

Hempland Lane-Heworth Allotment Association



Autumn Newsletter 2016



Hot from the Hut!

Committee Members

Name		Plot
Ellen Bradbury	Committee Member	9
David Brinklow	Site Secretary and Treasurer	14
Nigel Collinson	Secretary	66
Gayle Enion-Farrington	Chair and Publicity Officer	34,35
Lisa Tindale	Committee Member	59b
Lorraine Wood	Shop Manager	64
Dave Wood	Shop Manager	64
Julian Ayres	Committee Member	43b
Ann-Marie Knowles	Committee Member	16
Available !	Easy Access Plots Rep	?
Jean Pulleyn	Committee Member	81
Mark Farrington	Website Administrator (not part of the committee)	35

Would you like to represent the Easy Access Plots? If so please speak to a committee member

Summer Fete 2016 was held on 10th July 2016 and was a great success

Photographs of the scarecrow competition are on our website



**ALLOTMENT SHOP - Is every Sunday 10am-12noon until mid - late October 2016.
Hot Drinks are also on sale**

Lock that gate!

Please make sure that, if there are no vehicles in the car park when you leave the site, you lock the gate. This makes it so much more difficult for thieves who might drive onto the car park and it also reduces the likelihood of fly-tipping which has been on the increase recently.

Association Membership Benefits

If you are a plot holder, then please consider joining in the fun and become a member of the allotment association. It only costs £5 per year and this entitles you to a 10% discount on all garden related items at both Vertigrow and Deans Garden Centre. Renewals were due in January 2016 but you can still join now at the Shop on a Sunday 10am - 12noon. **UNTIL 31st DECEMBER 2016 IT IS REDUCED TO £3!!!!**

If you would to make use of our composting toilet whilst on your plot, please purchase a key from the shop for only £3. Keys for the perimeter gates are also available from the shop. Please do not get a key cut from someone else as they are the property of the council and we must track who has a copy. All you need to give is £5 for refundable deposit to the shop.

In September, we had a delivery of manure & also two loads of fresh chippings. Please note these are provided for Hempland Association Members, if you are not a member you can join at the shop on a Sunday morning or see Nigel on Plot66. As stated above the cost is only £5 per year or if you want to join now up till 31/12/16 it is only £3. As we are now paying for delivery of the manure, all "donations" towards the cost will be gratefully received in the shop. Many thanks to all those who have already made a "donation" this year it is much appreciated.

Watch out for information when the Kings Seed Catalogue becomes available. Nigel Plot66 will once again be coordinating our order for 2016. We actually put two orders in, one for plot holders & Associate Members & one for the shop. If anybody has any suggestions for seeds you would like us to stock for 2017 please let Nigel know. To be confirmed but our deadline for orders is usually around 10th November. We will email members to keep them informed.

Dates for your Diary

AGM on Monday 23rd January 2017 at 7.30pm - Heworth Golf Club, commencing with a buffet that can be nibbled throughout the meeting.

A chance to renew your membership card (discount at Deans and Vertigrow). An opportunity to sponsor a sleeper! and meet fellow allotmenters.

Hate to say it but Winter is approaching and our water will start to freeze on the allotment. Please ensure that you have stored away any tools and hose pipes that you do not wish to be affected by the weather.



Technology



Allotment database and MailChimp system. Should you wish to get a message to all allotmenters 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.



One Landfill skip will be delivered soon - in October. Please fill it sensibly, with only non-compostable items. To prevent non-allotment users filling up the skips, we will email you the dates, rather than advertising it on the notice board.

According to "Grow Your Own" recent figures suggest that in the UK there are approximately 330,000 plots available to rent. Indications suggest that this leaves a current shortfall of at least 90,000 plots.

This being the case all of us who are lucky enough to have either a half or full plot on the Hempland Lane Site should be very thankful. So if you think it's a bit cold, or too hot, or too windy, still make that effort to get down to your plot. Get stuck in, get your hands dirty & get as much value for money from your treasured piece of land that you can. Remember a plot is there for you January to December & not just April to October!

Amazing Survey ... "Gardena" carried out a recent survey that concluded us Britons waste £672 million per annum on their gardens!!! This was mainly due to lack of horticultural knowledge & 65% cite the death of plants as a major problem. Although we have all lost plants occasionally we would hope that the canny plotters at Hempland contribute very little to this amazing waste.

Did you know:-

Pinching out the tops of Broad Beans plants helps to avoid infections of black aphids by depriving them of a landing place. And remember eat the tops for an early taste of Broad Bean flavour.

On Broad Beans *Aquadulce Claudia* are generally accepted as the best autumn sown variety for overwintering, so get some sown in October.

