



WELLINGTON FIELDS ALLOTMENTS NEWSLETTER June/July 2022



Forward from the Chairman

Welcome to the Summer Newsletter It has been a busy winter for the committee with many improvement projects being planned around the site, so apologies for the long wait for this seasonal update. I hope you find the newsletter informative and entertaining, and I look forward to seeing many of you in the coming months around the plots, at the AGM, and hopefully one of our social events.

Committee Notices / Key Dates

A warm welcome to our new plot holders Stephanie, Greg and family.

1. Our AGM will be held in the Hixon Memorial Hall on Tuesday July 12th 7.00pm. We look forward to seeing you at the event.
2. We are hoping to have another quiz in October.
3. Enviro-Mesh is available from Karen Appleton- The mesh is 3.6 metres wide at a cost of 4.40 per metre. It is ideal for covering cloches, brassicas etc...
4. The quiz and plant sale raised approximately £500.00 towards our improvement projects.
5. Please ensure that you do not overfill the bucket found beside the compost area and that any materials that will not go in are taken off site. It is also important that plot holders do not put membrane, plastic, stones and woody materials in the compost bin.

Health and Safety

Assessing the Risks

Every tenant should make themselves aware of any potential hazards which may exist and should be vigilant in ensuring that the site is maintained in a clean and safe condition. This includes reporting any risks to the Secretary who will update the Association. Every tenant should comply with all relevant Health and Safety laws and exercise a 'Duty of Care' towards themselves and others at all times. **Please see the provided risk assessments and our Health and Safety policy.**

www.wellingtonfieldsallotments.org/hixonpages www.wellingtonfieldsallotments.org



- In the case of an accident plot holders should record this in the accident book. This is found in the shed on plot **14 R (Karen Appleton's Plot marked with a First Aid sign half way up on the right hand side)**
- There is a first Aid Kit on the site on **plot 14R**. The shed has a first Aid sign and is marked with a sunflower.
- Thank you for reverse parking it has made the car park a safer place.



Jobs on the Allotment at any time!

1. Do 10 minutes of weeding every day to avoid that depressing sight of the weeds taking over. Weed with a hoe in dry weather or by hand whenever you want to. Little and often is a better technique than facing an overgrown plot or garden.
2. Train in climbing beans and continue to put in supports for your peas. Water along the rows of peas to swell the developing pods.
3. Carry on with the thinning out of seedlings of earlier sown crops.
4. Don't allow plants growing under glass to dry out or overheat.

June

Time to harvest

Beetroot, broad beans, cabbage, cauliflower, early peas, lettuce, rhubarb, spring onions, radish, spinach can all start to be harvested now. Lift the earliest potatoes towards the end of the month and continue earthing up the rows of your other varieties. June is the end of the asparagus season, so stop cutting and give the plants a top dressing of general fertiliser to help build up the crowns for next year. Start to harvest the first of your soft fruits.

New sowing and planting

Successional sowings of beetroot, kohlrabi, lettuce and winter cabbage seeds can all be done now the follow the instructions on the back of your seed packets, but it is worth starting them off in trays indoors and then transferring them outside after a couple of weeks. Sow every 2 - 4 weeks for a continual supply of produce for your plot.

Brussels sprouts, cabbages, cauliflowers, celeriac, courgettes, outdoor cucumbers, French and runner beans, leeks, pumpkins, squashes, sweet corn, outdoor tomatoes can all be planted out into their final position now. As with all young plants water in carefully and protect from birds with netting.

July

Keep up with the harvesting of all crops because the allotment is now in full production. Lift early potatoes and carry on earthing up the rows. Harvest garlic and shallots as the foliage begins to become yellow and straw like. Pick the first of the early tomatoes. July is the start of globe artichoke season. If your plant is into its second year then cut off the top bulb once big and swollen with a

couple of inches of stem attached. Lift autumn planted onions for immediate use. Continue to pick rhubarb until the end of the month and begin to harvest the main crop of your strawberries. Start to pick plums, early pears and apples.

New sowing and planting

Start sowing the seeds of the overwintering crops of kales, spring cabbage, radicchio, chicory, spinach beet and a hardy type of onion to mature in the early summer of next year. Now is the best time to sow the main crop of carrots to avoid attack from root fly. Continue with successional sowings of beetroot and lettuce. Follow the instructions on the back of the seed packet, and sow every 2 - 4 weeks for a continuous supply of crops.

Recipes from Karen Appleton

Rhubarb Cake

Ingredients

Serves: 18

- 125g butter
- 300g caster sugar
- 1 egg
- 1 teaspoon vanilla extract
- 250g plain flour (I add more as batter is a little too thin)
- 1 teaspoon bicarbonate of soda & baking powder
- 1/4 teaspoon salt
- 250ml buttermilk
- 250g rhubarb, chopped
- 1 tablespoon plain flour

Topping

- ½ teaspoon ground cinnamon
- 25g brown sugar

Method

Prep: 15min › Cook: 45min › Ready in:1hr

1. In a large bowl, cream together butter and sugar. Beat in egg and vanilla.
2. In another bowl, sift together 250g flour, bicarbonate of soda and salt. Add sifted ingredients alternately with buttermilk to creamed mixture.
3. Toss rhubarb with 1 tablespoon flour and stir into cake mixture. Spoon cake mixture into buttered 23x33cm baking tin and smooth the surface.
4. Blend together 50g butter, cinnamon and brown sugar; sprinkle evenly over cake mixture.
5. Bake at 180 C / Gas 4 for 45 minutes.



