

# Hempland Lane-Heworth Allotment Association



## Winter Newsletter 2020

### Hot from the Hut!

#### Committee Members

Name		Plot
Julian Ayres	Committee Member	42a
Ellen Bradbury	Committee Member	9
David Brinklow	Site Secretary and Treasurer	14
Nigel Collinson	Membership & Minutes Secretary	66
Gayle Enion-Farrington	Chair and Publicity Officer	34,35
Moira Grainger	Committee Member	93a
Kevin Holland	Committee Member and Hempland Haven plots rep	44
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

**Happy New Year and let's hope for prosperous growing seasons.**

#### **Our next Annual General Meeting**

AGM is booked for Monday 3<sup>rd</sup> February 2020 7.30pm start at Burnholme Club. Hope you can be there. Free Bring and share Buffet and cash bar and hot drinks available. Please let a member of the committee know, if you wish to bring anything for the cold buffet (not obligatory). Agenda items to Nigel plot 66 or [nigelthegardener@hotmail.com](mailto:nigelthegardener@hotmail.com) by 31st January 2019.

#### **Volunteers required for the tea / coffee and cake Sunday mornings.**

Can you help between 9.30am-12.00 noon on a Sunday morning? We need regular volunteers between February-October each year, when the allotment shop is open. Our Sunday mornings in 2019 raised over £1200! We now have 2 committee members sharing the role of co-ordinating, but need more volunteers. The more volunteers, the less Sundays each person has to do! Anyone in the community can be involved in this, from allotment tenants, local dog walkers, to members of the local community who wish to join in and support us. If any volunteers do not have their Food hygiene level 2 certificate, then the allotment association committee are willing to fund an on-line training course for you. Please liaise with Jean on the Sunday mornings or email her on [Jean.pulleyn@btinternet.com](mailto:Jean.pulleyn@btinternet.com), for more information on the refreshment volunteer role and the refreshment co-ordinator volunteer role. Over the winter months please email Gayle Enion-Farrington, chairperson on [Gayle.farrington@btinternet.com](mailto:Gayle.farrington@btinternet.com) for more information.

#### **Bird Song**

By the time this newsletter is published, the RSPB's Big Garden Birdwatch will have already taken place (January 25 - 27). This is the annual survey where the public are encouraged to help count the number and type of birds they see in their garden, helping to provide a snapshot of how our feathered friends are doing this year.

Reading about this made me appreciate again how lucky I am to see such an abundance of birds in my own garden. Wood pigeon, magpie, house sparrow (top of the Birdwatch rankings last year), blue tit, starling, blackbird, crow, goldfinch and not forgetting the sweet little robin, a real friend to all gardeners. Things, however, may change shortly for us. With a three-month old boxer puppy now part of the family, and chasing pigeons already a great game for young Brody, we're going to have to be quicker off the mark from now on to count the birds before they flap away, pursued by a puppy.

One of the most beautiful sounds outside for me is the haunting commotion of a flock of geese flying overhead - a real showstopper that always makes me stop and look up to the sky. That big V of birds crosses over, full of urgency and purpose, with the birds calling out so loudly to each other. I'm never sure where they are flying to, but they are always seem so determined to get there, wherever it is !

To hear the birds singing in any season is a pleasure of life that costs nothing. They sing for their own reasons and we can simply listen and enjoy them. There may be no better soundtrack than bird-song for the opening and closing of each day.

### **Lisa Tindale Plot 59b**



Sadly, this beautiful apple tree has been cut down near the Whitby Avenue entrance. It is on our allotments and no permission was given to do this! If anyone has any information as to why or by whom, it was done, please contact me.

I can confirm that contrary to current belief, it was NOT done by our wonderful community payback team and YACIO did not request for it to be taken down.

Any information gratefully received

Kindest regards  
[Gayle Farrington](#)  
Chairperson



### **Manure Advice**

It's not a good idea to use fresh manure as a mulch if it contains lots of wood shavings. It robs existing nitrogen from the soil to rot down, and if you sow seeds or transplant seedlings into it, then the roots will be burned by the fresh manure .

So either :

- mix it with green and brown material in your compost bin where it acts as an activator
- stack it and whack it down then cover to keep the rain off for at least 6 months
- use it as the bottom layer in a new ' no dig ' bed , topped with at least 8 inches of compost
- use it to make a hot bed , dig a hole 2 spades deep, put a 6 inch layer of the fresh manure in the bottom , then put the soil back in over it , then cover with a cloche
- double dig , dig a row two spades down , then fork the manure into the bottom of the trench . Fill with the soil from the next row.