The following are all members of the Brassica family ... *Chinese Cabbage, Pak Choi, Rocket, Land Cress, Sprouts, Kale & Mizuna.*

When you sow lettuce in warm weather it can be difficult to germinate. Soak your seed drill before sowing and cover the seed lightly with good quality compost rather than earth, this can make a big difference.

There are more organisms in just one teaspoon of soil than there are people on earth. Soils hold more carbon than our atmosphere and vegetation combined. Amazing stuff our soil so make sure you use it to its full potential.

Book review from Nigel Plot 66

Charles Dowding - Veg Journal

Many of you who know me will be aware I am now trying to work my plot using the "no dig" method. This is my third year of using this system and I have now managed to convert two thirds of my plot. Charles Dowding is recognised as the UK's leading "expert" in this field. He has been gaining expertise now for 30 years in various locations. He is a regular contributor to the Kitchen Garden magazine and has published several books of which this is one.

The book is split into month by month sections and whether you are a "no dig" advocate or not it is interesting & easy reading.

It also covers jobs for the month & what I found most interesting was what to sow now both inside & out monthly. Obviously Charles extols the virtues of "no dig" but the sowing principles are very useful whichever method you use. To get the most out of your space available (something I think you will all admit we are "a bit guilty of not fully utilising") he tries to get two crops from the same space each year.

To do this with "no dig", you feed the soil each year with top dressings of well rotted manure or compost preferably homemade. When an early crop is harvested the trick/principal is to have new plants or seed ready to sow or plant immediately. In the case of plants it may mean module sowing three or four weeks in advance of requiring the plants. Keeping notes of advance sowing dates could be a lot of help here, certainly for myself! A good example could be when you lift early beetroot have a batch of dwarf beans ready to plant out, this could save you up to four weeks growing time in the season. Another excellent tip is the constant use of fleece when making early plantings & sowings, this just gives that extra protection in aiding establishment in inclement weather conditions. The book also covers how to grow certain crops such as *Chicory, Oriental Leaves, Cabbages & Winter Purslane*.

Obviously some of you will have heard some of the advice before but within every book there will be "nuggets" of advice you will not have come across, give it a read. If anybody would like to "borrow" my copy please do not hesitate to contact me on 07917844235 or see me on Plot 66 near the shop.

Helmsley Walled Garden

If you would like a nice stroll around a walled garden & you have never been to it try Helmsley Walled Garden for full information visit their website

www.helmsleywalledgarden.org.uk They have some raised beds that are "let" so see what vegetables others are growing!

Rhubarb you either love it or hate it, not much middle ground & most allotments will have a crown or two lurking somewhere in the corner. I have just planted three new crowns of Rhubarb "Poulton Pride", allegedly the first Rhubarb that can be harvested late in the season

from September to November. This hopefully will certainly fill a gap so it will be interesting to see how quickly the crowns establish.

They were not cheap about £8 a crown, when I received them I immediately potted them up into large pots to establish a decent root system. They were given some pelleted chicken manure & some water retaining gel was used in the compost to help retain moisture. When they were planted out a good planting hole with some well rotted manure in the bottom along with more pelleted chicken manure should give them a good start. This was followed by a good top dressing of horse manure as well. All that remains is to make sure we have some custard powder in the kitchen cupboard!

Rhubarb, the well known quiz question is it a fruit or a vegetable? Well records show that the Chinese eat it more than 2500 years ago so as they say some things just "stick" around ... who writes this stuff? The one question that always springs to my mind is which poor soul found out that the leaves are poisonous & that the sticks are edible?

Well what at this time of the season can we be looking forward to planting or sowing? Here are a few suggestions worth considering:-

Broad Beans (over wintering varieties) "*The Sutton*" a short variety that should not need staking or alternatively "*Aquadulce Claudia*" that will require some support.

Peas (biggest problem can be mice) "*Feltham First*" is a good old reliable variety or try "*Kelvedon Wonder*"

Garlic, a good cold winter & October/November planted garlic cloves should give you a decent return. Lots to choose from nowadays, such as "*Provence Wight*" or "*Red Duke*", originating in the Czech Republic. I have just ordered some "*Caulk Wight*" bulbs £8.95 for 3 from DT Browns said to withstand temperatures down to -20C

Some quick growing vegetables for this time of year *Pak Choi*, *Mizuna*, *Chinese Spinach*, *Mooli*, & *Black Spanish Radishes* all worth considering with a little protection.

Courtesy of Kitchen Garden "If you water your lawn with beer will it come up "half cut"?"

Nigel

TOMATOES

We were very lucky to 'inherit' an old plastic 8' x 6' plastic greenhouse at the beginning of the season. To make the most of it we decided to try some things we had not grown before together with some new varieties of tomato.

So we planted some red peppers and aubergines, directly in the ground along one side of the greenhouse. We got a number of peppers and three aubergines - OK for a first attempt.

