

Hempland Lane-Heworth Allotment Association



Spring / Summer Newsletter 2015



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
Ulrike Manara	Minutes Secretary	40
Lisa Tindale	Committee Member	59b
Lorraine Wood	Shop Manager	64
Dave Wood	Shop Manager	65
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



Dates for your Diary - Summer Fete 2015

This year it will be held on Sunday 12th July 2015, 10am - 2pm. A scarecrow competition will be run again, so start your preparations! This year the theme is 'Fairytales'.

Join our annual Summer Fete in front of the allotment shop. This is a free event for all association members and the local community. Bringing our community together, sharing successes and failures of the season so far and friendship and laughter over a few drinks!

There will be a BBQ (bring your own items to sizzle and your favourite tipple). Salads and bread rolls will be provided. There will also be a tombola, and sales of produce, homemade jams, pickles and cakes, as well as the allotment shop. All proceeds raised on the day are put back into the maintenance of the allotment site, for the benefit of all.



All Welcome ☺



See you there and don't forget something to sizzle, sit on and your favourite tipple!

ALLOTMENT SHOP - There are still a few potato and onion sets available for sale, as well as some half price seeds



BEES ON THE ALLOTMENT

by Nick Mansell

Based at Hempland Lane Allotments, York, North Yorkshire

Stinging Bees.

Us gardeners know the importance of insects for the pollination of about two thirds of our edible crops so should we encourage the increasing trend of placing apiaries on allotments or do you believe they should be kept out of harms way if you are worried you might get stung.

Having kept a few hives on the Hempland allotments site for the past four years I must say that they have been widely accepted by my neighbouring plot holders but that tolerance was severely tested about this time last year when the regional bee inspector came to carry out his annual check for diseases.

It was a warm sunny day. Gardeners were out in force and more than usual bare flesh was being exposed. The bees were busy collecting pollen and as normal, flying to and fro from the apiary at a height where they could not usually be seen. Now during this inspection it was necessary to go through three hives removing each frame looking for any abnormality. Unfortunately when bees are disturbed and believe they are under attack they become very defensive and will attack any perceived threat within about fifty yards of the colony. As the cloud of workers became more agitated they began to dive bomb two or three of my neighbours. Like buzzing kamikaze they aimed for exposed faces, arms and legs and inflicted several stings. Now the text books tell us that if under attack we should stand perfectly still without making any sudden movement then slowly walk away from the direction of their hive. Flaying your arms about will only make them more aggressive as they dart in and out at lightning speed.

Of course myself and the inspector were bomb proof in our bee suits whilst puffing away on our smokers to subdue their aggression.

Apparently the average adult can survive over a thousand bee stings but even one is painful and can cause a reaction, the most serious of which is anaphylactic shock, in which case, straight to hospital. When things had calmed down the inspector made his apologies but the victims decided enough was enough for that day and went home to apply their insect bite creams. Be assured any future visits by the nasty inspector will only take place when no one is around.

Swarming Bees.

Also in springtime the swarming season is almost upon us, when colonies are expanding rapidly and things are getting a bit crowded in the hive. The worker bees think about looking for a new home and on a nice sunny day about half the colony will leave the hive and take their mother (the queen) with them. Initially they will settle somewhere near to the hive, either in a bush, on a tree branch or gate post and cluster like a rugby ball around the queen. They will remain there for up to two days whilst scout bees begin to search the area for a permanent new home, usually a hollow tree or in the eaves of a roof. These bees will then shepherd the swarm to their new home whereupon they become feral or wild colonies living there for many years. Despite taking certain precautions I have lost swarms of bees every year but on several occasions, witnesses to this phenomenon have later told me that they saw them flying overhead or clustered nearby. Had I been told of this at the time I might have been able to capture the absconders and place them in an empty hive.

They will make that their new and hey presto, I now have two colonies instead of one. The remaining bees in the old hive will raise a new replacement queen and I have saved myself about £200 which is what it would have cost me to buy another colony. If you come across a cluster of bees, don't be alarmed. Whilst in this state they are very docile and unlikely to attack you as they will be full of honey and concentrating on keeping their queen warm in the middle.

