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MESSAGE FROM THE CHAIR

Welcome to the autumn 2023 edition of the newsletter. I am pleased to see a number of contributions from members other than those who are on the committee. Whilst we are always grateful to our regular contributors, it is great when others share their life on their plots with us. It adds to the interest and helps to share the load, which got me thinking that it's possible that many members have no idea just how much our committee does, both administratively and around the sites.

This has been a particularly challenging summer, such are the vagaries of the English weather. Nevertheless we enjoyed a successful Open Morning, with live music, produce and refreshments. On the growing front this season we had blazing sunshine when plants needed lots of watering and then rain, rain and more rain, just when everything needs the sun to ripen! Unfortunately, such conditions seem to cause weeds to appear from nowhere and to thrive far better than the plants. Being retired, we rarely go away in the school holidays as accommodation is more expensive and it's always a busy time on the plot, but those with families have no choice. This year we had need to be away for a week in August and I nearly cried, on our return, when I saw how badly our plot was covered in weeds. It took us until the beginning of September to feel that we were on top of things again.

If you consider that committee members and a small team of others who support have plots to run, too, you will soon realise just how much more help around the site is needed. Please, please give thought to how you might spend a few hours in helping us once you've dealt with those pesky weeds.

Advance Notice

**Our AGM will be held on
Wednesday 6th December
2023 in Room 4 at
Beaufort Community
Centre, starting at 7.30pm.
It would be marvellous to
see you all there!**

URGENT DISAPPOINTING NEWS

Unfortunately, so few people have signed up or indicated that they will attend the **CELEBRATION OF HARVEST MEAL** planned for **Sunday 24th September** that it has been **CANCELLED**. Sincere apologies to those who were keen to attend.

Any enquiries,
please call

07766110660



or email

beas.secretary@outlook.com

www.bournemoutheastallotmentsociety.co.uk

www.facebook.com/lingdaleplots

Shop News

PLEASE SUPPORT YOUR SHOP!

Many of you do, but we have had a few months now of little trade. It is important for the society that the shop is well-used so that the profit offsets some of the cost that would otherwise have to be added to our membership fees/rent. If our opening times do not suit your lifestyle, then let us know and we can try to adjust them, or you can arrange with me for a "Click & Collect" service when I can meet you there for whatever you need.

There are several ways that you can help.

- * If you need to purchase anything for the allotment, come to us first, rather than going to a Garden Centre. If we don't have what you need, mention it to whoever is on duty and we'll try to source the item. You will almost certainly find us cheaper than outside suppliers.
- * Provide items for us to sell. We encourage recycling, so, if there is anything that you no longer need, bring it to the shop and someone else may have a need for it, for a small donation.
- * When planting out seedlings, try to ensure that there are a few over that you can bring into the shop for us to sell on to other members, again for a small donation. This means that people can try something new without having to purchase a full packet of seeds.
- * Offer to help in the shop. We rely on a small group of volunteers to help run the shop and, on occasions struggle to fill the gaps. You do not have to do every week, just let us know when you can fill a slot.
- * There are paper potato sacks in the community area. Please help yourselves.

Thank you to all our volunteers, especially those who help unload deliveries.

Peter Clarke—Shop Manager

RENT REMINDER

Rents, membership fees and NAS affiliation fees are due **from 1st October 2023** and may be paid by BACS or in person in the shop on Sundays in October

Rent renewal letters will be sent week beginning 18th September



We shall be holding a **coffee morning** in support of Macmillan Caring Locally

On Sunday 29th October

from 10.00—12.00 in the Big Green Shed



This has become an annual event for us and, being a Sunday morning, the shop will be open and bacon butties (last this year) and cake plus drinks will be served.

In addition, there will be a

RAFFLE

With tickets available in the shop from **Sunday 1st October**

Bacon Butties Sunday Socials continue on the last Sunday of the month from April to October



Tuesday Chats

Next coffee & chat is 17th October from 10am

Just drop into the Big Green Shed to have a social break and a chat.

Members, associate members and former members all welcome.



CELEBRATING COMMUNITY PARTNERSHIPS

A few months ago, BEAS was approached by Stourfield Infant School (part of the Twynham Learning Trust) who occupy a large shared site with Stourfield Junior School right next door to our larger allotment site. All Twynham Schools had been tasked with building community partnerships and they wanted to explore how we might be of mutual benefit to each other. We already contribute to their curriculum through hosting visits to the site, allowing children to experience various plant families and growing food for the family.