However, we do get some amounts of horse manure delivered which is straw based. This can be used as a mulch on empty beds and then double dig, later on in the season.

### **Kevin Holland Plot 44**

## Growing Goji Berries

- Goji berries are difficult to grow from seed so started plants are recommended from a reliable source.
- **Because goji berries are part of the tomato and potato family, illegally imported plants tend to carry diseases that could potentially devastate existing crops in the UK, stick with reputable suppliers**
- Mature plants can reach 3 m (10 ft) in height and 4 m (13 ft) in width, so select their placement carefully. Both height and width are easily controlled by pruning to size.
- If pot grown, select a sizable pot filled with John Innes No. 2 compost and add extra grit or sand for drainage. Mix in some slow release general fertilizer every spring or use a tomato-based fertilizer every two weeks. Water regularly if required. Control size with yearly pruning to half size, which also reduces the harvest.
- If direct planted, goji plants prefer a free draining soil enriched with well rotted manure. Space plants about 2 m (6 ft) apart. A sunny, sheltered area is ideal.
- **Mature plants have spines so garden gloves are recommended**
- Water regularly during fruiting times
- Flowers and fruit appear on the previous year's growth. Lightly prune in spring to remove broken or oddly-shaped branches, and some of the oldest wood. Suckers also need to be pruned.

## Harvesting, Eating and Storing

- Harvest begins after two to three years
- Only the fully red berries are edible.
- When handled, the berries can turn black. To avoid this problem, set a clean sheet under the plant and shake off the ripe red fruits.
- Fresh berries can be used in baking, teas, or dried for long term use.
- **Caution for warfarin users: the berries contain Vitamin K**

## What are you going to try that's "new" to you in 2020?

As you know Nigel on Plot66 is always trying new seeds and plants, it has to be admitted that not all are a total success, but that's part of the fun of gardening /allotmenting!

Here are one or two that are new to Nigel for 2020.

**Jerusalem Artichoke Red** – I have grown the white/cream Jerusalem Artichoke for several years but have never come across the red variety.

*Helianthus tuberosus* native to Eastern North America & in no way related to the Globe Artichoke but actually a member of the sunflower family. It has in the past been called a sun root and was a staple food for the American Indians. Tubers were taken over to France in the early 1600's where they have been cultivated ever since. The plants make a perennial clump but are easily controlled, don't harvest your whole crop always leave a few in the ground and they will grow away again the following season. They can be harvested from autumn right through to the following spring so as they say "a good doer".

## Potatoes Red Emmalie

A brand new early main-crop variety which was only added to the UK National List in 2012. A truly stunning potato, with smooth, long or oval red skinned tubers, with matching deep red flesh with a paler ring just below the skin. The texture of Red Emmalie is relatively floury and the flavour is said to be excellent.

Cooking suggestions include baking, boiling, roasting or steaming. Red Emmalie potatoes are also said to make particularly good mash and can also be served as wedges. Plant from March until late May and harvest from August until late October.

Tubers have some resistance to bruising and splitting and trials have found good resistance to common scab, dry rots, blackleg and potato leaf roll virus.

**Chaenomeles “Geisha Girl”** Flowering quince, Japanese quince.

This is a spreading deciduous thorny shrub with rounded dark-green glossy leaves. Peach flowers in small clusters are borne in spring, followed by green yellow edible fruits. Max Height 1.4m. Max Spread 1.2m. They flower usually between April & May. Fruits August onwards & requires either full sun or partial shade & is hardy.

### **Association Membership 2020**

Firstly a big thank you to all those plot holders (both new & old), our friends the dog walkers & of course family & friends who kindly supported our association by joining us in 2019. We managed to get a brilliant membership of 134 people.

Membership fees for 2020 are now due and once again we will really appreciate your support. The annual membership remains at only £5 per person for the year and can be paid at our AGM on Monday 3<sup>rd</sup> February, in our allotment shop on a Sunday morning or see our membership secretary Nigel on Plot66 anytime.

The benefits of becoming a member are that you have access to use our shop to purchase our range of products at very reasonable prices, including a good range of Kings Seeds. You can also have access to our manure and chippings supply (additional donations gratefully received), this helps to cover the cost of our deliveries. Don't forget to show your membership cards at the likes of Deans, Rogers & Vertigrow to get your 10% discount of a variety of goods.

