

Hempland Lane-Heworth Allotment Association



Autumn / Winter Newsletter 2024

Hot from the Hut!

Committee Members

Name		Plot
Julian Ayres	Committee Member (Hempland Haven Rep)	67A & 67B
Ellen Bradbury	Committee Member	9
David Brinklow	Site Secretary and Treasurer	14
Nigel Collinson	Secretary	66
Alison England	Committee Member	49
Gayle Enion-Farrington	Chair and Publicity Officer	34, 35
Moirra Grainger	Committee Member	93a
George Hughes	Committee Member	108
Vacancy	Committee Member (Hempland Haven Rep)	
Lisa Tindale	Committee Member	59b
Richard Murgatroyd	Committee Member	62
Lorraine Wood	Shop Manager	64
Dave Wood	Shop Manager	64
Mark Farrington	Website Administrator (not part of the committee)	35

Thankyou to all those who attended our Summer Fair on Sunday 7th July 2024. Sadly it was incredibly wet, but we managed to keep the BBQ going and our new shelters were well used!



Our Fun Autumn Show and BBQ on Sunday 29th September 2024

Scarecrow theme this year was WATER!

Winner of the water theme scarecrow was plot 43



Thankyou to all who attended our Autumn Show and BBQ. There were too many winners to mention, but well done to all who entered in the range of categories.

Best newcomer plot

First no 39a

Second no 92b

Third no 60b



Lisa Tindale's entries Plot 59b

Best plot

First no 44

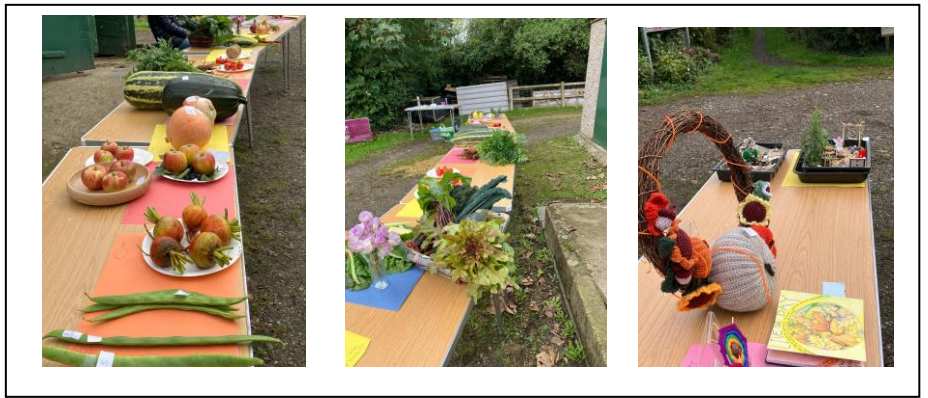
Second no 81

Third no 3

On the Haven, winner was plot 67a

Gayle Enion-Farrington

Plot 34



SHOP - The last day of the shop will be Sunday 20th October 2024, after that should you require any supplies please speak to one of the committee during the winter months. Dave and Lorraine will be taking a well earned rest until 2025 and we when re-open we will be looking to recruit more volunteers to help run the shop on Sunday mornings.

SUNDAY COFFEE MORNINGS IN THE HAVEN - The last official day this year will be 27th October 2024, after that it will be a 'Bring Your Own' style morning so you can continue to meet up, as our wonderful team will be taking a well earned break over the winter months.

Watering

Watering the soil at the base of plants (under their foliage), using a can, (without rose) will direct more water towards their roots. If you water in the middle of a sunny day, a lot of the water will evaporate before reaching your plants. If you can water early (before the ground gets hot) or late (after the sun has set) your plants' roots will have more chance to absorb the water.

Some plants (like seedlings and those in small pots) may require watering little but often, (daily) over the summer. It can be beneficial to water seedlings in pots in a water filled tray. Established plants need to be encouraged to search for water; frequent light watering encourages roots to stay near the surface but a good soaking once a week encourages them to grow down into the soil. Water soil lightly before, rather than after, sowing seeds to prevent soil slumping and capping as this can inhibit the growth of seedlings.

Some species (for example, peas and beans) have particular watering needs, and may benefit from periods of reduced watering. In most soils, root vegetables like carrots and parsnips do not need water once established.