On this occasion, they requested help with a very overgrown tall, brick built raised bed that was too high for the children to reach. The committee agreed to enlist help from our members to tackle this for them. Clearing it (on an extremely hot day) was quite some feat. Peter and I were joined by Pat Rodgers and we certainly needed her help.



But some old shrubs needed a bit more brute force.

By the end of the first morning, the battle had been won!



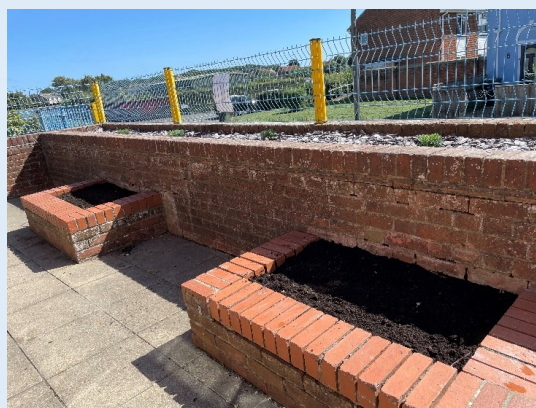
The weed suppressant was secured in place ready to take delivery of the new plants.



We had to wait for delivery of the new shrubs and the slate chippings and on day 2 of this mini project, Andy Froude and Len Harris who regularly help Peter, our Shop Manager, with off-loading compost deliveries, joined us.

Their help meant that we were finished in record time.

We also prepared the three lower planters for the children in Year 1 to fill and kept the bulbs we rescued as a start towards this. The school are delighted with the final effect and, of course, the new shrubs will fill out the space in time and produce pretty pink flowers in the spring.



Allotment competition 2023

Congratulations to everyone who entered the allotment competition. The standard was very high among both long term members and the new plot holders. The judging took place in May and July. We're delighted to announce the winners:

- * **1st - plot 5A. – Paul & Brigitte Duffy**
- * **2nd - plot 95. – Dave Taylor**
- * **3rd - plot 47a + 102a – Dianne Cavallero**
- * **Runner up - plot 6b – Len Harris**

- * **Best newcomer – 20b – Paul & Lisa Gray**
- * **Runner up newcomer – 19a – Rachel Matthews & Stuart Gilbey**

Plot inspections dates for 2023

Don't forget – if you have difficulty working your plot through illness or other reasons, or if you are on holiday and someone else is looking after your plot, please let the Site Manager know at beas.sitemanager@outlook.com

Dates of the plot inspections 2023

- ⇒ Between Mon 2 and Friday 6 Oct.
- ⇒ Between Mon 13 and Friday 17 Nov.

Parking

Please ALWAYS park on the site side of Lingdale Road or round the corner in Beaufort Road.

Spuds on parade

Thanks to Andy (Plot 38A), who has sent us news of spud competition on the plots!

"Many allotment holders will know Dave (Dog Fox) Francis on plot 80 and how meticulous he is with his plot.



He began to dig his spuds recently, and I captured him photographing his regimented Desiree spuds.

My plot is right opposite his, so I sent him this photo of me and my Charlottes.—Andy (Plot 38A)



Andy's top tips:

I always plant out my chitted spuds on St Patrick's Day, 17th March.... Seems to work, but of course a good dollop of rotted manure and maybe a little sprinkle of chicken manure pellets helps.

Things to do in early autumn

Harvest - Hopefully you will continue harvesting Fruit, Beans, Chard/Spinach, Leeks, Kale, Cabbages, Turnips, early Sprouts, Broccoli, Celeriac etc. If not, think about growing them next year!

Prune fruit trees, vines and bushes – these, in the main, should be pruned in their dormant period.

Prepare the ground now, as you finish harvesting crops removing perennial weeds as you dig over the plot. Rather than leaving bare earth, or covering up the ground with plastic sheets

consider planting green manures.

Green manures are fast-growing plants that help prevent soil erosion, suppress weeds and improve soil structure, and there are different varieties available providing different benefits. They're perfect for planting now, as you clear summer crops. On our light, sandy ground, this will retain the minerals and add nitrogen. Come and browse the seeds in the shop for inspiration.

What to plant in autumn

There are plenty of options for autumn sowing and keeping your plot productive all year round.



Autumn onion sets, shallots and garlic can be planted in October and November and will happily over-winter, to be harvested in early summer. Senshu and Blood Red varieties are already available in the shop. We have **not** ordered shallots or garlic this time.

Spring onions sown in early autumn will be ready to harvest in spring, before your main crop onions are ready. White Lisbon is a hardy variety.

