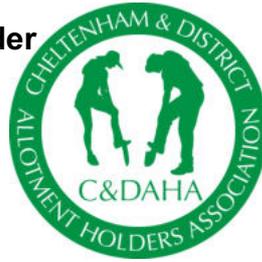


Cheltenham and District Allotment Holders' Association

President: Alderman Christine Ryder

www.cheltenhamallotments.org



Affiliated to the National Allotment Society and the Gloucestershire Federation of Gardening Societies.

NEWSLETTER

Summer 2021

CHAIRMAN: Mr M D Hunt, 6 Arle Close, Cheltenham GL51 8JZ. Tel: 01242 230609

VICE-CHAIRMAN: Mrs D M Ashdown, 20 Cromwell Road, Cheltenham GL52 5DW. Tel: 01242 582008

SECRETARY: Ms Layla Avaron, Tel: 01242 802777 (and leave a message)

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NEWSLETTER EDITOR & MEMBERSHIP SECRETARY: Ms K Smith, 15 Alma Close, Cheltenham GL51 3NA. Tel: 01242 257718

C&DAHA Autumn Meeting – Monday September 6th

This meeting is TBD, as well as the meeting subject, where the meeting is held needs to be arranged as well. The room we used to use in the Municipal Offices in the promenade may no longer be available.

Membership Advantages Include:

- **The Seed Scheme (savings of approx. 40%)**
- **10% discount at:**
 - Dundry Nurseries, Bamfurlong Lane,
 - Cleeve Supplies, Tobyfield Rd,
- **insurance giving public liability cover related to your plot and allotment related shows/events you attend,**
- **a Newsletter four times per year,**
- *****three meetings per year – two with a guest speaker.**

(Please inform your neighbour plot holders who are not members of these benefits).

***Meetings are currently suspended due to the coronavirus (COVID 19) pandemic. We hope to be able to resume them as soon as the C&DAHA committee feels it is safe to do so.

Website Passwords

C&DAHA Website

The new password for access to the members' area of our website is **Nairobi**, a variety of snap pea that I am growing this year.

National Allotment Society Website (nسالg.org.uk)

The Username is: s448b

Password: 1848327

If you log into the members area of the NAS website, you can read the NAS newsletter 'Allotment and Leisure Gardener'.

Facebook

Follow us on Facebook, look us up under 'Cheltenham & District Allotment Holders Association', [here](#) is a link.

Information on the Internet

Visit <http://www.allaboutallotments.co.uk/>, this website contains a wealth of information about allotments.

Email addresses

If you are a new email user or have changed your email address, please let me know. This ensures you receive this quarterly newsletter promptly as well as the occasional bulletin of topical news. Please notify changes to newsletter@cheltenhamallotments.org

National Allotments Week 2021

9th to 15th August 2021 is National Allotments Week

This year's theme is 'Plotting the Future', celebrating the contribution that allotments make to a sustainable future. If you want to hold an event on your allotment site this year, the National Allotment Society can supply a poster and publicity materials, checkout their NAW page <https://www.nسالg.org.uk/news-events-campaigns/national-allotments-week/> it's also well worth following the link to Kenilworth Allotments web site which is shown on the page.

The National Allotment Society is planning a virtual NAS Allotment Show this year, details will be on their website from late May. The show will include on-line talks which cover; Organic Growing, Composting, No-dig plotting and Water Use on Allotments.

Allotmenters Liability Insurance

Allotmenter Liability Insurance is provided by the National Allotment Society as part of our association's affiliation to them. Details of the insurance cover can be found here: <https://www.nسالg.org.uk/join-us/allotmenters-liability-insurance/>, please note that members details are only passed to the insurer in the event of a claim.

Dates for Your Diary

C&DAHA Meetings for 2021

Monday December 6th – Annual General Meeting

All meetings start at 7pm. Changes at the municipal offices mean that a new place to hold the meeting may need to be organised.

