

## Free manure

Available from the horse field just before Whiteshill Farm – take your own bags!

## Cooks' Corner

We will include one or two recipes for your produce in every issue. If you have any tried and trusted recipes please send them to us.

### Spicy Baby Potatoes

Serves 4

#### Ingredients:

- 1 lb baby new potatoes
- Bunch spring onions chopped
- Fresh or frozen cherry tomatoes halved
- 3 cloves garlic crushed
- 1 or 2 chillis, deseeded and finely chopped
- 1 tablespoon black mustard seed
- 1 tsp sugar
- Vegetable oil
- Salt & Black pepper to taste

#### Method:

1. Boil potatoes until just tender; meanwhile heat enough oil to cover the base of a large frying pan.
2. Fry mustard seeds until they begin to pop, add spring onions and chilli and stir fry for a minute or two.
3. Throw in remaining ingredients and stir fry until everything is coated.

You can also turn this into a main course by adding some cubed feta cheese or halloumi and finishing under a grill

This website has some great tips, stories, recipes and advice for allotment holders, well worth a visit: <http://www.allotment.org.uk>

## Gardener's tips for June and July

Please email your hints and tips to the Parish Clerk, Lisa or Julie for the next newsletter. In the meantime here are a few to get you new gardeners going!

- After your vegetable garden is well established, it is best to water it thoroughly once a week rather than giving it a light watering every day. That way, a deeper root system is encouraged to develop, which will later help the plants tolerate dry weather.
- This is the time when rhubarb tends to flower. The enormous spike of creamy-white flowers depletes the plant's energy. Cut the stalk off at ground level before it opens.
- Check the compost heap and if it is dry, damp over with water to speed up the composting process.
- Add grass clippings to the compost heap in thin layers (too much grass all at once is likely to be very wet and poorly aerated, resulting in smelly slime rather than compost).
- Start using lettuce when they are half grown. If you wait until they are fully grown some will bolt producing flower heads before you can use them all.
- Pour boiling water along open seed drills before sowing vegetables. It will kill soil borne pests and weed seeds, getting the seedlings off to a good start.
- As potato shoots appear earth up the soil around them.

If you are new to the world of gardening and allotment renting we have a leaflet available that is full of useful advice about how to get started. It is available electronically or I can send you a paper copy.

If you would like a copy contact Julie via the email address below.

#### How to contact us:

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