

# Cheltenham and District Allotment Holders' Association

President: Alderman Christine Ryder

[www.cheltenhamallotments.org](http://www.cheltenhamallotments.org)

## NEWSLETTER



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

## Winter 2022

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)

TREASURER: Mr C A Smith, 15 Dunster Road, Cheltenham GL51 0NL. Tel: 01242 523740

NEWSLETTER EDITOR & MEMBERSHIP SECRETARY: Ms K Smith, 15 Alma Close, Cheltenham GL51 3NA. Tel: 07903 653134

### C&DAHA Annual General Meeting

#### Monday December 5th – Annual General Meeting

The Cheltenham & District Allotment Holders Association Annual General Meeting will start at 7pm and will be held in St Mark's Methodist Church Hall, Gloucester Road, Cheltenham GL51 8PX. The hall is warm, a good size and there is a reasonable amount of parking behind it.

Refreshments will be available following the meeting.

Raffle tickets will be on sale, to be drawn at the end of the meeting.

### Membership Subscriptions – see page - 6

Membership subscriptions for 2023 become due on 1<sup>st</sup> January 2023. The subscription is £7.00 for the year.

#### Advantages of membership 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,**
- **online access to the National Allotment Society quarterly magazine 'Allotment and Leisure Gardener,**
- **three meetings per year – two with a guest speaker.**

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

### Website Passwords

#### C&DAHA Website

The new password for access to the members' area of our website is **Honeycomb**, a variety of tomato I'm growing in 2023.

#### National Allotment Society Website ([nalg.org.uk](http://nalg.org.uk))

The Username is: s448b

Password: 1848327

If you **log into the members area** of the NAS website, you can read the latest edition of the NAS quarterly magazine 'Allotment and Leisure Gardener'.

<https://www.nalg.org.uk/members-area/the-allotment-and-leisure-gardener-magazine/>

#### 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](mailto:newsletter@cheltenhamallotments.org)

### 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.nalg.org.uk/join-us/allotmenters-liability-insurance/>, please note that members details are only passed to the insurer in the event of a claim.

## Request for Committee Members

The current C&DAHA committee does not have representatives from all the allotment sites in Cheltenham and the surrounding districts. 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, Croft, Warden Hill,  
Severn Road, Hayden Road,  
Ryeworth Road including Haver  
Bishops Cleeve Tithe Barn**

---

## MyHarvest

A research team at the University of Sheffield is 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](http://myharvest.org.uk).

---

## Dates for Your Diary

### **C&DAHA Meetings for 2023**

#### **Monday March 6<sup>th</sup>, 2023 – Keeping Bees**

A talk about bee keeping will be given by our chairman and bee keeping expert, Michael Hunt.

The meeting will start at 7pm and will be held in St Mark's Methodist Church Hall, Gloucester Road, Cheltenham GL51 8PX, some parking is available at the church hall.

#### **Monday June 5<sup>th</sup>, 2023 - Summer Social evening**

This meeting will be held at the C&DAHA headquarters at Asquith Road. To find our building, go to the end of Asquith Road, there is a car park ahead and along a path to the left of the allotments is our HQ. If you use What3Words, the reference is Begin.Couch.pits. Further details will be in the Spring Newsletter.

#### **Tender Shoots Garden Club Network**

For anyone who uses Zoom, the Tender Shoots Garden Club Network has resumed their Zoom talks now for their autumn and winter program. These talks are open to anyone to attend, for full details look at this web page: <https://tendershoots.uk/programme/>.

## Autumn Events

### **Talk by Reg Moule**

A talk was given to the C&DAHA members on September 5<sup>th</sup> at St Mark's Methodist Church Hall. Reg gave us a very humorous and informative talk about his time in the gardening world with many tips to help us in our endeavours.

When Reg was at college in Pershore, loam was used as the basis of John Innes composts, but it was starting to become hard to get hold of. The first peat-based composts were a bit like the peat free composts we have currently, i.e., a bit hit and miss, and it took a while for consistently good composts to be formulated. Some people didn't like it, but gradually people got used to it.

He has found Melcourt SylvaGrow Composts good (as have I – Editor). Melcourt are based near Tetbury. Reg says that the peat free composts don't hold onto the incorporated fertilisers for long, generally about 3 weeks, so it's a good idea to mix in some of the controlled release fertilisers, such as those made by Miracle-Gro, Chempak or Osmocote. You also need to be careful not to overwater them as the top can look dry, when underneath they are wet.

