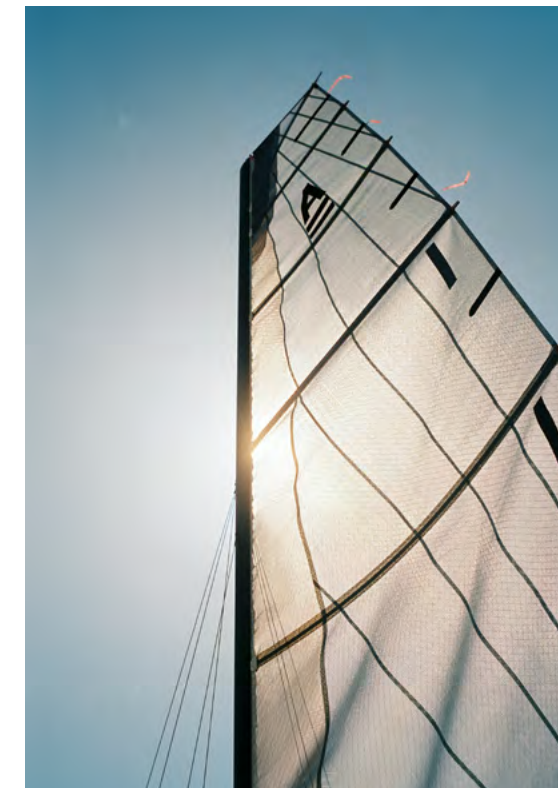
For the last three years, Spain has been in drought, with rainfall at unprecedented lows, so water conservation was a high priority for the engineers, scientists and designers behind the project.

"Our plan is not to use any mains water at all," explains Ross Daniel, Sail Team BCN's technical director. "We'll pull water out of the harbor, we'll treat it, desalinate it and then it'll get used for our toilets, wash basins, kitchen sinks and everything. As the water is used, it goes back through a system and gets re-treated and used again."

The roof is covered by 200 square meters of photovoltaic panels, creating enough electricity to power the teams' lighting and appliances. Working together with this is a complex system of thermal batteries, which will ensure a 24-hour supply of power, regardless of the climatic conditions.



Silvia Mas is proud to race in this year's America's Cup, the first time women will compete in their own event.



With the help of the wind, the boats can reach speeds of up to 50 knots.

Crucially, given the heat of a Barcelona summer, Foundation0 has devised a cooling system that uses the harvested heat to power air-conditioning units. "The whole sport is very nature-centered," says Nico Martin, from the Spanish youth team. "So it makes sense that we're working directly with the elements to provide what we need."

For the big blue

In addition to their obvious ambitions for the competition, the team members radiate real passion for the ocean itself, and are keen ambassadors for its protection. "For us the sea is our home," says Ballester. "We have to look after it."

Most of her fellow team members come from seafaring families and have spent time on the water from a very young age. "My mother was a sail coach," says Silvia Mas, a member of the women's team and former Olympian. "She used to put me in

the pushchair and strap it into the boat," she laughs. "Otherwise, who was going to look after me?"

Environmental issues, and particularly sea pollution, affect them all deeply. "When I was training for the Olympics I was in the water for 240 days of the year and on every single one of those days I'd find something – cartons, netting, tins, bottles, all kinds of plastic," Mas says.

She describes the dangers of hitting a piece of plastic when 'foiling' (rising above the water to fly on the boat's foils). "When you foil, you're going super fast and if you hit something at that speed it's like a catapult. We all try to do our bit, scooping plastic out of the water whenever we see it, but also in our day-to-day lives on land the team is very eco-conscious."

Inspired by the desire to try and be this year's greenest team, the crew is keen to minimize any impact their training might have on the environment. As well as recycling everything they can, they use bars



Foundation0

By developing open-source renewable technology, Foundation0 aims to spearhead a shift towards greener energy solutions.

of soap rather than bottled gels. Reusable water bottles are the norm, as are the lunch tins that are refilled daily from a restaurant close to where their training takes place.

All open-source

If all goes according to plan, the hub will make the teams' base fully self-sufficient, representing a huge achievement in itself. But the ambitions do not stop here. Foundation0 is making all the technology and research open-source, sharing its knowledge with the hope that others both inside and outside the sector can adopt this technology themselves. The hub is completely portable, meaning that any team needing a similar setup can simply ship it to where they need to be.

"I can see us being in a position where you have these in marinas around the world," says Daniel. "I can imagine that in a few years' time when your superyachts turn up in Antigua, instead of plugging

into the power and the water system, they plug into their box. Although this is a sport where we use the natural elements, sailing isn't as sustainable as it could be because no one's put sufficient investment into technology, and Foundation0 is doing that."

"It's not just about creating new things," says Conrad Konitzer, from the youth team. "The hard part is making people aware and growing a consensus. I'm really hopeful that this project creates a platform that will help us to do that."⁵

Imagine positive change for the price of a coffee.

Become a member⁵





Illustration: Lara Call Gasteringer

A beginner's guide to nature journaling

Want to connect to nature? We spoke to botanist LARA CALL GASTERINGER about the joy of nature journaling, and how it can open our eyes to the beauty all around us.

Interview: Anne-Marie Hoeve

Keeping a nature journal may sound like a big project, but it's pretty straightforward. It's just a matter of getting a notebook, going out into nature and documenting what you encounter. That's it. Even if you start small, the rewards are great, enabling anyone to forge an intimate bond with nature. So grab a pen (more on that later) and go.

With over 20 years of experience, botanist Lara Call Gasteringer reveals the what, why and how of nature journaling.

Why start nature journaling?

I think it's a first step to becoming emotionally connected with plants and feeling like you're a part of something. I think we're too removed from that right now. And so pausing, getting off your phone and drawing outside can be a really deep experience. It's being curious about what the natural world is doing and also having that sense of awe and wonder. That's when we want to save things and care about things.

Every time I go out, I find something new. There's such a thrill and you're so humbled by realizing how little we know about the world around us. You learn to really see things. I always tell my kids that it's better than a video game. There are treasures everywhere.

How does drawing nature help to connect with it?

It has that mindful aspect to it where you're very much being in that present moment. You get to know the details and so that focus can be a way of understanding the plant. Once you draw it, you really know it, almost like a person.

You're not just drawing something once, you're drawing it over the seasons. So you get to see it at multiple angles and multiple times, when the leaves change color, when it makes a flower or a fruit.

Do you have to be able to draw?

People feel like they have to draw perfectly. They're like, 'I practiced this on another piece of paper before I put it in my perpetual journal'. But it's not about that. It's a place where there can be mistakes and imperfection. When you're able to write down an observation it feeds upon itself and you get really excited ... What am I going to see next week? It's the awareness that you can see a plant, you can draw it, you can learn about it, you can connect with it.

I first did a plant drawing when I was 15 – at a nature camp at the National Wildlife Federation. I now have a master's degree in plant ecology and thought I was going to end up being a field botanist,



Grab a pen, notebook and start.

but got a job illustrating plants for the Flora of Virginia – a reference manual for the state. I did that for 10 years. That’s where my idea for a perpetual journal came from.

What is a perpetual journal?

You get a blank journal and date each spread until you have 52 spreads – two pages for each week. You have a whole week to draw something or make notes and then keep going. It repeats and in the end, there will be several years’ worth of drawings in one spread.

It means you can see changes: when things bloom too early or when things don’t bloom. And there’s also hope in that you see how the world keeps going on, nature keeps its cycle.

How do you know which species you encounter?

You don’t have to learn all the names. That can build up over time. So start with writing, being able to observe. Note things like: what color is the flower? How many petals are there? What’s the stem like? How are the leaves arranged? Are the leaves smooth? There are some good apps to help identify what you see, like iNaturalist. Or try a field guide for your area.

When I teach botany, I teach people to learn plant families as a way to start, then you can recognize some of the family traits. I’ve heard people say that they’ve lived in a house for 15 years and through the perpetual journal they realized that the tree in the front yard was an oak. That’s powerful.

What if you don’t have easy access to nature?

There are many people that successfully do perpetual journaling in urban areas. It’s nice if you can go to a park or botanical garden, but there are plants everywhere. Even though you’re not documenting an intact ecosystem, you’re still capturing seasonal changes. Sometimes parking lots and sidewalks have really interesting microcosms that still have important stories to tell.⁵

Lara Call Gastinger

Lara Call Gastinger is a botanical artist in Virginia, US. She was the chief illustrator for the Flora of Virginia Project and a gold medalist at the Royal Horticultural Society Botanical Art Show in London.
Photo: Sarah Cramer Shields



TOP TIPS

Use a pen

Start with a light pen sketch and then refine it. This increases confidence and makes you a better artist. It also emphasizes the point that the journal is not about perfection. Also, pencil makes the journal really messy and gets all over the pages.

Work from photos too

You can choose to sit and draw in situ, take a picture, pick responsibly, or all three.

You can also document insects or birds

But plants are easier. It can be hard to get a picture of an insect or bird. I like recording the birdsong I hear. There’s a great app to identify their songs: Merlin Bird ID.

You don’t need a lot of time

It can take as little as 10 minutes to draw something. You don’t have to draw the whole plant. Maybe just the flower. If you have more time, add shading, or color. We all have 10 or 15 minutes a week to connect with nature. As long as pages are dated, you can pick it up whenever you need to. Or skip it if you have something going on. It’s very forgiving.

Get the kids to join in

Why not make a family version of a perpetual journal in the house? Whenever the kids bring something in, try and draw it. Or create a nature table with specimens that change over time. It can be a really cool communal family activity.

Don’t forget the sunscreen!



We’re just mistreating
Mother Nature
– that’s like being ugly
to your mama...

Dolly Parton
Singer-songwriter

How to care about the climate and thrive

Advice from an eco psychologist



Illustrations: Martin Nicolausson

Interview: Anne-Marie Hoeve

Feeling anxious about climate headlines? Don't just sit and stress. We spoke to eco psychologist DR. THOMAS DOHERTY to find out how you can care for the planet and boost your well-being. Here's his advice...

Anxiety is normal, but let other feelings in

If we're in a tough situation, we might feel scared, sad, or anxious – those are all normal. But if you're only sitting with these, that's not very comfortable. Eco anxiety is a problem, not because of anxiety. It's because it's lonely and there are no other feelings to support it.

The metaphor that I use is an old-fashioned magnetic compass. A compass has a needle and it's always trying to point north. So as you walk around, the needle is going to be shifting around. If your needle is always pointing in the same direction, that's a broken compass. And so in our emotional life, we ideally want to cultivate being able to feel a range of emotions, like curiosity, hope, anger, privilege, peace ... all the different shades.

Try it!

Make a list of how you're feeling. Then ask yourself: what do you want to feel? What would you like to grow and cultivate? If you were going to take action, what would it look like? This leads to a growth mindset conversation about what's possible. It's not squashing the negative. It's just adding other feelings to the mix. It can be exciting when you get into this visioning.

You're not alone

Many people around the world think and feel the same as you. And you might not be

in a place where you can connect with those people, but you need to know that they exist. There's a general perception, partly due to the media, that nothing is happening around climate and everything's in gridlock. Of course there are a lot of forces that are stifling action, but there's also tons of action happening: in every government, every city, every town, people are thinking about sustainability.

We know that in most societies a broad majority are concerned about climate change, want to take action, are willing to take action. So there's a lot of unrecognized heroes out there and people that are doing things. Once you start to actually try to take some action in whatever way you can, you'll start to run into those people.

Stop trying to fix it all

You don't have to have all the answers to take action or to cope. We have to have compassion for ourselves. We cannot know the whole of issues like climate change. We only know our part of it and we have to be satisfied with that part and take action. So ultimately, it's taking action in our life, in our day.

When we're really stressed, we have a kind of a tunnel vision which is natural in a crisis. If you're in a burning building, you want to be very clear about moving to the exits and not stopping to admire the artwork at that moment, so tunnel vision is helpful. But if we walk around with tunnel vision that leads to chronic stress and perfectionism. So

to soften the perfectionism, we often need to soften our stress response in our own bodies. Because ultimately we want to stay healthy.

Take a break and focus on your own life

Elin Kelsey [a leading scholar in evidence-based hope] said that 97% of the news people hear about climate is negative and only 3% is positive. But a lot of people are strung out on negative news and watch far too much. So one of my interventions is that I have people do a news break. And then I say, let's switch your idea of what the news is. What if your life is the news? What do you see when you open your front door? What do you hear? The plants, the birds, the noises in the neighborhood, the community? That's your news. That's your life. Let's look at that as the news, not things all happening far away around the world. And that's part of bringing in this idea of agency in your own life. So let's start with yourself, let's start with your own personal sustainability. And start with changes that you can make in your own sphere of influence and the things you can control, like your own life habits.

You have more agency than you think

People say 'my small actions don't matter', but a lot of people confuse the scale. Part of the problem with climate change is that it's all these different scales all mixed together. We have individual life, our own bodies, and we have like the whole planet. I can't be Atlas and hold up a planet, but I have agency at my personal level of scale and in my family and in my job. So it's helping people to calibrate what they mean by agency. Don't try to be Greta Thunberg. Be yourself. Individual actions have ripple effects. And many individuals create many ripples.

Find your action style

What everybody wants to know is: what should I do? But it isn't just some arbitrary list of things someone tells you to do. It's actions based on your unique place, your unique risks, your identity, your strengths, your sense of well-being. Your actions come from

that. It's an organic growth coming out of your own life, based on your values and your style. If you start from that direction, then it's going to be more durable. The only thing we can do is be ourselves and do our thing.

Nature helps

We know empirically that being in safe and beautiful natural settings is really good for our physical and mental health. Those settings automatically interact with our nervous system. For example, if you're feeling stressed and take a walk in a park, you're going to be more relaxed – your heart rate, your blood pressure, your muscles will settle.

Time in nature is also healthy because it gives us larger perspectives and reminds us why we care in the first place. Many people watched the eclipse in the US and around the world and that was a great spontaneous experience of being connected with nature and the cosmos.

See this as an opportunity

Humans are a young species. We haven't been around that long in terms of planetary history, we've only really known about climate change for 100 years. And it's only been in popular culture since Al Gore's *An Inconvenient Truth* in 2006. It's only been under 20 years, and the disaster aspect of climate change has really only been prevalent for the last several years. It's still very new, so we have to be compassionate to ourselves. We're trying to solve a 21st-century problem with a lot of very outdated systems. In a larger sense there is this opportunity for a massive reset that climate change is offering us. Each of these problems is an opportunity for us to commit our lives and to bring our gifts to the world.

Celebrate

When you've done your work, step back, take a break. Celebrate life: your community, your relationships, the things that you care about, the things you're working toward, take time for gratitude and have some fun along the way.⁵



She's training tomorrow's climate leaders

CELEBRATING
5
CHANGEMAKERS

HIGH 5 TO
XOLI FUYANI



Interview: Cecily Layzell
Photo: Samantha Reinders

XOLI FUYANI established Black Girls Rising to empower young black girls in Cape Town to become climate champions in their own communities. The mentoring program now extends across South Africa and beyond.

What inspired you to start Black Girls Rising?

I'm from Gugulethu, one of the very first migrant townships in Cape Town. Looking back, what was different between me and the children growing up in the same neighborhood is that I was surrounded by a family that loved being in nature. When I got older, I realized that that was not the case for everyone.

In my late teens, I got an opportunity to go to a multiracial school, which was outside my community. I think it was the first time I was really struck by the disparities that existed in Cape Town. For example, on the drive to my school, there were a lot of green spaces, tall trees. Even my schoolyard had an abundance of greenery around it, versus my community where it was mainly informal settlements, dump sites, blocked drains – no trees at all... That really inspired me to find ways to bring nature into spaces where the environments were very vulnerable. That's why I ended up studying environmental education.

How did you go from there to setting up your own organization?

When the Fridays for Future movement started, I was asked to help organize the first climate strike. More than 2,000 young people came out. From that, the African Climate Alliance was established as this pan-African youth movement. I helped develop the climate literacy program but I also found myself mentoring and training a lot of young climate activists.

What does the Black Girls Rising mentoring program involve?

Our focus is empowering young Black girls from under-resourced communities. Our model is centered around personal development programs, advocacy and campaigning training.

Our flagship program is based in Cape Town. It's a five-year program which is very intentional because we believe in long-term capacity building. You don't grow leaders overnight. The girls join when they are 12. In that first year, we don't even mention leadership or advocacy. It's all about self-development.

In the last year, we partner the girls with organizations that are really leading on a global scale. We find that they can better engage in those spaces because they've had practice engaging locally. They trust their voice, ask difficult questions and really challenge the systems because of the journey that they've been through.

That's our flagship program, but it's very intensive and expensive. We needed to find a way of scaling, so we formed a two-year fellowship program for girls that are outside of our city. We currently have girls in the Eastern Cape and KwaZulu-Natal in South Africa, Zambia and Kenya.

What happens after the girls leave the program?

We now have three graduates. One of the graduates is passionate about food systems because it's something very close to her life, growing up in poverty and not having access to food. She clearly sees the linkages between that and climate adaptation in terms of accessing land and finding ways to mitigate what is happening in our environment.

[Black Girls Rising enabled her] to set up a community garden and also a program where she's training community members how to grow their own food. They saw that a lot of people want to start growing food, but they don't have the resources. So, they started a garden library. The community can come and borrow tools to start their own community garden.

What advice would you give to others who want to take climate action?

When we think about climate tech and climate change, we think big, but often it's the small steps. Start at home. Look at your own eco footprint. What are you doing, what are you consuming, how are you living your life? And then see if you can try to influence those around you... From there, you build a muscle to go big.⁵

“When we think about climate tech and climate change, we think big, but often it's the small steps”

NOMINATE A CHANGEMAKER

Who would you like to nominate for a High 5 and why? We'd love to know. Tell us about a changemaker you know of, out there making a difference and inspiring others along the way. Email us at editorial@imagine5.com.