Other Forthcoming Events

Elkstone Open Gardens

06 June 2021 2:00pm - 6:00pm

Enjoy the atmosphere of this beautiful Cotswold village and see parts of it not accessible to the casual visitor. Visit our Grade 1 listed Norman church, the highest in the Cotswolds and renowned for its arches, decorative features and eco-friendly initiatives. COVID restrictions allowing, hear the newly refurbished bells, visit the bell tower, amble through a selection of beautiful gardens, enjoy cream teas, homemade cakes or ice creams, and enjoy sensational views on a tractor ride. All profits raised support the church and village hall.

Adults £5.00, Children free, Parking included. No dogs please.

Elkstone Village - follow car park signs

More details on [Elkstone Village](#)

National Allotment Association AGM 12th June 2021

This year's AGM will be held virtually on Saturday 12th June 2021 at 10am.

Prestbury Open Gardens

Saturday 4th and Sunday 5th September 2021
1.00pm to 6.00pm

Come and wander around the beautiful village of Prestbury as you explore our interesting gardens. New gardens have been added for this year. Approximately 15 gardens will be open, but the total may vary from day to day. Cream teas will be available. Plant sales at the library.

Cost: £5.00 adults, accompanied children free. All profits go to St. Mary's Church.

How to get event passports: From St. Mary's Church, any garden displaying the Prestbury Open Gardens sign, or from the library.

For more details phone: 01242 574 031 or email: PrestburyOpenGardens@gmail.com

Malvern Autumn Show

Friday September 24th to Sunday September 26th

For more details here is a link to their website: <https://www.malvernautumn.co.uk/>

Sunflower Challenge

Together TV are offering 100,000 free sunflower seeds as part of their Sunflower Challenge this year. Wellbeing is something Grow Wild really cares about, and so they are delighted that the focus of Together TV's challenge is to grow a sunflower to boost your wellbeing, connect with your community and grow as gifts for your friends and family. Together TV will be guiding first-time gardeners every step of the way with weekly emails and even text reminders to water their sunflowers. If you are interested go to <https://www.togethertv.com/together-good-sunflower-challenge-2021> to find out more and sign up for the challenge.

The Sunflower Challenge is supported by Grow Wild, The National Lottery Community Fund and The Royal Botanic Gardens at Kew.

The National Collections of Pelargoniums and Hedera

The National Collections of Pelargoniums and Hedera are being moved from Fibrex Nurseries in Warwickshire and there are only a few months available to view them before they are moved to various RHS Gardens.

For anyone wishing to visit before this happens, please see the Fibrex website for details,

<https://www.fibrex.co.uk/blogs/news/the-national-collection-of-pelargoniums-hedera>

MyHarvest

A research team at the University of Sheffield are working with members of the public growing food in allotments, gardens and other own-growing spaces across the UK to understand the yield of typical UK staple fruit and vegetable crops. If you would like to participate or see the results of their work so far, details can be found on their website myharvest.org.uk.

Request for Committee Members

The current C&DAHA committee does not have representatives from all the allotment sites in Cheltenham. We would like to have people on the committee from every site so that we can fully represent the views of our members. The committee meets for about 2 hours 4 times a year. If you could spare that amount of time, please let one of the members listed at the top of the front page know. We need members from the following sites:

Blacksmiths Lane, Reddings Road, Hatherley Road, Charlton Kings Parish Allotments (Croft and Sappercombe), Severn Road, Hayden Lane.

Tips, Tales and Requests

From Clare Davies of Cheltenham Borough Homes

Clare is supporting residents of Cheltenham Borough Homes to set up allotments on their estates. She would be grateful to know if you have found any companies who are willing to give away scaffolding boards to community allotments and other types of equipment like outdoor furniture that they can refurbish. Also, they are looking for compost and topsoil.

If you can assist Clare, please send an email to: clare.davies@cbh.org

From John Evans from FeedingUK

John is part of a group called "Cheltenham is Growing". They are supporting the use of more spaces to be used for growing fruit and veg. This ranges from new 2-acre Community Supported Agriculture schemes (CSAs) providing veg box schemes, new allotment sites, and even small-scale planter boxes. They have identified a few community groups who have a bit of space and some enthusiasm and not much knowledge. They wonder if any of our members would be willing to mentor/help with these community groups. They would not be asking for too long a commitment, maybe visiting a couple of times a month to check out how groups are doing.

