



# NEWSLETTER

October 2021

## OCTOBER

Autumn is upon us already at the Allotments and October is the month when we leave behind the long warm days of summer and start to feel the chilly mornings and dark evenings of Winter creeping in earlier and earlier. It's the time for hot soups and warm clothes for our allotmenters while working to have their plots ready for the winter months ahead.

The end of the month is the scariest time of the year not only is it Halloween but it's also when summer ends officially with the clocks going back an hour.

In this month's newsletter we have articles on our recent *Maintenance Days*, an update on the *Constitution Review* and more *Thoughts from the Plots* as well as useful information and contributions from our members. Hope you enjoy reading it as much as we have enjoyed compiling it.

### In this issue:

- ◆ **Constitution Review update**
- ◆ **Maintenance & Site Upkeep**
- ◆ **Association Shop**
- ◆ **October Recipes**
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- ◆ **Thoughts from the Plots**



### CONSTITUTION REVIEW update

A draft of the Constitution review was presented to the Management Committee by the Constitution Sub-committee and was gratefully received and commended for the amount of work and thought given to the task. With the exception of some minor amendments and additions, the new document will be concluded in time for the AGM.

**ALLOTMENT OPEN DAY IS CANCELLED DUE TO WET WEATHER FORECAST**



## MAINTENANCE DAY REVIEW

The September maintenance days were unfortunately poorly attended which resulted in a lot of scheduled tasks not carried out or completed.



We realise that it can be very difficult to commit to these specific days especially when facing the challenges of everyday work and home life. However, site maintenance still has to be done you will find a rolling programme of tasks listed on the Notice Board at the front gate alongside the current month's must do list.

It's amazing what can be achieved in a very short space of time therefore please consider, when you are tending your own plot, factoring

**NEXT MAINTENANCE DAYS  
CANCELLED DUE TO WET  
WEATHER FORECAST  
1ST & 2ND OCTOBER**

in some time for some communal maintenance.

The site is subject to unannounced

visits by the council's allotment officer to ensure that plot holders are adhering to the terms and conditions of the letting policy.

It has been pointed out to the committee that plot holders are not keeping their boundaries free from weeds etc.

## ASSOCIATION SHOP

We are anticipating starting an **Allotment Shop** in 2022 and think this venture will be a good addition to our ever improving site. We hope to ultimately stock much of what you need for successful growing and aim to offer quality products at great value prices.

The shop will be run by a **Shop Group** and if you are interested in volunteering can you please email [fernbraeallotments@gmail.com](mailto:fernbraeallotments@gmail.com). By shopping with us you are helping to support our association...

The shop will operate throughout the growing season - March to September, in the beginning sited in the container. If anyone has a desk or chair they no longer require we would be very



happy to give it a new home.

Initially our range of goods will be limited but if the shop proves to be successful we will obviously improve the diversity of the stock offered and ensure that the prices are as reasonable and competitive as possible. Stock items planned include a large range of seeds, compost, canes, netting, and fertilisers.

We welcome your feedback and any suggestions for items we should stock.

Any surpluses generated by the Shop will be fed back into the Association's funds to help run our site and improve facilities for members.

## FROM PLOT TO POT

Your recipes of the month



Tomato Chutney Sarah Plot2b

### Ingredients

250 g red onions

500 g mixed-colour tomatoes (*I tend to use tomatoes that are not good enough for salads or sandwiches*)

1 fresh red chilli

75 ml red wine vinegar (*I've used white cider vinegar and it doesn't make much difference*)

140 g brown sugar

### Method

Peel and finely slice the onions, roughly chop the tomatoes and de-seed (*I don't bother*) and finely slice the chilli.

Put everything in a pan, season to taste and stir well to combine. Simmer for 30 to 40 minutes or until jammy. Pour into a sterilised jar and leave to cool. Keeps for up to 4 weeks in the fridge. Perfect on toast with a slice of cheddar.



## FROM PLOT TO POT 2

If you're like me, one day you visit your plot and you have lovely courgette flowers however on your next visit you have enormous marrows!!!



Why don't you have a go at this **Marrow Curry** recipe.

### **Marrow Curry** Ingredients

250 grams marrow, peeled and medium diced

1 large onion, thin sliced

1 tablespoon ginger-garlic paste

1 tomato, deseeded and diced

1-2 tablespoons coriander, chopped

2 green chillies

¼ teaspoon cumin seeds

1 teaspoon turmeric powder

1 ½ teaspoon cumin powder

1 ½ teaspoon coriander powder

1 teaspoon garam masala powder

Salt to taste

Oil for cooking

1 to 1 ½ cups of water, for gravy

### **Instructions:**

Put oil into the pan and wait until the oil is hot.