Gooseberry & Elderflower Cake

Moist and melt-in-the-mouth, with its luscious sponge sharpened by tart gooseberries and sweetened by a crunchy sugary topping; this lovely cake celebrates all that is English with its summer fruits fragranced with syrup made from hedgerow blossom

- 200g soft butter, plus little extra for greasing cake tin
- 150g caster sugar, plus 2 tbsp for dusting
- 3 eggs, lightly beaten
- 3 tbsp Elderflower cordial
- 220g/ self-raising flour
- 250g gooseberries
- 50g granulated sugar



METHOD

1. Preheat oven to 180C/350F/ Gas 4. Grease and line base of 20cm loose based cake tin.
2. In a bowl beat butter and sugar together until pale and fluffy.
3. Gradually beat in the eggs and cordial. Then fold in the flour with a metal spoon.
4. Carefully fold in three quarters of the gooseberries. Spoon the cake mixture into the tin and smooth the top. Toss the remaining gooseberries with the granulated sugar and pile all on top of the cake.
5. Cook for 45 minutes, covering loosely with foil if it starts to go too brown.
6. Remove from the oven and dust with 2tbsp of caster sugar. Allow to cool in the tin before serving.

Elderflower Gin

Ingredients

1. 700ml bottle of gin
2. around 20 elderflower heads, woody stems & bugs removed
3. zest of 1 lemon
4. 4 tbsp sugar

Instructions

1. Pour the gin into a sterilised bottle or jar.
2. Add the sugar, seal and shake well until sugar dissolves.
3. Open again and add the flowers - ideally just the blooms, and no stems. Swirl gently.
4. Store in a cool, dark place for about a week. Give a gentle shake or swirl whenever you're passing.

5. After 7 days, pour the gin through a clean tea towel to thoroughly strain. Return to the bottle and chill before serving.



Gardening for climate change

Climate change, global warming, decline of native wildlife species, bee populations plummeting, gardens disappearing under concrete. What can the gardener/ allotmenteer do?

- Trees are important, as windbreaks, for wildlife habitat and to provide shade.
- Growing our own not only gives us fresh produce but cuts air miles – allotments are in the vanguard of this localised sustainability.
- Group plants with similar water and soil needs together.
- Mulch and make your own compost.
- Reduce the amount of fertiliser on lawns, don't water in spring, don't cut too short and leave clippings to mulch.
- Conserve water using water butts; try a green roof on sheds and buildings where possible.

Please follow our guidelines when you put garden materials in the compost bins so that we produce the best possible compost for all. Visit Alan Hartley's recent article on making good compost.

<http://www.the-site.name/allotments/articlehixon204.htm>

Committee Members

Chairperson - Simon Ellin.
Vice Chair- Chris Hilton
Treasurer - Karen Appleton.
Secretary - Jane Garner.

Committee Members: -
Mark Connell;
Alan Hartley;
Nick Brookes;
Suzanne O'Farrell.

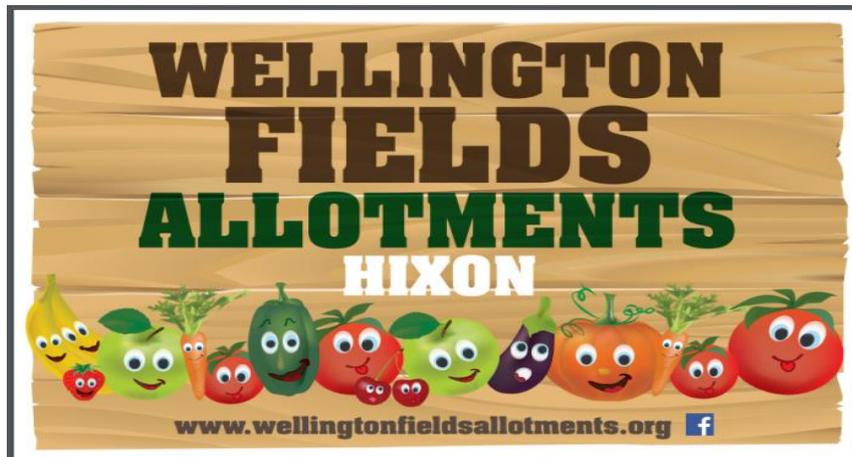
Contact Details for Jane Garner,
Secretary - fjanegarner@hotmail.com

Don't forget we have our own Facebook page and group that we would like to see more people using! You can post anything you want within reason about the allotments.

www.facebook.com/WellingtonFieldSHixon

A useful site

<https://www.nsalg.org.uk/resources-and-downloads/individuals-and-schools/>



.....*Happy Gardening*