

Hempland Lane-Heworth Allotment Association



Spring Newsletter 2020 Hot from the Hut!

Committee Members

Name		Plot
Julian Ayres	Committee Member	43b
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
Moira Grainger	Committee Member	93a
Karel Holland	Committee Member	44
Kevin Holland	Committee Member & Easy Access Area	44
Amy Johnson	Committee Member	63b
Jean Pulleyn	Committee Member	81
Lisa Tindale	Committee Member	59b
Lisa Maunder-Wood	Committee Member	95
Lorraine Wood	Shop Manager	64
Dave Wood	Shop Manager	64
Mark Farrington	Website Administrator (not part of the committee)	35

News from YACIO

Dear Tenant,

Thank you for continuing to do your bit to keep everyone safe by maintaining proper social distancing on the allotments during this time. We just wanted to remind you again that we must **all** comply with these rules. With the Easter weekend looming and with more daytime hours available to us, we will want to spend more time on the allotment. However, this year we must all be mindful of our behaviour and make sure that we are not causing any problems for other plot holders or our neighbouring residents. We all want to continue gardening on our allotments but that will only be possible so long as our activities are not causing a negative impact.

PLEASE REMEMBER

- Keep hand sanitiser in your shed and wash your hands regularly
- Use hand sanitiser or wash your hands before opening and after closing any gate locks
- Wash hands when you get home
- DO NOT gather together for a chat even if you are 2 metres apart.
- Observe "Social Distancing" with each other 2-3 metres
- If you take your children to the plot, ensure that they stay within its confines and do not run around on communal paths and spaces.
- Do not share tools
- Minimise the contact with each other for example no handshakes
- Do not wash your hands in water troughs
- We recommend that all communal facilities are closed
- If you display any symptoms of coronavirus stay at home and self-isolate for at least 14 days or until symptoms have passed.

Bonfires

Many sites are surrounded by houses where vulnerable people may be getting their only bit of fresh air either in their garden or through an open window. While it is appreciated that things are difficult at the moment with no green bin collection and household waste centres closed, ***YACIO is expecting all tenants to refrain from lighting bonfires or burning any waste during this period.*** Instead of burning waste please consider other options, such as ‘dead hedges’ or piling burnable waste in an out of the way spot for disposing of later in the year when hopefully restrictions will ease.

Any tenants who continue to burn waste will be deemed to be causing a nuisance and may be found to be in breach of their tenancy agreement.

Driving to the Allotments

Wherever possible please walk to the allotments. Car Parking is limited on many of our sites and we are sure you appreciate that those who have no choice but to drive, either due to distance or disability, should be awarded priority.

We hope that you will all continue to do your bit to help protect each other during this difficult time. We desperately want to be able to keep the allotments open but this is only going to be possible if everyone cooperates with these measures.

You can also find the information on our website: www.yorkallotments.org/covid-19

Take care and keep safe!

Best wishes,

YACIO

Shop Items

Do you need anything for your allotment. Via the committee we can still sell you items from the shop (using correct social distancing measures) such as **Seeds** (some reduced to £1 per pack!), **Onions, Shallots, Fertilizer** especially growmore, chicken manure pellets, blood fish and bone. **Bamboo canes, netting, ground cover, fleece.**

I've got an Allotment!

Of course, the story goes way further back than getting an allotment. It starts with those long fireside discussions.





In November 2010 I bought a book from the book club at work, 'How to Train a Super Dog'. The following month my partner came home from work with a book entitled 'How to Manage Your Allotment'. Now at this stage we had neither a dog nor an allotment and no real intention of getting either, we are not THAT OLD! Well, we weren't then!

Totally unexpectedly in January 2011 Maisie came our way, she was 5 years old, an adorable chocolate Labrador. We had no need of the formerly purchased book on how to train a super dog as she had been fully trained by her former owners, sadly deceased.

