



New Mills  
**Allotment &  
Gardening**  
Society



## *NewMAGS*

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## Newsletter of the New Mills Allotment & Gardening Society

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### June 2013

## Event Alerts

**Hague Bar Allotments Open Day** - Saturday June 29<sup>th</sup> 2013  
between 13:00 and 16:00 pm.

**Ollerset Allotments Open Day** – Saturday July 13<sup>th</sup> between 13:00  
and 16:00 pm

Show off your best and share allotment experiences with visitors and potential members. A great opportunity to explain the wider benefits of allotment growing to visitors and potential future members so spread the word and open day fliers where chances arise. Slip in the odd allotment growing benefit to your conversations.

## Amazing Allotment Advantages

Eight surprising facts from the National Allotment Society:

- Just **30 minutes** of gardening on your allotment can burn around **150 calories**, the same as doing low impact aerobics.
- If managed properly, an allotment can produce enough food to supplement a **family's weekly shop, with fresh fruit and vegetables** over the year! *Well... maybe 6 months here in New Mills...*
- Spending as little as 15 minutes a day out in the summer sunshine can **build up your levels of vitamin D**, if you are fair skinned. And for those whose skin is

naturally darker, anywhere up to 90 minutes of sun exposures will help maintain your vitamin levels.

- *We have all heard about the plight of bees at the moment...* By cultivating an allotment you are helping to keep biodiversity levels buoyant. Without these **'green corridors'** wildlife would become stranded by impassable concrete, meaning our ecosystem would suffer, crops yields would fall and the world would be a poorer place. Just 1 square metre of land can support hundreds of different species.
- Working your allotment can in effect help your body to ward off some illnesses and raise your serotonin levels, making you happier and healthier.
- Allotment growing can be kinder to the environment and alleviate food supply pressures. In 1984 the UK was 78% self sufficient in all food stuffs but by 2009 the figure was down to 59%. Food poverty appears to be growing even here in the UK! <http://www.bbc.co.uk/news/uk-22715451>
- Allotment growing can mean reduced fossil fuel consumption although occasional energy crises are known to affect the growers themselves!
- Whilst 20% of all food purchased in the UK continues to be wasted <http://www.lovefoodhatewaste.com/> there is a great reluctance to waste food grown by your own fair (or muddy) hand.

## One World Festival Sat 6<sup>th</sup> July, noon-6pm

Seedling Saturday was a great success, and it would be nice to emulate this. ***Seedling Saturday was brilliant - lots of people came through the door looking for plants, networking with other gardeners and asking for advice. No one person had all the knowledge but between us we helped everyone - so don't feel you need to be an expert. Just come and inspire people with your love of gardening and allotments.***

Veronica is now organising the stall for the society at the One World festival. She needs help with the following, please:

- **Free seedlings and plants** – To show people how to pot up and what they can grow in small spaces, their gardens etc even if they have not got an allotment. If you feel creative please make up pots but nothing too heavy that people can not carry them away. Please deliver any plants/ seedlings/ fruit bushes to the stall at 12pm.
- **Set up and take down volunteers** – Help would be appreciated from some handy folk to set up Veronica's gazebo at 1030am (up to 1 hour). Veronica will also bring two tables. She also needs help packing up at 6 pm.
- **Volunteer stall holders** – It would be lovely to have more volunteers to help on the stall, including children and young people. Ideally there would be 2 people on the stall at all times and allow everyone a chance to also enjoy the festival. Please let Veronica know if you can help, in what role and how long for. If you

are helping with your children/young people half an hour might be about right so please don't feel you have to commit to the whole session.

Veronica's email address is [veegliding@hotmail.com](mailto:veegliding@hotmail.com) and her phone number is 742256.

## New Mills Festival (13<sup>th</sup>-29<sup>th</sup> September)

As part of this year's New Mills Festival the Art Centre on Spring Bank is hosting an Artisan Food Fair on **Sunday 29th September**. They are promoting locally grown and made food. Toby Hardwick has already said he will take a table on behalf of the Allotment Society to encourage people to grow their own food by showing what can be achieved in New Mills. Toby would welcome any offers of help on the stall or of spare vegetables/fruit to display and can be contacted on 01663 744725 or on [thardwick@uwclub.net](mailto:thardwick@uwclub.net).

## National Allotments Week, August 5-11

<http://www.nsalg.org.uk/news-events-campaigns/national-allotments-week/>

An annual awareness week run by the National Allotment Society with ideas for allotment based events and a competition based opportunity to win up to £ 500 in garden vouchers. To be in with the chance of winning £500 of garden centre vouchers and discover growing tips from Charlie herself (Don't be put off by those) visit <http://www.kellysofcornwall.co.uk/competition/grow-your-own/>.

## Seasonal Jobs

The National Allotment Society runs reasonably in depth growing advice and a monthly calendar at <http://www.nsalg.org.uk/growing-advice/monthly-advice/>.

As the calendar is trying to give growing advice nationally you will need to make your own interpretation of how far behind the growing season is in New Mills. Given our location it would make sense if the gap was greatest in April, May and early June and least in September and October. Also there is the year to year variation and unpredictability to be mindful of. The site also has increasingly comprehensive growing guides on a range of crops <http://www.nsalg.org.uk/growing-advice/crops-and-produce>, a good starting point.