Find my device

Using invention and play, CHLOÉ MILOS AZZOPARDI creates a fictional universe of low-tech objects that imagines an alternative to our increasingly virtual, technology-driven world.



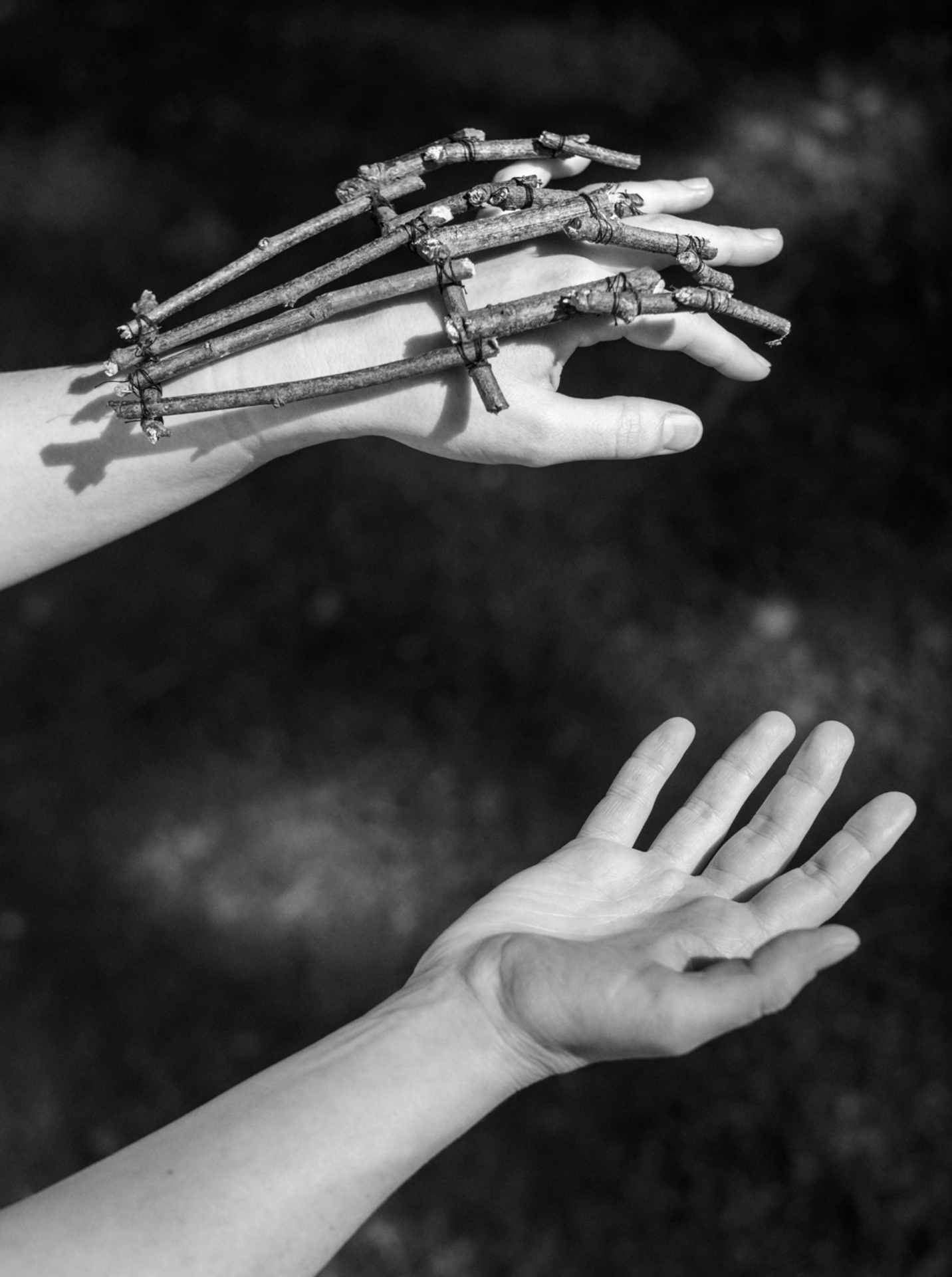


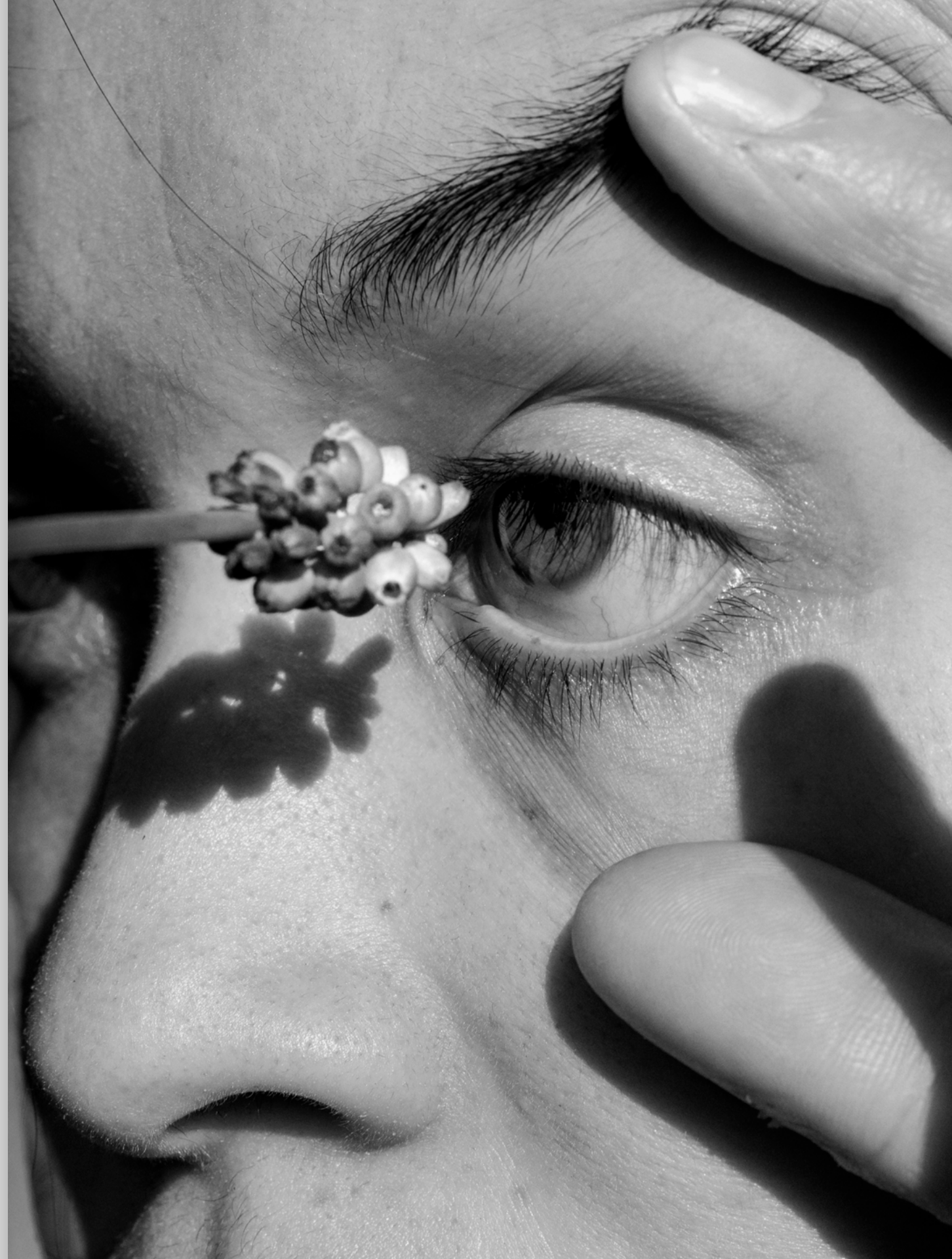
“I’m very interested in the notion of serious games. Many living beings learn to live, to feel their bodies and their limits, to understand social interaction through games,” says French photographer Chloé Milos Azzopardi.

The objects in her Non-Technological Devices project are made from found natural materials such as branches and rocks. Many of the objects resemble the devices that have become an extension of our bodies and lives, but with an organic twist.

“I don’t want to be pessimistic about technology. I’m very enthusiastic about it,” she explains. “However, I believe that when you create new ways of existing, new devices ... you end up with new hindrances. Most of the time when you have something new, you also have to accept losing something.”

Her images are a playful reminder that we cannot afford to lose nature or our connection with it. They are also a serious invitation to imagine a future in which technological advancement does not come at the expense of the environment.⁵





SINK /

RISE





In poignant underwater images taken off the coast of Fiji, photographer Nick Brandt offers a powerful visual commentary on the impact of rising sea levels for island communities who stand to lose their homes, lands and livelihoods.

Pacific Island nations produce less than 0.03% of global greenhouse gas emissions but are among the most vulnerable to climate change. Some of these nations will become uninhabitable in as little as three decades, if the predicted average sea level rise of between 25-58 cm along Pacific Island shorelines is realized.

Photographer Nick Brandt gives these statistics a human face in *Sink / Rise*, the third chapter

in a long-term series portraying people and animals that have been affected by environmental degradation and destruction.

The photographer features people from the local Fiji community in the series. He also uses the most ordinary, everyday furniture. “The table you eat at, the sofa or chair you sit on, the bed in which you sleep. Life going on as if normal, except of course, not. Even the seesaw – a symbol of childhood, innocent playtime – is arrested by these ominous circumstances. Yet I don’t want people to feel hopeless experiencing the work. I would not be making it if I felt that there was no hope. And in turn, I do want people to be stirred into action in whatever capacity.”⁵







These incredible underwater photos are not the result of digital manipulation – they were all posed and shot for real, as you see them. The participants, all local people, had to audition to demonstrate that they could hold their breath long enough to capture the shots, and had to pass a basic scuba diving course. Numerous weights were used to hold down the various props while the shoots took place.



Sophia Roe

Words: Jazmine Hughes Photos: Justin von Oldershausen

wants food



to feel good

For James Beard award-winning chef SOPHIA ROE, consciousness is the most important ingredient. And it tastes great too.



Even though Sophia Roe and I are far away from each other, I still find myself bracing for impact. At various points in our FaceTime, I fully expect for her arms to reach through my phone's cracked screen and make contact with my shoulders, shaking me to drive home her point. But there's no need: her insistence that we should all think more deeply about the food we eat and how we're involved – and implicated – in its existence sticks with me like peanut butter on the roof of a mouth.

The award-winning chef and two-time Emmy-nominated TV host is talking to me from Apartment Miso, her culinary studio in Brooklyn, on a sunny Monday afternoon, running around the space to grab a fistful of herbs or a loose bit of veg into the shot at any given time, illustrating her stories or suggestions. About all of her culinary passions – food accessibility, butter pecan ice cream, minimizing waste, the regenerative power of fungi – she is emphatic and persuasive: talking with her hands, rolling her eyes into the back of her head, waving her arms around as wackily as an inflatable figure outside of a car wash. Currently, all she's eating these days is artichokes, she tells me, rustling around in her fridge until she finds one, thrusting it in front of the camera gleefully. "This baby has been in my fridge for like a week, and it's still fine! We're going to trim it up, and it's going to be delicious," she says, her words as steady and unstopping as water speeding out of a faucet. Not to mention that artichokes encompass her favorite qualities: they're multipurpose, and very much in season in New York.

"Another thing I'm obsessed with right now," she tells me, her head still in the fridge, "is cabbage." It's both affordable to buy and easy to grow: Roe is adamant about providing pathways for healthy eating that don't have to break the bank, making sure to highlight crops that can be grown easily on a windowsill in a coffee can. "You can braise it, stuff it, fry it, pickle it – you can feed a lot of people with cabbage. Anything you can feed a lot of people with is something I'm really into."

Welcome to the team

Roe has a knack for using the personal as a pathway into broader conversations: everything that has happened to her (or you, or me) is part of a larger framework, a system we're all complicit in, the circle of capitalistic life. Instead of feeling judged about your choices, her enthusiasm makes it feel like you're being

recruited onto a team – not necessarily do-gooders, but people who, at the very least, want to do better. Her curiosity and charm are that infectious. At one point, I asked her if she's always been so interested in food, she repeated the word 'always' five times. "I don't know if these things make me a better chef, but they do make me a better person, and I care more about being a better person than being a better chef," she says. "I never want to reach the pinnacle of chef-dom. I always want to keep learning and keep going."

It's a mindset that means she has a packed schedule. Tomorrow, she tells me, she's off to Los Angeles for the Daytime Emmys, where her work on *Counter Space*, the show airing on *Tastemade* that explores food systems on a macro scale, earned her a second nomination in the culinary host category. Next stop is Chicago, where she's the red-carpet correspondent for the prestigious James Beard Restaurant and Chef Awards, two years after winning one of her own. None of this was part of the plan when Roe started in the culinary industry, which Roe was drawn to out of necessity, not passion. "I had just dropped out of college and I just needed a job," she says, of her first restaurant gig. Working in a restaurant didn't just give her something to do – it gave her somewhere to belong.

Roe grew up in Florida, born to a mother who struggled with mental health and substance abuse and an absent father. She was often in and out of the foster care system. Her first ever job was at the local Subway, a gig she still describes with pride. It wasn't just about earning a paycheck: "Man, I stole so much food," she laughs. "I was 14 years old – I couldn't have said I was experiencing food insecurity. I had no language for that. I just knew that the school lunch I had wasn't hitting, just like it's not hitting for most kids." Restaurant work gave her agency: she could have a sense of purpose, she could choose what to eat, she could provide for herself. "It was the first time I understood that that's what you do with money."

From Florida to New York

In 2010, she started working in a raw food restaurant in Florida. It was a small enough operation that, even though she was hired as a hostess, she would be called into the kitchen if someone else didn't show up for their shift. This is where she was introduced to the vegan diet that she would eventually – after stints in even more restaurants and a few years private cheffing – come to be known for. Veganism, at that time, was

freighted with elitism: Gwyneth Paltrow and celebrity chef Matthew Kenney were faces of the movement. It was expensive and rarefied, but most importantly: “girl, these rich white folks were paying,” Roe says, of her decision to pivot to a more plant-based approach to cooking.

Now, a decade later, Roe has no regrets about giving up the diet – it’s not like she was born a vegan, she quips. Increasingly, it was hard to maintain the diet while she was traveling. “It felt so funny to go to someone else’s country and be like, ‘Can you cater to me? Can you make me frijoles with no pork or meat?’ It felt American, self-important, yucky. I also did a fair bit of solo traveling, so it was even more awkward.”

Traveling widely also opened her eyes to our invisibilized food systems. A cultivation nerd, she’d be looking for certain crops that were native to the land she was in, and come up with nothing. Eventually, she realized that those crops were largely being grown to be sent elsewhere. There are people in Peru, she tells me, who are not allowed to eat the quinoa that naturally grows there, because it’s harvested and sent to the US or Canada. Thus came a radical re-shifting: if she wanted to eat and work responsibly, the issue was less with meat than the systems through which we receive our sustenance. “My focus is eating as locally and as regionally as possible, which looks like whatever you can possibly do.” →

“My focus is eating as locally and as regionally as possible, which looks like whatever you can possibly do”





Roe is sure to bring nuance to these conversations – we can’t expect, say, low-income single parents or broke college kids to equally shoulder the burden of eating more sustainably as we should someone like her: unmarried, abundantly resourced. “The reason I like to push plants so much is because they are renewable,” she says. “For the most part, they are more affordable than things like milk, cheese, meat, even when we’re talking about highly processed or highly manufactured stuff. I don’t think we need to be yelling at single moms, trying to make ends meet, feeding their kids hot dogs – you gotta do what you got to do out here. But that’s why I am so tough on people who know better. If you know better, do better. I am tough on a very specific consumer.” (She’s especially tough on how we share our wealth: “Don’t even get me started on the food the people drop off at the community fridge. If you wouldn’t eat it, don’t put it in the fridge. If it’s expired, don’t put it in the fridge.”)

Let’s be human first

Roe still leads a plant-based life, with more focus on where the food comes from than what it is. “I know everybody wants to have this very intense vegan conversation, but I think we need to have human conversations first, so that we can be empathetic and understanding, and have the nuance that veganism doesn’t work for everybody.” The availability of manufactured vegan food has created an easier on-ramp to the

lifestyle, but it’s not quite in keeping with the Vegan Dream of Yore: amending one’s lifestyle to help the greater good. “If you’re a vegan because you want to save the planet, or because you love animals – don’t think that just not eating animals is enough,” she says. Focus on land conservation and animal protections – rights for animals is not the same as being a vegan.

Someone once told her that there are three types of cooks: people who cook for themselves, people who cook for the food, and people who cook for both. “We want to do right by the food, and we actually want to do right by the people that we feed, and I think that looks like dignifying the animal that I’m eating, dignifying the cheese that I’m eating, and the only way to do that is to understand what I’m eating and where it came from.” Cue more proselytizing, but I’m nodding along, wanting to hear more. It doesn’t need to be obsessive, she contends: it can be as simple as watching a YouTube video or listening to a podcast, anything to shorten the distance between ourselves and the journey our food takes to get on our plate. Consciousness is the best ingredient to have in your kitchen. “We want our food narratives and our food stories and our food genesis to be so good, because food feels good, it feels really good to eat food, but I think it’s really important to understand a lot of reasons why we eat what we eat, and the reasons we eat, and how many of them are not really not coming from a kind place,” she says. “There needs to be some discomfort with your comfort food.”⁵

**“I am so tough on people who know better.
If you know better, do better”**

Who knew cabbage could be this delicious?