Broad beans can cope with harsh winter weather, tolerating temperatures as low as -10c. Planting in the autumn gives them a headstart in the race against aphids come spring. Make sure you choose hardy autumn sown varieties. Hardy varieties of **peas** can also be sown in autumn.

Carrots can be sown as late as November for a spring crop. If it looks as if we're going to have a period of hard frosts, then they may need a protective mulch of straw or chopped leaves, or fleece.

Radishes prefer growing in cooler temperatures too, and mature in 4-6 weeks so plant now to beat the first frosts.

Salads! Lettuce will grow well, if more slowly, in the autumn and winter months. Choose winter lettuce, or other hardy varieties such as lamb's lettuce, miners lettuce and land cress which can all cope with chilly temperatures. A greenhouse, polytunnel or cold frame will provide added warmth and protection, but these varieties can also be grown outside. Don't forget to sow some **rocket** seeds too – its less likely to bolt in the autumn months.

- Winter Lettuce – Valdor
- Corn Salad / Lamb's Lettuce
- Salad rocket
- Claytonia 'Winter Purslane'

Winter Greens In the South, we might manage some success planting the following varieties of seeds for late autumn, or early spring crops! All may benefit from winter protection with cloches or in a greenhouse. These were all in stock, on mail-order, at the time of writing.

- Cima di Rapa – San Marzano
- Asian Greens – Mizuna – "Beni Houshi"
- Asian Greens – Giant Red Mustard
- Spinach – Giant winter
- Turnip – Purple Top Milan

For **Christmas day spuds**, plant prepared potatoes, already starting to sprout.

SITE REMINDERS

Vehicles on site Please do not bring vehicles onto site when the drives' are soft/wet as this damages the grass and can lead to complete closure

Do not leave the vehicle unattended. Access is limited to 10 minutes for loading or unloading only – prepare what you wish to load-up before bringing the vehicle to site.

Plot-holders are entitled to 'politely' request a vehicle to be moved if it is causing an obstruction.

Paths The perimeter of the plot, including the paths is your responsibility. Regularly cut the grass - don't forget the edges!!! Be careful when cutting close to neighbours crops. It is recommended grass cutting is agreed with your neighbours on a 'who does what and when' basis

Remove any obstruction within 48 hours i.e. bagged manure should be either moved onto the plot, or preferably the bags emptied. The bags kill the grass & also prevent cutting of the main paths

Bonfires Please check the 'White book' rules regarding bonfires before 'lighting up' – i.e. not between 1 June & 30 September, preferably after 6.30pm and not when neighbours might have washing out/windows open etc.

Water Tanks The water will be turned off to the water butts in October to protect the system from weather damage, and it will be turned on again in

the late spring. Arrange with your neighbours on or near your plot to clean the water butts so that you and your allotment have pest free, uncontaminated water ready for your seedlings in the spring.

Generally
Please remove weeds before they go to seed as they can spread the seed onto adjacent plots.



Do you have an excess of fruit or veg on the plot?

Fellow allotmenter Peter D regularly cooks for the local charity 'Hope for food'. They will gladly take any extra produce off your hands, to be turned into nourishing meals for those who need it. You can drop off excess produce to the 'Green Shed' on Tuesdays. If you're not around, then let Graham Reader know on 07930453744 and he'll pick produce and drop off from your plot on request.

Also in support of the same charity Pat Rodgers is knitting hats which will be on sale for just £5 at our coffee mornings and through our shop.

Spotted on the plots

This slow worm was sighted by David Barron on the path near his plot earlier this year. It is the first one he has spotted for several years.

Slow worms (which are a type of limbless lizard) are particularly welcome on our site especially as one of their favourite delicacies is slugs. We can assume that the damp weather this summer will fatten up quite a few slow worms.

They are reptiles, so cold-blooded—therefore to encourage them on your plot you can provide warm compost bins and log piles for basking in. These will also harbour a variety of invertebrates for them to snack on, including slugs, snails, spiders and earthworms.



Trees, Brambles

(and all the hybrid berries too)

Please do not plant fruit trees within 1.5m or fruit bushes within 1m of your plot boundary. They must be kept pruned to prevent spreading onto adjacent paths or the drive throughout the year.

All Trees MUST be kept below 3m (10ft) in height and not shade adjacent plots throughout the year. Most fruit trees need pruning when dormant, i.e. in the winter, which should allow for subsequent spring/summer growth

We all love a blackberry but if you have them on your plot, you'll know the constant need for maintenance, and especially the annual pruning required in early autumn.