If you would like to know more, check out their website <http://www.feedinguk.org/> or contact John by phone on 01451 850982 or email feedingUK@gmail.com.

Ryeworth Allotments

I'm pleased to report that the problems with vandalism being experienced at the Ryeworth Allotment site as reported in our last newsletter, have seen a reduction in incidents. Which is a great relief I'm sure to all people who have allotments on the site.

I contacted Charlton Kings Parish Council to find out what actions have been taken. They are deeply saddened and frustrated that a number of their tenants have been victims of these thoughtless crimes. The first thing that was emphasised was the importance of reporting incidents to the police. Reports can be made via their helpline, or online. The levels of reporting drive the police's planning on where to locate their patrols.

The Parish Council has been in regular contact with the police throughout this period, so the police are aware of the problem. COVID has considerably added to the demand on the police but, in recent times they have targeted the allotment sites, particularly Ryeworth at the weekends, with both uniformed and plain clothes patrols. This has led to an immediate drop in incidents.

The Parish Allotments Committee keeps the situation under regular review. Unfortunately, it is not possible to make sites

totally secure and this is particularly true where a Public Right of Way crosses a site.

The Parish Council has set up a group comprising of representatives from local schools, the police, Borough Councillors, church leaders, youth workers, etc which for the last 2 years have been working together to target Anti-Social Behaviour in the parish. I hope this will be of help in the longer term.

Kate's Allotment – Spring

Everything seems to have taken a long time to get going this spring. March had quite a bit of frost and the odd windy day.



A visit to the allotment after one particularly windy day, showed one shed tilted over, the compost bin behind it stopping its fall. No apparent damage but looking underneath showed where all the snails were hiding, waiting to leap forth once the weather warms and lettuces and other snail food start to grow.



My broad beans (Masterpiece Green Longpod) are coming on well. The last few years have seen a lot of rain in the early part of the year, I found that when I planted broad beans in the autumn, many of them would die in January or February, so the last two years I've sowed the beans indoors in late February and planted them out in late March, this has worked well for me, apart of course, from having to always be alert for blackfly. One advantage of having had a very cold April, is that there is no sign of blackfly yet. 😊



As I mentioned, April was cold and very dry. I planted my potato tubers in February when the soil temperature had risen above 8°C, by April they were just starting to show and much as I kept covering them with compost, they kept growing. I was not quite mindful enough of the degree of cold to start with, so the new growth did get a little frosted, after that I covered them and they are now growing on pretty well, but if you look carefully, you can still see some remains of damage to the early leaves. The year I'm growing Pink Fir Apple (as always), Sarpo Kifli, which I like very much, and Markies – apparently, they make the best chips.



Autumn sown onions (Senshyu yellow), germinated very well, but have suffered from the wet conditions, with many dying off early in the year. Fortunately, this year's onion seed (Santero) germinated very well, so I easily filled the rest of the bed plus all the gaps.



These leeks (Below Zero) were planted out in late November, they remained very small over the winter but have now started to grow and I've been able to harvest some at a good 'baby leek' size to use in risottos (my preferred use for them).



I had rather a poor level of germination of my shallot seeds (Matador) this year, so I only had enough seedlings to fill two thirds of a bed, I filled the rest with lettuce seedlings (Rocket 'wild', Little Gem, Lambs Lettuce 'favor' and Lollo Rossa) as I hadn't got around to weeding the area, they were supposed to go into. The metal bits are an old triangular frame, no idea what its original purpose was, that seems to help with deterring the foxes from digging – no idea why.



These are Flower Sprout 'petit posy' seedlings. This year I spread 50gm per square meter of lime granules on the beds that I intended to grow brassicas in. The brassicas that I have planted out so far, like the ones above, are growing very well.



I thought I'd try my bean poles in a different configuration this year (left hand picture), following the example of our warden. I'm hoping that given that I'm a slightly vertically challenged person, it might make the beans a bit easier to pick. I'm also sowing and planting out a few at a time, so that if there is a late frost this year, I won't lose too many plants. In a similar vein, the bush tomatoes (Red Alert) I've grown

(right hand picture) will remain in their pots until I feel the risk of frost has gone.



