



Take Five

The Five A Day Market Garden newsletter

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Five A Day Market Garden
The Street, Englefield
Berkshire RG7 5EL
Tel. 07939 676050
Email: pam@fiveaday.org.uk

www.fiveaday.org.uk

Garden News...



Despite lots of rabbits, we have enjoyed plenty of produce from the garden over the summer. Tomatoes

have been delicious, especially Sungold variety – highly recommended. The flowers have also grown well, particularly the dahlias and sunflowers. Come and see us on a Wednesday or Friday – enjoy our seasonal produce and cut flowers!

Our volunteers have been busy and we have had some extra help from younger volunteers. A big thank you to Taylor and Alana for their help in the garden! We look forward to seeing you over the autumn half term.

As we move in to autumn, our educational work continues with lots of visits from children, adults with learning disabilities and older people. There will be lots of activities (including competitions) e.g. compost sieving, broad bean growing and worm counting.

Have a great autumn – get out for some walks and enjoy some amazing autumn colours!

- Pam Goddard, Project Co-ordinator

Thank You!

To Skotkonung Ltd, Employee Volunteering and Volunteering Matters. Thanks to their assistance, we have had some great team days in the garden.



Flavour of the Month



Apples

Malus pumila varieties

With over 7,500 different cultivars of eating apples, we have plenty to choose from! Try to buy UK-produced and organically-grown fruit: local growers need our support, and non-organic apples often contain residues of many different pesticides.

Caramelised Apples with Apple Ice Cream

Ingredients:

4 cooking apples, 1 lemon, 8 tbsps golden caster sugar, 1 litre / 1¾ pints ready-made vanilla custard, 50g / 2oz butter, 4 dessert apples.

Method:

Put a medium sized oven tray in the freezer.

Peel, core and chop the cooking apples and add to a deep saucepan with the juice of a lemon and four tablespoons of golden caster sugar.

(You can even leave the squeezed lemons in the pan.) Pop the lid on and bring to a simmer for 10 minutes. A bit of texture is welcome in the ice cream so don't let the apples soften to a purée.

Tip the cooked apples into a large bowl, pour the ready-made custard over and fold together. Tip the mixture into the chilled tray and freeze for two hours, giving it a stir at the halfway stage.

When the ice cream is almost frozen, peel and core the dessert apples and cut into segments. Warm the butter in a frying pan and add the apples with the remaining four tablespoons of golden caster sugar. Turn them occasionally making sure that all the apples are evenly caramelised, which should take 10 minutes or so.

Serve the piping-hot apple segments with the home-made apple ice cream.

Herb Highlight: how to use your herbs in autumn



Parsley: a hardy biennial herb

During the autumn and winter months, you can reap the rewards of all the hard work nurturing your herbs by following some of these suggestions:

- Cover growing herbs in the garden using cloches or a cold-frame, to delay the winter dormant period.
- Lift and pot-up herbs.
- Move container-grown herbs indoors.
- Sow late crops of herbs such as parsley and chervil.
- Preserve herbs through freezing or drying.

Drying Herbs

Herbs with strong flavours dry well. Try to pick your herbs just before they flower as this ensures that the oil content in the leaves

(the flavour) is at its highest. Pick your herbs on a dry day and avoid washing them before drying (excess moisture on the leaves can cause the valuable essential oils to be lost). Pick whole stems of long-stemmed herbs such as basil, sage, rosemary and mint and tie in loose bundles so air can circulate between them. Whole plants of bushier herbs such as thyme and oregano can be tied in pairs. Hang the bundles in a warm, well-ventilated place until they are dry, then store in air-tight containers in a cool place.

Frozen Herbs

Herbs with soft leaves, (such as basil, coriander, chives, mint and parsley) are ideal for freezing, as this method is the best way to keep their colour and flavour after they have been picked. Freeze chopped herbs in ice cube trays topped up with water, as soon as possible after harvesting.

Herb Vinegar

Herbs can easily be preserved in vinegar which make excellent salad dressings. Rosemary and basil make particularly good vinegars. Wash the herb in cold water and crush it slightly to release its flavour. Push into a tall, clean, sterile bottle and fill with warmed

vinegar (wine vinegar and cider vinegar work best). Seal the bottle and leave to infuse for a few weeks before use. You can then strain the mixture through muslin or filter papers to separate the herb from the vinegar. Store the vinegar in a sterile airtight bottle out of direct sunlight.

Bear in mind that your herb plants won't be doing much in the way of new growth over the winter period so you should be careful when harvesting. Don't take so much that the plant can't keep itself alive!

- Wendy Cadman



Herb vinegars

New Shoots: Garden Events, Activities & Projects

Help us fundraise for Five A Day Market Garden!

Did you know that whenever you buy anything online, you could be raising a free donation to help support our work here at Five A Day Market Garden?

There are nearly 3,000 retailers who will give a free donation to Five A Day, and it doesn't cost you a penny extra. Head here to sign up:

[www.easyfundraising.org.uk/
causes/5adaymarketgarden](http://www.easyfundraising.org.uk/causes/5adaymarketgarden)

...And start collecting free donations when you buy gifts, groceries and decorations.

We are running sessions and activities for schoolchildren, after school clubs, adults with learning disabilities and older people throughout the autumn.

For more details or to book a visit for your group to Five A Day Market Garden, please contact Pam on 07939 676050 / pam@fiveaday.org.uk