

ROYAL PADDOCKS ALLOTMENTS



HAMPTON
WICK

ROYAL PADDOCKS ALLOTMENTS NEWSLETTER

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THE PLOTHOLDER

www.paddocks-allotments.org.uk

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**COMING
SOON!**

**AUTUMN
SOCIAL
AND
PRODUCE
SHOW**

**SUNDAY
4th
OCTOBER
12pm – 3pm**

For details see right,
and posters on the
shed near the main
gate. All profits to
site improvements.

**AGM
THURSDAY
12th
NOVEMBER
7.30pm for 8pm**

New Site Shed



By now all of you will have seen and perhaps frequented the new shed that has been erected by the old 'Seed store cafe'. A large number of plottolders were involved with this project and we now have facilities for the Sunday morning café, committee meetings and, no doubt, further use will be made of it



during future socials and seedling sales.

Many thanks to all those who generously volunteered their time and efforts.

Bob Trevillion

Top: Chairman David Harnden and Chris Nix, plot 12f, construct the shed. Right: the shed in use, providing welcome refreshment and a chance to discuss plans and progress with other plot-holders.

Autumn Social – Sunday 4th October

This year's Autumn Social will feature all the usual suspects – bbq, Home Produce stall, the heaviest pumpkin competition, a grand Raffle, with great prizes (tickets are currently on sale at the Sunday Café), children's' craft activities, 'Splat the Rat', 'Hook a Duck' and a Lucky Dip.

This year there will also be an informal, non-official Produce Show, for plottolders and for children – a chance to display growing skills and seasonal creativity!

Categories will include: best veg and best fruit on a plate; five from your plot; seasonal floral display; funniest vegetable, grown as is or put together. **And for children:** best display in a recycled bottle; space garden on a plate and best veggie monster.

Entries will need to be in before 11am on the

day – entry forms will be available in the café on Sunday mornings or from Jenny Bourne.

We are asking for volunteers on the day – anything from helping out for an hour behind a stall to setting up and clearing away will be very much appreciated. Contact me by email (jenbourne@btinternet.com) or 020 8943 1792.

Car parking by the compost toilet area will be suspended all day, and the entrance gates will not be left open, so if you invite friends and family to come along please arrange to meet them there to let them on to the site.

Time to get making chutneys, pickles, jams and jellies for the Home Produce stall, nurturing those prize winning entries for the Produce Show and feeding up the monster pumpkin!

Jenny Bourne

Submit items for the next newsletter – contact jenbourne@btinternet.com

News from your Committee

THE OFFICE

Now based by the site shed. A committee member is available every Sunday, 11am – 12pm, to deal with queries.

WELCOME TO NEW PLOTHOLDERS

Angela & Tim, 11f; Stuart, 133f; Gary, 120; Angus & Rosalie, 198f; George & Carol, 150b; Pam, 133b; Jon & Catherine, 116.

BONFIRES

The bonfire ban is in force until the end of September.

COMMITTEE NOTICES

These are constantly updated and displayed on the shed by the main gates. Please read them!

THEFT

Several plotholders have reported the theft of produce from their plots, such as entire crops of apples and gooseberries being taken. Please be vigilant, watch out for intruders and make sure the gates and door stay closed (remember there are two vertical and one horizontal bolts on the gate, and all must be secured). Plotholders are responsible for their visitors' behavior. Theft by a plotholder would be viewed very seriously and is likely to result in the tenancy being terminated. Please report any thefts to a committee member.

INCINERATOR

The incinerator has been reinforced and can now be used by plotholders. Don't burn rubbish when a cricket match is on and don't burn too much at any one time, since the structure is weakened if it gets too hot. Make sure the fire has burned right down before leaving the site.

WAITING LIST

The waiting list for new or additional plots has been temporarily closed, as there are 80 people on the list and the wait is two years or more. The situation will be reviewed in March.

THE PLOTHOLDERS' COMMITTEE

David Harnden, Chair, Plot 152
Marguerite Pocock, Secretary, Plots 55, 62b
Gavin Collins, Treasurer, Plot 163
Jenny Bourne, Social Secretary, Plots 27f, 28b
Ashley Catto, Plots A, H
John Hawkins, Plot 79
Shirley Murray, Plot 3
Chris Pocock, Plots 55, 62b
Bob Trevillion, Plots 136b, 137
Barbara Wood, Plots 182, 183, 184

THE MANAGEMENT COMMITTEE

Councillors: James Mumford (Chair), Gareth Evans, Jonathan Cardy, Jerry Elloy.
Tenants: Chris Pocock, David Harnden, Gavin Collins, Bob Trevillion (Deputy Chair), Susan Saunders (Secretary)

FIRST AID (FIRST AID BOX IN THE SHED BY THE MAIN GATE)

FIRST AIDERS Mary Newing, Plot 53
Lorraine Groves, Plot 27b
John Greaves, Plot 111f

If anyone has First Aid training and could add their names to the list, please let someone on the committee know.

