



Take Five

The Five A Day Market Garden newsletter

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Garden News...

At this time of year, the garden is a constant source of delight with changes evident each week. Since our last newsletter, we have seen everything burst into life as the results of work on the fruit and flower gardens show results.

On the produce front, we have a good crop of rhubarb which has been selling well and the warmer weather has seen our currants and berries looking very healthy. The potatoes which were planted in April have managed to survive the frosts in May and we are hoping for a good crop to harvest in July. Our produce is on sale at the garden on Wednesday and Friday from 10am—3pm and in the Englefield garden centre.

CROW (Conserve Reading On Wednesdays) have been helping us rebuild the raised beds, rabbit proof the garden with wire netting, manage the compost heaps and even find a toad! Thank you CROW for your fantastic efforts. The new beds are looking great and have recently been planted with peas, sweetcorn and salad crops.



Working on the news beds



Job done!



SAGE hard at work

Thanks also to Sage volunteers have been regular visitors and have been helping us prepare the ground for vegetable planting.

More than 400 schoolchildren have visited the garden in five weeks! They have been learning about where their food comes from and how pollinators help to make fruit, vegetables and flowers. We are grateful to Ella's Kitchen for their continued support of the education programme. As well as the school visits, we will be welcoming groups of Beavers, Brownies, Rainbows and Guides throughout June and July. They will be learning about growing vegetables and flowers which will help them to achieve their gardening badges.

GARDEN OPEN DAY Saturday 13th July 2pm—4pm

We are looking forward to our annual open day on Saturday 13th July which takes place at the same time as the Englefield Flower Show and School Fete. We will be selling produce, flowers and plants. Activities will include pond-dipping and there will, of course, be refreshments with delicious cake. Please come over and have a look around the garden.

We look forward to seeing you on the day.

GROUP ACTIVITIES

The adult learners meet every Wednesday and have been busy planting their own area of the garden with flowers, fruit and vegetables which are looking lovely.



A nice view of the adult learners garden

The Thyme Together group now meet on Thursdays from 1-3pm and have been equally busy with seed planting and sowing salad crops. They have also been able to enjoy the garden from the comfort of a new bench donated by Gill Lee in memory of her husband Tom who was a regular member of the group. Thank you Jenny.



Enjoying the sunshine from Tom's bench.

Looking ahead

Jobs and events over the next few months include:

- Summer Open day Saturday 13th July to coincide with Englefield Flower Show and the school fete.
- The 'pop-up' stall will be open on Wednesday and Friday 10am – 3pm to purchase the garden produce. Over the coming months this will include broad beans, strawberries, raspberries, French climbers, runner beans and potatoes.
- Harvesting the produce
- Weeding and watering

SUMMER DESERT RECIPES

With the current crop of rhubarb, these recipes sound easy to make and delicious. I am sure that the rhubarb could be replaced with strawberries or raspberries later in the season.

Instant Rhubarb Fool (without the custard) :

3 sticks of rhubarb
2 tbsp of sugar
2 tbsp mascarpone
4 tbsp Greek yoghurt
water

A handful of other red fruit to colour and decorate – eg redcurrants, blackcurrants, strawberries, raspberries

Wash and chop the rhubarb sticks into inch long pieces and put in a pan with an inch of water. Add the sugar. Cook for a few minutes until mushy and leave to cool.

Meantime put into a jug the mascarpone and yoghurt and if you wish a handful any other red fruit to colour the fool (otherwise it comes out vanilla). Add the cooled rhubarb and mix either by hand or with hand mixer.

Taste and add sugar/fruit until it is the right colour and sweetness for your taste.

Pour into glass bowls and leave to set in the fridge for half an hour. Decorate with more fruit as desired before serving.



Rhubarb Mousse:

1 small tin of evaporated milk
1 lb rhubarb (sliced)
1 packet of raspberry jelly granules

Chill small tin of evaporated milk in fridge.

Cook 1lb of sliced rhubarb gently with 2 tbsp of water and sugar to taste (2 oz?).

Purée and add packet of raspberry jelly granules.

Mix well and chill in fridge until almost set.

Then:

Whisk evaporated milk until thick and creamy.

Mix in rhubarb purée (reserving 2 tbsp). Stir through reserved 2 tbsp to create a ripple effect. Chill until set.

Enjoy!