So the message is; if you see a swarm then please ring me as soon as possible on 01904 416367 or text 07851 370385.

Beekeeping courses for beginners are held at Murton Farming Museum each winter. Give it a try, it will fascinate you!

Nick Mansell.

Bee Stings.

Useful tip – If you get a bee sting, use the edge of a credit card or your laminated membership card! to flick out the sting for immediate first aid. Once home a cold compress and seek professional medical advice if it is still affecting you.

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 2015 but you can still join now at the Shop on a Sunday 10am - 12noon.

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.

Easy Access Plots

We are pleased to announce that we aim to commence and complete a project this summer to improve the easy access plots so that the raised beds are not as wide and can be accessed from all sides. As soon as we have more information we will let you know.

Innovative Tool Marking Initiative across all allotments in York

A bit of great news as we enter the busy gardening season...

Between a small working group made up of Police representatives, Dave Gash from Bootham Allotments and Darren Lovett at City of York Council several mobile machines that will *property mark* by dot engraving.

On behalf of the Bootham Association (as the bid could not come from CYC), a bid to the Police Crime Commission for a £4K investment, successfully being granted the award a week or so ago now... The police are also match funding that, purchasing 3 further machines to cover the police areas.

This is the first of its kind in the North Yorkshire area and the Police alongside ourselves are very excited about our new purchase.

It is hoped to start in May 2015 at weekends – so watch this space for our date!!

The machine we have will mark literally anything from the back of a watch, spades, bikes, all tools, plastics, metals & many many more. These unlike schemes in the past will significantly reduce theft from allotments, we believe, with a clear engraved text on allotment items. It is then intended to roll out the programme to neighbourhoods around the areas of the allotments then wider a field with the Police using their machine for Bike Campaigns & other household *Billy burglar* wanted items...

Alongside all this a positive marketing/advertising/poster campaigns... and linking the marking scheme into the Police National Database “Immobilise” recording everything we mark.

Of course with all things there is still the opportunity to grind out the marking - but this will be clearly identified and will prompt alarms bells when observed.

The text is yet to be agreed but something based on Allotment name, postcode of person and house number for example.

- Hempland Allotments ([site detail](#)).
- 34 YO31 0NL ([persons own details](#)).

Each year opportunities to repeat the tool marking programme together with open days here at Hazel Court for ad hoc engraving for new tenants or new equipment. Or for that matter at Allotment shops for a period of time...

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.



A Land Fill Skip will be delivered soon. To avoid non allotment tenants filling the skip a message will be sent out via our mail chimp system. One message has already been sent confirming the date. If you did not receive this please contact Gayle on gayle.farrington@btinternet.com or Tel: 416928.

Rats



If you know where rats are nesting on or near your plot, please contact Nigel on plot 66 or email nigelthegardener@hotmail.com and we can help.

Additional trees and hedges to improve site security

<https://www.woodlandtrust.org.uk/get-involved/plant-trees/in-your-community/apply-for-a-community-tree-pack/>

Maybe something of interest to the associations. City of York Council submitting an application for the Apiary at Bootham, with the balance of trees/hedges not used at Bootham (approx. 350) to be placed around the perimeter of other allotment sites within the city, including Hempland, to improve site security.

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.

Lemon Polenta Cake

for the cake

- 200 grams soft unsalted butter (plus some for greasing)
- 200 grams caster sugar
- 200 grams ground almonds
- 100 grams fine polenta (or cornmeal)
- 1 $\frac{1}{2}$ teaspoons baking powder (see NOTE below)
- 3 large eggs
- zest of 2 lemons (save juice for syrup)

for the syrup

- juice of 2 lemons
- 125 grams icing sugar

Method

1. Line the base of a 23cm / 9inch spring form cake tin with baking parchment and grease its sides lightly with butter.
2. Preheat the oven to 180°C/gas mark 4/ 350°F.

