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**FROM OUR CHAIR**

**KEEPING IN TOUCH.... With each other**

Following on from the success of our Cookbook and our Open Mornings and in response to members requesting more opportunities to get to know each other, we shall be holding a **CELEBRATION OF OUR HARVEST** on **Sunday 24<sup>th</sup> September** in and around the Big Green Shed. If it is not dry on the day, we shall organise gazebos as we do for the open morning. We hope that everyone will want to get involved with this.

The concept is this – each tenant(s) uses at least one ingredient that they have grown to produce a dish from the country or region from which they, or their family originate. As with the cookbook, any dish would be acceptable, vegetarian or otherwise – soups, main courses, desserts, biscuits, drinks. It would just be good to know, in advance, what you will be bringing so that I can ensure that there is a balance.

If each person producing a dish brings sufficient for the number in their party who are attending, that should guarantee enough to go round. Dishes can be hot or cold. If hot it will need to be brought in a slow cooker, soup maker (to be plugged in), microwaveable dish, a pan to go on a gaz burner, or on a barbecue. We shall provide the plates, dishes, cups and cutlery. Please bear this in mind when planning your planting in the next few months.

Number of attendees and dishes will be collected nearer the time, but it would be helpful to have some idea of the numbers who think they might be able to take part. If you think you will be interested in this, please email [beas.chair@outlook.com](mailto:beas.chair@outlook.com), or text 07734 401932 or sign the sheet in the community area of the Big Green Shed.



Any enquiries,  
please call



**07766110660**

or email

[beas.secretary@outlook.com](mailto:beas.secretary@outlook.com)

[www.bournemoutheastallotmentsociety.co.uk](http://www.bournemoutheastallotmentsociety.co.uk)

[www.facebook.com/lingdaleplots](https://www.facebook.com/lingdaleplots)

## KEEPING IN TOUCH ... Within BEAS

This quarterly newsletter is the way we let our members know what is happening or coming up on our site and within our community.

For general information please refer to our website:

<https://www.bournemoutheastallotmentsociety.co.uk/> which is full of information about our site, from rules and policies, downloadable application forms to a calendar for any upcoming social or other events.

Up to the minute information is also on our facebook page and we send an email to our members when there is something of specific interest that we feel you should not miss. Please make sure that we have the correct up to date email for you. Also please be aware that if you choose to unsubscribe from these emails we cannot re subscribe for you, you'll need to do this yourself.

For our members who are less digitally-minded, keeping an eye on posters by the main gates as well as word of mouth are a good way to keep up with any developments.

Our annual General Meeting at the end of the year is the formal way in which our members can hear reports from the committee and propose and vote on any significant changes to our society.

Communication is two way and we welcome suggestions (there is a suggestion box in the community area of the big green shed) and contributions to this newsletter: [Beas.communications@outlook.com](mailto:Beas.communications@outlook.com) Everything that happens on our site is either because one or more of members have at some point suggested it, or it is a statutory/tenancy requirement.



Despite our efforts we still find that some of our members are not aware of events until too late, so we would appreciate if our members could pass the message on to other members who may be interested and let us know how else we can keep in touch.

## KEEPING IN TOUCH ....With other members in the South West

The winter online talks started in October and finished on Monday 13th March. This is just one way in which we try to keep in touch with other members in our region and, as Chair of the SW Committee, I am constantly trying to hold together this vast area.

In addition to the talks, the committee is beginning to visit county and area shows and help is always needed to take a turn on the stall we erect.

We also ask all members to think of topics they could write about to contribute to the SW pages of "The Allotment", the magazine of the National Society. If you could write something about BEAS, your plot, or something of interest to other tenants, I would be delighted to receive it.

Lyn—Chair of NAS SW



## Shop News

We have received our seed order for this year and they are now displayed on the racks. It is always difficult to decide what varieties and how many to purchase so, if there is something in particular that you would like to try, please let me know on 07528 410775 or at [beas.shopmanager@outlook.com](mailto:beas.shopmanager@outlook.com) and we'll look out for them next time we order towards the end of this year.

In respect of the fertilizer tubs that we stock from Proctors (Blood, Fish & Bone; Growmore; Super Vegetator for potatoes; Calcified Seaweed; Compost Activator etc) the prices have gone up considerably. We have now received a small order of 20kg bags and are splitting them into smaller quantities for you. These will be sealed into plastic bags. If you have an empty tub and require more, then please contact me as above and arrange to bring your tub in to be refilled. We still have a few tubs of some varieties at the older prices.

As regards the compost that we stock, Tony Moss (an ex-plotholder) who used to be our delivery man, has retired but we have been able to source a means of collecting most of the same products from the same company. We shall have some more delivered week commencing 6th March but I'm afraid that, as with everything, the prices will increase slightly. We always try to ensure that we have what you need to manage your plot at the best price we can.

If you are unable to make it to the shop during our opening hours then don't forget that we still have our "Click & Collect/Deliver" service available. This is something that we started during the first lockdown in 2020 and has proved a benefit to many members. You can order by phone or email, pay by online transfer and arrange to either collect the items at a mutually convenient time or have them delivered to your plot.

As ever, if there is anything that you think we could successfully stock please let me know and we'll try to source it for you.

