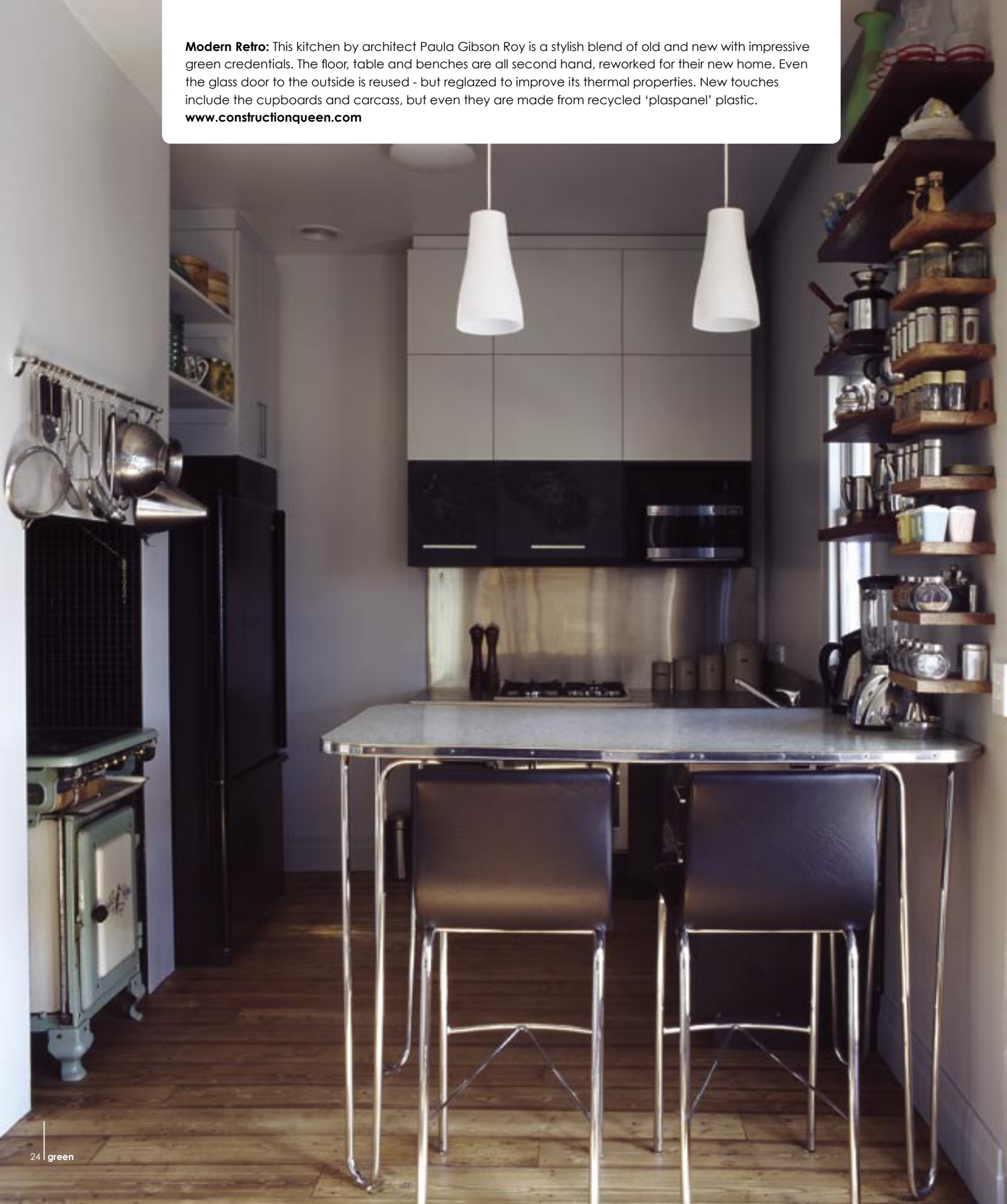
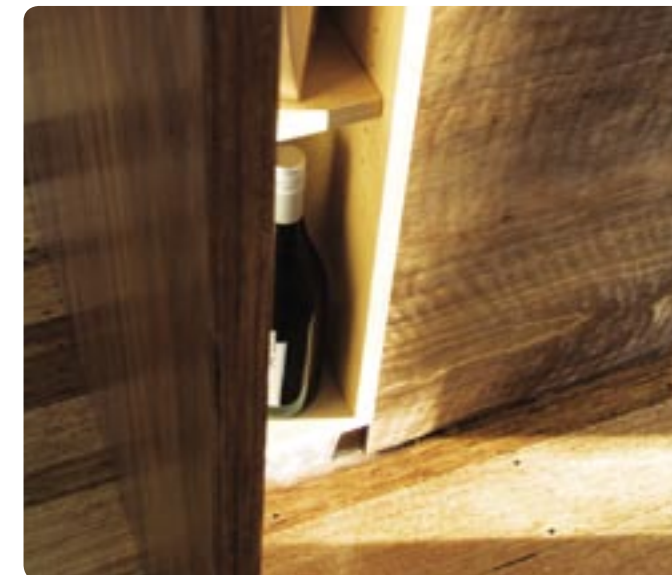