On the left is an aronia bush, I planted it about 3 years ago, it seems easy to grow and the berries are supposed to be one of those superfoods that allow you to live forever 😊. The berries are very tart, but I like them very much mixed with other berries. On the right is my blackcurrant bush, it came with the allotment, so I have no idea of the variety, but it produces lots of currants every year. Last year, for the first time, I lost most of the currants to the pesky pigeons, so this year it will be yet another thing on the allotment that need covering to keep them off.



So here is part of what keeps me growing fruit and veg. My first harvest of lettuce, a mix of Lollo Rossa, Lambs Lettuce, Rocket and Little Gem, and very tasty they all were too,

Relevant Suppliers

Gardening Gloves

For gardening gloves and hand care products, have a look at www.lovelyhands.co.uk, Claire Wiseman is based in Cheltenham and runs 'Lovely Hands' as an on-line business.

Specialist Garden & Pet Bedding Supplier

E-coco Products UK are a specialist supplier based in Bredon. They supply peat free composts for orchids, citrus, chillies and many other plants and organic substrates for chicken bedding and other small animals. You can contact them through their website e-cocoproducts.co.uk, Email ecocoproductsuk@gmail.com, Tel: 07792 116164.

Soil Testing

Safe Soil UK offer a range of soil testing services from basic fertility to tests for various types of contaminants as shown on their website: www.safesoil.co.uk. You can contact them through their website, or phone Robert Galster on 07795 486 409 or email him at rgalster@safesoil.co.uk

Recipe – Pan fried salmon with sushi rice & sugar snap peas

A recipe from Waitrose weekend paper. The taste is very fresh, and I love the crunchy sugar snap peas.

Ingredients to serve 4

- 250g sushi rice
- 200g trimmed sugar snap peas, halved lengthways
- 200g spinach, washed
- 1 tsp olive oil (or your preferred vegetable oil)
- 4 salmon fillets, about 110g each
- 2 tbsp green nori sprinkle
- 2 tbsp Chinese rice wine vinegar
- 2 tsp caster sugar
- 2 tsp sesame seeds
- 4 tsp soy sauce

Method

1. Put the rice in a large saucepan and add 500ml boiling/very hot water. Bring to a simmer, cover, and cook gently for 10 minutes until the rice is just tender and the water has been absorbed. Stir in the sugar snap peas and spinach, in batches if necessary, and cover. Leave to stand for 10 minutes.
2. Heat the oil in a frying pan and fry the salmon for 4-5 minutes on each side until pale golden and cooked through. Remove the skins from each of the fillets.
3. Mix the nori, rice wine and sugar together and stir into the rice. Spoon onto serving plates, top with the fish and sprinkle over the sesame seeds. Serve drizzled with the soy sauce.

Many thanks to all who have provided input to this newsletter 🌟🏆

Big Bee Challenge



We are looking for 100s of passionate gardeners to help judge BBC Radio 2's brightest new children's competition to help keep Britain's bees buzzing.

- Can you give at least 4 hours of your time in early July to judge a batch of 50 entries?
- Entries will be accessed online along with judging notes.
- The winning entry will inspire a design by Adam Frost and be built with the generous support of the RHS at an NHS Hospital that offers mental health services to children and young people.
- Email the team at bigbeechallenge@bbc.co.uk and we will be in touch.

The Idea

Britain's bees are running out of food. As we pave over our gardens, build new roads and houses and change the way we farm, it means that the flower-rich habitat that our incredible insects love is in decline. The Big Bee Challenge is a three-year campaign to encourage Radio 2 listeners to do what they can, in the space around them, and help create a better environment for our pollinators.

The Big Bee Challenge 2021

Launching on Zoe Ball's Breakfast Show on Monday 7th June, we're asking children (between 6-12) to be inspired, get creative and submit their garden designs, with plenty of help from our celebrity supporters, high-profile gardeners and conservationists, and our friends at BBC TV (Countryfile, CBBC, The One Show)

The Prize and Party In The Garden

The winning garden design will be built by the RHS at an NHS property. We'll be hosting a buzzing celebration against the backdrop of the winning design with the competition winner and special guests, live on Zoe Ball's Breakfast Show on Friday 20th August.