## Members View

This regular section will be ideal for members to flag up developments they want to highlight or which could impact others, requests for help, changes on site or areas of worry and concern and especially items of general interest – this is your Newsletter !

# Marple Gardening Club

Steve Evans reports that it is worth members joining the Gardening club that Marple Garden Centre operates. It's a loyalty card with periodic vouchers. They have good offers on composts etc. for members most of the time. They sell all their surplus seed off in August at 50p a packet which is a year or so in date.

<http://www.thegardencentregroup.co.uk/garden-centres/Marple-Garden-Centre/1A>

## Battle of the Slugs

It's been a good few weeks for planting out seedlings with drier weather helping to keep slugs at bay. However, with wetter weather pending (usually) it's time to wage war on the slugs. NewMAGS member Wendy Willoughby tells us more.....

They creep out at night. Not just a few but in their hundreds, all over the allotments. Can we catch them at it?

Not likely!

Fresh green shoots disappear before them and they seem not to be too choosy about their diet but certainly have a preference for courgette plants. The downpours last year helped them multiply and grow to mammoth sizes, so this year, if they survived the frosts, their numbers could be legion. So, are we prepared for battle?

They have already made pre-emptive strikes, tackled some early plantings to the horror of some of us yes, no doubt you have guessed, I'm talking about the dreaded slugs! I have already strategically placed jam jars containing beer to attract them away from my plants- although three out of the four young courgette plants may not recover- and I'm avidly collecting eggs shells to crush and scatter around other plants.

So how are you all going to tackle the beasties? All ideas of how to rid ourselves of them gratefully considered, after all, it's about slime!

Here's a starter for 10 from the editor...

We often need coffee after a few beers and funnily enough coffee also has a good reputation for deterring slugs. Apparently coffee grounds can be picked up for free from Starbucks stores. So the company has a purpose after all. It doesn't quite make up for their tax strategies but it's a start!

<http://romancingthebee.com/2012/03/27/another-reason-to-love-starbucks/>

# Recipe Corner

The prospect of harvesting potatoes is coming into view for some no doubt and courtesy of Steve we have a very English seasonal recipe here picked up from a potato day in Skelmersdale a couple of years ago.

For those with more adventurous tastes, Steve also alerts us to a fascinating website with exotic vegetables galore to try next year. If you're curious about 'cucamelons' or fancy trying some Siberian mini kiwis then check out [www.jameswong.co.uk](http://www.jameswong.co.uk). There are plenty of growing and cooking instructions too.

## Wensleydale and fresh pea salad

Serves: 4

Time to cook including preparation: 30 mins

Basic Ingredients:

200g new potatoes      150g fresh garden peas

50g spinach      50g Wensleydale cheese, cubed

For the dressing:

1 tblspn of low-fat mayonnaise

1 tblspn of white wine vinegar

1 tblspn of fresh chives, chopped

1 tblspn of fresh mint, chopped

Freshly ground black pepper

Method:

1. Start by boiling the potatoes, for about 20 minutes, in their skins until they are soft enough to slip off a knife when pricked. The peas should also be boiled until they're just soft
2. While the vegetables are cooking, place the dressing ingredients in a measuring jug and mix lightly using a fork.
3. Then cut the cooked potatoes in half lengthways and mix carefully in a bowl with the cooked peas, salad leaves and Wensleydale cheese.
4. Drizzle the dressing over the salad and serve immediately.

Tips/Information:

- Best served while the potatoes and peas are still warm
- If you use stronger flavoured cheese you will not need to use as much to enhance the flavour for the dish





# Hague Bar Polytunnel

Plots at the Hague Bar Polytunnel remain available to Society Members. The initial cost of the plot is £ 75. For more information about this opportunity please contact the Society Secretary [secretary@newmillsallotments.org.uk](mailto:secretary@newmillsallotments.org.uk)



## The Art of the Possible

Jill Hulme offers some amazing pictorial encouragement. New starters take heed: Is there hope? *YES there is!!*

***Before***



***After***



# Society Meetings

All society members are invited to the society meetings held 4 times a year. This is where decisions about the management of the society and the allotments are made. We are a democratic society and all members have an opportunity to have a say at these meetings. The meetings later in 2013 will be on Thursdays 5th September and 7th November (the Annual General Meeting) at 7.30pm in the Library Lecture Room in New Mills Town Hall.

## Forward Weather Look

### **UK Outlook for Sunday 7 Jul 2013 to Sunday 21 Jul 2013: (Met Office)**

On balance conditions will most likely remain rather changeable with some spells of rain or showers at times, but also some dry, fine and pleasant days mixed in, particularly across the south. Temperatures probably remaining close to average, but feeling pleasantly warm in the sunnier intervals.

## Articles Wanted

Contributions welcomed for future editions. Please contact David Brown  
[mtlanin@supanet.com](mailto:mtlanin@supanet.com)

If you wish to contact the society for any other reason please email:  
[secretary@newmillsallotments.org.uk](mailto:secretary@newmillsallotments.org.uk)

For more information about the society please see our website  
[www.newmillsallotments.org.uk](http://www.newmillsallotments.org.uk)



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