Rainwater can be harvested from the roofs of sheds, greenhouses or polytunnels. Some sites ask plot owners to collect and use rainwater, if possible. Swales or shallow gullies can be used to direct rainwater to plants.

Water flowing down slopes can be trapped using terraces or French drains (gravel filled trenches). Consider how runoff from paths and other areas might be directed into soil. A popular (and cheap) option for water storage is the use of plastic barrels (200 litre). Normally you'll be able to use about 80% of collected water (as some will be lost in storage due to evaporation).

Please refrain from using hosepipes to water your allotment plot. A hosepipe is permitted to fill up a water butt only!

Green manure - In preparation for the next growing season, fast-growing plants can be sown to cover bare soil and grown over the winter months. These can be turned into the soil (before flowering) to increase the organic matter content of the soil, which in turn increases the water holding capacity. A dense carpet of green makes a perfect environment for slugs and snails, so control measures may be needed.

Drip irrigation (from a raised water container) can be tricky to setup but is very efficient at irrigating the soil above the roots. Linking the water container to the pipework via a battery powered valve allows the plants to be automatically watered before sunrise. This minimises evaporation.

Applying a thick layer of mulch will help to retain moisture by providing protection against sunshine and drying winds. If you have a lot of annual weeds or want to implement 'no-dig', it may be beneficial to put down overlapping sheets of wet cardboard before mulch. Generating enough mulch to cover a whole plot is difficult. It is easier to start with a few raised beds and extend over time. For example, four beds, 1.2m by 1.8m (total area 8.6m²), requires 12 x 70 litre bags of mulch to get a 10cm layer (840 litres of mulch). Established beds require less new mulch year on year, down to 2.5cm per annum.

No-dig needs to be kept in an area that you do not walk on, so space around the bed is required for paths. The paths need to be wide enough to allow space for kneeling while weeding or moving wheelbarrows. It is important to make sure that beds are not too wide or it will be difficult to reach the centre for harvesting. Try intercropping to create shade and reduce evaporation. If you have a greenhouse, applying shading to the glass will reduce evaporation. It may be possible (subject to your allotment rules) to use trees or bushes to create shade. Weeds compete for moisture in the ground so hoe regularly or cover soil with weed suppressing geo-textile. **National No Dig Day is Sunday 3rd November 2024**, what will you be doing?, see Charles Dowding for full information. (National Allotment Society, 2024)

Over the finish line - hurrah, it's autumn!

At last, the growth is dying down and the vegetables don't need constant attention. There's enough rain to satisfy the thirstiest plant, or indeed to thrill an army of ducks. Finally, the frantic race against time has slowed down and I can sit and have a coffee on my plot without immediately jumping up again to attend to something I've just spotted that needs emergency care. The only rush now is to finish harvesting before the frosts get going - assuming the slugs have left anything to harvest - and to tidy up before it gets seriously unpleasant to be outside.



I admit to a feeling of relief. There is no point in worrying anymore. Crops have either failed or succeeded (hopefully more of the latter) and we can see the outcome of all our hopes and hard work over the spring and summer. It is time to take stock, review our successes and failures, and to start the cycle all over again by beginning to plan for next year.

It seems strange in a way to be thinking about next year while this year is still winding down, and I am winding down with it, but the autumn sown onions and garlic are in the shops. They need to be bought and planted in beds that I have only just emptied of squashes and beans. King's catalogue has appeared, and as usual I get madly tempted by all the lovely pictures and must remind myself of what I think is the first principle of having an allotment - only grow things that you like to eat. I find it is surprisingly easy to forget this. I get carried away by the technicalities of growing a particular crop,

or seduced by the fact that something can be sown very early in the year, when the relief of autumn has long ago been succeeded by the frustration of winter. For the latter reason I grow more broad beans than are at all necessary, then spend the rest of the year guiltily by-passing bags of them in the freezer on the way to the frozen peas.

The allotment shop can benefit from this foolishness of course, and it is a nice feeling to be able to pass on surplus produce to family and friends, but it is even better to grow things that we genuinely like and can use. Nature takes a hand here: last year I had very few tomatoes, due to blight. This year, the same number of plants have resulted in my house being festooned with punnets and punnets of tomatoes in varying stages of ripeness. Even my enthusiasm for the novelty of coping with a glut is starting to fade in the face of endlessly skinning them for pasta sauce and tomato soup.