Here are some tips I noted from Reg's talk:

- 1) Fungicides have been replaced by 'plant invigorators', that work by stimulating plants immune systems. Uncle Tom's rose or plant tonic (both are identical) are made in Hereford. Cheaper alternatives are to spray with Fungus Stop or Maxicrop, both of which are seaweed extracts and best used before you see any fungus.
- 2) For potato blight, spray with Copper Mixture (which is sold for copper deficiency) or you can dissolve 2 soluble aspirins in 1 litre of water and spray with that.
- 3) Nematodes are good for controlling slug numbers, if you have the right sort of soil (moist and light). Use them in March/April (soil must be at least 5°C) and September/October.
- 4) French Marigolds in flower deter whitefly because they give off limonene.
- 5) To get rid of whitefly and aphids use soft soap (10ml) or grated soap (don't use washing up liquid as this contains degreasers which remove the natural oils from the leave causing them to go brown) and rapeseed oil (20ml) per litre of water. This works by blocking the breathing pores of aphids and whitefly. It does not affect bees,

hoverflies or other helpful insects as their breathing holes are too large to be affected.

- 6) Yellow sticky traps are also very good for catching whitefly and aphids, the colour, Dulux Gold Cup, was found to be the best for attracting them.
- 7) Ladybirds are poor consumers of aphids – it takes a big group of aphids before ladybirds find them. Ladybird larvae and lacewings eat a lot more.
- 8) Earwigs are good aphid consumers, get a 3.5” pot, screw up some paper and put in in the pot, find a few earwigs and put them in the pot. Put the pots inverted on the top of bean poles. At night the earwigs will come out, and eat any aphids they find.
- 9) Hedgehogs only tend to eat slugs if there is nothing else, they much prefer beetles – particularly the ground and rove beetles that like to prey on slugs and slug eggs. (No wonder my trail cam has lots of videos of hedgehogs walking straight past the slugs littering my lawn on a damp night - Editor).
- 10) Tights stuffed with hair in can put off animals such as deer and foxes. Also, you could try Aspectek Animal Repellers, these are solar powered units which charge up during the day, then at night two lights come on when something moves towards them.
- 11) Soft soap can also be used (5ml/litre of water) to get rid of powdery mildew. Or you can use 1-part full cream milk to 7 parts water, as a spray, this kills the mildew as the milk turns.

## Tips, Tales and Requests

### The Benefits of a Mild Autumn – from Dennis

Radishes picked today (Nov. 6th) Variety mainly French Breakfast 3. Dennis finds that radishes often perform better early or late in the growing season. He is also hoping to harvest 3 roots of new potatoes in the next few weeks.



---

### Kate's Allotment – Summer

Well, the heat and drought finally subsided, and the ground became nice and damp. My runner and green climbing beans, which had pretty well given up producing beans in the heat, started to produce again – just in time to coincide with me going on holiday, however one of my neighbours enjoyed the results.

The butternut squashes (Butterbush) were a failure, I ended up with 4 very small squashes. I'm not sure whether they disliked the heat or my planting nasturtiums amongst them - which incidentally grew fantastically well. I read that nasturtiums were supposed to be a good companion plant to grow with butternut squash, but now I'm not so sure.

The celeriac (Asterix F1) have done wonderfully well, this year with very little slug or woodlouse damage, and lovely green tops.

Tomatoes (koralik) were very good and looking around at my neighbours' allotments suggests it's been a very good year for tomatoes generally. When my neighbour went on holiday, he said I could have a few of his tomatoes whilst he was away if I would like, to save them from going to waste. He had quite a few varieties,

so I sampled a few of each sort – most of them were delicious and made me wonder why I don't grow more varieties, so I have resolved to do so next year next.



I've decided to turn half of my allotment over to fruit, on the left, redcurrant bushes, on the right, raspberries (Allgold) moved down from my garden – where they used to live will eventually be home to some solar panels. I bought 2 redcurrant bushes (amongst other things) last year and one failed, I'm pleased to say that true to their word, Pomona Fruits have just sent a replacement. As you can see in the left-hand picture above, the lavender seedlings I planted and which my husband managed to strim, have recovered and are growing very well. Of the six seedlings planted, 4 are very good plants and two have not survived.



I had some lovely early Brussels Sprouts (Crispus) and now the later ones (Brenden), picture top left, are coming along well. The right-hand picture shows the late pea, Terrain, at the moment it is producing extremely well and there are lots of pods to pick and to come even though it's November – if we get frost of course, that may change things.



This time of year, the butterfly netting gets replaced with pigeon net, this not only keeps the pesky pigeons away from the brassicas but has less wind resistance (having bigger holes) and seems to stand up to high winds better. In the middle of the bed above, you can see Russian Kale. Earlier in the year, it wasn't doing all the well, it suffered very badly from flea beetle. I found the yellow sticky traps very good at catching them, but there seemed to be so many!



I was getting ready to replace the Russian Kale and had some seedlings ready to put in, but with the warm September weather it suddenly started to grow again and there seemed to be no flea beetle munching holes in the leaves anymore. So, I put my seedlings in another bed. Russian Kale has a mild flavour, and the young leaves work very well in salads.

As the winter draws in, it's time to plan for next year. One of my beds will be tomatoes, the varieties I'm going to try are Sungold, Honeycomb, Tigerella and, if I can find it, Crimson Crush. For Kale, I'm returning to Nero di Toscana, which I really like, my usual favourite, Redbor, and a late maturing variety called Scarlet, which looks very attractive – I hope it will taste just as good. I will probably grow some Russian Kale as well.

