

# BioBeo Buzz Samhain 2024

## GIVING A VOICE TO YOUTH IN THE BIOECONOMY



Hello and Welcome to our November edition of BioBeo Buzz. We are absolutely buzzing to share this month's edition with you. It is packed to the rafters! This month we are focusing on our diets, nature and the connections between them! Hear from two sisters from Dublin who started their own business using spent coffee grounds and then read on for an exciting new project on sustainable diets in UCD. Once you are confident you are an expert, you can try our quiz. We have some gorgeous nature photography to share with you that we hope will inspire budding photographers. Make sure you check out a great art and nature activity written by a group of students in Maynooth University. It's all happening this month so dive in! Don't forget you can find out all about the BioBeo project and read our past newsletters [here](#).



### Bean Around by Sadhbh and Aisling Wood

We are Sadhbh and Aisling, two sisters from Dun Laoghaire. Like our products, we are quite literally 'full of beans.' We make exfoliating bars and products from 100% repurposed coffee grounds that we collect from local coffee shops. In Ireland more than 9,000 tonnes of coffee waste are produced each year! That is a lot of waste! By using coffee grounds for our products we reduce that number and that waste!



Our Dad began using coffee grounds to help him with his psoriasis (a condition that causes dry, scaly, itchy skin). After trying lots of different treatments, which never seemed to work, he did his own research and began using a handmade bar made from coffee grounds from our own kitchen. This really made a difference to his skin and for totally different reasons, to our skin too.

For years we had both been using exfoliating mitts to remove our fake tan. One evening Sadhbh was getting ready to go out and discovered it had been thrown out! In a panic she used Dad's exfoliating coffee bar. It worked and she loved it! It easily removed all of her old fake tan and was gentle on her skin, leaving it feeling so smooth.



However, the bar was messy and difficult to use so we developed our own bar with our distinctive funky shape, using the perfect amount of coffee grounds for both a deep and gentle exfoliating experience.

We love coffee, but we love our planet more! Coffee waste releases a lot of harmful greenhouse gases in landfill. Our mission is to make sure every coffee is given a 'double shot' at life. Hear more from Sadhbh and some insights into a career in the Bioeconomy in a recent webinar Sadhbh participated in with Green Schools here: ['Bean Around' with Sadhbh!](#)



### Breaking Toy Show News- BioBeo Buzz Exclusive!!

We are so excited to announce that BioBeo guitarist Liam Curran will be making an appearance on the Late Late Toy Show (Ireland's biggest TV event) next Friday, Dec 6th at 9.30 p.m. The details of his performance are top secret but you won't want to miss it! Be sure to tune in!



### Joke Spot

Q. If you could gather together all the food you've wasted over your life and put it on a scale to weigh it.....

A: It would probably smell terrible!!

Q. What do you get when you pour coffee onto a clock?

A. A waste of time and energy!!





# Nature's Mandala

*This article is available 'As Gaeilge' or in English below.*



Scríobh Megan, Áine agus Aoife an t-alt seo. Is scoláirí oideachais iad i Roinn Froebel, Ollscoil Mhá Nuad.  
This piece was written by Megan, Áine and Aoife, students of the Froebel Department in Maynooth University.

## Acmhainní:

- Duilleoga, bláthanna, clocha, síolta agus ábhair nádúrtha eile



## Céimeanna:

1. Bailigh duilleoga, bláthanna, clocha, síolta agus ábhair nádúrtha eile. Ná pioc aon duilleog nó aon bhláth ó na crainn/na plandaí. Bí cinnte go bhfuil siad tite cheana féin.
2. Socraigh na hábhair i bpatrún ciorclach chun mandala a dhéanamh.
3. Cuir do mandala ar taispeáint nó glac pictiúr den mandala.

## Cad a d'fhoghlaim muid ?

Tá meas againn ar an dúlra agus ba mhaith linn an bhitheagsúlacht a chaomhnú. Is siombail é an mandala ciorclach. Léiríonn an mandala ciorclach dúinn conas a ghluaiseann acmhainní trí éireachórais, m.sh. Bhí na duilleoga mar chuid de rud éigin beo, ansin titeann siad ar an talamh agus saibhríonn siad an ithir de réir mar a dhianscaoileann siad. Cuireann an bithgheilleagar béim ar acmhainní inbhuanaithe a úsáid chun ábhair eile a chruthú toisc go n-íoslaghdaíonn sé seo an tionchar ar an gcomhshaol.



## You will need:

- Leaves, flowers, seeds, stones and other natural materials

## Steps:

1. Collect biobased/natural materials from outside. Only collect fallen or living items to protect our environment.
2. Arrange the materials in a circular pattern to form a symmetrical mandala.
3. Put mandalas on display or take a picture. When they begin to naturally degrade, the entire mandala, can be planted into the ground as it will decompose naturally and enrich the soil.