It's a great time of year to stroll around the site and to get inspiration for next year from other people's achievements. I've been casting envious and admiring looks at other people's black tomatoes, and the endless and beautiful varieties of squash. I'm always on the lookout for new or better flowers to grow too. Some plots have the most glorious dahlias, putting mine to shame and spurring me (and hopefully my plants) on to better efforts next year.

But for now, I will enjoy reflecting on all the things that have gone well, and not so well, and most importantly on what fun it has been, and the sheer pleasure we get from being outside, and growing things.

Alison England plot 49A

My Adventure in Foraging

On a bright morning in early October a group of strangers met up in a farmyard in Northallerton, all set to go off foraging. Our leader was James Hill, also known as The Forager Within, a man who lives and breathes this fascinating world - a way of fostering a deeper connection with nature while looking for food in the wild. We were scheduled for a 2.5 hour long course and there was a choice of four different locations in Yorkshire.

As to the season of the year, autumn is a fine time to look for mushrooms and berries and that was my obvious choice when booking the course. There were 13 of us altogether, setting off to walk in the grounds of James's family farm on a day that was bathed in rich sunlight - autumn at its best.



There was much to see - around 15 species of fungi growing in the grassy fields and woodlands. It turns out that there's a synergy between certain trees and certain mushrooms so that the same fungi always favour the same dead or dying trees. For example, the bracket fungus Birch Polypore which looks like a great grey bell is only found growing on silver birches.

And the more you look, the more you start seeing mushrooms everywhere but as everyone knows although some mushrooms

are safe to eat there are also many that should be avoided at all costs like the mushroom out of fairy-tales, the red but highly toxic Fly Agaric. Still with a little knowledge and experience and being in the right place at the right time, mushrooming can be a very rewarding experience.

There were also plenty of fascinating plants and trees as we went round. The Beech, the Hawthorne, the Elder, Hazel and Field Rose, of rosehip fame, and not to forget the Blackthorne and the brambles that climb over everything.

The colours and sounds of autumn were all around and somewhere not too far away the call of a pheasant rang out again and again.

No country walk is complete without a picnic of some kind and James did us all proud, passing around bread with homemade jam and dried apple rings. It felt like our own harvest festival out there in the countryside, all taken straight from nature's larder.

The urge to forage runs deep and once you get your eye in for looking for things, it not only feels very natural but can turn up the most surprising foods.

If you fancy an eye-opening and informative trip around the countryside looking at the natural world with a different eye then I'd highly recommend one of James's foraging courses. It's something fun and rewarding and, as it turns out, made a great unexpected birthday present for me from my son!

Lisa Tindale plot 59b

BERRY GOOD FOR YOU AND BERRY NICE

Healing Berries by Kirsten Hartvig. kirstenhartvig.com

In this fascinating book Kirstin Hartvig writes with great enthusiasm about 50 wonderful berries, and how to use them in health-giving foods and drinks. An acclaimed nutritionalist and medical herbalist she has used food as medicine as a central part of her practice as a naturopath for over twenty years. She suggests that of all the foods that enhance wellbeing, berries are perhaps the most extraordinary and versatile.



Berries are some of the healthiest foods on the planet.

Every month, new research is published describing the health-giving properties of a well-known or recently discovered berry, and there is extensive literature to support the medicinal importance of a wide selection of species.

The more that berries are studied, the clearer it becomes that they are the natural powerhouses of the plant kingdom, containing nearly all of the amino acids, vitamins, minerals and trace elements necessary for good health.

Many foods are tasty, many are good for us, but few can match the simple berry when it comes to promoting health in gentle, delicious ways.

There is much to explore in this book, but I have just summarised some key facts about some of the more common berries which you may well already have on your allotment or which can easily be found around the allotment site.

Five of these berries * are said to stand out as Super Berries.

1. BLACKBERRY *

According to British folklore, blackberries should not be picked after Old Michelmas Day, 10th October, as it was thought the devil would spoil them after this date. This warning is perhaps based on the fact that in wetter, cooler weather the berries become infected by moulds, making them potentially toxic.

Blackberries are a very good source of Vitamin E, vitamin C, folate, vitamin K, manganese and copper. They have a high content of antioxidants, especially anthocyanins, and also contain tannins, salicylic acid, ellagic acid, pectin and rutin. The seeds are rich in omega-3 oils that are released when they are chewed.