I'm also extending the fruit varieties, with a bed devoted to blackberries and one to gooseberries, both will be thornless varieties as I have given up on not minding scratches all over my hands and there are some good thornless varieties about.

## Relevant Suppliers

### Gardening Gloves

For gardening gloves and hand care products, have a look at [www.lovelyhands.co.uk](http://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](http://e-cocoproducts.co.uk), Email [ecocoproductsuk@gmail.com](mailto: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](http://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](mailto:rgalster@safesoil.co.uk)

---

## Recipe – Courgette and Lemon Cake

A recipe sent to me by my sister-in-law. Although courgette may not be a typical cake ingredient, it's a great way to enhance the texture and moisture whilst adding extra nutrients – so what's not to love? Made even delicious with olive oil and zingy fresh lemon icing, this cake is perfect for a mid-morning treat.

### Ingredients for 10-12 slices:

- 2 large eggs
- 110g soft light brown sugar
- 100g caster sugar
- 120ml olive oil (mild & light is suggested)
- 2 lemons, zest and juice
- 1 tsp vanilla extract
- 175g plain flour
- 1 tsp baking powder
- ¼ tsp bicarbonate soda
- ¼ tsp salt
- 225g courgette, grated and squeezed of excess liquid
- 225g icing sugar

### Method:

- 1 Preheat oven to 180°C and lightly oil a loaf tin. Line the tin with parchment paper.
- 2 Beat together the eggs, both sugars and olive oil until light and airy.

- 3 Add the juice and zest of 1 lemon, vanilla extract and stir together.
- 4 Gradually fold in the flour a few stages at a time. Add the baking powder, bicarbonate, and salt.
- 5 Stir in the grated courgette.
- 6 Place the cake mixture in the loaf tin and bake for 40-45 minutes, until a skewer comes out clean. Remove from the oven and leave to cool on a cooling rack.
- 7 When the cake is fully cooled, remove from the tin, and drizzle it with icing. To make the icing: whisk the icing sugar with the juice and zest of 1 lemon and drizzle over the top of the cake.



Here is a picture of the cake, sent by my sister-in-law, prior to being iced.

Many thanks to all who have provided input to this newsletter ☆

**MEMBERSHIP SUBSCRIPTION 2023**  
**Please ensure you fill in all sections**

TO: Ms. K A Smith, 15 Alma Close, Cheltenham, GL51 3NA

Please find enclosed my **£7.00** joining fee/membership renewal subscription for 2023 (cheques should be made payable to C&DAHA, payment by bank transfer should be to: The Cheltenham & District Allotment Holders Ass, Sort code: 08 92 99 Account No: 65189063, reference 'renew 2023' plus your allotment number (as an example 'renew 2023 31B', where 31B is your plot number) on no account should you send cash through the post).

Name..... (Please print)

Address.....

..... Postcode.....

Email address.....

Telephone No: Daytime..... Mobile.....

Allotment Site..... Plot No (s).....

**Please send a stamped, self-addressed envelope if you are applying by post in order to receive your membership card.**

**Consent:** C&DAHA will hold the above data in electronic format. The data will only be used for the purposes specified in our data protection statement (see below).

**By submitting this form, you are agreeing to this data being stored and used as described below.**

✂.....

**Data Protection Statement:**

To conform to the General Data Protection Regulations the Association is required to obtain your consent to hold your contact details. The holding of a mailing list under the regulations is "**considered as legitimate and expected**"

We will always store your personal details securely.

**Data held:** Your name, address, telephone number, email address, allotment site and plot number.

**How we use the data:** We will use it to provide the services we offer you, namely:

- to send out the C&DAHA newsletter by post or e-mail,
- to send you magazines, details of upcoming events or other relevant information
- to make available the monthly blog
- to enable you to participate in the King's seed scheme.

The data will also be used by the committee for the Allotmenters Liability Insurance offered by the National Allotment Society. The data will be forwarded to the National Allotment Society who will store it securely. The National Allotment Society will only send a member's details to the company providing the insurance in the event of a claim.

**Time frame data stored:** Data will be kept for two years after termination of membership.

**Sharing data:** Your data will be shared with Kings Seeds, The National Allotment Society and the National Allotment Society's insurance provider in the event of a claim.

**Member rights:** You have the right to have your name removed from the list, to obtain all details held about you, to have your history deleted, to change your details and to complain to the Information Commissioner's Office. Please inform the Treasurer if you wish to exercise any of the above rights.

**Consent.** The Association is required to hold evidence of your consent to its holding of the contact information. Submission of a membership application form, including membership renewal using the seed scheme form, will be considered to be your consent to our storing the information you have given and for us to contact you to send you information related to the Association's activities. You should keep a copy of your renewal form along with a copy of this document.

Chairman of the Cheltenham and District Allotment Holders' Association ..... May 2020