



# NEWSLETTER

JANUARY 2022



**Wishing all plot holders a very Happy New Year and a bountiful growing season in 2022!**

Despite only being in existence since 2019 our Association has come a long way thanks to the efforts of the Plot-holders who decided to form the Association and laid down the ground work. It cannot be emphasised highly enough the commitment and hard work of these people. However we must now take the opportunity build on their efforts and move forward to improve our site further.

One of our objectives for 2022 is to forge links with external bodies' i.e. local groups, communities and third sector agencies as well as continuing to involve our members.

Please send any comment/suggestions you may have to [fernbraeallotments@gmail.com](mailto:fernbraeallotments@gmail.com)

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## FRONT GATE AREA

A generally accepted view is that first impressions are important therefore it is crucial that the front gate area is kept as clean, tidy and as rubbish free as possible.



Quite often our "Front of House" looks very neglected with old pieces of furniture, various broken tools, polythene bags (to name a few) being left there.

We have been fortunate to have a plot-holder who has in the past taken, on numerous occasions, rubbish to the local council tip using their own transport and fuel. However we cannot expect or rely on the ongoing goodwill of fellow plot-holders indefinitely.

Uplifting rubbish costs money and as an Association we could be using these funds for other purposes.

**Please be considerate and take away your own rubbish.**

Bulk deliveries can be stored here but please mark the items with your plot number and remove bags/items as soon as possible.

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## BUY, SELL, SWAP, DONATE

If you have any items that you wish to buy, sell, swap or donate please send details to [fernbraeallotments@gmail.com](mailto:fernbraeallotments@gmail.com) for inclusion in the Newsletter

We require the following: items for our new allotment shop-

**Shelving**

**Desk/Table**

**Chairs**

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## CODE OF CONDUCT FRAMEWORK

Arising from the review of the **Association's Constitution** we require to formulate a **Code of Conduct** policy and **Appeals Procedure**. The committee are looking for volunteers to form a sub-committee to deal with this project starting in the New Year.

If you wish to be involved in this worthwhile and essential task, please email [fernbraeallotment@gmail.com](mailto:fernbraeallotment@gmail.com)

## FROM PLOT TO POT

Your recipes of the month



## AIR FRYER BRUSSEL SPROUTS

If you have an Air Fryer, crispy, tender Brussel sprouts are possible and in only 18 minutes.

**SERVES 4**

**30 MINS**

### INGREDIENTS

1 lb. Brussels sprouts, trimmed and cut in half

1 tbsp. extra-virgin olive oil

Salt

Freshly ground black pepper

Pinch crushed chilli flakes

Juice of 1/2 lemon

1 tbsp. honey

1 tbsp. red wine vinegar

2 tsp. Dijon mustard

1 clove garlic, minced

### Method

In a medium bowl, add Brussel sprouts and oil and season with salt, pepper, and chilli flakes. Toss around to coat sprouts well.

Add Brussels sprouts to basket of air fryer, working in batches as needed, and cook at 380° for 18 minutes, stopping and tossing sprouts in basket halfway through.

Meanwhile, make dressing: In a small bowl, whisk together lemon juice, honey, vinegar, mustard, and garlic. Season with salt and pepper.

Add cooked Brussels sprouts back to a medium bowl and pour dressing over and toss to combine.





## SPICED PARSNIP SOUP

30 MINS

Serves 4

### INGREDIENTS

- 1 onion chopped
- 1 stalk celery chopped
- olive oil
- 2 carrots peeled and chopped
- 500g, parsnips peeled and chopped
- 1 tsp garam masala
- 1 litre vegetable stock
- 1 tbsp. olive oil
- 1 tsp paprika

### To Serve

- double cream
- chilli oil

### Method

Fry the onion and celery in 1 tbsp olive oil for 5 minutes until softened, then add the carrot and parsnip for 10 minutes until soft. Add the garam masala and paprika and season, then add the vegetable stock, bring to the boil and simmer for 15 minutes. Using a stick blender, blend the soup until smooth. Swirl in 1 tsp of double cream and a drizzle

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



**Please note that your gate key also opens the community hub shed**



A reminder of the resources housed in the community hub shed

- ◆ **Seed and plant exchange**
- ◆ **Book and magazine lending library (with Honesty Box)**
- ◆ **First Aid Kit**
- ◆ **Suggestion Box – Members can post articles, recipes, photographs and question**
- ◆ **Small selection of tools**
- ◆ **Meeting place (when permitted) and respite from our variable Scottish weather**



Email us at: [fernbraeallotments@gmail.com](mailto:fernbraeallotments@gmail.com)

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

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