Modern Retro: This kitchen by architect Paula Gibson Roy is a stylish blend of old and new with impressive green credentials. The floor, table and benches are all second hand, reworked for their new home. Even the glass door to the outside is reused - but reglazed to improve its thermal properties. New touches include the cupboards and carcass, but even they are made from recycled 'plaspanel' plastic. www.constructionqueen.com



Perfect Ply: The splashback was the starting point for this eco-kitchen – it, along with the oven and the dishwasher, were left over from another job that Cantilever had done. Rather than throw them out, the kitchen came together around them. Plywood from sustainable sources makes up the carcass and benchtops with low-VOC laminates finishing the cupboard doors. Beautiful recycled hardwood timber floorboards complete the strategic use of wood. www.cantileverinteriors.com



Save Energy

The energy efficiency of your kitchen will depend a lot on the appliances you choose. Look for the energy rating stars to guide you as to how power-hungry your fridge and oven are. An efficient appliance might cost you more at the outset, but will recoup those costs within a short time. Check out www.energyrating.gov.au for more information. Here are some other energy-saving tips.

- Keep your fridge and oven separate, so that heat from the oven doesn't over-work your fridge.
- Keep your fridge well ventilated and your oven well insulated.
- Consider putting a grille under your fridge to draw in cool air from under the house.
- Choose gas over electricity, because gas has a lower greenhouse impact.
- Microwaves are an energy efficient way of cooking because although they use a lot of power, it is only for short bursts.

Kitchen Life

With the kitchen said to be the most renovated room in the house, its environmental impact can be high. Sara Phillips discovers the simple ways to make the heart of the home greener.

In the 1970s green kitchens were all the rage, the more luridly green the better. The lime green bench tops went well with the burnt orange curtains and mission brown cooktop.

These days, green kitchens are back in vogue, but you won't see any more lime green travesties. Green is more than a colour these days; it's a lifestyle choice. And ironically some of the greenest kitchens ignore chromatic fads and stick to a classic palette that's sure to withstand the test of time.

Druce Davey, from Brisbane outfit, Greener Kitchens, says he aims to design kitchens that will last longer than the usual 10 or 15 years: "If you can design a kitchen that has a colour palette that will last longer, you're not going to replace it in 15 years because you can't stand that burnt orange or lime green any more."

He says the key to a green kitchen is "future-proofing" – designing your kitchen to last so that you are not wasting materials by renovating your kitchen every few years. "We talk to clients in their forties and try to imagine what they will need when they're in their seventies," he says.

Jennifer Roberts, author of Good Green Kitchens, says the size of your kitchen is also important: "Obviously it takes more resources to build, furnish and maintain a large kitchen than a smaller one. Design your new kitchen so it's not overly large. Chances are it will be more efficient and enjoyable to work in too."

