

THE ALLOTMENT

HAMPTON COURT WAY ALLOTMENT ASSOCIATION

A Spring message from your site manager

Hello all,

As you may have noticed there has been a considerable amount of work done on the allotment road. This is due to the efforts of a select few who gave up a morning of their time to join the "chain gang" ahead of the work week-end.

Huge thanks to Terry (plot 3a), Paul and Cathy (plot 24), Marven (plot 45a) John (plot 46) Ian (plot 15) Paddy (plot 27a) and Mick (plot 6) for all their hard work.

Hopefully the remaining pot holes can be filled in during the spring work week-end - Saturday 8th and Sunday 9th April - 9.30am until 1.00pm. Please come along and do your bit to help with the site maintenance tasks, there will be plenty to do and that doesn't mean working on your own plot!

If you have unwanted items move these to the front of your plot now for disposal to the skip or recycling by other members. Please remember, ONLY non-biodegradable products should be put in the skip; carpet, plastics, old netting and the like.

*If you have paving or brick rubble please leave this in a neat pile on Plot 1. Metal items should be left next to the skip for collection by the scrap man. **Please note that tyres are not allowed in the skip, these incur an additional charge of £5+ per tyre. The Council will not be happy if they have to pay extra! Lets not abuse the free skip!***

Water Supply

The water supply and taps will be reconnected on 8th April or perhaps before if time allows. Please remember not to wash vegetables or tools in the water tanks. The tanks need to be cleaned out before the water can be turned on and it is an extremely unpleasant task if they are full of putrid sludge.

Bonfires are not permitted from 1st May to 30th September inclusive and the site speed limit is 5 mph; particularly important to remember during the warmer months when there is increased activity across the site.

Weed and Pest control

If you are using chemicals on your plot please make sure that you follow the manufacturer's instructions. Take care not to contaminate any water supply, including butts on your own plot, and definitely DO NOT dip weed killer or chemical containers into tanks. Do not spray near any water supplies either. Spraying crops should only be done on still days or evenings, it is amazing how much damage can be caused by spray drift. This applies to insecticides and fertilizers as well as weed killers.

One of the most common mistakes people make is the overuse of slug pellets. Liberally spreading these around makes the product less effective, it also endangers wildlife and damages our environment. If possible please net areas where slug pellets are used; this will reduce the risk to birds and hedgehogs as well as the local cats who visit us from time to time.

The EMGS annual flower show is only a few months away, 19th August is the date for your diary, and we will again be defending our title of overall allotment winners. Start planning your entries now!

Jill

Other facts about fruit and veg!



We all know that including fruit and vegetables in our daily diet could significantly reduce the risk of many diseases, heart disease, some cancers, high B.P, and obesity, the list goes on.

However, there is more to some of our fruit and veg than we may be aware of!

Grated **APPLE** used as a topical makes an excellent remedy for fine wrinkles and also heals itching, inflamed or cracked skin.

The **natural sugar** in one **APPLE** is more potent than the caffeine in coffee (for staying awake).

AVOCADO is a fruit, not a vegetable and is a member of the berry family. It is also the world's most nutritious fruit.

BANANAS, some horticulturalists believe, may be the earth's first fruit.

BANANAS are technically a herb because the plant is not a wood stemmed tree.

BANANAS ripen quicker when put in a brown paper bag with a tomato or apple.

BANANAS have a natural antacid effect in the body, so heartburn sufferers may try eating a banana for soothing relief.

CHERRY PIPS have satanic power, according to the Dead Sea scrolls - spooky!

Dark green vegetables contain more vitamin C than light green vegetables.

CABBAGE contains nearly as much water as **WATERMELON**.

FIGS, per half glass, contain as much calcium as half a glass of milk.

GRAPES will not ripen once picked from the vine.

GRAPEFRUIT eaten in the morning has been shown to help with weight loss and also protects from diabetes.

KIWI FRUIT contain twice as much Vitamin C as an **ORANGE**.

LEMONS can kill bacteria as they have high content of acid which makes them suitable for cleaning.

LIME oil can stimulate and refresh a tired mind and helps with depression. It is also useful to cool fevers.

Dried **CITRUS FRUIT** peel make great fire lighters, due to the high oil content.

PINEAPPLE will ripen quicker by standing it upside down (on the leafy end).

The **POTATO** is a member of the Solanum genus and a cousin of deadly nightshade. **Never eat a green potato** as this is a sign that toxic Solanine is present.

A **STRAWBERRY** is not a berry - but the **AVOCADO** and **WATERMELON** is!

STRAWBERRIES & CASHEWS are the only fruits to have seeds on the outside.

RED or **BLACK CURRANT** juice can be used to soothe sore throats and colds.

Red fruits help keep your heart strong.

Orange fruits help keep eyes healthy.

Yellow fruits help stop you getting sick.

Green fruits make bone and teeth strong.

Blue and purple fruits help with memory.

DIARY REMINDERS - 2017

WORK WEEKENDS

Sat 8th April 9.30 - 1pm

Sun 9th April 9.30 - 1pm

Sat 7th October 9.30 - 1pm

Sun 8th October 9.30 - 1pm

SUMMER BARBECUE

Saturday 15h July

AGM

Monday 15th January 2018

Literary Compost

In spring, at the end of the day, you should smell like dirt.

Margaret Atwood

Springtime is the land awakening. The March winds are the morning yawn.

Leo Tolstoy

If you would like to publish anything in the newsletter we would love to hear from you. Please email:- sheenaclarke0@gmail.com or macanjill@ntlworld.com

SITE REMINDERS:

Site speed limit is 5mph; This applies to everyone! Please respect the limit.



Bonfires - only until 30th April.

PLEASE - Don't wash your veg or tools in the water tanks.

YOUR PLOT NUMBER MUST BE SEEN!



Who's Who

CHAIR - Julie Smith
smirkysmith1@hotmail.com

TREASURER - Tom Appleton
tomcein@aol.com

SECRETARY - Sheena Clarke
sheenaclarke0@gmail.com

SITE MANAGER - Jill McDermott
macanjill@ntlworld.com

TRUSTEES - Sheena Clarke, Marie Mullard & Tom Appleton

MEMBERSHIP / LETTINGS - Piotr Hennig - piotr@admojo.co.uk

COMMITTEE - Marie Mullard
mariemullard@gmail.com
COMMITTEE - Ian Billett

WEBSITE - Rupert (Plot 13)
epichouse@yahoo.com

NEWSLETTER - Anne Cox
poppycox@f2s.com

ALLOTMENT POSTCODE - KT8 0BW