By renting a plot you automatically become a member of YACIO so can attend their AGM and have your say on how the allotments in York are organised. Each year of your £5 fee we as an association send £3 of each membership off to NSALG (National Society of Allotment & Leisure Gardeners) which gives you additional benefits. We receive regular copies of the Allotment & Leisure Gardener magazine, spare copies are kept in our shop and our committee members circulate their copies to other plot holders. The magazine is always an interesting read & our Hempland site has had several featured articles printed. It also gives you additional insurance benefits in the guise of public liability whilst on your plot. For further information visit [www.nsalg.org.uk](http://www.nsalg.org.uk)

Finally a big “thank you” from Nigel: - to all those people who have supported his stall on a Sunday by buying trays of plants, individual plants, and recycled tools. The funds raised are usually split between our site funds and The Martins House Children’s Hospice. Also thank you to all the “bits” that are left at my gate or over the gate, all the donations are gratefully appreciated.

**Nigel Collinson (Membership & Minutes Secretary) Plot 66.**

### **Leek and Potato Soup**

**Helpful Hint** - For thicker soup add more Leeks and Potatoes and keep the Liquid amount the same. You can always make it thinner after the event by adding more water and it means that it takes up less space when freezing

#### **Ingredients**

2 oz (50g) Unsalted butter, cut into pieces  
3 Leeks, trimmed  
and sliced 1 Onion, finely chopped  
12 oz (350g) Potatoes, sliced  
2 pints (1.2 litres) of water mixed with 4 cubes of  
Vegetable stock  
Salt and freshly ground pepper  
A little freshly grated nutmeg ¼ pint (150ml)  
Single cream (optional)  
2 tablespoons snipped chives or chopped parsley

#### **Method**

Melt the butter in a saucepan, add the Leeks and Onion and cook gently, without bowling, for about 10 minutes. Add the Potatoes, Stock, Seasoning and Nutmeg. Bring to the boil, cover and simmer gently until the vegetables are tender. Allow to cool slightly, then purée in a blender or food processor until smooth. (Some like to leave some chopped veg aside, so that you can add the chunks afterwards in to the soup, so that it is not all smooth and pureed). Reheat thoroughly and check the seasoning. Stir in the cream, if using and sprinkle with chives or parsley.

## GARDENING CLUBS

### 10% DISCOUNT IS GIVEN ON THE FOLLOWING PRODUCT GROUPS:

Houseplants	Fertilisers
Shrubs	Chemicals
Trees	Tools
Perennials	Hoses/Sprayers
Bedding	Hanging Baskets
Roses	Garden Sundries
Climbers	Planters/Covers
Conifers	Fish & Aquatic Plants
Fruit (plants)	Pond & Water Features
Herbs/Vegetable (plants)	Cut Flowers
Aquatics	Basket Plants (seedlings)
Vegetable Seeds	Xmas Trees (fresh)
Flower Seeds	Trays (propagation)
Bulbs	Outdoor Pots(terracotta/glazed)
Stoneware	Compost & Peat
Floral Art	



### DISCOUNT IS NOT GIVEN ON THE FOLLOWING PRODUCT GROUPS:

Barbecues & Accessories	Christmas Goods
Gift Tokens	Greenhouses/Sheds/Summerhouses
Beekeeping	Outdoor Gifts
Furniture (inc. wooden)	Charcoal & Fuels
Turf	Delivery Charges
Books (inc. newspapers & gardening magazines)	Gifts & Cards
Stamps	Food & Drinks (inc. sweets, jams, drinks, ice creams, biscuits, hampers, eggs and fruit & vegetables)



10% discount at Vertigrow

**ALLOTMENT SHOP** - We aim re-open (Officially) in February 2020 once the Kings seed stock, inc onion sets are delivered. A huge thank you to Lorraine and David Wood for managing the Shop and Jean Pulleyn for serving refreshments. It has also been a great year for getting volunteers to help, to allow these lovely people to have a few Sundays off. If you would like to help next year, please speak to them directly. We have also been able to extend our earnings this year with the support of Nigel and Pam keeping the shop and refreshments open (out of season), when weather is kind, which so far has been most Sundays and will continue where possible.

If you would like to write something for the next newsletter, please email it to [gayle.farrington@btinternet.com](mailto:gayle.farrington@btinternet.com), by mid March 2020.