The high level of vitamin C makes the blackberry a strong immune booster, helping to reduce the risk of colds and infection, as well as some cancers. Blackberries also rank among the best of antioxidant foods, and recent research has shown blackberry anthocyanins to be effective in inhibiting the growth of colon cancer cells, and at protecting blood vessels against oxidative damage from free radicals.

The cyanidin pigment in blackberries contains anthocyanin and, together with salicylic acid, this has an anti-inflammatory effect, which can be useful in combating a wide range of diseases, including cancer, arthritis, diabetes and possibly, Alzheimer's. The ellagic acid content may be helpful in destroying cancer cells and in particular, in reducing the effects of oestrogen metabolism in developing breast cancer cells. The fibre in blackberries is both soluble and insoluble, and this can help to maintain a healthy digestive system and lower blood cholesterol levels.

2. BLACKCURRANT *

Europeans have been growing blackcurrants for food and medicine for 500 years. Early English settlers introduced blackcurrants into North America, where they quickly became popular both as a food and a medicine. Apparently bears also like eating blackcurrants!

Blackcurrants are a rich source of vitamin C and also contain significant amounts of vitamins E, B5 and B6, calcium, iron, potassium, copper and manganese. They also contain tannins and anthocyanin pigment. The very high vitamin C content makes blackberries good at helping the immune system deal with common illnesses such as sore throats, and coughs quickly. They can help protect against cardiovascular problems, cancer and a wide range of infections, and their potassium content makes them useful diuretics, which can be helpful in the management of high blood pressure and diabetes. Blackcurrant seeds contain vitamin E, GLA (gamma linolenic acid) and omega oils, which help to improve the effectiveness of the immune system and are also used for treating hormonal problems. These powerful antioxidant berries can also be used to reduce inflammation and support the management of arthritis, gout and liver problems, as well as aid the management of capillary fragility, high blood pressure, kidney stones and colic.

3. BLUEBERRY *

Blueberries contain vitamins A, C, E, K, B1, B2, B3, B6, folate, potassium, manganese, copper, antioxidants, mucilage and tannins. The blueberry deserves its reputation as the antioxidant super berry because its high levels of powerful antioxidants and tannins help to protect body cells by neutralizing free radicals in the bloodstream, thus reducing the risk of cancer and degenerative diseases.

Recent research into more than twenty different fruit and berries showed that blueberries were found to have the highest antioxidant capacity and were found to be capable of inhibiting cancer cell development, dampening inflammation and reducing the likelihood of catching viral and other infections. Eating blueberries on a regular basis has been shown to improve memory and learning ability and can lessen symptoms of depression. Blueberries can also offer cardiovascular benefits as they can lower the level of blood cholesterol, and so may help to prevent heart disease and high blood pressure. Their toning effect on blood vessels is also useful in the management of varicose veins and haemorrhoids.

The tonic and antibacterial properties of blueberries are most marked in dried berries. Like cranberries, blueberries also contain a mucilage that protects the lining of the urinary tract and prevents bacteria from attaching themselves to the bladder wall, so blueberries can be beneficial in the management of cystitis and other urinary tract infections. The anthocyanin content of blueberries may also improve night vision and eyesight as well as ease tired eyes.

4. DAMSON

The name damson comes from its original Latin name *Prunum damascenum* which translates as 'plum of Damascus', where it is believed the fruit was first cultivated. Traditionally damsons were used as a remedy for constipation. They are low in calories and high in fibre, vitamins A, C, K and B6, potassium. Vitamin C encourages efficient absorption of iron from the diet and together with vitamin A, helps protect against age-related macular degeneration., the primary cause of loss of vision in older adults. Vitamins C, and K also act to boost the immune system, protect against infection, lower blood pressure and reduce blood fat and cholesterol levels.

As well as vitamins and minerals, damsons contain carotenoids, pectin, chlorogenic, malic and tartaric acids, flavonoids, including anthocyanins and other antioxidants. Recent understanding of the importance of antioxidants in the diet has revealed many of the health benefits that are gained from these small natural food supplements. The antioxidants in damsons have a high ORAC value (oxygen radical absorption capacity), which can help the body deal with the free radicals that are associated with the degenerative changes that come with ageing.

5. ELDERBERRY *

In the past elderberry juice was used to treat arthritis and syphilis and as a laxative and hair dye. Known to Native Americans as 'The Tree of Music' the elder was often used to make whistles and flutes because of its straight, woody, pith-centred branches.