The main focus was on tomatoes, though. We planted a few 'Sungold' (plants from Deans) outside; we've grown them outside for three years and they have replaced 'Gardener's Delight' as our favourite cherry tomato; they are tasty, prolific and reliable. In the greenhouse we tried two newish (F1) varieties from Chilterns Seeds: a plum type called 'Flamingo' and a round one called 'Ferule'. For comparison, we put a few of each outdoors in the beds.

'Ferule' seemed equally happy indoors and out, producing quite heavy crops of good-sized fruits - up to about 3" across. We thought they had a very good flavour, although looking online there does seem to be a range of opinions on this. The seed company claim a degree of natural blight resistance; while the indoor plants are so far untouched, those outside have been slightly affected and we have had to get rid of a few fruits.

'Flamingo' is a plum type which first ripens to pink and then turns redder. Prolific, tasty and so far no blight on our plants. A bit happier indoors I think, where it produced a lot of fruit and grew very vigorously. Keeping on top of side shoots was a bit of a struggle; turn your back and there was a second main stem which had appeared from nowhere. A pretty good flavour again - Suttons reckoned it was the best of 500 varieties tasted over the year.

In fact we did so well that we had to think seriously about what to do with them all. Neither of us is a great fan of chutneys so we made lots of tomato sauce, using Sarah Don's (Mrs Monty) incredibly simple but delicious recipe:

5lbs tomatoes
Sea salt
Sugar - small teaspoon
4 cloves garlic, sliced
Olive oil

Heat oven to Gas mark 8/ 230 Celsius

Halve tomatoes and place cut-side down in a large roasting tin

Sprinkle with garlic, sea salt and sugar

Drizzle with olive oil and roast for 40-60 minutes

Scrape everything into a processor and whizz till smooth.

Will keep in fridge with a little oil floated on top or, as we do, freeze in useful portions

It only needs some pasta and a little Parmesan for a simple quick meal. David Knowles



PUMPKIN RISOTTO

(Serves 2)

A small onion finely chopped

A clove of garlic, peeled and finely chopped

150gms risotto rice eg Arborio

A glass of dry white wine

2 pints of vegetable stock

2 tablespoons of Parmesan cheese finely
grated

Salt & pepper

Finely chopped parsley to garnish



About one large handful of roasted pumpkin per person (not necessary to be exact)
(we usually make this with Red Kuri pumpkins that we have roasted with olive oil, salt & pepper)

Gently fry onion and garlic until soft but not coloured.

Add the rice and 'dry fry' with the onion and garlic for about a minute, stirring all the time.

Add the wine and stir well.

Now start adding the simmering stock to the rice mixture, about a ladleful at a time.

Stir the rice frequently and ensure the stock is always gently bubbling. The idea is to keep adding the stock as the rice becomes dry.

It is worth the extra trouble, as the result is different - and much better- than adding all the water at once.

When the rice is cooked add the warmed pumpkin and half the cheese.

Stir and season to taste.

Serve garnished with the parsley and the remaining cheese. **Anne Marie Knowles**

A delicious recipe for a light sponge cake with raspberry jam & cream.

Taken from the book 'Cooking Up A Storm' by local chef Sam Stern.

INGREDIENTS

175g / 6oz butter, well softened
175g / 6oz self-raising flour
175g / 6oz caster sugar
1.5 teaspoons baking powder
3 large eggs
1 teaspoon natural vanilla essence
Jam and whipped cream



METHOD

1. Preheat oven to 180 C / 350 F / gas 4. Grease two 20 cm / 8 in sandwich tins with butter and line base with baking paper.
2. Sift the flour and baking powder into a large bowl. Add the eggs, butter, sugar and vanilla essence. Beat with a hand-held electric mixer or beat furiously with a wooden spoon. The mixture should be pale and creamy, and soft enough to drop easily off a spoon - add a splash of warm water if it doesn't.
3. Spoon the mixture equally between the tins. Use a spatula to level it out.
4. Bake for 30 minutes. Don't open the oven door til then or they will sink. The cakes should be risen, golden and shrinking from the sides. Gently press the middles - they should be firm but springy.
5. Leave a couple of minutes, then slip a knife around the sides of each cake to loosen. Put a rack over the top of the cake and turn it over, holding the tin and rack with an oven glove. Lift off the tin. Peel off the paper carefully. Repeat with the other sponge. Leave to cool on the rack.
6. Spread one cake with raspberry jam and whipped cream. Stick the other one on top. Sift icing sugar over. Brilliant!

Use raspberries from your allotment if you grow them. Enjoy! **Lisa Tindale**

New to allotmenting or just need a helpful reminder? Have a look on our website at all Spring, Summer, Autumn and Winter Newsletters in 2014 for a detailed guide on what to do for each month.