Blackberries should always be trained onto a frame and pruned at least annually, otherwise they become unmanageable, become less productive, can harbour invasive weeds (eg bindweed), and can pose a serious hazard to passersby *This is particularly important with brambles growing over, or through site boundary walls or fences.*

Once a bramble patch becomes entrenched it becomes very difficult to manage – affecting not only you, but future plot holders too.

For these reasons, leaving blackberries to form a large untrained 'clump' of brambles isn't OK on our allotment plots.

Recently a person walking next to our site (outside the plots) on a dark evening, was badly injured by a hanging blackberry shoot which caught their face. If your bramble borders a side access path, the main drive, or any of our external boundaries, it is your responsibility to ensure that all parts of the plant remain inside your plot boundary, *which may involve you checking from the roadside on a regular basis*. Whilst the sharp thorns make a good deterrent for unwanted visitors, this can't be at the risk of injury to unwitting passersby.

If your blackberries are growing in a 'bramble patch', please make this the autumn that you prune and train them back into manageable condition - and you'll get so many more berries as a reward.

The RHS offers this advice:

Fruit is produced on two-year-old canes (i.e. the previous season's growth) so, to make things easy, keep this year's fruiting canes separate from young new canes as the season progresses.

Try tying the new canes in a vertical bunch in the centre (you can keep them tidy by tying them out along the top wire in bunches). Train the fruiting canes along the lower three wires, tying them in with twine.

In autumn, the fruited canes can easily be pruned out from the base after harvesting, and you should then take the bundled-up current year's canes and train them along the lower wires to make space for next year's new canes to be bundled in the centre. Alternatively, tie fruiting canes in one direction and the current year's canes in the other.

Sometimes the fruiting canes are twisted around the wires in patterns to conserve space. Plants with strong, rigid canes that cannot easily be twisted around the wires, can be trained as a fan, with the new growth bunched in the centre.

Some additional pruning in spring may be needed to remove frost-damaged growth after winter.

A post and wire system is relatively easy to construct and is the best way to train blackberries or hybrid berries.

1. Drive 2.5m (8ft) long and 75mm (3in) diameter posts into the ground to a depth of 75cm (30in) at 5m (15ft) intervals
2. Stretch 12 gauge (3.5mm) galvanized wire between the posts at 30cm (1ft) vertical intervals

Plant the blackberries or hybrid berries 2.5-3.5m (8-11ft) apart along the fence

If you build a blackberry frame, please make sure its 30cm (1 foot) inside your plot boundary, as per our rules.

Ref: www.rhs.org.uk/fruit/blackberries-and-hybrid-berries/pruning-training

Recipe—Hazel's Purple Pudding



From Louisa, site manager

I have inherited this recipe from my mum, Hazel. She made this every summer, usually every time we got together for a family BBQ. Our family calls it Purple Pudding, but Blackberry Mousse might be a more accurate description

Ingredients

450g / 1lb blackberries
100g / 4oz caster sugar
30ml / 2 tabs lemon juice
45ml / 3 tabs cold water
12g / ½ oz gelatine
(usually 1 pack)
140ml / ¼ pint double or
whipping cream
3 egg whites

Method

Put the berries into a pan with the sugar and lemon juice.

Cook on a low heat till the juices run, then simmer for 5 mins till fruit is soft.

Meanwhile, put the cold water in a small basin and sprinkle on gelatine.

Stand 3 mins until spongy.

Take the pan off the heat, add the gelatine mixture and stir till dissolved

Pass through a sieve to make a puree, and stand till cold and starting to set.

Then, whisk the cream to soft peaks in a bowl. In another bowl whisk egg whites stiffly.

Fold both into the puree until evenly blended (which, my mum always reminds me, takes a little while and requires patience!)

Pour into a big serving dish, or into individual servings, and allow to finish setting. Serve with a dollop of whipped cream on top, a few whole fresh berries and a sprig of mint.

This freezes well - Pour into freezer pots, allow to set, and freeze.

If you still have too many blackberries, apart from crumbles, pies and jams why not try

- Freeze them, - pick out any bad ones, spread them on a tray to freeze, then transfer to bags
- Dehydrate them—a dehydrator is available for hire from the shop
- Blackberry infused vinegar -Steep the fruit in the vinegar for 2 weeks then strain, good to use in a vinaigrette
- Blackberry liqueur—simmer blackberries and sugar, add to vodka, leave in a sealed jar for 2-3 weeks, check occasionally and give a gentle shake, strain and bottle.

Allotment Cook Book

available in the shop or contact beas.shopmanager@outlook.com

£7 for members (RRP £8.95)

