

September 2020

Issue 12



## Chairman's Chatter

### Inside this issue:

<i>Chairman's Chatter</i>	1
<i>Seasonal Tips</i>	2
<i>Cookery Corner</i>	2
<i>Trading Shed</i>	3

It will be no surprise to most of us that one of the lessons from lockdown is that running an allotment or growing in a garden is a good thing to do – in so many ways. According to the National Allotment Society interest in having an allotment has increased by up to 300%. The problem is that broadly speaking the number of allotments is fixed and therefore growing demand leads to increased waiting lists.

There have been two different suggestions as to how this might be addressed:

Dave Goulson, Professor Of Biology at the University of Sussex urges the government to buy up land to help provide more allotments that could be part of a local, sustainable, nature friendly food production system. He argues that competent allotmenters can produce the equivalent of about 35 tons of food per hectare, which compares more than favourably to farm productivity.

He also adds that: "allotment produce is zero food miles, zero packaging, healthy fruit and veg, often produced with minimal or no pesticides. Allotment soils tend to be healthier than farmland soils, with more worms and higher carbon content, helping to tackle climate change"

In Edinburgh where the waiting list for an allotment is growing: there are now 3,392 people in Edinburgh waiting for one of 1,568 council-managed allotments debate has suggested a potential solution. Looking at land use in the City area in 2018 an allotment campaigner identified that 5.5 per cent of the land in Edinburgh was golf courses – far more land than is allocated to allotments . Participation in golf is reportedly falling and it has been pointed out that you could get a lot of allotments on the average 100 plus acre golf course.

### Many thanks

Can I record my thanks to all our members who supported the Trading shed whilst we were only open through our click and collect operation. This ran through the summer and allowed us to continue to bring you the great value supplies you need for you allotment or garden

It is great that we have now been able to reopen the shed in a more conventional way – with appropriate Covid safety measures in place. We look forward to welcoming you back to the shed for your autumn supplies, including spring flowering bulbs

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## Seasonal Tips—September/October

September is the first of the autumn months and night time temperatures will begin to fall.

As crops are harvested and beds become empty, dig in well-rotted manure or compost or mulch your beds, that is lay the manure or compost on the surface of the soil for the worms to work in.

You can sow green manures this month. Phacelia, annual ryegrass and field beans will overwinter well, or cover with weed-suppressing fabric.

Continue to lift main crop potatoes

Lift any remaining onions and dry them ready for storing

Earth up your Brussels Sprouts or stake them ready for any winter winds

Remove a few leaves from your squashes so the sun can ripen the fruits

Plant Spring cabbages, onion sets, strawberries and overwintering Onion sets. You can plant Garlic this month and into November, check to see that the variety is suitable for autumn planting.

Sow overwintering Peas such as "Meteor".

Sow Broad Bean "Aquadulce Claudia". They need to be covered if a hard frost is forecast.

Sow winter Spinach early this month.

If your tomatoes have succumbed to tomato blight you can compost the foliage provided that - EVERY LAST TOMATO HAS BEEN REMOVED.

Tomato blight is a fungus that will survive in the seeds inside the tomato (as the seed is still alive), but it can NOT survive on the foliage after it has died off

### October

October is known to be wet, windy and cloudy, also fog is more likely than in September. Don't be caught out with frosts, as they can occur this month.

Harvest the last of your summer vegetables, salads and fruits before the first frosts

Bare-rooted fruit bushes can be planted this month e.g. blackcurrants, cranberries, gooseberries, red and white currants, grape vines and strawberry plants.

Keep removing yellow leaves from brassicas as these can harbour pests and diseases.

'Cure' pumpkins and butternut squashes by cutting them from the plant and leaving them in the sun to harden the skin, so they will store longer. Bring them inside if a frost is forecast.

Finish pruning summer raspberries and blackberries by removing this year's fruiting canes and tie in this year's new, non-fruiting canes.

## Cookery Corner - Blackberry, apple and feta salad

Servings : 2-4 Ready in : 5 Minutes

- \* 2 handfuls of salad leaves
- \* 2 handfuls of blackberries
- \* 1 small apple
- \* 2 handfuls of almonds
- \* 100g feta cheese
- \* few mint leaves
- \* **LEMON VINAIGRETTE:**
- \* 1 tsp Dijon mustard
- \* 2 Tbsp lemon juice
- \* 4 Tbsp extra virgin olive oil

- \* 1 garlic clove crushed
- \* 1 tsp maple syrup to taste
- \* Black pepper

### Method

1. Make the vinaigrette by mixing together: Dijon mustard, olive oil, lemon juice, crushed garlic and maple syrup.
2. Core the apple and cut into thin slices.
3. In a salad bowl place salad leaves, apple slices, blackberries, crumbled feta, mint leaves and almonds.

4. Toss everything well in the vinaigrette.
5. Season to taste with pepper.



Simple!

## Trading Shed

### Autumn planting vegetable supplies

As usual we have over wintering onions, Autumn planting shallots & Broad Beans available to buy at our usual reasonable prices:

<b>Overwintering Onions</b>	
Shakespeare	250g for 80p pre bagged
Radar	250g for 80p pre bagged
<b>Autumn Shallots</b>	
Shallot Jermor	250g for £2.55 pre bagged
<b>Broad Bean</b>	
Aquadulce	125g for 75p pre bagged

### Autumn planting spring bulbs

Get your spring colour in the ground and have something to look forward to over the winter:

<b>Daffodils</b>	
King Alfred	10 bulbs for £1.70 pre bagged
<b>Tulips</b>	Both tulips 10 bulbs for £1.80 pre bagged
Appeldoorn Red	
White Dream	
<b>Crocus</b>	All crocus 10 bulbs for £1.50 pre bagged
Large Flowing White	
Large Flowering Blue	
Large Flowering Striped	
Large Flowering Purple	
<b>Hyacinth</b>	
Carnegie Pure White	10 bulbs for £3.45 pre bagged
Eves Garden Hyacinth Blue	Pre Pack by supplier - 3 bulbs for £1.75
<b>Narcissi</b>	
Tete A Tete - Multi Headed	10 bulbs for £1.05 pre bagged
Narcissi Sabrosa	10 bulbs for £1.90 pre bagged
Narcissi Thalia	10 bulbs for £1.90 pre bagged

Picture guides will be available in the shed for all bulbs to help you choose or if you prefer to select from home look at images of the flowers at <https://www.bostonbulbswholesale.co.uk/>