Davey agrees, "Every cupboard saved is a win for the environment," and so has a range of strategies to make the maximum use of space within the kitchens he designs for his clients, the foremost among them being a liberal use of drawers. "Once you use drawers, the storage capacity of a normal cupboard increases by at least 30 per cent. You can get a lot more into a cupboard with drawers in it than you can in a normal cupboard that has the middle shelf. I always think it's an absolute travesty to see the space above the things on

that middle shelf – it's just wasted."

Minimising the kitchen's size also saves on the cost of materials, with at least 50 per cent of the kitchen being the "carcass", or underlying framework, of the cupboards. Peter Daly, director of Cantilever Interiors, says that selection of the right materials for the carcass can have a big impact on the environment. "Designing with sustainable materials is the main thing we do, as much as we possibly can."

He recommends the use of plywood. "Plywood is a pine that comes from a managed forest and is a lot more sustainably harvested than a chipboard, which is pulped miscellaneous products and I don't think anyone knows where it comes from. So it could have been from old-growth forest."

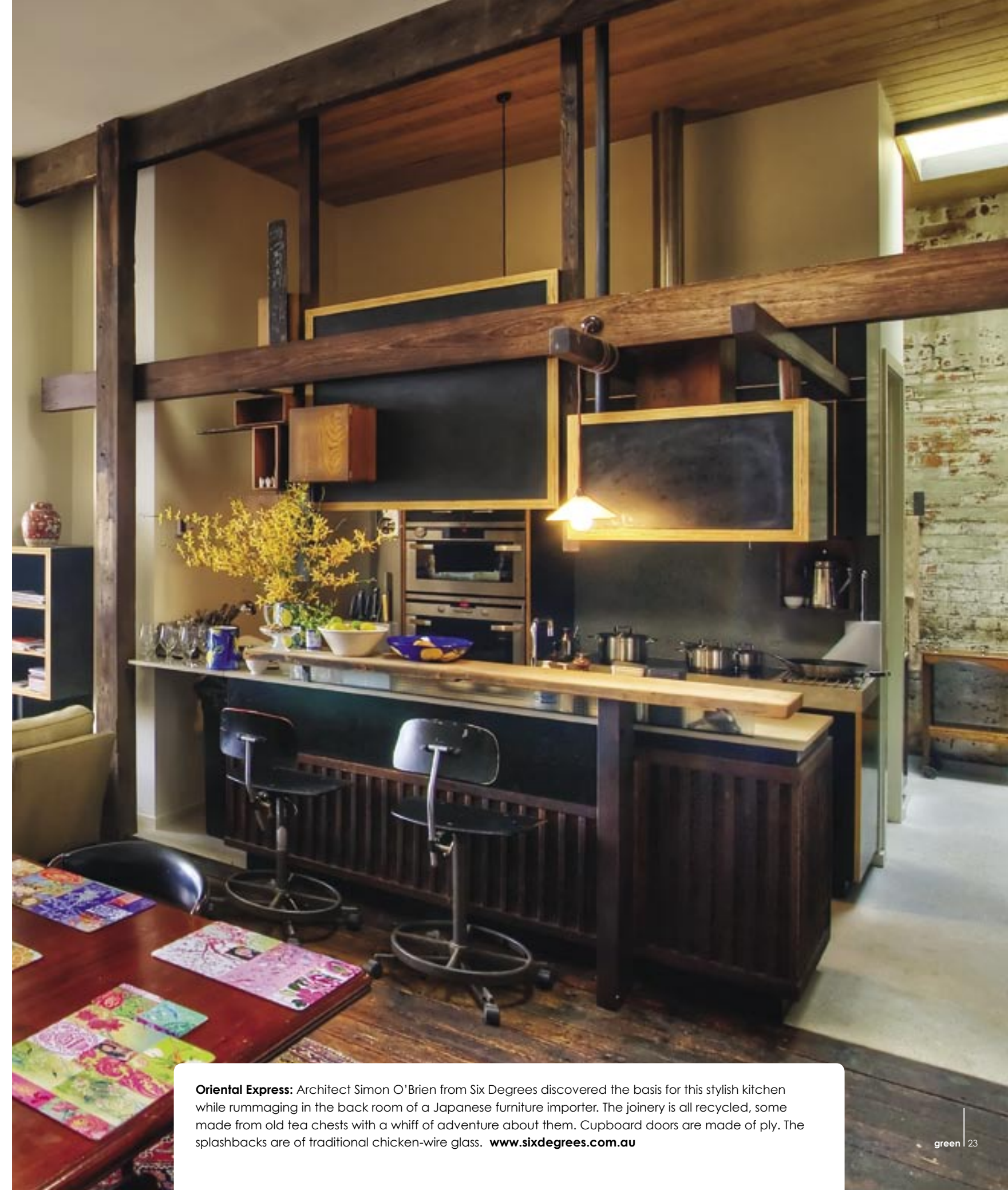
Plywood is more expensive than traditional materials, such as melamine, however. At the very least, Daly says renovators should seek out cabinetry with an "E0" rating. There are E0 versions of MDF, plywood, chipboard and laminates. None of them release volatile organic compounds (VOCs), which are gases that have been linked to cancer and respiratory problems.