Entrance Gates

Over the summer the entrance gates have been left open on many occasions and people other than allotment holders and their guests have had free rein to wander around the site. Some individuals have been 'unhappy' at being asked to leave.

Please remember that our security, in large part, depends on these gates being kept closed at all times. *Bob Trevillion*

Monthly Workdays update



The monthly workdays have achieved a lot since they began in the spring. The first workdays focused on repairing some of the devastation caused by the fire and the skip lorries: the roads were mended, the grass lawn behind the compost toilet was levelled and the mess outside the

stable building was cleared up. Subsequent workdays have seen the new shed erected, road repairs and work on the fence around the toilet. Sinking new pumps is perhaps the most important communal job on the allotments, and the first pump of the year



was completed with a minimum of problems. This was not true of the second – a dozen feet down progress became slower and slower until we had to abandon it, since we appeared to have hit solid rock. Luckily the new site, just a few yards away, was much better and we sank over 15 feet of pipe in the

day, reaching water by mid-afternoon. It will take a bit more work to reach the 'sweet spot' in the middle of the gravel layer, but the omens are propitious.

Many thanks to all who have taken part in the workdays, in particular Barbara and Peter Wood for leading the pump parties and Bob Trevillion for his work on the roads and shed.



Please come along and help, whether it's for the day or just 30 minutes. We meet at 11am on the first Sunday of the month, outside the new shed.

David Harnden (Chairman, Plotholders' Committee)

Seedling Sale success

This year's sale was favoured by good weather and the café volunteers offering refreshments from a tent after the disastrous fire. Thanks to everyone for help on the day and for all the kind donations of seedlings and plants.

Jenny Bourne

Picture gallery

We'd like to start a regular gallery section, featuring pictures you've taken on your plot through the year, or drawings or paintings of the site, open to all ploholders and their families. We're pleased to kick off with these excellent photos, taken by Stanley Colclough, aged 10, over the past few months.



Cornflower



Through the spade handle



Sweet Peas



Clematis

CAFÉ NEWS!

The Seed Store café continues to offer refreshment to weary plot-holders, and with the support of volunteers serves a wide selection of home made cakes and hot and cold drinks to customers old and new.



The café's new home is in the shed in front of the old office building, and it is open, as usual, on Sundays from 11.00 to 13.00.

Versatile Eco-bags on sale

Fab RPA eco-bags – on sale at the café and at the Autumn Social. Made of heavy duty calico, gusseted for strength, long handled, with Sue's wonderful drawing of the allotment site in racing green – perfect xmas presents, perfect for bikes, for hanging up in the shed, storing tools, carrying veg – multi-purpose, strong and durable! A snip at £6!

Pumpkin Carving

If you have had a good crop of pumpkins and gourds don't just use them to make ghoulish lanterns for Halloween. They can be carved with simple shapes and give a warm glow as the nights draw in.

Save the pulp to make soup or chutney. The seeds can be toasted in a low oven – eat as snacks or in flapjacks or save the seeds to sow next year. When making your lantern take care to site holes in the lid directly above the candle flame or you will get roasted pumpkin!



Inspiration for Halloween pumpkins can be found at:

www.extremepumpkins.com

www.dltk-holidays.com

(lots of great patterns to print off)

www.carvingpumpkins.com

www.zombiepumpkins.com

Home-made Fungicide

This fungicide recipe is made from horsetail, of which many ploholders have an abundance...

For mildew on crops and some rusts e.g. on celery, use all parts of the plant including the rhizomes.

For each 28g pour on 1 litre of hot water and allow to stand for 24 hours. Strain and use undiluted as a spray.

Thanks to Laura Newbould, Plot 126

Green Manures by Jenny Bourne

Green manures are crops grown on soil not otherwise being used, and then dug back in to provide nutrients, fertility and structure, usually autumn sown to be dug in during spring, before flowering.

They are traditionally used for three main reasons: firstly, as a means of holding nutrients in the soil that would wash out over winter. Nutrients that would leach from the soil are held onto for the spring crops. With light sandy soils, where there would be little benefit to winter digging, a green manure is ideal. Secondly, they suppress weed growth. The third benefit is that green manures improve the soil structure and add humus. The roots keep the soil friable as well as drawing up minerals and nutrients. As well as



holding nutrients in the soil, some green manures have the ability to fix nitrogen from the air, meaning that the plants are actually providing you with fertiliser.

