



Take Five

The Five A Day Market Garden newsletter

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Five A Day Market Garden
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Garden News...

Despite the very dry Summer weather, the garden has still provided a lot of produce. The courgettes and squash have done well and we now have a great crop of tomatoes in the polytunnel. Weeding has been difficult on the rock hard ground but the flowers have been impressive with a great display of dahlias and roses filling the garden with scent which has attracted plenty of wildlife.

Running the garden takes a lot of work and along with our volunteers, we are very fortunate to receive support from several local conservation and corporate groups all of whom worked in the very hot sun to do all sorts of projects from painting furniture to restoring our bug garden.



In July three Sage employees built a muddy kitchen and this has been used throughout the Summer by our under 5's session.

Thank you to everyone for their great efforts.

We are now looking ahead to the Autumn and have included information

on our pumpkin days and wreath making workshops in this newsletter. We look forward to seeing you at some of these events. In the meantime, please drop down to the garden as we have produce for sale on Wednesdays and Fridays.

Pumkintastic - Make a magical lantern Saturday 27th October 1-3pm

Get ready for Halloween by coming to one of our pumpkin days to make your own lantern.

Refreshments will be included. Please wear suitable clothing and sturdy footwear.

Sessions are suitable for children aged 5-14 and all children must be accompanied by a responsible adult. The sessions cost £5 per child. Pay on the day.

Book now by email to wendy@fiveaday.org.uk. Don't delay as places will be on a first come, first served basis.



Turks Turban squash — a colourful and tasty recipe from Louisa and Margaret

Turks Turban is a variety of winter squash often grown for its ornamental appeal. It can weigh as much as 6 lbs when mature. It is a vegetable with very a distinctive appearance. Colours can vary and include oranges, greens and white. It can be cooked as any other squash - roasted, baked used for soups and stuffed are all suggestions.

We have them growing in the garden and they are on sale now so do call in and see for yourself.

Stuffed Turks Turban Recipe

1 Turks Turban Squash

Filling

2 or 3 slices stale bread cut into 1" cubes.

250-300mls single cream, enough to be absorbed by the bread, plus a little more.

4oz Grated cheese, adjust according to taste.

1/2 tin butter beans.

Selection of vegetables cut into small pieces of your choosing.

Some may require pre-cooking, onions, carrots etc. I used 2 spring onions, 1/2 a red and 1/2 a green pepper.

Seasoning to suit your taste. I used herb marinated garlic and black pepper. You might prefer something a bit hotter or spicy.



Method

Remove the top of the squash so that you have a large and a small squash. Be careful, the skin can be very tough to cut through. Scoop out all of the seeds from the lid and the base.

Carefully combine the ingredients together in a bowl ensuring all the bread cubes are covered with cream but not broken. Taste and add further seasoning as needed.

Fill the two sections of the squash with the filling.

Place on an over proof tray and cook them as 2 pieces. Cover the tops loosely with foil to stop charring and cook in a pre heated oven until the flesh of the squash is soft. 180C for 2 hours to start but check at regular intervals after the first hour.

When cooked the smaller top can be replaced to its original position.

Serve with salad. Delicious!

Festive Wreath Making Workshops

**Sunday 9th and Saturday 15th
December**



10am—midday

Come and create your own festive wreath at one of our December workshops. Enjoy a hot drink and yummy mince pie.

All for £15 per person.

Please contact yvonne@fiveaday.org.uk

Volunteer news

We have recently been featuring some of our volunteers on these pages and this time, it's the turn of Liz who joined us this year. Liz is very knowledgeable and is currently working on the soft fruit areas which should mean a much more abundant crop next year weather permitting!).

I really look forward to volunteering at 5 a day. There is always a variety of jobs, the team are friendly and I am always learning.

The garden is a joy with a wide variety of trees and plants. There is a mulberry tree, strawberries, roses, a pond and lots of veg and wildlife.

It's amazing.



If you are interested in becoming a volunteer, please drop in to the garden on Wednesday or Friday or contact Yvonne at yvonne@fiveaday.org.uk