Press Release

30/04/21 For immediate release



Botanical Treasures: new exhibition at the Museum of Royal Worcester celebrates the flowers and fruits on porcelain.

The Gloucestershire Society for Botanical Illustration (GSBI) have created artwork during lockdown for a new botanical art exhibition, in partnership with the Museum of Royal Worcester. '*Botanical Treasures - inspiration from nature in porcelain and on paper*', opens 27th May to 31st October 2021, alongside artist demonstrations, adult and children painting workshops, and talks on the history of botanical art. The exhibition is supported by the Finnis Scott Foundation Botanical Art Award 2020.

Rachel Needham, Honorary Secretary for GSBI says: "Our talented members, including some RHS medal winners, have risen to the challenge of creating more than 75 artworks which will be displayed alongside the Museum's stunning collections of botanically themed porcelain and original archives. When we heard about the story of all the Royal Worcester factory artists collaborating to create the 'Painters' Vase' in 1853 that showed off their flower-painting skills on porcelain, we decided to make a tribute, and we are thrilled that our group botanical artwork will be displayed next to this iconic vase."

Sophie Heath, Museum Director, added "If you love gardening, nature or art, or want to spend quality time with family and friends, then this exhibition is the perfect choice after lockdown. Even if visitors have never painted before, they will be able to try their hand at botanical art in workshops, tutored by GSBI artists. There will also be fun children's workshops painting fruit and vegetables! And throughout the exhibition, visitors can enjoy regular artist demonstrations."

PRESS RELEASE

Pen & Sword Books Ltd

Charlotte Mitchell, 47 Church Street, Barnsley, South Yorkshire, S70 2AS
Tel: +44 Website: www.pen-and-sword.co.uk
Email: publicity@pen-and-sword.co.uk

Gardening to Eat

Connecting People and Plants

Author: Becky Dickinson

Highlights

Discover how to:

- **Grow your own fruit and veg even if you don't have much time or are a complete beginner.**
- **Make delicious plant-powered recipes that are bursting with flavour and goodness.**
- **Save money and grow organically.**
- **Turn ordinary food into extraordinary meals using real, ethical ingredients.**
- **Eat beautifully all year round from your own garden.**

Embrace a plant-based lifestyle all the way from seed to plate. This inspiring and informative book takes the mystery out of gardening and reveals how to grow an array of fruits and vegetables using simple, organic techniques.

Packed with fresh ideas for turning home-grown produce into delicious, nutritious meals, you'll find heaps of no-nonsense recipes created for real people with busy lives and healthy appetites. No fads, no fuss, no fancy ingredients, just real, honest, ethical food.

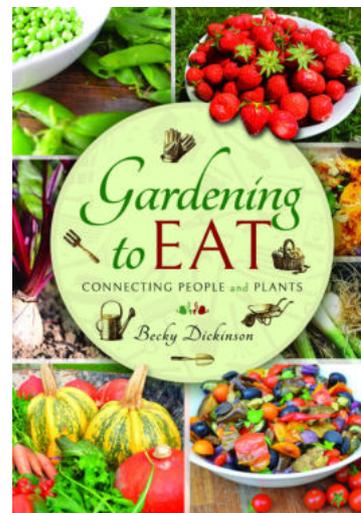
With a passion for connecting people and plants, Gardening to Eat brings the garden into the kitchen. For people who love food and love to know where it's come from.

About the Author

Becky Dickinson is a freelance journalist and author who writes for national newspapers and magazines. She has written a number of children's educational books and is the author of *How to Grow and Eat Your own Super Foods*. She is passionate about the benefits of gardening for mental and physical well-being and about encouraging people of all ages to grow some of their own food.

You can find Becky on Instagram and Facebook @welliesinthekitchen

She lives in Devon with her partner and three children and an army of slugs she is determined to defeat.



NEW BOOK RELEASE

RRP: £19.99

ISBN: 9781526757203

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PUBLISHED: MARCH 2021

WHITE OWL