Photo: Evelyn Freja

Cheap and healthy, with a minimal environmental impact, cabbage is one of Sophia Roe's favorite ingredients.

Here's one of her top recipes to try.

Braised cabbage with ginger

INGREDIENTS

- 4 tbsp grapeseed oil
- 1 medium head of savoy cabbage (about 2lb, or just under 1kg), cut into quarters (root still attached)
- 3 tbsp butter + 2 tbsp neutral oil
- 4 garlic cloves, thinly sliced
- 1 shallot, finely minced
- 4-inch (10cm) knob of ginger, peeled, thinly sliced
- 1/4 cup coconut aminos
- 1 lime, juice and zest
- 1 can coconut milk
- Kosher salt

METHOD

Preheat oven to 400°F (200°C). In a large oven-safe skillet over medium high heat, add the grapeseed oil.

Salt the cabbage liberally and add to the pan until there's an even sear on all cut sides. Set cabbage aside.

Add butter and more neutral oil to pan over low to medium heat. Then add garlic, shallots, and ginger to the pan.

Cook for 3-5 minutes until fragrant. Then add coconut aminos, squeeze of lime, lime zest, and coconut milk to the pan. Cool for 2-3 minutes. Add cabbage back into the pan, sear side up. Place entire pan into oven and cook for 50-60 minutes.

When finished, liberally coat in salsa verde and serve immediately.

SALSA VERDE

- 1 cup fresh Italian flat-leaf parsley, leaves only, stems removed
- 1/4 cup fresh cilantro, leaves only, stems removed
- 2 tbsp fresh oregano, leaves only, stems removed
- 1/4 cup chives, finely chopped
- 2 tbsp finely minced shallots
- 3 cloves garlic, finely minced
- 1/2 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1 tbsp miso
- 1 tbsp maple syrup
- 2 tbsp fresh lime juice
- Zest of one lime
- 1-2 tsp kosher salt

Finely mince all of the ingredients. Whisk with the olive oil, vinegar, and lemon juice in a bowl.

Enjoy!

WATCH THE RECIPE

Scan the QR code to watch Sophia Roe cook this recipe for Imagine5 in her Brooklyn kitchen.

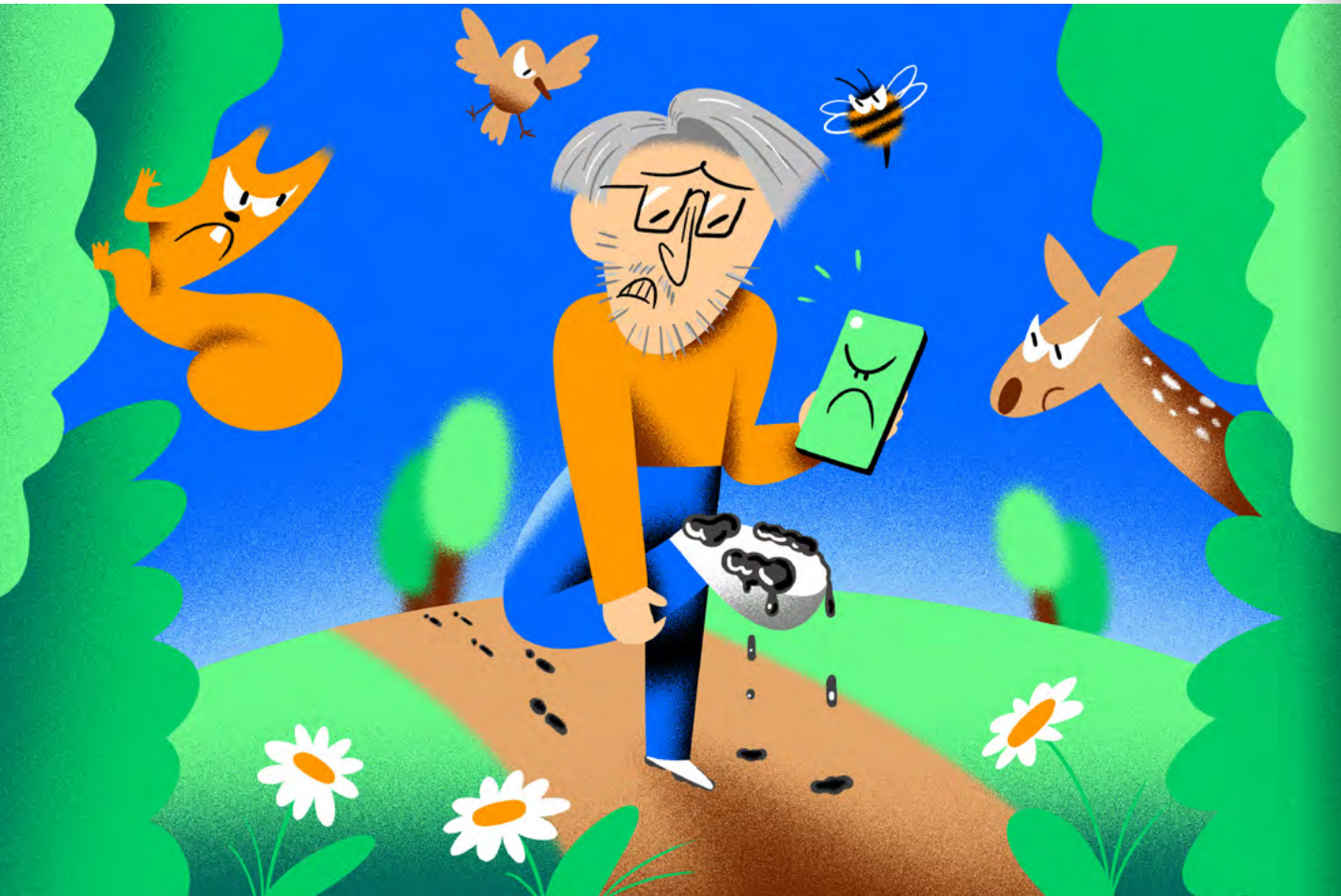


For more of her delicious plant-based dishes check out: @sophia_roe.

Imagine planet first is second nature.

It's happening⁵





Can these apps help me cut my carbon footprint?

Make changes! Earn points! Feel smug! I tried four different smartphone apps to help me track my impact on the planet. Here's how I got along.

Words: Richard Walker Illustrations: Yann Bastard

Carbon footprints are as inevitable as footprints in the snow. But is yours a dainty size 7 or that of a monstrous Yeti? Our efforts to mitigate our CO₂ impact are a muddle of good intentions and wobbly knowledge. Everything we do, eat and smell has a backstory of CO₂ emission so how do we untangle it into actions that slow down the problem?

Smartphone apps are uniquely adept at tracking our personal behavior and so unsurprisingly there are now CO₂ footprint apps galore. Navigating your way through them almost calls for another app, but since such an app does not exist, you have me instead.

The four apps in my quest all have the same goals: to engage with me on a personal level; to educate me on the many ways I can make a difference to the climate crisis; and to help me take action. Let's see how I get along.

Earth Hero

How many Earth points can you earn?

The Earth Hero app, as the name implies, uses language to make me feel like an everyman champion in the fight against climate change. It's quick to flatter me as a sensitive consumer.

"There are no wrong answers", it assures me as we dive into an initial round of questions about everything from my diet to how I travel.

This results in my 'emissions profile'. And it turns out, my carbon footprint (thanks mostly to flights) is 14.4 tonnes CO₂ per year, compared to the average Dutch person of 10 tonnes and the global average of 5.4 tonnes.

This is interesting because I count as good friends some burger-munching, water-wasting, recycling-renegade Americans who because they don't fly (I don't think they have passports) score better than me on the CO₂ footprint scale.

Responsible consumption takes on different complexions depending on the corner of the planet you live on. For instance, many parts of the world advise extreme care over water consumption, but not where I live in Amsterdam. My toilet has an annoying habit of "running" slightly for five minutes after flushing, but I don't know how to fix it and I don't want to pay a plumber who'll just tell me to buy a whole new toilet. If I lived in Greece where fresh water is more precious I would not allow this to continue. But here it's a tolerable black mark against my name. This seems to be true, to a degree, for all of us in regard to each of our CO₂ emissions.

Earth Hero suggests I try a target of cutting my emissions by 10% in one year, making me feel like a one-man climate conference that's not doing quite enough. But, it reassures me, if I reduce my emissions "by at least 10% per year that will keep the planet on track to achieve zero emissions by 2050".

I think they mean if everyone else on the planet is following me. If they were I'd have about seven billion followers on Insta, a big improvement on my current 270. Next I must choose my goals from a list of charmingly



presented actions – 187 of them. My first choice is an easy win: “Talk about climate”. If I do this I get 100 ‘Earth points’.

The “Talk about climate” action has a difficulty level of ‘easy’. It’s starting with the easy stuff so I gain confidence with it and myself. The use of ‘Earth points’ seems a well intentioned idea, an attempt to lighten the heavy task of addressing this serious issue. But it also makes climate change sound like a game show. If I collect enough points what do I win? A clear conscience? The Earth?

I talk about climate with my wife for two minutes. 100 points in the bag! Earth Hero has worked me out. The realization of this disappoints me. I’m back down to Earth, and as my wife points out, I’m not a hero.

The next ‘easy’ task it suggests is to join a climate action group, for which I would earn 80 points. All that banner making and waving at the weekends does not sound easy. Can’t I just talk to my wife for another 100 points?

Next is “Holiday closer to home”, which is a great idea if you live in a part of the world with reliably nice summers but I live in the cold, wet Netherlands. Holidaying closer to home means ... Belgium. And for this sacrifice I only earn 60 points! I don’t get out of bed for less than 100 points. Would any hero?

Disappointingly, Earth points never lead to anything. It’s a bit like getting gold star stickers at primary school. Fun at first, but you can’t eat gold star stickers, as my friend Matthew discovered.

ShowerTimer.world

The app you never knew you needed?

ShowerTimer.world is designed to help you consume less water in the shower (my Dad did the same thing by yelling at us through the bathroom door). Reducing my shower time will reduce my carbon impact, the app assures me, by using less energy to heat the water. And it claims to be the “first app on the App Store to offer a sophisticated shower timer [using] more than 40 parameters”. I can only think of

three possible shower parameters – time, water volume, heat – and now feel as stupid as the time I tried to understand M-theory and its 11 dimensions. What could the other 37 parameters possibly be? They got me, I’ve double-clicked to install.

I appreciate apps that try to go global and operate in multiple languages, but you can immediately tell this one has been translated from French with insufficient care, and it grates on the nerves. The app’s summary declares in full caps “AVAILABLE FOR THE DEAFS”, as if the deaf need to be yelled at in text, as well as in Franglais. It also claims that “use in humid environments is secured to avoid any risk of electric shock”. I tap to open the app while my phone is charging and receive a yellow danger image: “WARNING. RISK OF ELECTRIC SHOCK. Please unplug the device charger to use this app.” That would be the “secured humid environment” then.

It’s Wednesday so it’s time for my shower. “Welcome on Shower Timer!” says the app, greeting me with the image of a face in a water droplet. It’s time to set parameters: it recommends a seven-minute shower, which seems reasonable and about what I’d take anyway; How many showers per day? I guess that’s 0.5 since I shower every other day, but one is the lowest I’m allowed to input. No offense taken.

It asks how many liters I use per minute which I’m told to calculate by running the shower for one minute and taking a reading of my water meter, it comes out at 4.2 liters (1.1 gallons). Temperature of cold water? 15 degrees Celsius (59°F). Temperature of hot water? 38 degrees Celsius (100°F). What kind of water heater? Natural gas tankless etc. On we go until reaching my projected gains at the bottom of the parameters page, after the algorithm has worked its magic. I’ve used 256 liters (68 gallons) less water, 2kg less CO₂, 2.3% less resources and have saved €2 per year (\$2.20), or per month, it doesn’t say which. I finally take a shower, during which the radio plays from the app. Like a radio app. And then switches off after seven minutes. Cleaner but underwhelmed, I sense this app isn’t for me. Worse, I feel like it’s telling me I ought to shower more.



In short, this app requires a good deal of fussy data input in order to offer us its wisdom, which essentially boils down to this: shower for seven minutes, not more. Oh, and if you like to hear music as you soap away, go ahead and play music. But don’t electrocute yourself.

MyEarth

Retro, and not in a good way

As Friendster was to Facebook, so MyEarth is to other carbon tracking apps. Functionality is poor (it doesn’t track my behavior) and it doesn’t know why it’s an app and not a late-1990s website. It feels like a glorified to-do list on the kitchen whiteboard. As you do the task (“flush the toilet two times less today to save seven gallons of water”) you tap to tick it off your list and the app tells you “Well done”. It feels so retro I start thinking about dusting off my VHS box sets.

Some of the actions on the list come as a surprise. “Let the dishwasher do the work instead of running a tap to wash the dishes, to save 10 gallons of water.” Who’d have guessed? And is there anyone out there who owns a dishwasher but isn’t using it?

Which begs the question: if I already qualify as good with certain eco-behaviors, should I be trying to improve them even further? Or just take the win and focus on my problem areas? (I fly too much). Other actions the app suggests but I already do include: recycling cans, bottles, plastics; bring my own bag to the supermarket; travel by bike (I live in Amsterdam. Duh); park that car (I live in Amsterdam. What’s a car?)

It doesn’t mention flights at all. How can a CO₂ tracking app overlook flying?

There’s a ‘calculate my impact’ button which I press and I’m told I’ve “saved 2lbs of carbon. Keep up the good work. You have to save 28lbs more pounds to advance to prestige levels”.

There’s a calculations page with a number of links to web articles, but I nod off to sleep.

Pawprint

TikTok for climate action

For me and my Yeti-sized climate footprint, Pawprint is the app that did the best overall job of being easy to use and helping me change my behaviors sustainably. Its opening gambit for your attention takes the shape

“If I collect enough Earth points, what do I win? A clear conscience? The Earth?”

of pink infoboxes suggesting you choose a plant-based meal instead of meat, or fish, or vegetarian (to avoid eggs); avoid candles made from paraffin; invest in a purpose-driven startup; fly economy instead of premium (bigger seats take up more space); recycle soft plastic (I’ve been here before) and so on. In fact, Pawprint’s Actions menu is a TikTok infinite scroll. Endless funny videos can be addictive, but endless things you’re not currently doing to help climate change can get a little overwhelming.

Having said that, some of these actions are easy wins: “Wear an outfit you already own”. I literally do this every single day. Even on the days I buy clothes. How would you get up and wear an outfit you don’t already own?

I choose a number of actions, which each take you to fun infoboxes and add them to my action list. One of which is “empty your inbox of unimportant emails”. (Our digital footprint makes up 4% of our carbon emissions). Deleting a few emails must be the least significant contribution anyone can make to address climate change but I think the point here is consciousness raising and forming habits.

Your action list tells you how many times you’ve done an action, qualifying as a habit after doing it three times, and earning you Pawpoints. These you can ‘spend’ on suggested projects like “Solar Aid, to distribute solar lights to people without electricity in Zambia”. I enjoy the specificity of this. Instead of accumulating points that are pointless, or simply reflect your goodness back at you, there are real actions happening. Pawprint even invites you to suggest actions they can take.

Perhaps the easiest win of all was earning 70 Pawpoints by not washing my hair for three days. Although my wife says I should go back to deleting emails.⁵

BIKE

How can our cities become more cycle friendly? Your local bicycle mayor is on the case.

Interviews: Anne-Marie Hoeve
Photos courtesy of interviewees

Bicycle mayors come in all forms. Uniting them is their shared passion for cycling. And for getting their fellow urbanites to discover the joys of whizzing around town on two wheels.

The network currently counts 141 mayors in 39 countries and was launched by BYCS, an Amsterdam-based global NGO supporting community-led urban change through cycling. The idea is to support and connect grassroots initiatives around the world to foster cycling-friendly infrastructure and policies in their city. The ultimate aim? To have 50% of all urban trips occur by bicycle by 2030.

As local catalysts and the human face of an entire movement, the bicycle mayors are key in getting closer to that bold goal. For them, the bike is a means rather than an end. A pathway to livable cities that prioritize human health and the environment. As they say, “cycling is so much more than transportation, it is transformation”.

Let’s meet the people making it happen.

MAYORS

Washington DC

Renee Moore

I learned how to ride a bike when I was 25, on a date. I learned in about an hour and loved it. I became a bicycle mayor in 2019 and also work as the outreach director for the Washington Area Bicyclist Association. My goal is to get more people using bikes!

My passion really came about when I came back to DC [from Texas]. I was looking to ride with other people so I started a meetup with women and we rode the trails. It was great. Later my mom had a stroke and was in the hospital. I knew I was going to visit her every day, but the parking was expensive. And so I decided I would bike.

I started a group called ‘bicycling in the city’. I took people out to all kinds of stuff: events, festivals and movies. It was about sneaking a bike ride in. That was really the concept – getting people out, especially people of color.



I think representation matters a lot in biking. We weren’t seeing a lot of women biking. Or people of color. I want people to see I’m a middle-aged black woman who’s biking and it’s accessible. It’s something that anybody can do. You don’t have to wear a special kit or \$300 worth of Spandex.

“I want people to see I’m a middle-aged black woman who’s biking”

There’s a program called Food Rescue and I partner with them to do food rescues by bike. People with cargo bikes will go to farmers’ markets and restaurants and pick up the leftover food and deliver it to social service agencies. I’m really proud of that program because we mobilize cyclists, take cars off the road and help people.

My tip is to try out a short trip first. If your grocery store is close by, try that and see what it’s like. It could create a kind of spark. The next step is to go a bit further.

It’s never as far as people think. When they get on the bike, they’re like, ‘That was 10 minutes. I wasn’t in traffic and it was great!’