When it comes to the cupboard doors and bench tops in a green kitchen take note of the E rating of the materials too. Low-VOC laminates, plys and particle boards are all possibilities for the visible parts of the kitchen. Davey has also recently discovered a board made with recycled cardboard at its core. He hopes that because it's light and sturdy it will be "the way of the future".

Roberts notes that keeping your kitchen carcass and simply updating the cupboard doors and bench tops is a great green way of renovating your kitchen.

Davey agrees: "Traditionally the kitchen industry has been really heavy on the environment. When you look into it, the materials that are used are very, very unhealthy to the people who are making them and the people who end up with them."

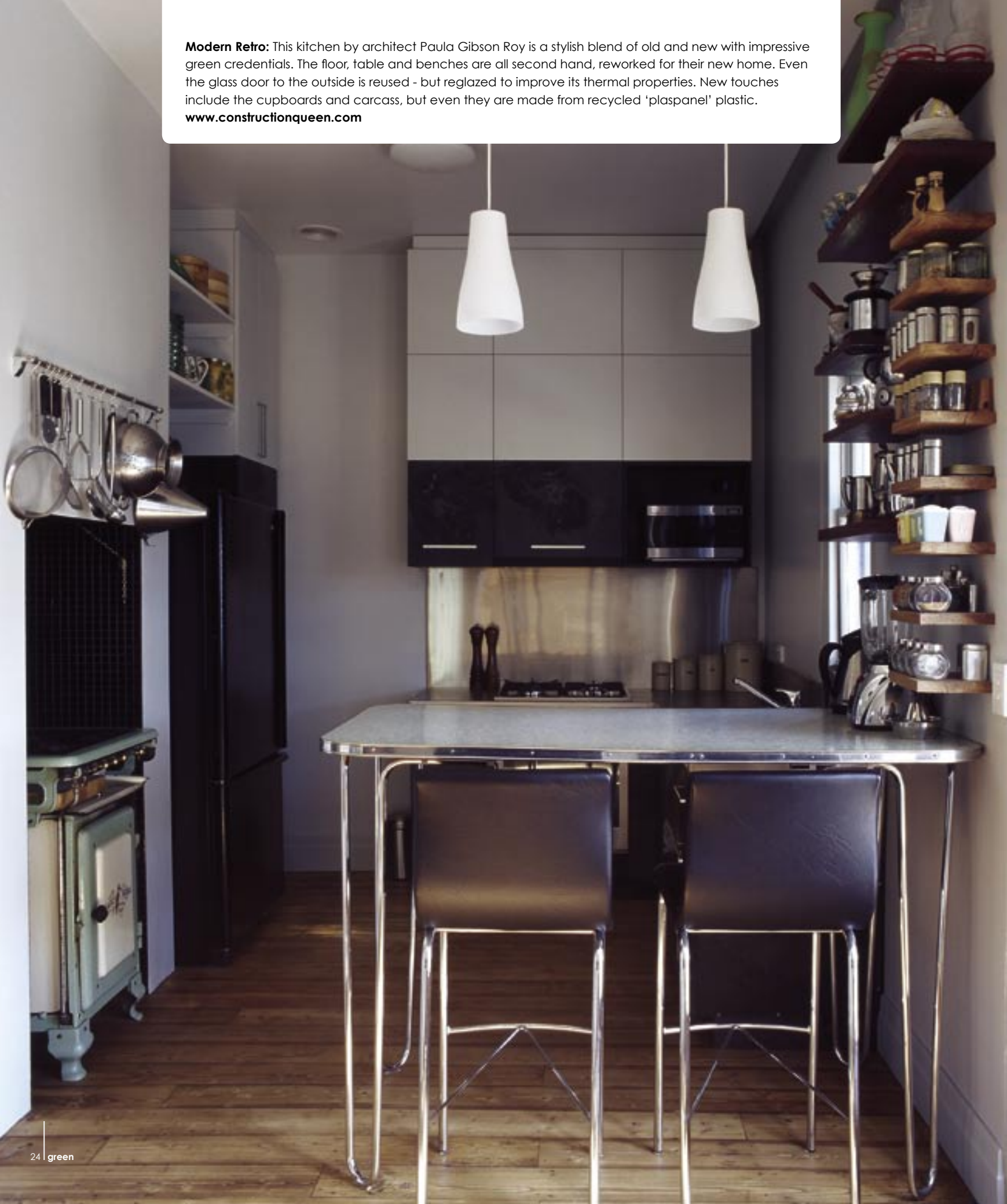
"The greenest kitchen is the one you already have." →