Add cumin seeds and let them crackle.

Add onions and cook it for 2-3 minutes in medium high flame

Cook them until the onions become translucent. Stir in regular intervals.

Add ginger-garlic paste and mix.

Cook them in medium flame until the raw smell goes away.

Add marrow pieces, green chillies and stir them properly

Cover the pan and cook them in medium high flame for 4-5 minutes. Stir in between.

Put the flame in low and add salt, turmeric powder and mix all the ingredients.

Add tomatoes and stir.

Cover the pan and cook them for 6-8 minutes in low flame until the marrow gets cooked. Stir occasionally.

Add cumin powder, coriander powder and mix. Cook them in low flame for one minute.

Add water and stir.

Cover the pan and put the flame high until the gravy simmers.

Turn flame down low and take off the lid.

Sprinkle chopped coriander, garam masala powder into the pan and mix

Cook them over a high flame for another minute.

Switch off the flame and put the pan down.

### **Serving Instruction**

Serve with rice or with Indian flat bread like and enjoy the cosy taste of the comfort dish.

*It would be good to have your feedback regarding recipes and feel free to send your suggestion.*

### **WASTE NOT, WANT NOT!**

Wondering what to do with your excess fruit and vegetables? Rather than put perfectly edible produce on the compost heap or throw it in a bin you can donate any surplus produce to fellow plot-holders by leaving it in the bins provided under the benches at the shelters.

### **ALLOTMENT WHEELBARROWS**

The communal wheelbarrows are normally situated at the front gate however a few of them have "disappeared" and one has a flat tyre.

As these wheelbarrows are a community resource it is imperative that they are not removed from site except temporarily for the offloading of supplies in the car park.

Once you have finished using a wheelbarrow please hose it down ready for the next person and return it to the front gate site. Your co-operation is appreciated.

### **SUGGESTION BOX**

Please remember to post any suggestions you may have in the SUGGESTION BOX mounted inside the Community Hub shed next to the door.



## Jobs to do in October

### HARVESTING

Every child loves to make a Jack o' Lantern, so harvest your pumpkins and squashes now. Any that aren't used for Halloween will make a perfect supper. If any outdoor tomatoes are left, collect the fruit and place them in a paper bag or shoe box to complete their ripening, but don't forget to check on them from time to time! Early leeks can be lifted now because they are less hardy than the later cultivars. Main crop potatoes must be got out of the ground before the end of the month using a potato or garden fork to lift them to prevent damaging the tubers. Harvest the last of the peas and runner bean crop for this year, and keep harvesting chard, spinach, carrots, celeriac, lettuce and the Oriental vegetables. Also, lift and store any Florence fennel bulbs before they are damaged by frost.

### SOWING AND PLANTING

Sow winter lettuce and a couple of short rows of winter hardy peas and broad beans towards the end of the month to provide you with an early crop next Spring.

Plant out Spring cabbage and overwintering types of onion and garlic. It is also a good time to plant rhubarb crowns.

### GENERAL

Rough dig over heavy ground and leave it in lumps or ridges to be broken down gradually by the winter frosts and rain. Keep off the soil if it is wet and don't be tempted dig it if it is frozen. When to soil is frozen hard

it is a good opportunity to cart barrows of manure or compost over it.

Insulate your greenhouse before using it to protect the your more tender plants using horticultural fleece or plastic bubble sheeting; newspaper is an excellent substitute if you lay several layers over your most precious plants whenever a frost is forecast. It is also a good idea to wrap their pots in bubble wrap to insulate their roots.

The last couple of winters have been cruelly hard. Be prepared to protect chard plants, spinach, winter lettuce, peas, broad beans and any other crops that you are overwintering from the worst of the winter weather. Keep some fleece, plastic or have clothes nearby ready to use.

Clean and clear the plot of spent crops and take down the runner bean poles, cleaning the soil off the bottom of them before storing them somewhere cool and airy ready to use next year.

Stake Brussels sprouts and sprouting broccoli plants to prevent them from being blown over in strong winds, it is also worthwhile dragging soil up around the base of the plants to give them extra support.



## Thoughts from the Plots

"To make some long lasting plant ID labels I used up some old pieces of slate (old broken roof tiles) and wrote on them with a tipex marker pen. I then gave it a couple coats of clear aerosol spray to seal it."

Thanks Fiona (Plot 33b)



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Visit us at [www.fernbraemeadowsallotments.ga](http://www.fernbraemeadowsallotments.ga)

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