Bike mayors



Manchester

Belinda Everett

My main focus as bicycle mayor at the moment is to give more of a platform to grassroots organizations. The people who are in these organizations are very passionate and a lot of them are volunteer-led, so we need to shout about the amazing stuff that they’re doing. Manchester has just won the European Capital of Cycling, so there’s a lot of meetings and events that are happening to get more people involved in cycling. We organized an International Women’s Day bike ride and another event called Lights Up last November. We wanted to come together and be more visible, but also make it fun at the same time. We called it #disco-on-wheels. We rode together and everyone made a real celebration of it: with lights all over the bikes, disco music and speakers – it was magical.

It’s creating visibility for the council as well, by showing there’s a need. People have to feel that it’s a better choice. We’re up against the car, which is seen as king: convenient, comfy, and cool. So how do we convince, especially the younger generation, that maybe this is a better option?

There’s the situation with mental health and cycling can help this, but we’ve also got the cost of living crisis. By making a choice to not invest in a car but invest in a bike or cargo bike, you’re actually saving money. So it’s looking at these things and looking at the choices that people make and giving good and valid reasons why maybe they should choose a bike over a car.

My message to others? This beautiful, simple invention can lead to a lot of very fun, amazing adventures. Slow down. Look around. →

New Delhi

Dalip Sabharwal

I always used to take my car to work every day. But back in 2016, New Delhi imposed a new rule: only vehicles with odd number plates were allowed on odd dates and only vehicles with even numbers were allowed on the even dates. That's when I realized how critical the problem of air pollution is. So I thought, why even drive for one day? I started commuting by bicycle for a few days and then twice a week and since 2018 it's an everyday routine.

In India the bicycle used to be the primary mode of transportation for the majority of people. But the car has become a status symbol. People have to get out of that mindset. Because pollution and climate change is a problem that is affecting 100% of the population. So we talk to stakeholders. We meet them and talk about the need for infrastructure, we talk about road safety but as a bicycle mayor, my main focus is to get in touch with the people and make them a part of the movement. Because no change is possible without citizens' involvement. They play the most critical part in bringing any change.

I started my New Year on the first of January, with an awareness ride from New Delhi to Agra, which is around 200km (125mi).

“I cycled from New Delhi to Agra and back in a suit”



On January 2, I came back from Agra to New Delhi. That was 400km (250mi) in two days. I did it wearing a formal office suit, because people say that if you have a white-collar job it's difficult to ride to work. So I just wanted to tell them it is not difficult at all: you get onto the saddle and you ride to work.

I have a responsibility towards the city and my country because everybody is being affected.

It's about getting a livable city, a breathable city. That's something I am working for. If the environment is healthy, you will have a healthy life. If the environment is not healthy, you cannot live a healthy life. One has to understand this. I always love to talk about a sustainable future because alone, I can take an initiative, but together we can make it a success.

Brasília

Ana Carboni

As bicycle mayor of Brasília, I'm trying to change the cultural mindset because Brasília has been planned for cars. I think we have one of the highest motorization rates in the world.

I'm currently working to advocate change in Brazilian legislation ... to change the traffic code and reduce speed limits throughout the country. Together with other civil society organizations, we wrote a bill that was presented to Congress in May last year.

Public transport is very bad. There's no good infrastructure. The local government is always investing in more asphalt. We have the second-highest kilometers of cycle lanes in Brazil, but they don't connect to each other. They're not well maintained. People don't know they exist because there is no signage.

Brasília was built in the 1950s. It should become the city of the future again. It demands a change in mentality, understanding that there are other ways of moving about.

There are places that are not accessible at all and there are really big motorways where you need to cross 12 lanes of heavy traffic. Even people who might want to cycle, are unable to, because it's not safe.

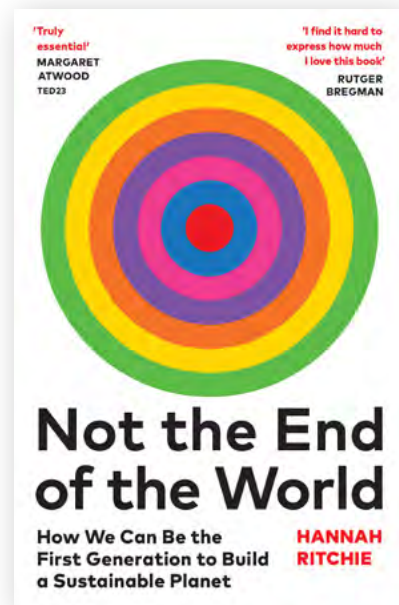
The pollution related to road transportation has been increasing. I think even internationally, cycling hasn't been getting the attention that it should as a mitigating climate solution. We need to talk about how much effect road transportation has on climate change.

Sometimes if I need to go to a place that is far away, I go by car, but I always regret it. When I don't cycle, it's a very sad day. I'm hopeful that we're going to be able to make changes to have enough people cycling and understanding the positive changes that this can bring.⁵

“We have cycle lanes but people don't know they exist”



The most thing



In her new book, **Not the End of the World**, data scientist **HANNAH RITCHIE** crunches the numbers so you don't have to. Her top takeaway? If you want to make a difference for the planet, start with your plate.

What, not where

It's what we eat, not how far it's traveled that matters most. Transport accounts for just 5% of food system emissions (primarily from domestic road transport). Most of our food's emissions come from emissions on the farm, such as methane burped out by cows, and the clearing of forests for farmland. Which brings us to...

> 40% deforestation

Forest clearance to make room for cows to graze is responsible for more than 40% of global deforestation. Beef is the biggest driver, needing nearly 100 times more land than plant-based proteins such as tofu or beans.

#1 for impact

The biggest thing any one of us can do for the planet is to eat less meat, especially beef and lamb. Beef emits 50kg of CO₂e per 100 grams of protein. Lamb emits 20kg, whereas plants such as peas are a clear winner, emitting just 0.4kg.

powerful

3 calories for every 100

Only a small percentage of the calories we feed animals are converted into meat. For every 100 calories we feed a cow, we get just 3 calories of meat back in return. So the 'calorie efficiency' is just 3%. For lamb it's 4%, pork is almost 10% and chicken is 13%.

Meat-free for 2 days a week

If half the world went meat-free for just two days a week, it would make a bigger impact than if the number of vegans increased by a few percent.

3,000,000,000 ha saved

Simply cutting out beef and lamb (but still keeping dairy cows) would nearly halve our need for global farmland. We'd save 2 billion hectares, an area twice the size of the United States. If we were to cut our dairy too, we'd save an additional 1 billion hectares.

50 million fewer tonnes

In blind taste tests people tend to prefer a blended burger (with plant protein in the mix) over a 100% beef or 100% meat alternative version. If both McDonald's and Burger King made all their burgers a 50:50 blend of beef and soy, it would save 50 million tonnes of greenhouse gasses each year. That's equal to the emissions of Portugal. It would also free up an area of land bigger than Ireland.

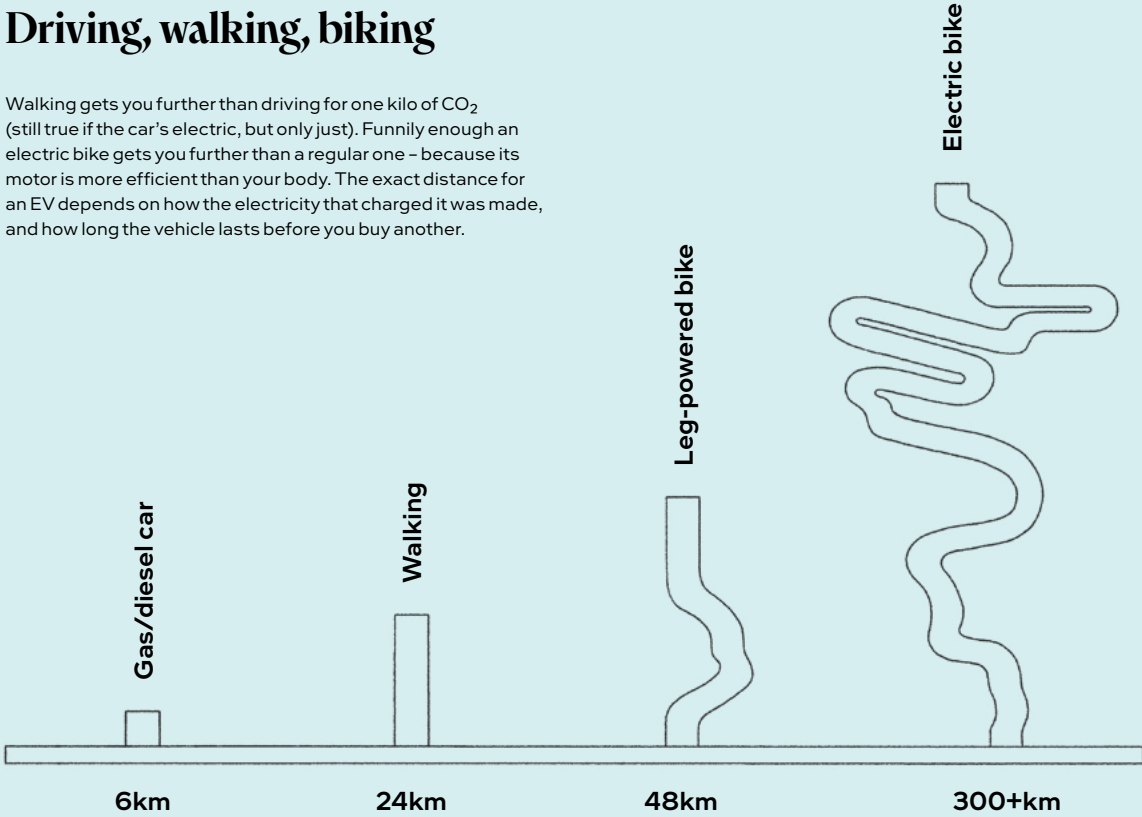
you can do

All information from *Not the End of the World* by Hannah Ritchie.

How far can you travel for one kilogram of CO₂?

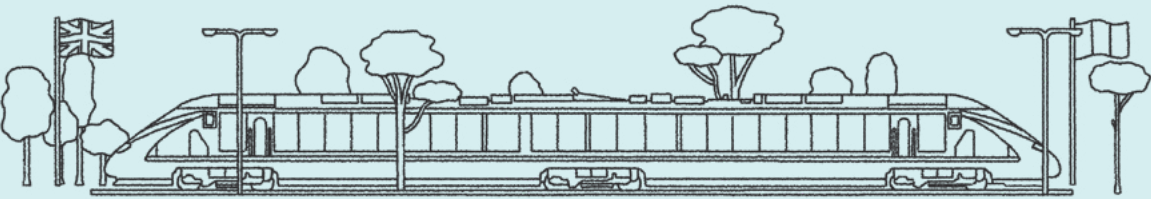
Driving, walking, biking

Walking gets you further than driving for one kilo of CO₂ (still true if the car's electric, but only just). Funnily enough an electric bike gets you further than a regular one – because its motor is more efficient than your body. The exact distance for an EV depends on how the electricity that charged it was made, and how long the vehicle lasts before you buy another.



What about trains?

For one kilogram of CO₂ you can travel 167km (104 miles) on the Eurostar train. That's the distance from London to Lille in France. Fun fact: In France you can get almost four times further on a kilo of CO₂ than in England, because most of France's power is generated from nuclear.



Sources: Berners-Lee, M., 2020, How bad are bananas: The Carbon Footprint of Everything • Eurostar • Godin, S., 2022, The Carbon Almanac: It's not too late • International Council on Clean Transportation, May 16, 2022, What if I told you cruising is worse for the climate than flying? • Our World in Data, October 13, 2020, Which form of transport has the smallest carbon footprint? • SFGate, June 2013, How to Calculate the Carbon Footprint for a Coach or Bus • Eurocontrol, 2022, Eurocontrol Data Snapshot #9

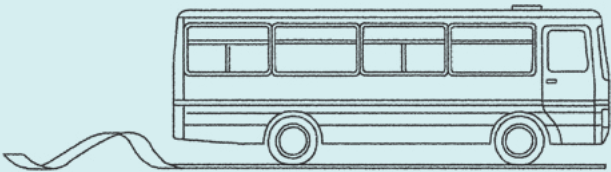
All kinds of transport need energy. Different methods produce different amounts of CO₂ pollution, which is what causes climate change. So how far can you go for one kilo of pollution?

Words: Sarah Walkley and Robert Langkjær-Bain Illustrations: Hvass&Hannibal with Liana Mihailova

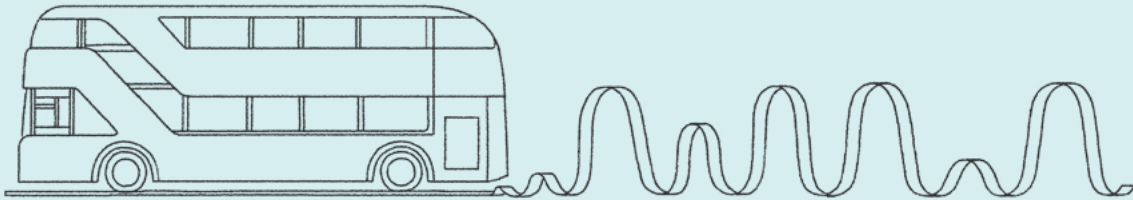
Not all buses are equal

Different buses can have very different environmental footprints, depending on what they run on, and how many people are sharing them.

On an old bus with no other passengers, you'd only make it 600 meters (2,000 feet) for one kilo of pollution, whereas on an electric bus in London, for example, you can get 250km (155 miles).



Empty old bus
600m (2,000 feet)

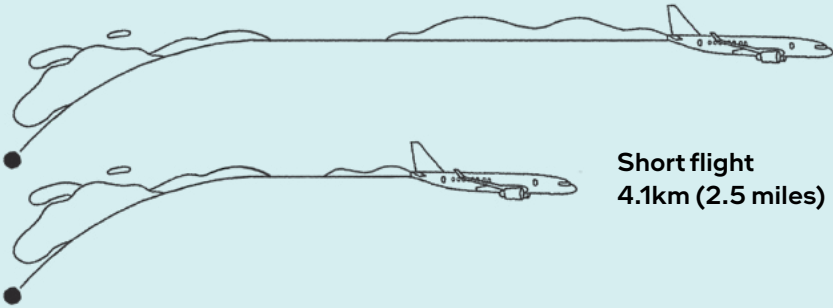


Electric bus in London
250km (155 miles)

Short or long haul?

In a plane, a kilo of CO₂ barely gets you out of the city you left from: only 4-7km or 2-4 miles, depending on the flight (taking off uses more energy than cruising, so for the same total distance, one long flight beats two short ones).

The per kilo figures are similar to those for driving, but the problem is that a flight tends to cover much more distance than a car trip, burning more fuel in total. So flying less is still one of the best ways to cut your emissions.



Long flight
6.8km (4.2 miles)

Short flight
4.1km (2.5 miles)

Fiorello, D., Martino, A., Zani, L., Christidis, P. and Navajas-Cawood, E., April 2016, 'Mobility data across the EU 28 member states: Results from an extensive CAWI survey', Transportation Research Procedia 14 • Heathrow Airport, Facts and figures, heathrow.com • Marrero, G., López, J. and González, R. M., 2019, 'Car usage, CO₂ emissions and fuel taxes in Europe', Journal of the Spanish Economic Association • MIT Energy Initiative, 2019, Insights into Future Mobility • Our World in Data, 13 October 2020, Which form of transport has the smallest carbon footprint?



LIVE LONG,

Oscar-nominated actor and director
VIGGO MORTENSEN on his love of nature, the call
of the wild and the power of untold stories.

PLANT TREES

The first time Viggo Mortensen ran away to the woods, he wasn't even old enough to run. He crawled right out the door in his diaper. "It took them an hour or a couple of hours to find me," he says. "Our dog, a black labrador named Tessie, found me sitting in the woods under a tree."

As Mortensen's acting career has taken him to the top of the Hollywood ladder, that love of nature has stayed with him. Now 65, Mortensen still says: "I'm happy when I'm out in a forest." Imagine5 met him, not in a forest, but on a rooftop in Copenhagen, Denmark – a country where he spent some of his childhood and youth. Mortensen says: "My father was from the countryside in Denmark. He'd like to go to wild places, and he took us often to them. So I got to see that a lot."

"In high school I would take off and ride my bicycle way out of town, I'd take a sleeping bag and go sleep outside, and ride to school in the morning. My mom said, why are you doing that? I said, it's nice out there. I like being out there. It wasn't because I wasn't happy at home. I just wanted a little adventure, you know?"

We can safely say that he found it. "I've been fortunate, I've been in a lot of movies that are in nature," Mortensen says – which, coming from a man who traversed Middle Earth on horseback in the Lord of the Rings trilogy, is rather an understatement.

Wild places

He hasn't stopped chasing adventure. The western setting of his latest movie, *The Dead Don't Hurt*, is as wild and adventurous as cinema gets. It also sees Mortensen delve further into unexplored territory as a filmmaker: this is his second film as actor, writer, director and composer (that's right, he wrote the music too).

The movie, which tells the tragic tale of a couple brought together in the melting pot of 19th-century America and torn apart by the Civil War, plays out primarily amid the majestic rocks and swirling dust of Durango, Mexico (standing in for 1860s Nevada), with flashbacks taking us to shadowy forests on the Canadian border.

It's a time and place where people and the power structures they build, can't be relied on to care about you. But nature is a consoling presence, and trees and flowers are the greatest expression of love. As the film's tone darkens and violence and corruption take their toll, nature still provides pools to dive into, vistas to contemplate and howling wolves – to howl right back at. Forests and riverbanks become backdrops for mythical imagery, while Durango's eerie volcanic rock formations give a disorienting, almost spiritual feel to climactic moments.

