

Hempland Lane-Heworth Allotment Association



Summer Newsletter 2021

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
Gayle Enion-Farrington	Chair and Publicity Officer	34, 35
Moira Grainger	Committee Member	93a
George Hughes	Committee Member	108
Amy Johnson	Committee Member	63b
Jean Pulleyn	Committee Member (Hempland Haven Rep)	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

Update from Gayle, Chairperson

As we ease out of lockdown restrictions we ask you all to be considerate of those who are taking it at different speeds to yourself. What has been wonderful to hear is all of you who feel that the allotments have really helped your mental wellbeing during these past 18 months. Whether you are a plot holder or someone who has walked through and enjoyed the tranquillity.

The Co-Op are continuing to support us and have just donated a £200 gift card. This is to be used for the benefit of the users of the Haven. The first to benefit is the Froglife event on 16th August 2021 when the children will get a goody bag provided with items from the Co-op. We can also buy charcoal for the community BBQs and once we are permitted Tea, Coffee and refreshments for the Community Payback Team (as we have not been able to say thank you in our usual way since March 2020). It will also enable us to get tea, coffee and sugar for our Sunday Morning refreshments once we re-open.



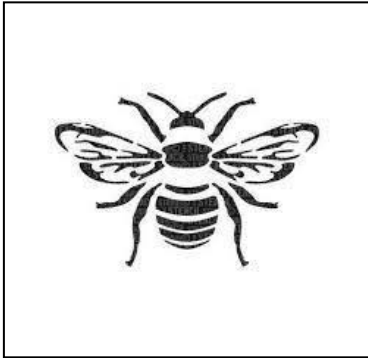
SUNDAY MORNING REFRESHMENTS HEMPLAND HAVEN

Regrettably a decision has been taken NOT to restart the Sunday morning coffee this year. We feel that Covid 19 is still a considerable concern and the organisational structure needed to get restarted will need overhauling.

We also need volunteers to commit to a rota and provide the hands on serving of refreshments on a Sunday morning and although Pam who has regularly provided 2 and 3 cakes is willing to continue with this we need offers of additional cake baking to manage the demand once we do re-commence. We will begin a campaign to put the above in place and hopefully look at a brand new season from

February 2022 (in line with the Allotment shop re-opening), when we look forward to welcoming everyone back.

If you wish to volunteer to be part of our Sunday mornings, please speak to Moira Grainger, Jean Pulleyn or Lisa Maunder-Wood to add your details to our rota.



In the meantime, please remember that if you are an association member and have an Allotment gate key (available from the shop or Nigel) there is nothing stopping you taking a flask/drink and organising your own small gathering so that you can catch up with friends and family. You could even have a BBQ! Throughout lockdown, the committee and the Community payback team have worked hard to get the community area ready for you to use and enjoy. Please note the spray painted bees on the paving slabs. These are to remind all users (who are not tenants of the raised beds) to remain on the community side of the site and not to step over the bees, into the raised beds area.

Update from Nigel Plot66

Please see below details of our very limited Autumn Show for 2021, let's hope in 2022 we can get back to our full show again!

We are only having 5 classes & the date of our show for your diaries is Sunday 26th September 2021.

1/ There will be judging of the **Best Plot** on our site with 1st, 2nd & 3rd prizes being awarded.

2/ There will be judging of the **Best "Newcomers" Plot** on our site with 1st, 2nd & 3rd prizes being awarded.

Please note for both these two classes you do not have to "enter" as all plots on the site will be judged & the winners & presentations will be made on the afternoon of the 26th of September 2021.

3/ **Scarecrow Competition** - this year the theme is "**STAYCATION**". This should give entrants a broad canvas to work on!

Entry forms for this class will be available from Sunday 8th August at the allotments see Lorraine, Nigel or Gayle. All we need is your name, plot number & a name for your entry, be creative.

4/ **Best Plot Number sign**, 1st, 2nd & 3rd prizes will be awarded. Rather than just the normal number plaque be imaginative & creative & make people smile. Again entry forms available from 8th August.

5/ **A plant or plants grown in a most unusual container**. There will be a table out in the car park for people to place their entries on. Again be imaginative & make people smile & comment

We look forward to your participation in our "limited" autumn show after a very difficult period in our allotment lives!