Bob Flowerdew (*Kitchen Garden*, August 2002) suggests that traditional green manures used by farmers, such as tares, Hungarian

grazing rye, vetches and clovers are rather fibrous and prone to regrowth, so difficult to dig in during spring, taking too long to decay before the soil is ready for planting most crops. He recommends the poached egg plant, *limnanthes douglassii*, claytonia, corn salad (*Valerianella*) and chervil. Spinach can be used as a summer green manure or a winter manure in milder areas. Phacelia (*Phacelia tanacetifolia*, above) grows fast in spring and summer – I sowed a crop in late autumn to be dug in during spring, leaving a few plants to flower as an early food source for bees, who love it.

Andi Clevely in *The Garden* (RHS September '09) says, 'Most green manures are quick and easy to grow but it is vital to understand your needs and site conditions to get the best from them' and cites a useful chart of some principal green manure crops (see selection below). 'Trample or cut down plants and dig them into the top 10–15cm of soil. Leave the ground for 2–3 weeks before planting or sowing again'.

SOME GREEN MANURES (source: *The Garden*, September 2009)

name	benefits/cultural notes	when to sow	time in ground
alfalfa	<i>Medicago sativa</i> : hardy perennial; fixes nitrogen, good subsoiler; avoid acid soil	April - July	3–24 months
lupin	<i>Lupinus angustifolius</i> : hardy annual; nitrogen fixer for light and acid soils	March – August	2–4 months
mustards	Various Brassica species: half-hardy annuals; fast, bulky, smother weeds	March – August	1–2 months
phacelia	<i>Phacelia tanacetifolia</i> : half-hardy annual; fast growth and decay	March – August	1–3 months
red clover	<i>Trifolium pratense</i> : hardy perennial; fixes nitrogen	April – August	3–24 months

APPLE, DATE and GINGER CHUTNEY

INGREDIENTS

1.5kg/3lb Bramley apples
2 garlic cloves, very finely sliced
250ml/8fl oz cider vinegar
750g/1½lb granulated sugar
250g/9oz stoned dates, finely chopped

100g/4oz sultanas
50g/2oz fresh ginger, peeled and grated
½ tsp salt
½ tsp ground allspice
Pinch of cayenne pepper

Method

1. Peel, core and thinly slice the apples. Place in a large pan with the garlic and vinegar. Cook gently until the apples have broken down into a thick purée. Stir in remaining ingredients. Cook for 20–25 minutes, stirring occasionally.
2. Spoon into hot, sterilised, glass preserving jars with clip tops. To enjoy the chutney at its best, store in a cool, dark, dry place for about 2–3 weeks before eating. This allows time for the flavours to mature. Once a jar has been opened, store in the fridge and eat within 1 month.

PLUM CHUTNEY

INGREDIENTS

450g/1lb red plums, halved and stoned
180g/6oz caster sugar

120ml/4fl oz cider vinegar
1 cinnamon stick
2 star anise

Method

- Put all the ingredients into a pan and heat gently until the sugar dissolves. Bring to the boil and simmer gently for about 20–30 minutes until the plums are tender and the liquid is syrupy. Cool and keep in the fridge. Serve with cheeses or ham.

GLUTTONY CHUTNEY (River Cottage recipe)

INGREDIENTS

675g courgettes and marrow, or 675g pumpkin, peeled and diced in 1cm pieces
675g over-ripe tomatoes, skinned and chopped, or 675g over-ripe plums, stoned and chopped
675g bruised or shrivelled apples
250g onions, peeled and roughly chopped

250g sultanas or raisins
250g light brown sugar
375ml white wine or cider vinegar
200ml water
1–2 tsps dried chilli flakes, depending on taste for heat
½ teaspoon salt
½ tsp dried ginger
Spice bag – ½ tsp each cloves, black peppercorns and coriander seeds

Method

1. Place all ingredients into a large, heavy pan. Tie the spices into a square of muslin. Add to the pan, pushing the bag to the middle.
2. Heat gently, stirring occasionally to dissolve the sugar. Bring to the boil slowly then simmer on low heat for 1 hour, stirring regularly to stop it burning.
3. The chutney's ready when rich, thick and reduced, and parts to reveal the base of the pan when a wooden spoon is dragged through it. If it starts to dry out before this stage, add a little boiling water.
4. Place in sterilised jars with plastic-coated screw-top lids while still warm, but not boiling hot.



How to contact us: You can leave mail for the Committee (but not money) in the postbox in the shed by the gate. Our website address is www.paddocks-allotments.org.uk