Dogs need walking, and the local allotments were an inevitable draw. Whilst passing holders working and gathering the fruits of their labours, the seed was sown (no pun intended)!

It wasn't long before my name was on the waiting list for a plot and then at Easter 2012, following a long and patient viewing of four available plots, -David only yawned once!- I chose 81a. It was totally overgrown with grass and brambles, had a broken cold frame with glass everywhere and was covered partly by decaying plastic sheeting that had somehow buried itself beneath layers of moss covered top soil. In short, it was a mess. On the back of the impulse "purchase" we set about getting it into shape during one of the wettest spring seasons we have ever had.

My sister came to help with the digging and left quite soon bemoaning the heavy clay soil, while praising her own raised beds of light loam. My brother in law lent us a rotovator which refused to dig into the heavy compacted clay and instead danced on the top of the soil like a pond skater on water! Perseverance is the key and hard work, having tried everything from glyphosate to weed suppressant coverings it really did come down to blood sweat and tears, the latter when my first broad beans failed! I mean who can't grow broad beans?!

I did get a harvest that year and, as if I hadn't had enough of back breaking work, I also took over 81b when it became available. And so began the most time consuming and hard working hobby I have ever had and I love it. Every season has its challenges and some crops grow one year and another crop doesn't and vice versa. I've redesigned it many times and thus it has changed over the years getting better and better and this year I will be erecting a greenhouse so I can spend even more time on the plot!

Happy Allotmenting everyone!

Jean Pulleyn Plot 81

Vegetable "Titbits"

Did you know according to the British Carrot Growers Association that carrots are our favourite vegetable (well they would say that wouldn't they?) with 75% of our nation saying they eat carrots on a regular basis! Figures suggest that more than 10 billion carrots are eaten every year in the UK.

Good news on the Brexit front is that 93% of all the carrots we consume are currently grown in the UK so no looming import problems there then. If we eat all those carrots we should be able to see in the dark, is that why so many bicycles don't have lights? I don't know if that figure includes all the allotment grown carrots each year in the UK?

Courtesy of "Kitchen Garden" magazine ... we are NOT eating our 5 a day!!!

The NHS annual health survey (2018) revealed that nearly two thirds of our nation is ignoring the facts that a diet rich in fruit and vegetables has great health benefits. The report shows that only 28% of adults were consuming their 5 a day, with men generally worse than women. More concerning was that just 18% of children between the ages of 5 and 15 were eating the recommended portions. The 16 – 24 age group were consuming the lowest amount of fruit and vegetables; they are the most likely age bracket to consume "junk food".

Be Active!

Gardening or Allotmenting we all know can be good for the body and the mind, which is now very well documented. Another recent survey done on behalf of Cancer Research UK found that men who are taking moderate weekly exercise such as gardening have a 51% reduced risk of developing prostate cancer compared with men who don't. The study was based on 79,148 prostate cancer cases, the second most common male cancer worldwide.

A leader of the research explains it is the largest ever study of its kind to date. It suggests that there could be a larger effect of physical activity on prostate cancer than previously thought, so hopefully it will encourage men to be more active. So this is yet another good reason to enjoy working on your allotment!

Definition of a "Tummelberry"

A hybrid cross between raspberry/blackberry, bred by the SCRI in Scotland and it is similar to the more familiar Tayberry. Tummelberry's produce large, juicy berries with a wonderful bright red colour and a deeply intense flavour – once tasted never forgotten! They are a high yielding & vigorous Plant which is easy to manage. 2ltr potted plants cost roughly between £12.95 & £16.95 each so a considered purchase.

Nigel Plot 66

Waiting Lists as at 11/4/20 on all YACIO run sites stands at 1382 with 109 now waiting for a plot on Hempland!

The mystery of the Phantom egg burier!

Last year my partner in crime (Janet Plot80A) was digging a raised bed on our plot ready for planting beetroot. She dug up what appeared to be a plastic ball until her thumbs went through it! It was a hen's egg still with a fresh yolk.