Before asking about the film itself, I ask Mortensen about the genre it fits into. Does he see *The Dead Don't Hurt*

Stories that matter

Mortensen's biggest box office success of recent years has been 2018's Oscar winner *Green Book*, where he played a driver chauffeuring a Black classical pianist around the Deep South in the 1960s. The film, which explores the extent and impact of racism in recent US history, was made possible by Participant Media, which financed films highlighting social issues, and has been behind numerous hits. But spring 2024 brought news of Participant's closure. What now for that type of impact-driven storytelling?

"I think those kinds of stories matter," Mortensen says. "When somebody recognizes me on the street, they want to talk about *Green Book* as often as they do, say, *The Lord of the Rings* – that's a gauge of how popular that is."

He's proud of the film's popularity, recalling discussions with the director Peter Farrelly about capping the number of times his character would say the word fuck, to prevent the film being rated R. They managed to cut it down from "something like 57" fucks to just two, "and still keep the essence of the character", Mortensen says, so it could be released as a PG-13 and reach a bigger, younger audience.

"It's always going to be important, that kind of storytelling, bearing witness to injustice and shining a light on those who are ignored or overlooked. I think in some sense *The Dead Don't Hurt* does that, without making it an obvious political, ideological statement. Just by virtue of telling a story about an ordinary woman in a western, you're already doing that to some degree. I think those stories, when they're well told, have a real impact."



The Dead Don't Hurt was shot in Durango, Mexico. Photo: Scanbox



Mortensen alongside Mahershala Ali in *Green Book*. Photo: Lifestyle Pictures / Alamy Stock Photo



A barren home blooms with color in *The Dead Don't Hurt*. Photo: Scanbox

“The trees we plant,
and the landscapes we nurture and protect
...is our gift to future generations”

Viggo the voter

As well as being a conservation advocate, Mortensen has a lot to say about politics and the importance of voting. However, he insists that his film *The Dead Don't Hurt* has no political agenda, and that any similarity between the villain and a certain real-life US presidential candidate, is in the eye of the beholder. It “goes without saying” that people will relate it to the present day, he shrugs.

This is not because he's shy about wading into a debate – it's just not what the movie is for. If you want political messages, just look at his T-shirts. For his latest appearance on the Late Show with Stephen Colbert, he sported a Frodo-Sam '24 shirt, introducing himself as “Viggo the voter”, and saying “it's time to get serious about this election”. When we meet him (in June 2024), the message is even more specific: a Biden-Harris T-shirt. Why? “Because the alternative is absolutely unacceptable.”

as a western? It certainly looks like one, although its focus on a woman's life at home, and its refusal to devote a single frame to the war that rages off-screen, feels like a subtle subversion of the genre. “For me it is [a western], completely,” says Mortensen. “Classic western. It just happens to have a relatively ordinary woman as the main character, which is unusual.

“What was really great is that many of the places where we filmed this movie were wild places that nobody had filmed in. That's kind of a gift to audiences who are used to seeing a repetition of landscapes – if you've seen enough westerns you start to recognize them.”

For Mortensen, *The Dead Don't Hurt* is a personal story. The courageous, self-sufficient woman at its center, played with a mix of childlike playfulness and world-weary impatience by Vicky Krieps, is inspired by his own mother. But she also represents the countless women who were “sort of unsung architects of society from that time”, and whose stories have been overlooked in favor of the men who, in Mortensen's words, spent their time “blasting each other to bits and destroying the landscape and burning everything down and spreading disease and mayhem”. The dialogue, spoken in imperfect, accented English (with sprinklings of Danish and French) by the two leads, adds to the sense that we're seeing something familiar with fresh eyes.

Thanks to the film's western setting, Mortensen also gets to do plenty of horse riding. This is, after all, the man who famously took home the horses he rode on the set of the *Lord of the Rings* films, and although he doesn't keep any at the moment, he hopes he will again. “They're very calming,” he says. “And they force you to focus on only that: being around them and getting along with them. All your troubles kind of go away, at least for a little bit. I think it's the same with plants and trees.”

Perhaps the film where Mortensen has been most free to indulge his woodsman tendencies was the anarchic 2016 family drama *Captain Fantastic*, where he played a dad raising a brood of kids off-grid, deep in the woods. When it came to preparing the movie's set, it was he who made sure the family had a realistic kitchen garden. “I said, I have all these plants started anyway, I can bring them. So I brought them, in my truck from northern Idaho where I was at the time. I just put them in pots and I filled the entire back of the truck. And when I got there early and put in that garden, it was really fun. The actual process of doing it, being around plants and trees or animals, I find has a calming influence on anyone.”

What we leave behind

If you've watched a few of Viggo Mortensen's films, you've probably seen him in the role of a tough father figure doing his

imperfect best to look out for a kid in circumstances he can't control. He has played twists on that character in Captain Fantastic, The Road and Falling, and once again in The Dead Don't Hurt.

He nods as I ask him whether he feels this preoccupation with what we inherit from the generations before us, and what we pass on, also feeds his lifelong love of nurturing nature. "I do," Mortensen says. "I've always liked being around plants and trees, I've always planted them, anywhere that I spend a little time in. Even if I'm away for only a few weeks, let's say on a film location, I'll end up finding a way to have plants that I find and grow, in a hotel room... anywhere.

"The trees we plant, and the landscapes we nurture and protect for wildlife to enjoy and feel safe in, and to prevent soil erosion, is our gift to future generations. Even in cities we can take part in creating a greener, healthier environment – either by growing plants and trees or contributing financially to those that do. But there is nothing like getting your hands dirty and being physically part of the process of preparing the soil, planting, and nurturing new plant life."

In The Dead Don't Hurt we see Mortensen's character, a taciturn Danish immigrant, learn this very lesson. In a key scene, he brings Vicky Krieps' character to their new home, which she immediately derides as sad and barren. "No trees!" she cries, in reply to which Mortensen's character gestures limply to the trees far up the mountainside. But he gets the message, and as their relationship blooms, so does the garden, to the point that it feels like "a character" in itself.

Today's city dwellers can easily fall into this same habit of forgetting the value of nature when it's not there, Mortensen believes, so we always experience it as a "pleasant surprise". We need it more than we think. "It's not only more attractive," he says. "In the summer months in cities, the more trees you have, the better it is for everyone, for the air temperature, it's not just an aesthetic thing, it's actually a practical thing for the planet, for the city, for the place you're living in."

Plants were a part of how Mortensen cared for his own parents in their final days, he says. "In their later years when they couldn't do it themselves, I could help them go outside and sit down when the weather was good and they could look at it, the colors and the green... Even when they were starting to lose their memory and their ability to connect thoughts together to some degree... those plants and sometimes simultaneously playing music for them that they would have heard 30 or 40 years ago, it's like suddenly their brain is working in a different way. You can just see the look in their eyes."

As he's known himself ever since he crawled out of that front door, there's comfort to be found in things that were here before us, and will still be here when we're gone.⁵

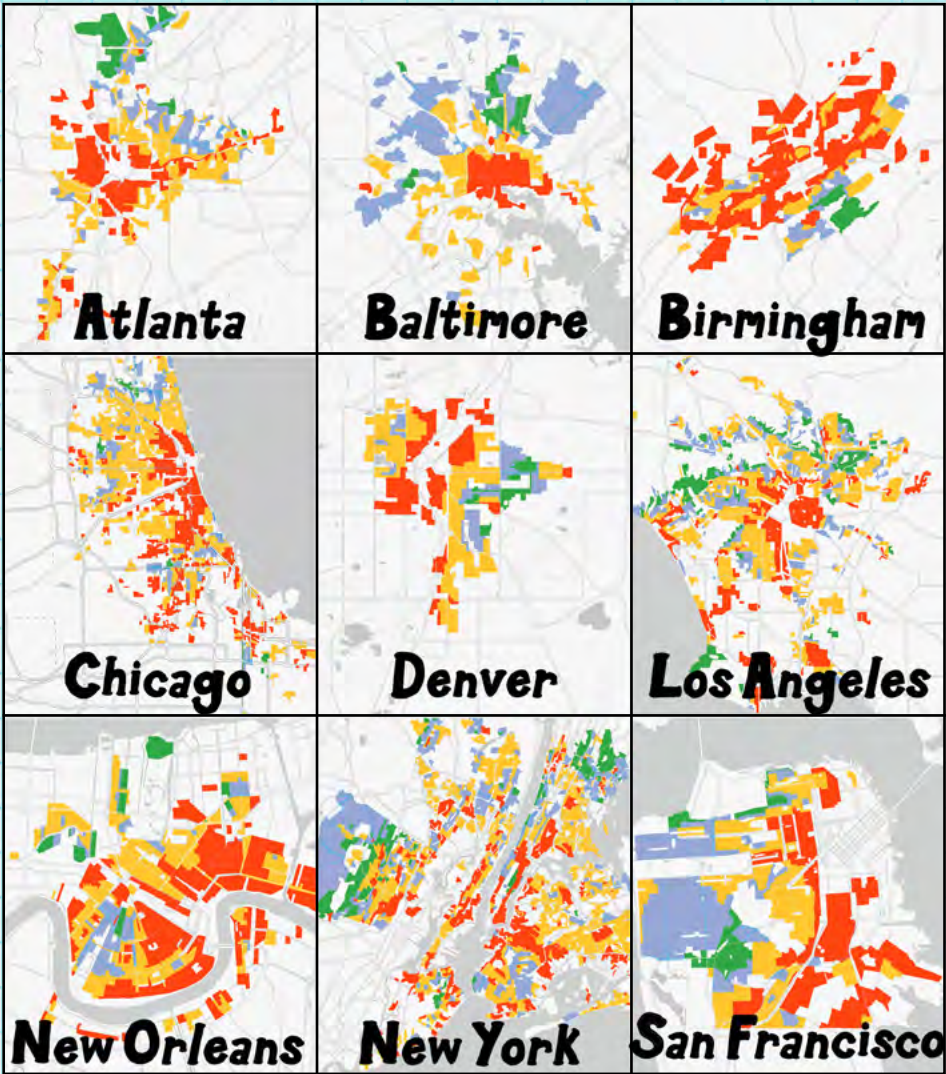
HIGHLIGHTS FROM VIGGO
MORTENSEN'S CAREER

- 1985 Witness — His first movie role came in this classic whodunnit with Harrison Ford.
- 1995 Crimson Tide — Opposite Denzel Washington in Tony Scott's submarine thriller.
- 2001-03 The Lord of the Rings trilogy — As Aragorn, in the role that made his name.
- 2005 A History of Violence — One of several collaborations with David Cronenberg.
- 2009 The Road — His character in the post-apocalyptic drama is known only as 'the man'.
- 2016 Captain Fantastic — As an off-beat, off-grid father, reluctantly coming back on-grid.
- 2018 Green Book — His performance got him an Oscar nomination for Best Actor.
- 2020 Falling — In his directorial debut he played a man caring for his volatile elderly father.
- 2023 The Dead Don't Hurt — A western that draws inspiration from Mortensen's own mother.



REDLINING THEN...

How the racial policies of 1930s America...



- A grade**
- B grade**
- C grade**
- D grade**

The lower the grade, the more people of color lived here.

The lower the grade, the less the area was considered for investment.

Did you know that your risk of breathing in polluted air in America is still shaped by the racial segregation of a hundred years ago?

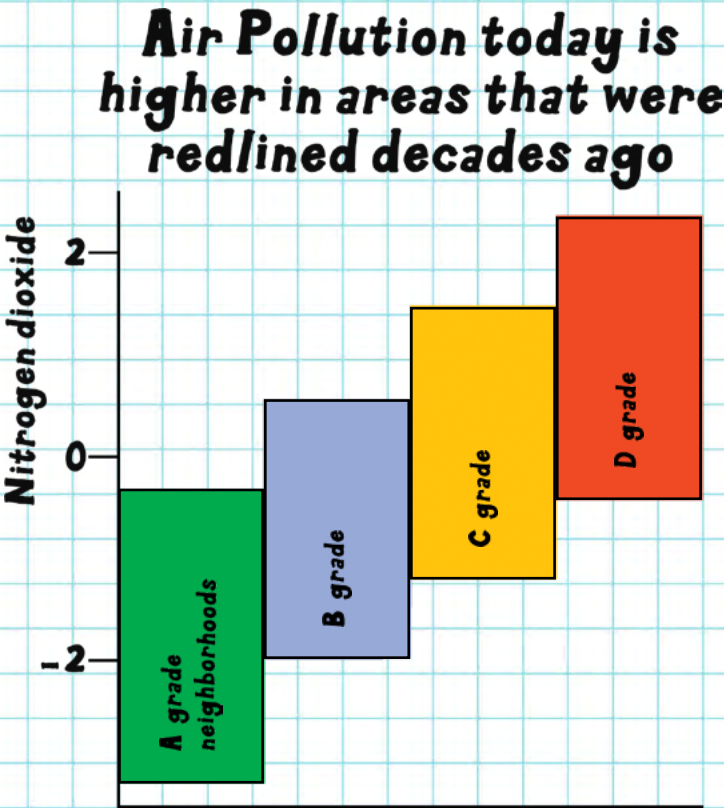
The maps above show redlining in US cities. This was the practice of color-coding neighborhoods based on their racial composition and economic desirability. It went on in the US for much of the 20th century.

Areas with the highest population of racial and ethnic minorities were marked in red, and the people living there found themselves locked out from getting government-backed home loans and insurance. None of this was an accident. It was a deliberate racist policy.

Today, in cities all over America, the percentage of people of color in each neighborhood still reflects historical redlining.

POLLUTION NOW

...persist in the air we breathe today.



Now look at the chart above, which shows the level of nitrogen dioxide pollution today, in neighborhoods graded A, B, C and D decades ago. Nitrogen dioxide comes from burning fuel, and redlined neighborhoods (rated D) tended to be closer to highways and industrial plants. These neighborhoods still tend to have dirtier air and fewer trees.

It's easy to think of racist segregation policy as being long in the past. And yet people are still breathing in the consequences. It means that your risk of suffering from asthma or your chances of fighting off an infection like Covid, still depend on where you live and what you look like.

Air pollution in the United States is just one example of an environmental injustice, where some groups are treated differently to others with regard to the environment.

When we see that women are more likely to be killed in climate disasters (but less likely to have a seat at the table to prevent them from happening), or that climate emissions from the global north have the biggest impact in the global south, we're looking at examples of environmental injustice.

Once you've opened your eyes to the unfair impacts of environmental harm, you can't unsee them. And as we work to fix climate change, we must also fix the injustices intertwined with it.⁵

Concept and illustrations:
Mona Chalabi
Words: Kiana Kazemi and Robert Langkjær-Bain



When you love travel so much that you make it your job, how do you reconcile your passion with its environmental impact? In this excerpt from her latest book, **NINA KARNIKOWSKI** journeys to Australia's Great Barrier Reef, 30 years after she first saw it.

Words: Nina Karnikowski

Illustrations: Kaitlin Brito

My return to the Great Barrier Reef

It was a glitzy party at a friend's house in the northern rivers region of New South Wales, and I was wearing a dress printed with illustrations of endangered species.

I'd been excited about coming, but once I got there, I felt oddly hollow. Maybe I'd just been to too many parties – they were nonstop at that time, when Covid lockdowns had lifted but we still couldn't leave Australia. But it was more than that.

Ever since visiting the Canadian Arctic 18 months earlier, I'd had an image in my head that I couldn't shake. We'd been watching polar bears, who we'd been told were struggling to find food, and for a moment, one of them looked me in the eye. In a way I hadn't expected, it brought home for me the terrible reality of the climate crisis, our broken relationship with the Earth, and the harm we're doing to it.

When I got home I found I couldn't focus or relax, and it soon became clear I was suffering from eco-anxiety. One of the best ways to deal with this is

to take action, and so I made the decision not to fly for a while, in order to curb my emissions. Then came the horrors of the 2019-20 bushfire season, followed by the pandemic. It just didn't feel right to be dancing and clinking champagne.

I started cornering other party guests and quietly evangelizing to them about how dire the situation was for the whales and leopards and rhinos and armadillos and snakes printed on my outfit. I knew, even as I was doing it, that I needed a fresh perspective.

Time to get away

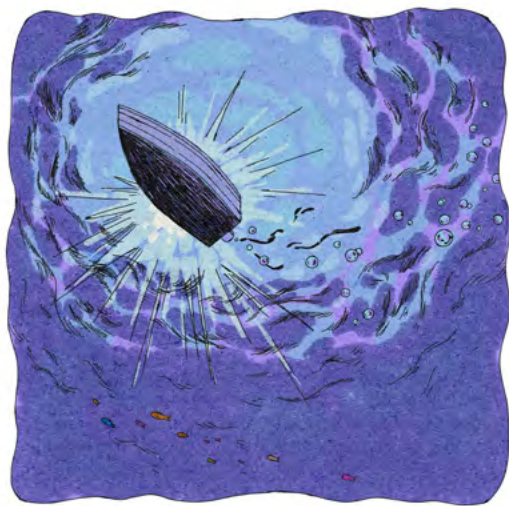
And so, last minute, I decided to take a road trip to the Daintree rainforest. It was a 2,000-kilometer drive that would take me about two weeks each way, and one I'd do completely on my own.

Aside from getting away from everything, I was going for professional reasons, too. Over the past year I'd been working on a book called *Go Lightly*,

about how to travel more sustainably, the topic that had been obsessing me ever since returning from the Arctic. I wanted to get out there and do all the things I espoused in the book – hiking, boating, camping and connecting with sustainably minded businesses.

