



Take Five

The Five A Day Market Garden newsletter

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Five A Day Market Garden
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Garden News...



Our spring educational programme has lots of activities for kids, adults and older people – have a look at our website for more details.

We're delighted that Cliff Marriott (pictured left) is fundraising for us and also for Rushall Farm. In April, he is running the London Marathon - one of the biggest and most well-supported marathons in the world. Cliff had to defer his ballot place last year due to an injury so this is his final chance – good luck to him!

If you would like to sponsor him and support two great projects, just click on the link below – thank you!

localgiving.com/cliffmarriott

Have a super spring!

- Pam Goddard,
Project Co-ordinator

Thank You!

To Berkshire Community Foundation for their recent grant to us – very much appreciated!



After our winter break, myself and our lovely volunteers return to the garden, full of energy! We're always on the lookout for more volunteers – get in touch and join our friendly team.

The plants are also full of vigour with the rhubarb emerging on lovely pink stalks and the spring daffodils looking beautiful!

Flavour of the Month



Purple sprouting broccoli
Brassica oleracea Italica

Broccoli is part of the cabbage family, with the parts eaten mainly being the

stalk and flowerheads. Classed as a 'superfood', it is high in vitamins and substances which boost immunity and help to prevent cancer.

Roasted Broccoli, Pepper & Lemon Salad

Ingredients (serves 4 - 6):
Handful of purple sprouting broccoli (cut into florets), 1 Romero pepper, ½ onion, 2 cloves garlic, 1 lemon & 1 lime, dash of olive oil, salt and freshly ground black pepper

Method:

Preheat oven to 200°C/400°F/Gas Mark 6. Slice onion, garlic and pepper

and halve lemon and lime. Heat a little olive oil in ovenproof frying pan and add all the vegetables with lemon and lime: fry for 2-3 mins, stirring regularly.

Season with salt and pepper, then place in oven. Roast for 6-8 mins or until the vegetables are tender.

To serve, pile the vegetables into a serving dish: squeeze over the juice from the roasted lemon and lime, and drizzle over with a little olive oil.

Spring Topical Tips:

- ♦ *March: Plant onion sets and early potatoes. Sow seeds indoors on window sills.*
- ♦ *April: Protect fruit tree blossom and early crops from frosts with fleece.*
- ♦ *May: Regularly hoe weeds. Prick out seedlings and make sowings outdoors.*



Going Wild: Muck and Magic—Soil Science!



Compost heaps: key to maintaining healthy soils in your garden

2015 is the International Year of Soils (IYS)... Which should be of interest to all gardeners!

Soil is one of our most important natural resources, both for food production and horticulture. It typically takes over 500 years for an inch of topsoil to form... Yet here in the UK we are losing more than 2 million tonnes of topsoil every year.

One of the ways in which we can look after our soils is by gardening and farming using organic methods. Instead of applying chemical fertilisers, we can use animal

manures and so-called 'green manures' - plants such as legumes (beans, peas, clovers etc) which return nitrogen and other important elements to the soil.

As well as nutrients, soil's organic component—known as humus—is vital for improving soil structure and retaining moisture. Both heavy clay soils and dry sandy soils can be improved with the addition of organic matter, ideally in the form of compost. There is no need to buy expensive compost—simply make your own by creating 2 or 3 compost heaps in your garden, as we have done at Five A Day.

Many living things are involved in the process of soil formation, including bacteria and fungi. But probably one of the most important animals that helps to form soils is the humble earthworm.

Earthworms are hugely important animals, yet little is known about their distribution in the UK. You can help by recording the earthworms you see in your garden, either via the OPAL Soil Survey or



Making a wormery at Five A Day

the National Earthworm Recording Scheme (coordinated by the Earthworm Society of Britain).

For more info about IYS, organic growing methods and earthworms, visit these websites:

- www.soilassociation.org/internationalyearofsoils
- www.gardenorganic.org.uk
- www.opalexplornature.org/earthwormguide
- www.earthwormsoc.org.uk/
- Becca Flintham, Wildlife Gardening Consultant

New Shoots: Upcoming Garden Events & Projects

Green Gardening and Green Art

for older people with memory problems

An 8-week course, starting Tuesday 7th April

10.00am—1.00pm

An 8 week course in which people can participate in gentle gardening, craft activities and socialize. This course is free of charge!

Please wear warm, weatherproof clothing and sturdy footwear.

For further information on the above course or to book a place, contact Pam on 07939676050 or email: pam@fiveaday.org.uk



For information about Five A Day Market Garden events and courses, please contact Pam on 07939 676050 / pam@fiveaday.org.uk

Kids GO!

Monthly activity club for 7-12 year-olds

monthly Wednesdays

4.00pm—6.00pm

Hands-on outdoor fun: a chance to grow your own veggies, have a go at pond dipping and minibeast safaris, get creative with eco arts and crafts, and even learn bushcraft skills!

To come to our monthly sessions children must be members of Kids GO. For further information about the group, session dates and membership, contact group leader Becca Flintham by email: becca@fiveaday.org.uk