Elderberries are rich in vitamin C, Vitamin A and iron and also contain vitamins B1, B2, B3, B4, B5, and B6, folate, biotin, potassium and calcium, together with flavonoids, anthocyanins, rutin, quercetin, viburnic acid, tannins and glycosides. The berries contain potent, antiviral phytochemicals, which can relieve the symptoms of colds and influenza, they are also thought to be effective against herpes and other immune deficiency disorders. Recent studies suggest that the flavonoids in elderberries maybe be more effective than Tamiflu in treating the symptoms of flu viruses.

6. GOOSEBERRY

Gooseberries are an ancient species first mentioned in English records in 1276. By the mid 1700s the gooseberry had become so popular that gooseberry clubs were formed with members competing to produce the biggest and best specimens, some as large as kiwi fruit. Gooseberries are low in calories, high in fibre and very high in vitamin C. They also contain vitamin A and B-complex vitamins and a number of minerals important for health, especially, potassium, copper and manganese.

With their high vitamin C content and plenty of phenolic acids and anthocyanins, gooseberries are powerful antioxidants that support the immune defence system against infectious diseases and have anti-inflammatory properties. They are good for the heart, circulation and nervous system, and may also help the immune system deal with mutant and cancerous cell development.

7. RASPBERRY

The berries and leaves of the raspberry cane have long been used as food and medicine. Raspberries are high in protein, sugars and fibre, and are also rich in vitamins A, C, B1, B2, B3 and K, and minerals iron, calcium, potassium, manganese and copper. They are also rich in citric acid, malic acid, pectin, ellagic tannins, catechins, kaempferol and salicylic acid.

This combination of phytochemicals, vitamin and minerals help the body to counter inflammation, develop resistance against infection, metabolize carbohydrates, protein and fats, control heart rate and blood pressure, and keep on producing healthy red blood cells. Like most other berries, raspberries have a low glycaemic index due to their xylitol content. Xylitol is a low-calorie sugar that is absorbed slowly and so may be helpful in the management of diabetes. Raspberry vinegar is a tried and tested remedy against fevers, sore throats and chest complaints and today we know that raspberries contain important polyphenols, anthocyanins ellagic acid that have significant anti-inflammatory, antibacterial and antioxidant effects.

They can also help to decrease the rate of cancer cell proliferation and may play a role in slowing the processes of age-related disease. Oil extracts from raspberry seeds can be used for skin healing and as moisturizers because of their Vitamin E and omega fatty acid content.

8. RED CURRANT

Redcurrants are fat-free, low calorie high fibre berries that are rich in vitamins C and K and contain good amounts of iron, potassium, copper and manganese, and antioxidant anthocyanins. They contain four times more vitamin C than oranges, which explains their tart taste. The vitamin C facilitates iron absorption and is a vital antioxidant that can help the immune system fight disease and heal damaged tissues.

9. ROSEHIP

There are over 100 different wild rose species and wild rose hips have been valued as a source of nutrition and medicine for centuries. The name 'dog rose' is thought to refer to the use of the plant in past centuries to treat bites from rabid dogs. Wild rose hips also have a long tradition of being taken to relieve respiratory and digestive conditions. Rose hip juice is claimed to have 20 times more vitamin C than orange juice and is highly regarded as a tonic. As well as Vitamin C, rose hips contain carotenoids, tannins, and vitamins A, B1 and B2.

Rose hips are thought to help improve immunity to infections, boost energy levels, maintain the health of mucous membranes, enhance wound healing and help prevent cardiovascular disease and the

development of cancer cells. Recent studies show that rose hips may also be useful in the treatment of osteoarthritis, helping to relieve pain from sore and inflamed joints. Taking rose hips regularly has been shown to lower systolic blood pressure and regulate blood sugar and cholesterol levels, which could significantly reduce cardiovascular risk in obese people and those suffering from diabetes. **WARNING:** - The hairs around the seeds in rose hips can cause irritation and should not be eaten. Remove the seeds and rinse the hips well before eating raw. Use whole hips in tisanes

10. ROWAN

Once considered a magical tree, the rowan was said to bring healing, power and success. Rowan berries are rich in fibre, iron and vitamin C and contain good amounts of fructose, vitamins A, K, and B3, folate, potassium, calcium, magnesium, carotenoids, tannins and parascorbic acid. Parascorbic acid is strongest in fresh berries and can cause local irritation and diarrhoea, but but it becomes less powerful during drying and is fully destroyed by cooking.