Poppleton Railway Nursery

You may be interested to know Poppleton Railway Nursery have now issued new Plant Sale dates in line with the lifting of Covid restrictions:-

Sales Days -Subject to any new Covid-19 Restrictions.

11 September Heritage Day 10:00am to 4:00pm, followed by a Railway Event.

2 October Autumn Open Day 10:00am to 3:00pm

20 November Early Christmas Sale 10:00am to 3:00pm

11 December Collection of Christmas Orders 10:00am to 1:00pm the nursery is also open on Mondays, Wednesdays and Fridays from 10:00am to 3:30pm.

Advance Notice - Kings Seeds 2021/2022

Just to let you know the excellent deal for Association Members from Kings Seeds will be running again this autumn.

The new "Members Catalogues" will be available from Nigel on Plot66 from Sunday 8th August. The catalogue has an excellent range of seeds both vegetable & flowers, organic seeds also flowers & vegetables, various sundries, a big range of sweet pea seeds, a good range of soft fruit plants & all at very competitive prices.

Remember as well as the excellent prices to be found every order supports your Hempland Allotment Association. The larger our overall order is the better discount we can achieve for our site order. To achieve the better rates of discounts our order has to reach Kings by 17th November 2021 so with that in mind the deadline for completed order forms to be with Nigel (who coordinates all the orders) is SUNDAY 7th NOVEMBER 2021.

Thought - they say one good shot in a round of golf encourages the player to return for another round. A fisherman might only catch one fish sometimes but that also encourages them to return and fish again!

This theory applied to an allotment is similar. A couple of weeks back one Sunday I went home with some new salad potatoes (Jazzy), a tray of Broad Beans (Crimsoned Flowered), a pot of peas (Alderman), many sticks of Rhubarb (various Glaskins Perpetual, Victoria, Fultons Strawberry Surprise & Champagne), Lettuce (Marvel of Four Seasons), Spring Onions (Lilia) & Courgette (Atena Polka). That one day of harvesting despite the bindweed, nettles, thistles & ground elder would get me back to the plot for the rest of the year.

So think positive on your plot, despite the pigeons, the weeds & the bugs we are very lucky to have our plots especially given the very large waiting lists. You meet lovely people; you are in the fresh air & yes the rain sometimes as well. But remember it is doing both your physical & mental wellbeing the world of good as well as providing you with all that tasty chemical free fruit & vegetables enjoy!

Planning for the next couple of months

It's quite sad when we move into August in a way, the evenings seem to rapidly become shorter & the promise of all the lush growth in early May has disappeared. But, look on the bright side it is a wonderful time for harvesting with Runner Beans, Dwarf French Beans, Carrots, Marrows, Lettuce, Potatoes & Turnips to name a few flowing onto our plates & into our freezers nicely. The thought of Tomatoes, Radishes, Jerusalem Artichokes, Peppers, Swedes & Parsnips to come makes your mouth water!

So why mention forward planning, surely we do that all year round, don't we? Well when I talk to fellow plotters we all "mean" to do it don't we! Make 2021 the year that you do use at least part of your plot through the darker months & provide yourself with some additional enjoyment & obviously save yourself a few pennies at the same time.

So here goes with a few suggestions:-

Lettuce, we all have plenty during the summer months but lots of us eat salads in winter but will buy the lettuce which in winter commands a higher price. One of my favourites (& we have had several trays of these plants available on our plant stall in recent weeks) is Marvel of four Seasons. As the name suggests it can be grown all year round. It is a beautiful salad leaf deep red outer leaves & a much lighter green inner leaf, colour & flavour. Other good winter varieties are "Grenoble", "Winter Density" & "Arctic King", all good marketing names.

Spinach, often much underrated in my opinion. I love it wilted & added to omelettes just with some cracked pink pepper. "Giant Winter" is the obvious choice & sowing now eliminates a lot of the possibility of the plants bolting & setting seed quickly. Some other varieties may well overwinter with just a bit of protection in the form of 30g fleece (available from our shop at only 50p a metre). Chicory is not to everybody's taste. I like the slightly bitter leaves that raise the winter salad especially with a dressing of say balsamic vinegar or blackberry vinegar. "Palla Rossa" often referred to as "Radicchio" brings it's vibrant red leaves to the plate.