The Noosa hinterland is the first stop on my itinerary, and I spend my first two days staying in a turmeric-colored rammed-earth lodge set high on a hill, visiting a permaculture farm, kayaking through the Everglades, and generally just throwing myself back into the world with all the gusto of a cooped-up travel writer. My chosen spot for the next night is in as unglamorous a town as you could imagine, popular with fishermen and with only 38 people living in it. But it is also set on the banks of a pretty river lined with mangroves, the campground isn't overrun, and it feels simple in a way that takes me back to my childhood. I crack the back windows open, pull the boot door closed, click on the fairy lights I brought with me, and settle in to read my book.

As I lie there, I think about how far this is from the glamorous life I was leading not so long ago. Almost two years ago to the day I was in the Maldives reviewing a resort for work, staying in an elegant overwater villa that cost more than \$1600 a night. I spent my time there drinking Ruinart champagne and diving off my deck into that famously clear, bath-warm water, taking guided snorkeling trips and sun-down dolphin-watching cruises over the UNESCO



“There is nothing on this Earth that isn’t connected. Almost every journey I’ve been on has taught me that”

Biosphere Reserve reef it was set on, having massages in the spa, and occasionally calling my attentive ‘island host’ – otherwise known as a butler – for a fresh coconut.

It was fabulous, all right, even when I got terrible diarrhea on day two. But it was also kind of empty. My schedule meant I didn’t even leave the resort, and to this day I can tell you very few things about Maldivian culture. Tonight, as I fall asleep to the sound of the lake lapping gently against the sand, with the light of the moon spilling onto my bed, I’m grateful that life has led me here. Back to basics, where everything superfluous has been stripped away.

A head full of sea

My newfound appreciation for simplicity does, however, have its limits. I discover this the next day when I board the catamaran I’m going to spend the next two nights on, with eight travelers I’ve never met, and discover my ‘bedroom’ is in fact the couch in the middle of the lounge room. You know, like a stretch of banquette seating that’s right next to the dining table where everyone will hang out.

Luckily, hanging out inside a boat is not what I’m here for. I’m here to explore the Great Barrier Reef, a place I last came to 30 years ago. I’m excited to get out there, but also nervous. Half the coral on the reef has been lost since 1995, because of rising global temperatures, but also because of dynamite fishing, cyclones and crown-of-thorns starfish. I wonder if all I’ll see out there are coral graveyards.

As soon as we start motoring away from shore, I head up to the bow to look out over the water, blue-green despite a heavy blanket of cloud, and feel the

crisp ocean breeze on my skin. When darkness falls, we eat a simple pasta salad dinner on the lower deck, then sit on the side of the boat and watch dozens of reef sharks feed. As the sharks swoop through the soft blue lights emitted by the boat, I think about how they’ve been living here for millions of years, and how we’re newcomers to their backyard. I think about them and all the biodiversity we’re set to lose on Earth. If we continue business as usual, we and these sharks are going to be in real trouble, because our fate and the ocean’s are one and the same. Scientists say 50-80% of the oxygen we breathe is generated by the ocean, and it absorbs a big chunk of our carbon emissions – about six times the amount released by cars around the world. Without a healthy ocean, there is no healthy us. There is nothing on this Earth that isn’t connected. Almost every journey I’ve been on has taught me that.

I head back to my boat-couch bed, pull on my eye mask and shove some wet toilet paper into my ears to drown out the sound of the couple happily drinking rum and playing cards at the table right next to me. I fall asleep with a head full of sea.

The joy and the sadness

The next two days are full of nature. We hike through lush bush to a point overlooking Whitehaven, Australia’s most photographed beach, with its famously white silica sand and aquamarine water. We walk down the beach to swim with manta rays, then spend the afternoon snorkeling, watching fish as large as dinner platters swirling all around us. We paddleboard around an almost-deserted cove, then go for a sail while a pod of dolphins plays at the front of the boat.

It is blissful, but it is also sad. Sad because the reason those big fish were there while we snorkeled was because our captain was feeding them. Sad because most of the coral I saw was dead, covered in light brown algae and nothing like the technicolor coral beds I remember from my childhood. Sad because the rising sea temperatures causing this reef degradation can be partially attributed to oil-powered boats, just like the one I’m on. Sad because when our skipper pulled the anchor up to go for that sail, a big chunk of coral came up with it.

And yet, as I lie on the top deck while we motor back to shore, I look down at the reef, home to more than 1600 species of fish and one-third of the world’s soft coral, and think how important it is to see all of it: the beauty and the devastation.



It’s important, because once you see it, you understand unequivocally what’s at stake, and you become an ambassador for it. As the deep ecologist and Buddhist scholar Joanna Macy wrote in a 2020 op-ed for Emergence Magazine called *Entering the Bardo*, “when we dare to face the cruel social and ecological realities we have been accustomed to, courage is born and powers within us are liberated to reimagine and even, perhaps one day, rebuild a world.”

So while I’m deflated, I’m also activated. I know that for every devastated stretch of reef, there’s one that is pristine and teeming with the kind of life we see in David Attenborough documentaries – orange-and-white striped clownfish playing hide-and-seek in the fronds of anemones, schools of black manta rays gliding through the water, violet, lime and magenta corals covering the seabed, as lumpy as oversized brains, or as delicate as French lace. While I didn’t see these abundant reef sections on this trip, I know they are there and that we must celebrate them. Not in order to pull the wool over our eyes, but to help us fall in love with this place, so we’ll go home and do everything we can to protect it.⁵

This is an excerpt from Nina Karnikowski’s book *The Mindful Traveller*. Find out more at ninakarnikowski.com, and follow @nina_karnikowski on Instagram.

Painting

pathways

in

the

sky

“I don’t want to show birds in flight. I want to show flight,” says photographer Xavi Bou. To achieve the effect seen in his Ornithographies series, Bou makes multiple slow-motion recordings with a digital film camera and stitches them together in post-production.

“My work is about showing nature in a different way,” he explains. In fact, he likes to say that he is not inspired by nature. Rather, nature does what it always does. He is simply the curator who selects the bird species to observe and combines art and technology to reveal their specific behaviors and choreographies.

By making the invisible visible, Bou hopes that his images spark curiosity about the nature we often overlook and encourage us to look up at the sky once in a while. “We are really disconnected [from nature]. To protect something you need to love it, and to love it, you need to know it exists.”⁵









5 tips to retrain your brain and go planet-friendly

Illustrations: Martin Nicolausson



How to adopt green habits and make these the new default? Psychologist and behavior change expert Dr. Phillipa Lally explains.

As many as half of our daily actions are habitual. From a psychological standpoint habits are not just those things we do frequently.

Habit is a process which leads us to perform behaviors automatically: we don't make a conscious choice. When we encounter a situation in which we

have performed an action many times before, unless something stops us, we repeat this behavior again.

The minute we are under any form of pressure because we are stressed, tired or distracted, habits dominate over our previously expressed intentions. It's why you might intend to start cycling to work but when the morning comes around, and you're focused on getting the kids ready, feeding the dogs and answering that urgent email from your boss, you suddenly find yourself in your car halfway to work before you even remember that you'd planned to make a change.

So how to stop this automatic override? Here are five tips that help you form sustainable new habits.



1 Make a specific plan

It's very easy to state broad general plans; "I am going to use my car less" or "I am going to eat less meat". These plans don't help us to form habits. To form a habit you need to plan exactly what you are going to do and when you are going to do it. And this needs to be realistic. Do you actually have the time and resources you need to do this? It is important that the situation, or 'cue', is clearly defined and will stand out to you. Instead of "I am going to use less energy at home" try "In the morning after I brush my teeth I'll turn off unused electrical appliances" and "When I am cold at home I will put an extra piece of clothing on". Once you have made these plans, write them down so you remember them.



2 Make it fun

You are more likely to follow through on your plan if it is enjoyable, and this is one reason to plan behaviors you enjoy. For example, if you want to eat more plant-based foods, find ones that you find delicious. Habits also form quicker when the behavior is more rewarding in the moment that it is performed. If you want to form a habit for something that you don't find so fun then try to make it more fun. Link this new behavior with something else that you enjoy.

Professor Katy Milkman calls this 'temptation bundling'. The idea is that you make a rule that you can only do something that you particularly enjoy when you are also doing something that you know you should do but often don't want to do in the moment. In Milkman's study the new behavior was going to the gym and the temptation was listening to the Hunger Games audiobook, but this can be applied to many situations; you only order the most delicious take-out coffee if you use your reusable mug, you only read your trashy novel when on the train, and so on. This makes you look forward to the behavior you are trying to make habitual even if it isn't that fun in itself.



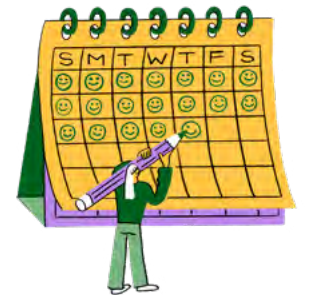
3 Change your environment

The chances that you will act on your plan are significantly increased if you make this new behavior the easiest choice when you encounter your planned cue. When we are making our plans we need to think about how to set ourselves up for success. The best way to break a habit is to not encounter the habit cue (difficult if the cue is a key part of our lives), or to make the behavior impossible, or at least harder to choose. Conversely, the easiest way to make a habit is to increase the chances that you will do it each time the opportunity (or cue) presents itself. Professor Wendy Wood calls this friction. We need to add friction for things we don't want to do and remove it for those that we do. If you want to start walking to work instead of taking the car, hide the car keys, put your trainers by the door and set your alarm for the required amount earlier than usual. If you want to eat more plant-based foods, fill your house with those foods and make them the easiest to find. If you want to use less energy, put a big sticker over the thermostat to remind you and have a jumper close by to put on instead of turning the heating up.



4 Track your behavior

It's easy to make a plan and then forget about it when life gets busy. In order to keep going for long enough to form a habit, you need to keep checking in to see if you are following through. If you aren't then why not? What do you need to change about the plan or the environment? You can track your behavior in many ways: on a piece of paper on the fridge, in an app or in your diary. It doesn't matter how you do it, what matters is that each day you note if you have been sticking to your plan and you adjust things as needed.



5 Don't give up

How long does it take to form a habit? There is no magic number. I conducted the first study to try to answer this question and I found that the statistically modeled time needed to form a daily habit ranged from 18 to 254 days. Since then, more studies have looked at this and the averages are around two to three months. This may seem like a long time but it's worth the effort – once you have the habit you will no longer have to think about it to sustain it. While working on your habit, remember that every time you do it you are strengthening the association in your brain between the situation and the action, making it easier for you to do it the next time. Don't give up if you miss the odd occasion. That association that you are forming is still there and you can just start building it again the next day. People often think that if they fail once, the whole attempt is lost. It isn't. This happens to everyone. Just start again and keep going.

We are the Earth



Congresswoman Célia Xakriabá co-founded Anmiga to unite and empower Indigenous women across Brazil in their ongoing fight to protect their land.

itself

Collective action is a powerful force. Just look at Brazil, where Indigenous women are banding together to reforest minds and politics.

Words: Constance Malleret Photos: Cícero Bezerra

Célia Xakriabá cuts a striking figure in the Brazilian congress, a space that is dominated by largely white men in dark suits. The Indigenous lawmaker attends legislative sessions in a bright yellow feather headdress and usually introduces her floor speeches with a short song in her native language.

Xakriabá and her colleague Sônia Guajajara – who was also elected to congress in 2022 before being appointed Brazil’s first ever minister for Indigenous peoples – are the two most visible faces of a nationwide movement of Indigenous women that is seeking to reforest minds and politics: the National Association of Indigenous Women Ancestral Warriors, known as Anmiga in Portuguese.

The organization was formed in March 2021 at the height of the coronavirus pandemic, amid a women-led campaign to encourage vaccine take-up among the Indigenous population. The women realized their strength lay in numbers and came together to stand up against another, constant existential threat: the violence that has continuously threatened both their land and their bodies.

The two are inextricably linked. Indigenous women feel a symbiotic relationship with their ancestral land, as their territory connects them to their spirituality, their culture, the wisdom of their forebears and their traditional way of life, Xakriabá explains. It is a way of life that depends on a harmonious and non-exploitative relationship with the

environment in and with which they live – a continuation of the stewardship they have practiced since time immemorial. It’s a stewardship that is ongoing. Globally, native people protect 80% of the world’s remaining biodiversity despite making up less than 5% of the population.

In Brazil, protected Indigenous territories cannot legally be exploited for activities such as mining or intensive agriculture. Although enforcing rules is a big challenge, guaranteeing Indigenous land rights has been proven to help keep the forest standing in the Amazon, one of the world’s largest carbon sinks, which is critically threatened by deforestation.

A living relationship

The connection these ancestral warriors feel to the Earth shines through in the language they use to describe their different members. ‘Women-Earth’ denotes the group of two dozen co-founders; ‘Women-Roots’ are those who empower their peers on the ground – they are community leaders who spread information at a local level; ‘Women-Seeds’ represent the group in regional Indigenous organizations; and ‘Women-Water’ take the movement’s demands beyond Brazil’s borders, to international forums like the annual COP climate conference. Members also speak of themselves as ‘Women-Biomes’, reinforcing the national aspect of their movement: they represent all of Brazil’s 305 ethnic groups and its six different

biomes – not just the Amazon rainforest, but also the Pantanal wetlands, the savannah-like Cerrado, the Atlantic Forest, and the lesser-known Pampa and Caatinga biomes.

“We are the Earth itself. My land doesn’t form part of my struggle, I am a part of my land. Wherever I go, I take her with me. I can leave my territory, but my territory will never leave me,” explains Xakriabá, who finds strength in this relationship to stand tall in congress in Brasília, a space that has traditionally been hostile to people like her. She adds: “We are much more than environmental activists. Environmental activists can decide to leave if they’re being threatened. We can’t decide to leave our own being. Attacking our territories is like attacking our very lives.”

Indigenous territories – and the bodies of the women living in them – have historically been under assault from invaders, from Portuguese colonizers and bandeirante settlers to farmers looking for land and wildcat miners prospecting for gold, often acting with the more-or-less overt blessing of the Brazilian authorities as was the case under the previous president, Jair Bolsonaro. These kinds of threats persist today, but there is another, connected, one: climate change.

What’s happening?

Braulina Baniwa is a ‘Woman-Earth’ who hails from the Alto Rio Negro Indigenous reserve, deep in the Amazon. She says that the change in the ‘ecological calendar’ on her land is evident. “The month of March is a month during which fishes migrate up the river. Rivers would normally have started filling up, fruit would be growing. This is a season of abundance. But what is happening now? Today, the river, our land, is all dried up.”

The Amazon, which contains around 10% of the world’s biodiversity, endured its worst drought on record last year. Gushing rivers were reduced to a trickle, riverside communities were left stranded in parched-out landscapes and the forest’s abundant fauna and flora died off in the heat. Researchers have since linked the drought to human-made climate change. Similar extreme events are setting alarm bells ringing around the world, yet are met with worrying apathy by political leaders.

This is why Anmiga is committed to grass-roots action. “Reforestation degraded areas and protecting the environment is never going to come just from the government,” says Guajajara. What we



Indigenous women gather in Brasília to protest the marco temporal bill, which threatens Indigenous territorial rights. August, 2021.



Photo: Marcelo Camargo / Agência Brasil / CC BY

need, she argues, is a change in our collective and individual mindsets that puts people and planet first, and the election of representatives with an ecological conscience. This starts with recognizing the value of Indigenous technology and science as part of the solutions to climate change – as well as giving historically excluded Indigenous women a voice.

Custodians in congress

On this the group can claim success. Its campaign in 2022 to get Indigenous women into the legislature resulted in the election of Xakriabá and Guajajara. Indigenous women occupy numerous roles in the brand-new Indigenous Peoples Ministry overseen by Guajajara, including as head of the national Indigenous foundation (Funai) – a decades-old institution that had never before been managed by an Indigenous Brazilian. Meanwhile in congress, Xakriabá leads a parliamentary group for the defense of Indigenous rights. She says that one of her victories is having moved forward a bill which would institute policies to combat violence against Indigenous women specifically (the bill currently awaits ratification in the senate).

“We created our own space for political participation, and we’re also empowering women on the ground so they can continue [our work],” Guajajara says with pride in her voice. “I think we’ve overcome this idea that ‘women can’t.’”

Not only is it clear that they can, they are also reaffirming their cultural identity in the process. Women in feathered headdresses, beaded jewelry and face paint may still be a small minority in the corridors of Brasília, but they are no longer unexpected. Last year, 500 Indigenous women filled the congressional building in an explosion of song and color during the Indigenous Women’s March, a bi-annual event which the group now organizes. Last September’s edition mobilized a total of 8,000 women in Brasília – over three times more than the first edition four years earlier.

Top: Sônia Guajajara at Annmiga’s Indigenous Women’s March in 2023.

Bottom: An aerial view of the Assunção do Içana community in the Alto Rio Negro Indigenous Territory, an area severely impacted by climate change.

Speaking to the world

Marked by singing, spirituality and sisterhood, this march is not just an event for Indigenous women to get together and celebrate their diversity, their ancestry, and their culture – it is also an opportunity to present their demands to the world. “We attracted the whole world’s attention to the fact that Indigenous people and the environment are indissociable,” says Guajajara of the impact of the first march. Speaking of their accomplishments more generally, she goes on, “we show how Indigenous women contribute to fighting climate change, because women are always working in a sustainable way”, whether that’s farming the land to achieve food security or collecting seeds to make jewelry and other artisanal artifacts.