In traditional medicine, rowan berries have been used to treat constipation, gout, kidney disease, arthritis and diabetes. As the berries are astringent and antibiotic, small amounts of rowan juice can be beneficial as a gargle to treat sore throats, hoarseness and tonsillitis.

11. STRAWBERRY *

"Doubtless God could have made a better berry, but doubtless God never did", wrote Dr William Butler more than four centuries ago. Most people would still agree with him.

In ancient Rome strawberries were seen as a cure-all and were used against everything, from fevers and fainting to inflammation and diseases of the blood, spleen and liver.

Strawberries are rich in vitamin C, folate, vitamins B1, B2, B3, B5 and B6, biotin, potassium, magnesium, iron, copper, manganese and iodine. They also contain ellagic acid, flavonoids and carotenoids, lutein and zeaxanthin.

There has been a great deal of research into how and why strawberries are not just tasty, but also so nutritious. Research evidence supports theories that suggest strawberries are able to strengthen the body's inherent healing capacity, and that they can lower the risk of some of the most common killers of our time, including cardiovascular disease and cancer. Their cholesterol lowering effect has been proven beyond doubt and research has also shown a positive effect on skin disorders, gastrointestinal problems and chronic inflammation. The impressively high vitamin C, ellagic acid and flavonoid content of strawberries makes them powerful antioxidants and immune boosters. They are also helpful in the prevention of cataracts. Ellagic acid had been shown to suppress the growth of cancer cells and together with the other antioxidants in strawberries, neutralizes the negative effect of free radicals. Strawberries have also been found to contain chemicals that protect against exposure to the sun.

WARNING: Some people are allergic to strawberries and may experience hayfever-like symptoms when eating them and some people with arthritis may find strawberries hard to digest and that they can aggravate their symptoms.

12. WHITE CURRANT

The whitecurrant is an albino form of the redcurrant. Sweeter and less acidic than redcurrants with a unique mild flavour, whitecurrants prefer a sheltered habitat, and the sweetness of their flavour depends on plenty of sun exposure. Whitecurrants have a high vitamin C content and are a good

source of vitamins B1, B2 and B6 and minerals iron, magnesium and phosphorus. They also contain bioflavonoids (primarily in the skin and the seeds) and are rich in dietary fibre.

Anne-Marie Knowles plot 16

Our next Association Annual General Meeting

We are pleased to announce that the next AGM is booked for Monday 24th February 2025, 7.30pm start. We hope you can be there. Everybody is welcome and we try and make the evening as enjoyable and informal as possible. If you have any items you would like to be discussed on the evening please let Gayle (Chair) or Nigel (Secretary) know and it can be added to the agenda. If you need any special arrangements to make the meeting more accessible, please do let me know.



Further to the trial last year we will continue with our Cheese & Biscuits, snacks and nibbles offering, (provided by the committee), as many eat before our AGM. Our usual cash bar and hot drinks will be available from the Club Bar. Arrive from 7.30pm, renew your association membership and enjoy some refreshments. Meeting will commence at 8pm. Agenda items to Nigel plot 66 or nigelthegardener@hotmail.com by 31st January 2025.

If you would like to be really well organised you can pay your 2025 Hempland Lane Allotment Association membership fee now! Nigel our membership secretary is ready to take payment. The fee is £5 per person and the membership will run through until the 28th of February 2026.

Technology



Allotment database and MailChimp system. Should you wish to get a message to all allotmentees via this system, please email gayle.farrington@btinternet.com and it can be sent to everyone on the database. Please also email Gayle if you are not receiving allotment email notices, so that we can get you on our database or double check the spelling of your email address.

Gates



Could all allotment holders please make sure that the chain and padlock are securely fastened when the entrance and exit gates are opened. Please lock yourself back into the allotment site to prevent visitors to the site driving in and getting locked in. **Please** lock the gate when you leave the site. Thankyou for your co-operation.



Thankyou for all your support this year and we wish you a merry Christmas from all on Hempland Lane Allotment Association Committee.

If you would like to write something for the next newsletter, please email it to gayle.farrington@btinternet.com