

Claudia: Hi welcome. My name's Claudia Fellows and you're listening to Man-Made World. Today, we're talking _____. We look at the problem of _____ in the sea and the dangers of them _____ fish and therefore ending up in our own bodies. We're also interviewing the artist Michelle Reader who makes _____ of wildlife out of recycled materials. But first we talk to Martha Mills, who follows a _____. She and other members of her online community claim to throw away less than a shoebox of rubbish – for a whole family ... in a year. Martha, thanks for joining us.

Martha: Delighted to be here.

Claudia: So, Martha before you tell us just how you can throw away so little, just tell us more about the why. I mean, I think a lot of us take recycling far more seriously these days and recycling rates are going up in most countries. Isn't that enough?

Martha: Yeah, so I don't want to reject that completely. I mean, recycling rubbish is better than just throwing it away or taking it to the _____, but we would see recycling as requiring a lot of energy and resources.

Claudia: With all the transport, _____ the rubbish and then creating the new product?

Martha: Exactly, and what's interesting is that sometimes those new products are then not _____.

Claudia: Really? Such as?

Martha: So, like, um ... some plastic products such as plastic _____, which is used in 'green' construction. Claudia: Right. So what's the _____ to recycling?

Martha: Well, it's not buying things that need recycling or that are disposable, single-use products. So, basically, you _____, _____, _____ or rot. For example, I buy fewer clothes these days and when I do, I buy second-hand. I also buy things _____ – so, you know, if I have a hundred kilos of rice in a reusable sack, I don't need 50 plastic bags each _____ two kilos.

Claudia: I think for many people it might sound a bit austere – just too basic and, well, dull.

Martha: Not at all. I think for me and my family the process is fun. We have _____ interests and skills like cooking and more traditional entertainment.

Claudia: Yeah, and I think that's partly what _____, right?

Martha: Yeah, so when my son was one, we had a party and he was bought all these presents, all these toys – just plastic stuff – he was surrounded by it. But the only thing he was actually interested in was the paper they came wrapped in.

Claudia: I think we can all recognise that kind of situation.

Martha: Exactly, but I decided to do something with the paper. I used it to make noises, I made it into a ball, you know, played with it a lot. And I guess that started me thinking ... and then I saw this TED talk with Clare Johnson, who's like a really important zero waste person – and her _____. It was like a light switching on in my brain.

Claudia: I think Clare has come in for a bit of criticism, hasn't she? For example, taking fights and other 'ungreen' activities.

Martha: Yeah, I have to say, since I started blogging and tweeting I've been _____ quite a few times myself. You know, it's kind of quite a shock. I mean, I know there are other ways we can help the planet, but I just think, 'Come on! I'm doing a good thing here. I'm not the bad guy.'

Claudia: Do you think it has anything to do with you being a woman? And it is interesting how so many of the zero-waste bloggers are women. Why is that, do you think?

Martha: I guess it could, but I wouldn't say it's a woman's issue – obviously not. I think it maybe just rejects our role in society. Women still do the most housework, the shopping – they are kind of – how can I put it – like most immediately in touch with the issue.

Claudia: Interesting, but I'm afraid we'll have to leave it there. Martha, thank you and just to remind our listeners if you want to _____ anything you heard or find out more, you can contact us in the usual way. Details at the end of the programme.