The success they have had in just three years is historic – and can serve as a lesson in effective mobilization for all activists. The key ingredient, one ‘Woman-Earth’ says, is solidarity. But immense challenges remain. Despite a more favorable political climate under President Lula da Silva, who has demarcated 10 new Indigenous territories and helped oversee a 50% drop in Amazon deforestation last year, Indigenous Brazilians continue to fight for their land and their life. Right now, the biggest threat to Indigenous rights is the marco temporal, or time-marker: a legal thesis according to which Indigenous peoples could only lay claim to land they occupied on a specific date in 1988. The supreme court ruled this interpretation unconstitutional last year, but the farmer-friendly congress disregarded this and enshrined the marco temporal into law a few months later, in a huge setback to the Indigenous movement.

But these women are not cowed. They find strength in the ancestral warriors who preceded them and whose knowledge they carry within, and the fight continues. They are starting to put together a campaign for Indigenous candidates in October’s municipal elections and will soon hold a first meeting with Indigenous women from all over the world to build an agenda for the COP30 climate conference, which Brazil will host in the Amazonian city of Belém in 2025. “The future is Indigenous” has become a rallying cry of the movement – and these women leave us in little doubt about that.⁵

She's embracing imperfect environmentalism

CELEBRATING
5
CHANGEMAKERS

HIGH 5 TO
LAUREN BASH



Interview: Cecily Layzell
Photo: Sarah Plenge

LAUREN BASH is all about progress over perfection. She has built an online community creating fun, relatable content that invites people into the climate conversation.

Tell us about yourself and what you do

My background is in video production, which put me in a really serendipitous position. When TikTok was first starting, there weren't that many people speaking about climate action. I remember having this epiphany thinking, well, I think I could do this. I see such a need.

Unfortunately, there's a lot of gatekeeping in the climate movement where folks might feel like they're not welcomed if they don't know everything. So, my intention with creating climate content online was that it would feel inviting.

Were you already interested in climate action, or was this a learning experience for you as well?

I joined the climate movement in 2017 after Trump was inaugurated and the threat of offshore oil drilling became a really hot topic all across the country, but especially here in California.

I think a lot of activists have a turning-point moment when they say: I can no longer be a bystander and I now need to plug in. That was mine. I joined an ocean conservation organization [Surfrider Foundation] that was working really hard with elected officials in California to make sure we didn't allow this offshore oil drilling. And then I just became a sponge!

Take us back to your first videos. How did you go from there to building an online community? What kind of information are people looking for?

We were all stuck at home [because of Covid], and I was just showing the sustainable things I did in my house – so, making my own toothpaste or replacing the blades of a razor instead of using a single-use plastic one.

I'm also plant-based and talk a lot about being plant-based for the environment. I remember there being so much dialogue in the comment section from people saying, I'm trying to eat more plants too. Can you show me an easy weeknight recipe? Or what do you mean that beef has a negative impact on the environment? Can you share more about that? Or there would be a video about big banks and how they are funding fossil fuel companies and how we can choose to divest our money into more sustainable credit unions.

Do you have any examples of how you have influenced people to make a change?

What lands with me the most is when I get a DM from someone that says: "Thank you for speaking

up about this. I have felt like I want to do something'. Or: 'I have since talked about this with my family or my school or my workplace, and I just want to say thank you'. That for me is why I do this work. If it leads other people to take one step or to have another conversation or to be inspired or lead their own community, then that's the goal. Someone once told me that I'm their sustainability big sis. And I loved it so much. I wear that [title] with honor.

You've got a certificate in sustainability from UCLA. What does that involve?

It's a five-course program. There were 18-year-olds and 80-year-olds in my class because it's a public course that you can take at any point in life. Every week was a different topic, whether it was food or supply chain or circular economy or industry. I think a lot of people are passionate about things, but this [allows you to] go and get certification that just adds a little bit of intensity to your passions and interests.

You've talked previously about embracing imperfect environmentalism as a strategy to invite people into the climate movement.

How are you showcasing that?

By embracing imperfect environmentalism... I think it reminds us to be kind to ourselves, to know that the system is broken and it's not our fault, and [that] we can also advocate for something better and different.⁵

"I think a lot of activists have a turning-point moment when they say: I can no longer be a bystander and I now need to plug in"



Scan the QR code to see Lauren Bash explore how we can take care of ourselves and the planet in our new video series: Move, Nourish, Replenish.



Words: Raziq Rauf Photos: Pat Martin

For years, gardening was something I did for myself. But when I learned about the plight of the monarch butterfly, it turned into a calling. One that connected me with the people and wildlife of my L.A. neighborhood. Step one: get the right kind of milkweed.

My mission to fill Los Angeles with butterflies

I wanted to save the butterflies. I knew I wasn't going to make the biggest difference on my own, but I had to try. And so I did. Let's rewind to why.

2014: I lived in a flat in a suburban corner of London, and, as such, had an allotment (that's what Brits call a community garden) a five-minute walk away. I grew potatoes and asparagus, onions and courgettes. I was pretty happy with my life, so when I moved to Los Angeles, I wanted to transpose as many aspects of it as possible.

It took a bit of research and a few short months on a waiting list, but I found a community garden. I had to learn new techniques for this new climate, but I grew peppers and eggplants, garlic and zucchini.

I engaged in the community part of the community garden, as well. I shared produce, helped to build new raised beds, and joined cookouts. And then I helped to plant a monarch butterfly waystation.

It seemed lovely. But at first I had no idea what I was planting or why. Monarch butterflies are primarily a North American thing, and I was only alerted to their plight when I moved to Los Angeles. Luckily, I had landed among an eco-conscious community keen to share their projects, ideas, and campaigns, and I was equally keen to help.

Waystations and why we need them

The thing with monarch butterflies is, they only eat milkweed. They only lay their eggs on milkweed. They're very picky – more on that in a bit.

Monarchs migrate 2500 miles (4000km) every year from Canada to Mexico, and back. They need food and rest stops along the way. The problem is that a heady combination of industrial agriculture

(why waste land on butterflies when you can grow almond trees there?) and climate change has caused their natural habitats to be destroyed, hence the need to build the waystations manually.

News of the monarch population's slow-but-sure demise appeared in my news feed regularly. Estimates suggest the western population has declined 99.9% since the 1980s, from 10 million butterflies to under 2,000. Anybody can understand how stark those numbers are.

Waystations are specifically-planted gardens of native milkweed and other pollinator plants that provide the ideal breeding and feeding habitats for migrating monarch butterflies along their path.

Just like bees, monarchs are key pollinators. We humans need pollinators to create produce. These butterflies are as essential a part of the food chain as bees.

What I did

Learning all of this got me thinking that monarch butterflies needed help. When I moved from my apartment to a house with a garden, I set about planting my own waystation. I hunted down, purchased, and planted a dozen nursery-bought milkweed plants and companion plants, but it was ... the wrong milkweed.

What I was yet to learn was there are different species of milkweed, and eastern and western monarchs require different ones. Remember I said monarchs are picky?

It wasn't just me that was learning: both local nurseries and big-box stores were stocking tropical milkweed – more commonly found in Florida, for

instance. It turned out that these pretty orange-flowered plants were toxic to western monarchs! I was doing the opposite of what I was intending! I needed either narrowleaf or showy, but I couldn't find any plants locally, so I went one step further. I was going to grow my own.

I hunted down a packet of seeds for *asclepias fascicularis* – narrowleaf milkweed. It took a few goes to get the soil temperature, the seed temperature, the watering, the seed supply, but I did, and I grew enough baby milkweed plants to share with my immediate community. My plan was to weaponize as many of my neighborhood's backyards into a giant western monarch butterfly waystation.

It took five years to figure out how to grow enough seedlings to offer my neighbors on local message boards. I had long shared a smile and a wave with the guy who lives opposite me as we put the bins out, but it was through milkweed that we truly found common ground. It was a nice moment.

Next, someone from the very proactive neighborhood association got in touch asking if I wanted to put on an event. I went one step further and walked down to one of their meetings to straight up ask if they could help me get a waystation planted in the local park.

From that initial meeting in May 2021, it took six months of co-ordination with the city's Parks & Recreation department to turn a full flowerbed of



Growing stuff can be a way to connect to your community.

Monarchs are not as common a sight as they were.
Photo: Karen Tweedy-Holmes via Getty Images



the local park into a butterfly habitat with a dozen milkweed plants and the same number of native pollinator-friendly plants. We gave the plants a few months to establish before holding an educational event in July 2022.

It just so happened that the week of the waystation event, monarch butterflies were classified as endangered by the International Union for Conservation of Nature.

As a result of that news appearing all over the national press, hundreds of people turned up – residents, politicians, journalists. I unveiled the waystation and explained why it was a necessary and good thing, and a local nursery donated 200 narrowleaf milkweed plants to give away for locals to plant in their own backyards. The conservation group for the wider northeast Los Angeles region was also in attendance to give more information and take down details for adding more waystations to their mapping database.

My plan to turn my neighborhood into a giant western monarch butterfly waystation was full-steam ahead.

What next?

The endangered classification triggered millions of dollars in state and federal funds the following March. Fifteen separate agencies came together for a common goal: to conserve more pollinator habitats.

News reports since the endangered classification suggest the western monarch butterfly populations are up slightly, but we're still 95% down from

Saving monarch butterflies is a cause that unites people, says Raziq Rauf.



the peak in the 1980s. 2023-24 was the second worst year on record, so any feelings of success can be put to rest. There is still so much more work to be done to stabilize the species.

The plight of the monarch butterfly crosses political boundaries. In the same way that it brought the people from my neighborhood together, different political departments coalesced their efforts. Now my nearby nurseries stock the correct species

of milkweed, and seeds are far more available online. At the start, I knew little old me wouldn't – couldn't – make the difference alone, but with a little action, I found that I wasn't alone. The mayor of Glendale pledged to plant a monarch waystation in every park in the city. Once that happens, I want to place a waystation in every park in greater Los Angeles.

Let's fill this world with butterflies. Nobody says no to that.⁵

YOUR ECO DILEMMAS... SOLVED!

Words: Sarah Walkley Illustrations: Ruth Vissing



Give up meat OR throw away less food?

Do you eat meat? If so, it's a big chunk of your impact on the climate. If people who eat 100g or more of meat a day were to halve that for a year, it would be like taking eight cars off the road – or 12 if you go totally plant-based. At the same time, one third of all food is wasted, and halving this would have as much effect as halving animal products. That would require changes throughout the supply chain, not just at home.

VERDICT

At an individual level, giving up meat (or just cutting down) has more impact than cutting waste. There's nothing to stop you doing both!



Switch bank OR switch energy supplier?

Not everyone can install solar panels or a wind turbine at home. But a greener energy deal could reduce your carbon footprint by 2.9 tons of CO₂ a year (and support the development of even more solar and wind capacity). That's about the same amount of carbon emissions estimated to be caused by an investor in the UK putting £12,500 (€15,000) into a bank that backs fossil fuels.

VERDICT

It's hard to make an apples-with-apples comparison, but since the energy grid is getting greener much faster than banks are, it seems that swapping your bank is likely to make a bigger impact.



Real book OR e-book?

The carbon footprint of printing and shipping a book is about 7.5kg. If you can live without the feel and smell of real books then an e-reader is an option: it takes more to produce, and it uses energy to run, but it can hold endless titles. You'll have to read about 100 new books for your e-reader to pay for itself, climate-wise. Most people keep e-readers for about four years, so that's 25 books a year. Can you keep up?

VERDICT

If you read a lot, an e-reader is a greener option. Just try not to drop it in the bath.



Turn down the heat OR take shorter showers?

Most of us spend eight to nine minutes luxuriating in the shower every day. If we were to cut that to five minutes, we'd save around 168g of CO₂e per shower or just over 60kg CO₂e per person per year. Turning down the thermostat on our heating by just 1°C, on the other hand, would save a household around 350kg CO₂e per year.

VERDICT

Adjusting your heating is usually the bigger win – unless there are at least four people in the home who all reduce their showering time.



Swap your car OR fly less?

Ditching your gas or diesel car in favor of an electric vehicle is estimated to save 1.95 tonnes CO₂e per person per year (the real figure depends a lot on where you live and how your electricity is generated). That's about 15% more than you would save from taking one fewer long-haul return flights a year, and three times as much as cutting out a medium-length return flight.

VERDICT

It depends how frequent a flyer you are. If you only fly once a year, switching to an EV or going car free is better. If you fly more than that, then reducing your air miles will have a bigger impact.

A cosmic connection



GARETH MCCONNELL combines
psychedelia and surrealism
in captivating images
of Icelandic
horses.





Icelandic horses are the stuff of legends. Brought here by the Vikings around a thousand years ago, Iceland's sagas are filled with references to the animals who, it was believed, pulled the sun across the sky each day. The horses remain such revered members of the population that today, they each have their own social security number.

For this series, titled simply *The Horses*, London-based photographer Gareth McConnell wanted to make us look at these symbolic creatures differently. He used lights and gels to produce psychedelic flashes of color and swirling lines that are as alluring and unrestrained as the animals themselves. "I felt it was such a powerful metaphor for what is happening in the world with our broken bond with nature," says McConnell, adding that the images express a kind of "cosmic wonderment".⁵



Does everyone else care about the climate as much as you do?

If you're concerned about the climate, you're not as alone as you think. And if we speak up, we can spark real change.

Do you ever feel like it's a weird time to be alive? The warnings about the severity of climate change keep getting more urgent, but everyday life just keeps going. What makes it worse is that the climate crisis is not always an easy topic to talk about. When we bring it up in conversation... we sometimes wish we hadn't.

Yep, caring about the climate can feel lonely. It shouldn't. The good news is that, all around the world, other people care a lot more than we think about the climate.

found that four out of five people around the world want to see stronger action from their government on climate change.

An even higher number – 86% – want to see countries do more to set aside their differences and work together to solve the problem.



It's clear that, all over the world, the public are way ahead of the politicians on this. Why? Maybe because we don't talk about it enough.

In a giant global study of beliefs about climate change, researchers from Germany and Denmark surveyed 130,000 people in 125 countries (countries which together account for the vast majority of the pollution that's messing up the climate).

They found that, globally, a massive 86% of us believe people should do more to tackle climate change, and not just that, 69% of us are even ready to chip

in 1% of our income to fix it (incredibly, 1% is estimated to be all it would take to mitigate climate change!).

This is great news. But there's a problem: most of us don't believe others would do the same. When asked how many people we think would chip in, we answer on average just 43%. So we end up staying quiet about it, because we lack the courage to go against the grain – or we don't think it will work. The result is that others around us don't feel confident to speak up, and politicians don't see that support exists for bolder policies.



A huge new survey by the United Nations Development Programme, covering 77 countries,



What we *think* is happening



What is *really* happening



The findings echo another study from 2022 which found that 80-90% of Americans underestimate how much their fellow citizens care about the climate.

It's a pretty weird situation. The scientists call it a "false social reality" created by "pluralistic ignorance". In other words, we're going around second-guessing what everyone else is thinking about the climate... and getting it wrong. All while the planet keeps overheating. But let's not get

frustrated – we should really be pleased that more people care than we thought. All we need to do is break the cycle of silence. The more people see that others want change, the more will feel emboldened to voice their own concerns, and take action.

So next time you find yourself wanting to bring the climate up in conversation, remember that there's a pretty good chance the people you're talking to want the same thing.



Go to → peoplesclimate.vote to find out how many people want stronger climate action where you live.

Sources: Andre, P., Boneva, T., Chopra, F., Falk, A. 'Globally representative evidence on the actual and perceived support for climate action', Nature Climate Change, Vol. 14, March 2024 • Sparkman, G., Geiger, N., Weber, E.U., 'Americans experience a false social reality by underestimating popular climate support by nearly half', Nature Communications 13, August 2022 • UN Development Programme / University of Oxford, 'The Peoples' Climate Vote', January 2021 • Global Advisor, Ipsos, November 2023 • Yale International Public Opinion on Climate Change 2022, Yale Program on Climate Communication / Meta

Calling urban gardeners



Words: Ellen Miles Illustrations: Rachel Sender

Wish your city was greener? Grab some gloves, bring some friends and start planting. Guerrilla gardener ELLEN MILES shares her top tips here.

What is guerrilla gardening?

Guerrilla gardening is the act of growing plants in your neighborhood's neglected spaces. Whether that's scattering native wildflower seeds onto a road verge, planting spring bulbs in a street tree bed, or turning a vacant lot into a community allotment, the aim is to bring nature into urban areas and transform the landscape from barren to bountiful.



Why give it a try?

Guerrilla gardens can boost biodiversity, create community spaces, produce fresh food, clean polluted air and support mental health, as well as providing beauty and color. The "guerrilla" aspect comes from not waiting for the municipality to get involved. Instead it's about taking the lead yourself and being truly grassroots: growing from the ground up through community-led action. In other words, guerrilla gardening is where flower power meets people power.

Where?

The ideal guerrilla gardening spot should be two things: near and neglected. Choosing a spot near home makes it much easier to plan, plant, and care for your garden, and also means you're not encroaching on another community's neighborhood. And by choosing a neglected area, you can inject nature where it's most needed: urbanized, derelict, and nature-deprived places.

Which species?

It's good to prioritize native species when choosing plants, as they're key links in the local ecosystem, and are already well adapted to thriving in the environmental conditions of your area. Check a field guide or ask a nearby plant nursery for information on native species in your area.

Get planting!

Stripped down to basics, there are just three key things to remember when planting:

Leave out

If you've started plants indoors, whether from seeds or cuttings, you'll need to gradually acclimatize them to outdoor conditions by leaving them outside in their pots, before it's time to plant them in the street.

Water in

Water your plants deeply, right after planting them. This is another tip to reduce 'transplant shock' – the shock plants can get when they're moved from their previous environment to a new one. (Because, of course, plants weren't built to teleport!).

Look up

Look up what a plant needs. Bulbs and seeds generally go in a hole about two to three times their height – but if you want the best chance of success, and to build your knowledge and intuition, look up guidance for each specific plant.⁵



FEELING INSPIRED?