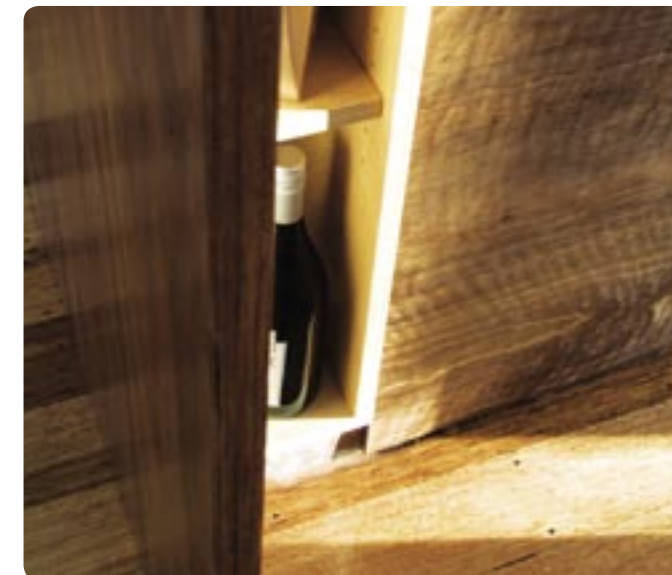
Oriental Express: Architect Simon O'Brien from Six Degrees discovered the basis for this stylish kitchen while rummaging in the back room of a Japanese furniture importer. The joinery is all recycled, some made from old tea chests with a whiff of adventure about them. Cupboard doors are made of ply. The splashbacks are of traditional chicken-wire glass. www.sixdegrees.com.au



Modern Retro: This kitchen by architect Paula Gibson Roy is a stylish blend of old and new with impressive green credentials. The floor, table and benches are all second hand, reworked for their new home. Even the glass door to the outside is reused - but reglazed to improve its thermal properties. New touches include the cupboards and carcass, but even they are made from recycled 'plaspanel' plastic. www.constructionqueen.com



Perfect Ply: The splashback was the starting point for this eco-kitchen – it, along with the oven and the dishwasher, were left over from another job that Cantilever had done. Rather than throw them out, the kitchen came together around them. Plywood from sustainable sources makes up the carcass and benchtops with low-VOC laminates finishing the cupboard doors. Beautiful recycled hardwood timber floorboards complete the strategic use of wood. www.cantileverinteriors.com



Save Energy

The energy efficiency of your kitchen will depend a lot on the appliances you choose. Look for the energy rating stars to guide you as to how power-hungry your fridge and oven are. An efficient appliance might cost you more at the outset, but will recoup those costs within a short time. Check out www.energyrating.gov.au for more information. Here are some other energy-saving tips.