## What did we learn?

We have learnt to respect life on land and preserve biodiversity.

Using fallen leaves and planting the materials after we use them illustrates the importance of reducing waste.

The circular mandala symbolises how resources move through ecosystems – e.g. The leaves were a part of something live, then they fall on the ground and enrich the soil as they decompose.

The bioeconomy puts an emphasis on using sustainable resources to create other materials because this minimises environmental impact.







# Nature Photography with BioBeo



I'm Anna and I'm the BioBeo Buzz Photographer for the BioBeo newsletter. My role as BioBeo photographer is to take pictures of nature. These photos were taken in Foyoges (Na Faicheoga) on the Arigna Miner's Way trail in Co. Sligo on the border with Co. Roscommon. The Miner's Way trail is Slí an Mhianadóra in the Irish language. People used the trail to walk to work in the Arigna coal mines before they closed. I used an app called PlantNet to help to identify the trees. Enjoy! Anna

This is a big natural pond in a neighbour's field where ducks can be seen on a regular basis. It goes dry sometimes in the summer

This is a ring fort where people lived in a roundhouse over 1,000 years ago. It is now overgrown with hazel trees. A roundhouse was made from hazel rods with straw on the roof. An example of a roundhouse can be found in the [comic 'Back to the Future with Beo and Raja' on the BioBeo website.](#)

This is a raspberry bush which is two years old. It is growing in our garden. Raspberry bushes grow best in full sun.



There are hardwood trees such as beech near an old stone house which is being renovated. Hardwood trees are deciduous trees. Their leaves fall off during the autumn and grow again in the spring.

There are a lot of hazel trees around the Miner's Way trail. They have a smooth grey brown bark which peels with age.

This is a picture of a Willow tree on the Miner's Way trail.



# UCD PLAN'EAT



## Bioeconomy Matters Podcast



You might have heard the word 'sustainability' before, but if you're not sure what it means, don't worry! Click [here](#) to see what BioBee has to say about it. One project all about sustainability is the [UCD PLAN'EAT](#) Living Lab; a research project that aims to better understand how everyday factors influence and affect people's food choices. The team is working hard to try to make eating a healthy and [sustainable diet](#) easier for everyone

A sustainable diet keeps us healthy with a reduced environmental impact, so that there will be enough healthy food to feed the world in the future. The food system uses a lot of water (about 70% of global use) and creates a lot of greenhouse gases (about one third of global emissions). Greenhouse gases are harmful to the environment, as they trap heat in the atmosphere resulting in global warming. We need to fix this! Here are some simple steps you can take to make your diet healthier and more sustainable:

### UCD PLAN'EAT's Sustainable Diet Tips

Eating sustainably doesn't have to be hard! You can start with **small changes**:

- Eat less meat and try more [legumes](#)
- Waste less food and dispose any unavoidable food waste in the compost bin
- Eat more fruits and vegetables that grow locally (even in your own garden)
- Choose fruits and vegetables that are [in season](#)
- Make simple food swaps such as those suggested by [Irish Heart](#)

We know that changing what we eat can be tricky! In UCD, the PLAN'EAT Living Lab team is working to understand what influences the food choices students are making on campus, so that we can develop solutions to help students eat in a more healthy and sustainable way. The UCD PLAN'EAT project is part of the larger European PLAN'EAT project aimed at transforming the European food system to one that protects the planet while ensuring healthy diets for all. Click [here](#) to learn more about the exciting work the PLAN'EAT team is doing, and click [here](#) to sign up and be part of this exciting project! You can also hear more about the project on this month's highlighted episode of Bioeconomy Matters. You can also keep up to date with all the work ongoing within the UCD PLAN'EAT project on [Instagram](#), [LinkedIn](#), [Tiktok](#) and [X](#).

[Bioeconomy Matters](#) - your daily dose of sustainability! Tune in this month to hear all about food and food systems in bioeconomy!

In [this episode](#), Dr. Aifric O'Sullivan, from the PLAN'EAT Project, discusses the importance of taking gradual steps towards a more sustainable diet, with her studies focusing on two aspects: diet transition and health impacts.

## Dictionary Corner

Last month we asked you what "The Circular Economy" was. We loved your email responses! Here is our definition:

**A model of production and consumption which involves sharing, leasing, reusing, repairing, refurbishing and recycling existing materials and products for as long as possible. Ideally, Circular economy aims to increase the life cycle of products. "Bean around" is an example of the circular economy.**

Now it's your turn! Do you know what "**Greenhouse Gases**" are? Come back for our definition in December!



## We want to hear from you!

Feeling inspired after seeing Anna's amazing nature photography? Let's see what you can do! Send us your nature pictures to [office@biobee.eu](mailto:office@biobee.eu). It can be a bird, a tree, a stream or anything in nature that speaks to you! Tell us a bit about where you took the photo and make sure you put "BioBee Buzz Newsletter" in your title.



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