A month later we arrived at the allotment to find a big hole in our beetroot bed and soil all over. We realised it must be the foxy whiskered bushy tailed phantom! Later we heard another plot holder had also found an egg buried in her plot.

This year our neighbouring allotmenteer found an egg buried in her plot, again with a fresh yolk. The only difference being that this one had a stamp on it? Can anyone explain?

We wondered whether due to climate change if any turtles had been driven further north – has anyone seen any in the beck???

Liz Smithson Plot80A

Beans Past and Present

Almost fifteen years ago in September 2005 I signed my tenancy agreement for plot 59B at Hemplands. The season had just changed into Autumn and this was definitely the beginning of a new world of allotmenting for me. I could grow anything I wanted but what should it be? The simple answer to a question like this is to grow what you like to eat and in my case the top of any list has to be green beans. Sown in mid to late Spring, they are easy to grow and nothing beats a serving of buttery steamed green beans or featuring them in a hearty tomato and vegetable stew.

Looking through a pile of old Whitby Gazettes from the 1950's, an article from April 1950 leapt off the page. As you can see below, "Spadeworker" was as big a fan of beans 70 years ago as I am today. Truly nothing really changes in gardening!



FRENCH BEANS.

I cannot ever remember seeing climbing French beans growing in the ordinary garden or allotment. The climbing French bean has all the merits of the dwarf French bean, and the climbing habit not only extends the period of bearing, but results in a yield such as cannot be obtained from the most prolific strains in the dwarf section. Although the climbing bean is less vigorous in growth than the ordinary runner the former is generally bearing before the most forward crop of runners is ready, and the flavour is much better. In the open ground a sowing may be made the middle of April. The culture is practically the same as for the dwarf varieties except that the former are usually grown in double rows. Allow the plants to stand finally at nine to twelve inches each way, and support with long bushy sticks for climbing beans will run far more readily on these than on single sticks.

Gardening

By "SPADEWORKER."

Kohl Rabi is a useful vegetable which is ready for use when about the size of a small turnip. It is not as popular as it would be if more gardeners would give it a trial. It is a pleasant change from turnips, especially in hot, dry seasons as the bulb, which grows entirely out of the ground, can stand dry conditions without becoming strong. Kohl Rabi is cultivated in much the same way as turnips. Seed may be sown any time up to August in rows not less than eighteen inches apart. As soon as possible thin the seedlings to quite three inches apart in the rows. By drawing every other plant some small roots may be obtained early, and the remainder will be left to mature at twelve inches in the rows.

Incidentally, Kohl Rabi is also mentioned here and my first attempts at growing that vegetable last year were a welcome success. As "Spadeworker" says, it is a very useful vegetable. For anyone who doesn't know, Kohl Rabi, also called the German turnip, is a green or purple brassica that makes a tasty addition to summer salads and stir fries and I'd really recommend giving it a try.

Lisa Tindale Plot 59b

Big Garden Birdwatch Results 2020

Back in January I wrote a piece about garden birds and mentioned that the Big Garden Birdwatch was taking place. Half a million people counted almost eight million birds. Which bird is top of the flocks? The results are in and the top three birds are unchanged from last year. Congratulations to the humble sparrow, a worthy winner!

1 House sparrow	6 Goldfinch
2 Starling	7 Great tit
3 Blue tit	8 Robin
4 Wood pigeon	9 Long-tailed tit
5 Blackbird	10 Magpie

Lisa Tindale Plot 59b

Future dates for your Diary

Please be advised that further to Coronavirus we have cancelled all the following events for 2020 Summer Fair & Autumn Show, but we will ensure that it returns as soon as practically possible. Currently your committee is meeting via digital means and are still here to support you during these unprecedented times.

If you would like to write something for the next newsletter, please email it to gayle.farrington@btinternet.com, by mid July 2020.