3. Beat the butter and sugar till pale and whipped, either by hand in a bowl with a wooden spoon, or using a freestanding mixer.
4. Mix together the almonds, polenta and baking powder, and beat some of this into the butter-sugar mixture, followed by 1 egg, then alternate dry ingredients and eggs, beating all the while.
5. Finally, beat in the lemon zest and pour, spoon or scrape the mixture into your prepared tin and bake in the oven for about 40 minutes.
6. It may seem wibbly but, if the cake is cooked, a cake tester should come out cleanish and, most significantly, the edges of the cake will have begun to shrink away from the sides of the tin. remove from the oven to a wire cooling rack, but leave in its tin.
7. Make the syrup by boiling together the lemon juice and icing sugar in a smallish saucepan.
8. Once the icing sugar's dissolved into the juice, you're done.
9. Prick the top of the cake all over with a cake tester (a skewer would be too destructive), pour the warm syrup over the cake, and leave to cool before taking it out of its tin.

NOTE: to make this cake gluten-free, make sure to use gluten-free baking powder, or omit the baking powder altogether and beat the batter exuberantly at step 4.

Kindly given by Pam Williams Plot 65

CURRIED PARSNIP SOUP

INGREDIENTS

- 200 g **butter**
- 3 **onions**, chopped
- 1 clove **garlic**, crushed
- 2 tsp mild curry powder
- 1 pinches **turmeric**
- 3 **parsnips**, chopped
- 1 1/2 litres chicken stock
- 300 ml **cream**
- 1/2 **lemons**, juice only

METHOD

1. Melt the butter in a pan and add the onion, garlic, curry powder and turmeric. Gently sweat for 2-3 minutes, stirring frequently, until the onions are softened.
2. Add the parsnip and fry for a further 3-4 minutes, or until the parsnip is golden. Add the stock and bring to the boil, then reduce to a simmer. Simmer for 10-12 minutes, or until the parsnip is tender.
3. Using a stick blender, blend the soup until smooth and creamy. Pass the soup through a fine sieve, then return to the pan and stir in the cream and lemon juice and season, to taste, with salt and freshly ground black pepper.
4. Ladle the soup into serving bowls

Kindly given by Pam Williams Plot 65

Oatbake with blueberries and raspberries

This is our favourite dessert for a weekend brunch. The fresh berries make it irresistible and not too heavy. Serve it with a dollop of whipped cream or a helping of custard if you think it needs a little something else.

100 g/¾ cup rolled (porridge) oats

300 ml/1¼ cups hot milk

100 g/6½ tablespoons unsalted butter, softened at room temperature

60 g/5 tablespoons (caster) sugar

50 ml/3 tablespoons (runny) honey

1 teaspoon vanilla extract

1 egg, lightly beaten

1 teaspoon baking powder

120 g/1 cup plain/all-purpose flour

150 g/1 generous cup blueberries

150 g/1 generous cup raspberries

icing/confectioners' sugar, for dusting

a 900-g/2-lb. loaf pan, greased

Serves 6

Preheat the oven to 180°C (350°F) Gas 4.

Put the oats and hot milk in a mixing bowl and set aside for a few minutes to allow the oats to absorb most of the milk and to cool down slightly.

Put the butter and sugar in a separate bowl and cream with a wooden spoon or handheld electric whisk until pale and fluffy. Stir in the honey and vanilla extract. Gradually add the egg, a little at a time, beating well after each addition.

Sift the baking powder and flour together, then fold into the butter mixture. Drain any remaining liquid from the oats, then stir into the mixing bowl.

Pour the mixture into the prepared loaf pan and sprinkle the blueberries and raspberries evenly on top.

Bake in the preheated oven for 50–60 minutes, until a skewer inserted into the centre comes out clean. Let rest in the pan for 10 minutes before turning out onto a wire rack to cool. Dust with a little icing/confectioners' sugar before serving.