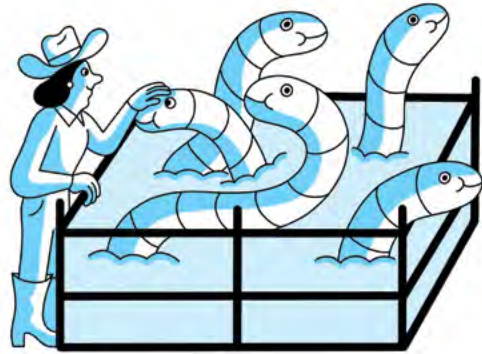
Ellen Miles is the author of *Get Guerrilla Gardening*. Scan the QR code to check out her full *Imagine5 Guerrilla Gardening Toolkit*, also featuring *Rebels with Cause*, a mockumentary tracing the humorous antics of two fledgling guerrilla gardeners as they learn from the pro (Ellen Miles).



ONCE

Messy moments on the journey to a greener life

Concept and words: Anne-Marie Hoeve
Illustrations: Antonio Giovanni Pinna



Once she wanted to make composting cool, so she called herself a worm rancher. Now her friends are worm ranchers too.



Once people assumed she didn't drive because of the climate. She didn't tell them the real reason: it terrifies her. At least her fear was good for something.



Once she cared about the planet and had an organic cotton T-shirt that said so. She'd bought it in a 2-for-1 sale...so now she cared twice as much?



Once she ordered a latte. When the waiter asked 'What kind of milk?' she said 'regular' – but maybe cow milk isn't 'regular' milk.

Imagine stories that spark hope and action in your inbox today.

Sign up to our newsletter⁵



The Great Climate Quiz

How much do you know about the climate crisis and the people working to fix it?

1. Which music star and climate advocate released recycled vinyl and biovinyl versions of their new album in 2024?

A. Harry Styles
B. Enya
C. Billie Eilish

2. Which animal can boost the ability of rainforests to absorb carbon by up to 10%? Is it ...

A. Ants
B. Elephants
C. Pygmy hippos

3. What new right was enshrined in a European law passed in 2024?

A. The right to get appliances and devices repaired at a fair cost
B. The right to recycle plastic bottles
C. The right to plant-based options at fast food outlets

4. In which country was climate scientist Claudia Sheinbaum elected president in June 2024?

A. Mexico
B. Austria
C. Philippines

5. What percentage of Earth's biomass do humans make up? (Biomass means the total mass of all living things, including plants, animals, fungi and bacteria.)

A. 55%
B. 10%
C. 0.01%

6. Which Hollywood actor told the United Nations: "Change must come today. We can no longer afford the luxury of half-assing it"?

A. Keanu Reeves
B. Jason Momoa
C. Florence Pugh

7. How much can you reduce the climate impact of a spaghetti bolognese if you make it with chicken instead of beef?

A. 5%
B. 50%
C. 75%

8. Who said: "We are the first generation to feel the effect of climate change and the last generation who can do something about it"?

A. Elon Musk
B. Ed Sheeran
C. Barack Obama

9. What's bigger?

A. Global military spending
B. Global fossil fuel subsidies

10. Which of these countries is already carbon negative?

A. Barbados
B. Bolivia
C. Bhutan

11. Earth Overshoot Day is the day each year when we've used up the resources that the Earth can replenish in a year. For the rest of the year, we're overspending. In which month was Earth Overshoot Day 2024?

A. February
B. July
C. September

12. Which is better for the climate per mile?

A. A regular bike
B. An electric bike

13. In which year did the sale of new gas and diesel-powered cars peak globally?

A. 2017
B. 2024
C. They're still rising

14. What word is used to describe people who are mostly vegetarian but eat meat occasionally?

A. Semiveg
B. Flexitarian
C. Sausage nibbler

15. Which had the biggest climate footprint?

A. The Soccer World Cup in Qatar
B. The Olympic Games in Paris
C. The entire annual emissions of Iceland

16. You're choosing a Christmas tree. What's better for the planet?

A. A real one
B. A plastic one

17. Who had the highest carbon footprint: an adult in the UK today, or one of their grandparents 50 years ago?

A. The adult today
B. The grandparent 50 years ago

18. Which country has required new parking lots to be covered with solar panels since 2023?

A. Australia
B. Finland
C. France



1. C: Billie Eilish. 2. B: Elephants. They thin out new growth by eating and trampling it, and make space for the bigger trees. 3. A: The right to get appliances and devices repaired at a fair cost. 4. A: Mexico. 5. C: 0.01%. 6. B: Jason Momoa. 7. C: 75%. 1.8kg of CO₂, compared to 6.5kg. 8. C: Barack Obama. 9. B: Fossil fuel subsidies. In 2023 they amounted to \$7 trillion, compared to about \$2 trillion for military spending. The figure covers 'implicit' subsidies (tax breaks and the like) as well as explicit subsidies. 10. C: Bhutan. Other countries that have reached net zero include Comoros, Suriname and Madagascar. 11. B: July (25th). 12. B: An electric bike. You breathe out more CO₂ while riding than is needed to make the electricity to ride an electric bike the same distance. 13. A: The World Cup. Organizers claimed its footprint was 3.6 million tonnes, but others think the real figure is closer to 10 million. Iceland's annual emissions are about 4.8 million tonnes. 16. A: A real tree – as long as you dispose of it properly by composting, its carbon footprint is lower and it's not creating plastic pollution. 17. B: The grandparent. UK emissions per person have more than halved in the last 60 years, largely as coal has been replaced by cleaner power sources. 18. C: France. If the parking lot has 80 spaces or more, it must have solar canopies over at least half its space.

CLIMATE BOOKS FOR KIDS

Words: Julia Gorodecky Photos: Kasper Kristoffersen



The Odd Fish Naomi & James Jones

How do you convey a message as serious as plastic pollution in the ocean to younger kids? With a charming character called Little Fish, who goes on an oceanic 'eco-adventure'. When she comes across a plastic bottle, she tries to reunite this 'Odd Fish' with its family. Along the way, they meet other marine life in need of help, including a turtle with a stomachache and an octopus with tangles in its tentacles. As the story progresses, readers get to see the problematic plastic connection (and the crab on each spread). A fact section at the back has info on action to help clean up our oceans.



Disappearing Acts: A Search-and-Find Book of Endangered Animals Isabella Bunnell

In this brilliant take on the classic search-and-find format, kids are invited to spot threatened species in different habitats. Readers journey through the book's watercolor world – from ocean to sky, rainforest to desert, and coral reef to underground – with each vibrantly illustrated spread depicting a densely detailed landscape that harbors several creatures listed at the side. And when the finding-fun comes to an end, the learning-fun continues thanks to a glossary at the back which describes each species in detail and explains why they are endangered. It's raising awareness and encouraging engagement in all its exciting and playful visual glory.



Lift-the-Flap Looking After Our Planet Katie Daynes & Ilaria Faccioli

Thanks to the surprise element behind every fold, lift-the-flaps are always firm favorites with kids. This environmental version opens up a world of interactive info in the form of bite-sized nuggets that span from why conditions on Earth are just right for life, to the plants and animals that live here, to the problems our planet faces and what we can do to reach a clean, green future. The fun, brightly colored illustrations help keep things upbeat. And the practical advice from Professor Mike Berners-Lee, author of *How Bad Are Bananas*, on how everyone can make a difference is an absolute added bonus.



Climate Action: The Future is in Our Hands Georgina Stevens & Katie Rewse

This offering from sustainability adviser Georgina Stevens is packed with well-presented and easy-to-digest facts, statistics and alternatives, so that it informs without overwhelming. Broken down into four sections – 'Causes', 'Effects', 'Our Part' and 'Inspiration' – each one gives background details on a wide range of areas, from rising sea levels and wildfires to mining and deforestation to the mind-boggling carbon footprint we humans have. And to stop readers feeling ever-so-slightly disheartened, each section highlights stories of young changemakers around the world who identified an issue and found ways to help resolve it. Proving that no one is too small to make a difference. A tree is planted for every copy sold in the UK.



The Biggest Footprint: Eight Billion Humans. One Clumsy Giant Tom & Rob Sears

Brothers Rob and Tom Sears introduce kids to the collective impact that humans are having on the planet, in a creative and humorous way: by introducing us to The Mega Human. No, this isn't a superhero with magic powers that will save us all. It's actually a 3km-tall blue giant – and a clumsy one at that – who is the result of all 8 billion humans on this planet being 'smooshed' together into one. A giant who is starting to realize the mess it has made and how it might be able to turn things around. To make things super tangible for readers, the brothers have used the power of illustration to present the mind-boggling statistics, from the amount of food consumed, products purchased and trees cut down, to how humans measure up to other creatures. Oh, and the all-important fact of how big the mega human's nostril is. Because serious issues such as climate change need some silly supplements such as nostril size.



The Lost Words: A Spell Book Robert Macfarlane & Jackie Morris

As we have explored in this list, the saying 'good things come in small packages' rings true when it comes to the younger generation helping solve the climate crisis. But it's not so true with this book because, as far as this large-sized tome is concerned, the words 'the bigger, the better' fit the bill more. The format is the perfect backdrop for the stunning, delicate illustrations that grace each page. And the artwork is the perfect accompaniment to the 'spell-poems' as each one is complemented with a striking triptych of watercolor paintings. Addressing the disappearance of everyday nature words and a 'wild childhood' from kids' lives, *The Lost Words* invites parents and children to rediscover the magic of the natural world together.

Once upon a time there was a planet called Earth that was put in peril by the human species. How to get this beautiful world back on track? There's plenty of inspiration in these climate books for kids... and their parents.

20 people to follow on social media

We asked the Imagine5 team which accounts they love to check in on for news, information, cool pictures and funny videos. Here are some of our favorites.



Anne Therese Gennari
@annetheresegennari

The author of The Climate Optimist Handbook wants to build hope and resilience to get through the difficult times ahead and to a brighter future.



Arizona Muse
@arizona_muse

She has modeled for the likes of Louis Vuitton and Karl Lagerfeld, and now she's a powerful advocate for slow fashion and regenerative agriculture.



The Black Forager
@blackforager

Alexis Nikole gets extremely excited about edible mushrooms, flowers and other stuff you can find growing in your area.



Black Men with Gardens
@blackmenwithgardens

Nelson ZêPequéno founded Black Men with Gardens to encourage more guys who look like him to get their fingers in the soil and grow stuff.



Cheap Lazy Vegan
@cheaplazyvegan

Rose Lee shares inspiration and recipes for people who want to be vegan without all the hassle of being vegan.



Chris Packham
@chrisgpackham2

Beloved British wildlife TV presenter and passionate nature campaigner with a wry sense of humor and a lot of really random bird facts.



Climate Town
@climatetown

Rollie Williams and his ragtag team channel their anger about the absurdity of the climate crisis into hilarious videos.



George Steinmetz
@geosteinmetz

George shares his incredible aerial photos, which document our changing climate and food system, from the air.



Jessie Dickson
@sacramentofoodforest

Jessie shares his fierce love of under-appreciated plants, and his frustration with hikers who make rock piles. Leave no trace!



Leah Thomas
@greengirlleah

The activist who kicked off the intersectional environmentalist movement, fighting for climate justice and a more inclusive green movement.



Leonardo Di Caprio
@leonardodicaprio

For years the Hollywood star has dedicated much of his time to environmental activism. Expect lots of nature photos and the occasional movie promo.



Max La Manna
@maxlamanna

Low-waste food hero who shares tasty videos of mouthwatering recipes, combined with general goofing around.



Mikaela Loach
@mikaelaloach

If you don't like pink, don't follow Mikaela Loach. The climate justice activist and author of It's Not That Radical is very smart, very passionate and very colorful.



Mark Ruffalo
@markruffalo

He played the Hulk, but he's also green in real life. In fact, most of Mark Ruffalo's feed is climate justice stories these days.



Nathalie Kelley
@natkelley

Quechua (Indigenous Peruvian) activist who sneaks messages about the destructive nature of capitalism and the false promise of infinite growth, into videos of herself dancing. Fun fact: she was in the Fast & Furious movies.



Rewriting Earth
@rewritingearth

The Rewriting Earth project shares bespoke webcomics from some of the best-known artists that highlight the climate crisis and raise funds for wildlife.



Solitaire Townsend
@greensolitaire

A relentlessly positive and solutions-focused voice on climate issues. Always has something insightful to say that makes the way forward feel clearer and brighter.



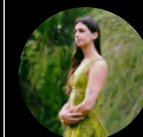
Vanessa Nakate
@vanessanakatel

Young Ugandan climate activist who works to make sure that what happens at the frontlines of climate change is front page news.



Washington Dept. of Natural Resources
@washdnr

Yes, you read it right: these are the folks that look after nature in the US state of Washington. Their social media team are hilarious.



Willow Defebaugh
@willowonearth

The writer and editor-in-chief of Atmos shares beautiful images, meditations on nature and wisdom on what the climate crisis means for us as humans.



Willow Defebaugh
@willowonearth

The account names listed here are for Instagram. Lots of these people are active on other platforms too, just search.

Readers' favorite eco hacks

We asked our followers for the little tricks that help them live a greener life – here's what they came up with.



Seed bombing

As the name suggests, it's like a bomb full of flower seeds. It's a trick that started with guerrilla gardeners and is now gaining popularity. All you need is some seeds, compost, water, clay and a bowl, and you can create your very own seed bombs. They will create an explosion of life wherever you throw them!

Bring your own cup

One of our followers takes an old jar wherever they go, for takeaway coffee. The lid seals perfectly, so no spilling hazard. (Plus, the glass doesn't leak nanoplastics into your coffee. Win-win.)

Forget 'best before'

A lot of food has a 'best before' date on it. It means what it says: best before that date, but likely also fine after. It doesn't mean it's unsafe as soon as that date has passed. All you have to do, is look, smell and taste to find out whether it's still edible.

Party sustainably

Some would question whether it's even a party if there aren't balloons or confetti. But more eco-friendly options are available. Why not try paper lanterns, or hang plants, which you can later give away as a present. There are eco-friendly options for cups as well, made of natural materials such as corn instead of plastics.

Farm worms, eat plants

One inventive reader suggests putting a worm farm in your garden, to turn your waste into compost. That combined with plant-based cooking (which not only is more sustainable, but also means all scraps can be composted) is a very good way to reduce your garbage.

Reuse and repair

Whenever something's broken, try to fix it instead of just throwing it into the garbage bin. A few stitches can give clothing a new life. Don't have sewing skills? Fixing your clothes is easier than you think. You can easily find tips online for how to incorporate more fixing into your life.

Planting confetti

This one came as a surprise to us: it turns out you can buy confetti that contains plant seeds. Instead of putting plastic or other waste into the environment, your party actually has a positive impact on nature.

Buy secondhand

Whether it's clothing, books, furniture or electronics: try buying secondhand and giving items a second life. You'll find stuff that no one else has, and when people ask where you got that beautiful item, you can inspire them to start embracing preloved stuff too.

Freeze your bread

Did you know bread is one of the most wasted food items? Freeze it so that it lasts way longer. Oh, and were you aware that you should not put bread in the fridge? It actually spoils quicker when you do.

Bring your own bag

This is such an obvious eco hack, but still, it's easy to find yourself without a bag just when you need one. Get into the habit of having a bag on you so you have it when you're buying groceries.

Shorter, cold showers

A few of our followers mentioned shorter showers to save water. But cold showers were also mentioned. An extra benefit is that, apparently, this is good for your mental health too!

Hang-dry clothes

This is good for our planet, your energy bill and your clothes, using less electricity and making your clothes last longer.

Grow with grounds

Coffee grounds contain nitrogen that can help boost plant growth. The trick is to compost them rather than putting them straight into a plant pot, or the plants won't be able to get the nitrogen. With this sustainability hack you'll have healthier plants and less garbage.

First in, first out

Grocery stores use this principle, so why not do the same in your fridge? When you put the groceries away, put your freshly bought items in the back, and the older ones in the front. That way, you don't forget about them and end up throwing them out when they're not good anymore.

Talk to your peers

Stay curious, and get in touch with other people who care about our planet. They might surprise you.

JOIN OUR COMMUNITY

Got eco hacks of your own? Head to our Instagram and share them!



A little about Imagine5
and why we do what we do

What’s Imagine5?

An environmental storytelling nonprofit on a mission to inspire a planet-friendly lifestyle.

What’s that all about?

We believe the climate and nature crisis is humanity’s biggest challenge. We know people are concerned about it, and willing to make changes. We believe there’s been enough doom and gloom, and it hasn’t got us where we need to be. We believe the solutions are out there, but to help them spread we need to spark changes in people’s behavior. So that’s what we’re doing.

How do you do it?

We tell stories designed to inspire action, change behavior and shift social norms. We blend climate and culture. We’re always hopeful, always constructive and always inclusive. This magazine collects the best of what we do, and we also publish at imagine5.com and on social media.

Is it working?

When we asked our community, 91% said they believe individual actions contribute to a sustainable future, and 90% say Imagine5 influenced this attitude positively. 85% say they intend to change their behavior over the next six months, and that Imagine5 influenced this intention. 76% say they adopted a more sustainable lifestyle in the past six months, and 75% say Imagine5 inspired this. That’s not bad. Find out more at imagine5.com/impact.

How can I be part of it?

Read the magazine and make sure to share it, check out imagine5.com, sign up for our newsletter and follow us on social media! If you love what we do, become a member and support our ongoing work. Find out more at imagine5.com/membership.



Inspiration
is worth sharing.
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READ SHARE LOVE

It's happening.

By sharing positive stories of the sustainable change that's underway right now, we can reimagine what's possible, together.

imagine5.com

