



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...



It's been a busy start to the summer with lots of groups coming to enjoy the garden. So far, we have welcomed retired people, schools, after school groups, corporate groups, adults with learning disabilities and our new nature and gardening club for youngsters, Kids GO!

The garden is looking fantastic, thanks to the efforts of our ever enthusiastic volunteers! Our fruit and veg are growing well and we're harvesting more each week as the seasons progress. Come and buy some fresh local

produce from us – Wednesdays and Fridays 10am - 4pm.

We are also delighted to have expert input from garden designer and gardener Polly Wood, who will be leading monthly 'Gardener's Questions' in the garden – have a look overleaf for more details.

Our Summer Open Day this year is on the same day as the Englefield Flower Show: Saturday 26th July (more details overleaf). There will be lots to see and do at both events, so come and visit!

- Pam Goddard,
Project Co-ordinator

Thank You!

To Ella's Kitchen, Prudential and Vodaphone for their wonderful help in the garden! Check out the photos of their handiwork on our Facebook page - find us there at:

5adaygarden



Flavour of the Month



Rhubarb

Rheum rhabarbarum

Rhubarb is technically a vegetable, though usually treated as a fruit in cooking. The pink stems are eaten (rhubarb leaves contain high amounts of oxalic acid: they are toxic and should not be used).

Rhubarb can be stewed or roasted, and goes well with orange, ginger and strawberries. Or try this easy muffin recipe:

Rhubarb Muffins

Ingredients (serves 12):
100 ml buttermilk (or soured milk), 100g rhubarb, 15g soft light brown sugar, 1 tbsp sunflower oil, 1 egg, 1 tsp vanilla extract, 175g plain flour, 1 tsp baking powder, 1 tsp bicarbonate of soda, 1 pinch of salt

Method:

Pre-heat oven to 200°C. Line a 12-muffin tin with paper cases.

Beat together 125g of the sugar, sunflower oil, egg, vanilla extract and buttermilk, until well mixed. Add the rhubarb. Sift in the flour, bicarbonate of soda, and baking powder, and pinch of salt. Mix until ingredients are just combined.

Pour into muffin cases (they should be about 3/4 full) and sprinkle over the remaining sugar. Bake on the middle shelf in the oven for about 18-20mins.

- Recipe from Pam Goddard

Topical Tips:

- ♦ **June:** if you hoe your veg patch regularly you can keep on top of weeds.
- ♦ **July:** pick courgettes before they grow into marrows!
- ♦ **August:** Lift and pot up any strawberry runners that have rooted, to plant elsewhere.



Going Wild: Summer Visitors



The swift, a graceful summer migrant

As this newsletter goes to press, some wonderfully sunny warm weather has been blessing the UK,

as well as some heavy downpours! This has produced a fabulous flush of flowers and greenery in our countryside and gardens.

Many wildlife species such as birds and butterflies take advantage of warming temperatures to migrate northwards from mainland Europe into the UK. These summer migrants are a welcome addition to our year-round resident species. Many of these summer migrants are however declining in numbers: birds such as

swifts, house martins and swallows need suitable nest sites, mud for nest building and insect prey.

In my home town of Newbury the sound of swifts screaming round the rooftops is a real sign of summer, so the thought of losing these amazing birds from the UK is a sad one. But as ever, we can help. To find out how, visit the website:

www.swift-conservation.org

- Becca Flintham,
Wildlife Gardening Consultant

Herb Highlight - Sage (part 1)

Sage is a popular and easy to grow herb with many medicinal, culinary and ritual uses. Here are just a few of the many ways to make the most of one of our favourite herbs.

Foot Odour/Fungus - Powdered sage alone or mixed with powdered black walnut hull and put in socks or shoes. (NB this will stain - no white socks!)

Sore throat - make a tea; cool and strain; use some as gargle and drink the rest. If sore throat is

severe add thyme and a pinch of cayenne to the tea.

Ageing - Drinking a cup of sage tea 2-3 times a week aids in keeping the circulatory system resilient, promoting circulation without the stimulant action of coffee. Sage can also help to maintain sight, hearing and memory.

Digestive Aid - All culinary herbs aid digestion - it's the volatile oils! Eating small amounts with or after meals helps with hard-to-digest foods and can eliminate flatulence.

Toothpaste - mix 1 tbsp of powdered sage, 1/2 cup of baking soda and 3-4 drops of mint essential oil. Has the double action of preventing gingivitis and whitening teeth.

Oily Skin - For oily skin or acne, use sage rinse as a daily astringent. Chop 1 cup fresh or dried sage leaves and steep in 2 cups of witch hazel (from the drug store) for at least 2 weeks. Strain and dab on skin as needed.

- Wendy Cadman

New Shoots: Upcoming Garden Events & Courses

Family Open Day at Five A Day Market Garden!

**Saturday 26th July
12.00 noon - 4.00pm**

- * Free activities for all the family!
- * Buy delicious fruit, veg, cut flowers and plants!
- * Refreshments and recipe ideas.
- * Pond dipping.
- * Discover the life of honey bees with our observation hive.
- * Stone sculpture demonstrations.
- * Meet master gardener and kitchen-garden design expert Polly Wood, who will be on hand to answer your gardening questions!

Suggested donation £1.
Free parking.

Summer fun: activity sessions for families!

This summer we will be running more of our popular activity sessions for families, with hands-on nature and gardening fun! For dates and details, check our events page on our website:

www.fiveday.org.uk/local-links

For more information and to book places on our events, please contact Pam on 07939 676050 or email pam@fiveday.org.uk

'Gardeners' Question Time' comes to Five A Day Market Garden!

Last Friday in June, July & August, at 3.00pm

Not the BBC Radio 4 programme... But we plan to make our GQT afternoons just as good!

These FREE and informal sessions will be run throughout the summer by Polly Wood, a garden designer and horticulturalist who has worked on some of the finest gardens in Hampshire and Berkshire. With nearly 15 years' experience she can offer advice and tips on most subjects.

No need to book, just turn up on the day.