Fennel (Florence):- which is used for its bulbous swollen stem, with its aniseed undertone flavour. Often sown earlier in the year & goes to seed much to people's disappointment, try a sowing now you might be pleasantly surprised. "Sweet Florence" is an older variety often used for August sowings. It goes very well with Sea Bass as surprisingly does young ground elder leaves used as a spinach substitute!

Turnip; a good "doer" as they say. Try a little row of "Milan Purple Top" now, a covering of fleece will help deter the annoying flea beetle.

Oriental vegetables are growing in popularity season upon season, if you have not caught up with them yet give them a whirl. There is now quite a vast choice such as Pak Choi "Red Choi" F1, Misuba (Japanese Parsley), Mustard Greens & Mustard Spinach & Mizuna the list goes on.

Radishes, everybody grows the boring radish I hear you cry, boring I won't hear of it!!! The colour range is fabulous from white "White Icicle", red "Red Meat" a white & green skin with red interior, "Bluemoon", great for sowing now. Two winter favourites are "Black Spanish Round" & "Mooli" the long white one. Most of it grows above ground level, its great in salads & stir fries, can cost you £1.50 each to buy so certainly a money saver.

Don't forget to plant a couple of large pots up with some potatoes to enjoy with your Christmas lunch "Charlotte" are a very popular choice. You could also try a couple of large pots of carrots the stump rooted "Chantenay" types would be a good bet.

And for slightly later in the year don't forget your Garlic which will happily overwinter, the frosts helping the original clove to split & produce several others. There is now virtually an overwhelming choice split into hardneck & softneck types, the former don't keep as well but generally produce fewer but larger cloves, the latter being the opposite a better keeper but smaller cloves. So as they

say "you pay your money & makes your choice"! And if you have the space try a few cloves of Elephant Garlic (not cheap to buy) & actually not "true" garlic but more akin to a leek! There are several suppliers but Kings provide a good range at a competitive price. Finally don't forget to consider Green Manures for your plot & also flowers.

TWO YEAR OLD GARLIC



Back in the summer 2019 we had a foreign holiday, (remember those?) in Brittany. We bought some garlic for eating purposes on the local market and enjoyed it through the Winter. By the beginning of Spring 2020 it had started sprouting so we decided to have a go at planting it. By the end of that Summer it didn't look very promising so we left it in. It survived that Winter and this Spring (2021) until this Summer when we finally harvested it.

It gave us the best garlic we've ever had on our plot and it reminds us every time of our last holiday abroad.

George Hughes (Plot 108)

Smashed Big Beans on Toast.

No one in my family, except me, likes broad beans, but with a little name change they all love this!!

And it's so quick too!

It's also good with peas, if any ever make it home from the allotment!

300g blanched broad beans
Handful of rocket
1 clove of garlic
30g grated Parmesan
Zest and juice of half a lemon
75ml extra Virgin olive oil
Pinch of chilli flakes
Salt and pepper to taste



6 slices of toasted sourdough

Blitz together half the blanched broad beans, rocket, garlic, cheese, lemon and olive oil until smooth. Add the rest of the beans and pulse a few times so still chunky.

Spoon onto toast, add a sprinkle of chilli flakes, a drizzle of oil and enjoy.

Submitted and tried & tasted by Lisa Maunder-Wood

Frozen fruit crumble (serves 6)

Use up a thrifty bag of frozen fruit with this easy, family-sized crumble.

Serve with vanilla ice cream, custard or cream for a delicious dessert.

Ingredients

100g plain flour

50g rolled oats

100g butter, cubed

50g light brown soft sugar, plus a little extra if needed

60g flaked almonds (optional, chopped pistachio nuts are a great alternative)

3 tbsp ground almonds

500g frozen berries or summer fruit, defrosted

ice cream, custard or cream, to serve



STEP 1

Heat oven to 200C / 180C fan / gas 6.

Put the flour, oats, butter and sugar in a bowl and squash together with your fingers into a crumble texture. Sprinkle over a baking tray and bake for 10 mins, stirring and roughly breaking up halfway through cooking. Stir through the flaked almonds, if using.

STEP 2

Sprinkle the ground almonds over the base of an ovenproof dish, then spoon in the fruit. If the berries are sour, sprinkle over a little extra brown sugar. Sprinkle the crumble mix over the fruit and bake for 15 mins. Rest for 5 mins before serving with ice cream, custard or cream.

Recipe by Lulu Grimes at BBC Good Food

Submitted and tried & tasted by Lisa Tindale

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