- Keep your fridge and oven separate, so that heat from the oven doesn't over-work your fridge.
- Keep your fridge well ventilated and your oven well insulated.
- Consider putting a grille under your fridge to draw in cool air from under the house.
- Choose gas over electricity, because gas has a lower greenhouse impact.
- Microwaves are an energy efficient way of cooking because although they use a lot of power, it is only for short bursts.



Greener Alternatives

Try these materials for a lower-impact kitchen.

Benchtops:
 Recycled wood • www.urbansalvage.com.au
 Sustainably harvested wood • www.fscaustralia.org
 Low-VOC laminex • www.thelaminexgroup.com.au/greenfirst.asp
 Wood veneer • www.eltongroup.com/evener
 Stone conglomerate • www.quarella.com.au
 Recycled plastic • www.plaspanel.com.au
 Ply • www.bigrivertimbers.com.au

Cupboard doors:
 E0 ply • www.beclau.com
 Low-VOC laminex • www.thelaminexgroup.com.au/greenfirst.asp
 Wood veneer • www.eltongroup.com/evener
 Low-VOC MDF • www.thelaminexgroup.com.au/greenfirst.asp
 Low-VOC chipboard • www.gunnersens.com.au
 E0 colourboard • www.gunnersens.com.au
 Cardboard core • www.xanita.com/site/about/x-board-plus.html

Carcass:
 E0 ply • www.beclau.com
 E0 MRMDF particle board • www.gunnersens.com.au

Splashbacks:
 Glass
 Classically styled tiles
 Recycled plastic • www.plaspanel.com.au
 Polymer • www.akril.com.au

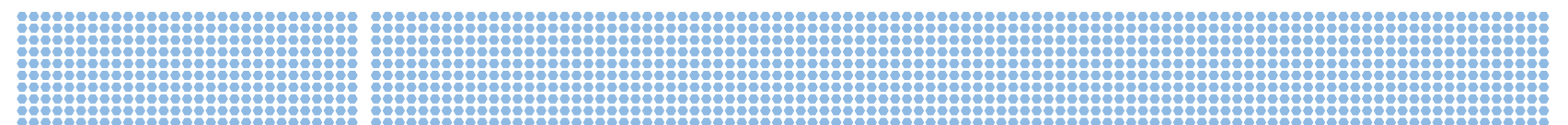
Floors:
 Cork • www.amorimcork.com
 Classically styled tiles
 Recycled wood • www.urbansalvage.com.au
 Sustainably harvested wood • www.fscaustralia.org
 Marmoleum • www.forbo-flooring.com.au
 Bamboo • www.styleplantation.com

Ideas:
 Greener Kitchens • www.greenerkitchens.com.au
 Cantilever • www.cantileverinteriors.com
 Good Green Kitchens • www.jenniferroberts.com

Second Chance Draw: Architect Peter Ho from Phooey took the theme of "reuse" to heart when he renovated his own kitchen. Not only has he made clever use of old coffee jars for his dry goods, many of the components of the new kitchen have come from the old. The oven was reused and even the dining table is a reworked version of the one Ho grew up with. www.phooey.com.au



Bowled Over: The bench in this bright and airy kitchen is sure to strike a blow for the environment; it is made from recycled 10-pin bowling lanes. Breathe Architecture sourced the unusual hard-wood from second-hand dealers, Urban Salvage. The paints used to finish the cupboard doors and walls were both from low-VOC finishes from Dulux and the appliances were selected with the assistance of Choice consumer group's rankings of energy efficiency. www.breathe.com.au



cantilever DESIGN + CONSTRUCT / ECO-FRIENDLY JOINERY / KITCHENS / BATHROOMS / BUILT IN STORAGE / FURNITURE

261 Albert Street Brunswick 3056 Victoria Australia T +61 3 9388 8303 F +61 3 9388 8505 E info@cantileverinteriors.com
www.cantileverinteriors.com Design and Construction: Cantilever