Pete—Shop Manager



## ***A Word from the Secretary***

We've had a very wet period, we've had a very cold period and now, at last, the sun has been shining and temperatures are on the rise. It's an exciting time as we start to plan ahead and get those early seeds into compost – especially for our newcomers, some of whom are embarking on 'allotmenting' for the very first time. Us 'oldies' tend to forget just how daunting it can be.

What should I grow, where should I grow it, how should I prepare the soil, can I put seeds straight into the ground, how do I 'chit' potatoes? Well, all you new Members, please don't think you are alone. Even the 'old-timers' ask the same questions every year. Pop into the shop, meet 'experienced' gardeners at social events, or just stop someone on the Site who looks as if they know what they are doing – and ask for some advice. You may be surprised just how pleased we are when someone asks.

Every one of our plots have been let. We have no vacancies and we currently have a waiting list of over 200 – hard to say how long a wait that represents but 5 to 6 years wouldn't be a bad guess. Let's consider ourselves fortunate to have a plot, put in the effort that our allotment needs and deserves and look forward to bumper crops later in the year.

Good luck everyone – and enjoy.

## Allotment Competition

It's time to start thinking of entering the Bournemouth Allotment Federation competition.

Plots are judged in the last week in May when planting has taken place and again in July at the height of the growing season (exact dates to be announced soon). Our site is also entered as a whole and we have won the trophy over many recent years, so we hope to win it back this year. This requires each of us to keep our plots and the area around it looking good, even if we're not individually entering.



There is no entry fee and all plots can be entered whatever the size. Points are awarded for the variety of crops, clear labelling and good use of space. Vegetables are divided into three groups and there is a fourth group for fruit. You can grow any number from each group but to gain the best scores, five from each group are needed.

We'd love to have a bumper crop of individual entries this year. All size plots are eligible and if you have two half plots, you can enter both together or just one. Entering is a great

incentive to get your plot up together and your crops beautifully labelled.

The entry forms and the criteria for the competition will be on the web site soon at <https://www.bournemoutheastallotmentsociety.co.uk/> and hard copies will be available in the Community area. Everyone is invited to apply but we will also be identifying a 'TOP TEN' to apply by special invitation.

First, second and third prizewinners on each site are presented with a cup, a certificate and a voucher to use in the allotment shop. There is also a shield for the best newcomer, judged by our site team with no entry required. Results are usually published in the summer edition of the newsletter and the Awards Evening is in October.

Completed entry forms should be handed into the shop or left in the post box by the main gate.

## Defibrillators

What is a defibrillator?

It's a piece of kit which could, potentially, save a life. It can re-start a 'stopped' heart. It can be used – by you or me – with no training. Some awareness would be helpful – and we shall be providing that. When the unthinkable happens, seconds count. We all deserve a chance to recover from a cardiac arrest and it could happen to anyone. There are so many stories of young, healthy people (including professional footballers) having one. Having a defibrillator on hand with someone willing to use it, could make all the difference.

Our intention was to buy and install at least one defibrillator by the end of this year and so we have been fundraising and researching the different models available. Many thanks to those who have supported fundraising events and to those who have made donations because they feel that it is a project that is of great value to progress urgently. We are now able to install at least one in the very near future. This will be sited outside the big green shed.

The smaller site presents more difficulties due to the lack of an electricity source in that area. However, we shall continue to fund-raise while we research possibilities for the smaller site and we would also like to purchase a training pack to give our members more confidence to use it.



## Art and activities in the Big Green Shed

### Tuesday Chats

All members, associate members and former members are welcome to come and enjoy a drink and have a chat— about growing, exchange tips or just general chit chat.

***In the Communal area of the big green shed from 10 am on:***

- ◇ **March 14<sup>th</sup>**
- ◇ **April 18<sup>th</sup>**
- ◇ **May 16<sup>th</sup>**



We look forward to seeing you there!

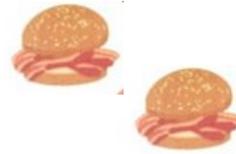
### Bacon Butties are back!!

#### *Sunday social*

Meet in the Big Green Shed (or just outside in fine weather) for bacon butties, a hot drink and a bit of down time before you get digging!

### Everyone welcome!

***10 am –12 on the last Sunday of the month from April to October***



The **creative group** is planning to start up again in Spring This group has been inspired by a local artist from our community . The idea is to take inspiration from nature and benefit from the calm and peaceful environment on our allotments. The current members include people with talent and also some with no talent at all but who just enjoy the opportunity to take time out to reflect and communicate in a creative environment.

Anyone is welcome to join - It takes place on



Tuesday mornings—except on the dates for the Tuesday chats (see above) just drop in any time between 10 am and 1 pm.

The green shed still remains available for members who just want to have a break or make a drink.

**Young Growers** were invited during half term to the big green shed to take part in hands on family activities including planting seeds and potting seedlings as well as some crafts and social time together.



The young people and the adults who attended had a great time and value the opportunity in sharing while passing on knowledge and inspiration to the younger generation.

More family events are planned during school holidays.

*Please note that all activities, events and the shop opening are subject to volunteer availability.*

*If you would like to volunteer to help out at any events or in other regular or one-off jobs around the site your support would be greatly appreciated—please contact Lyn, the chair, at [beas.chair@outlook.com](mailto:beas.chair@outlook.com) or just drop into the shop and let us know how you could help.*

*Thank you !*

## ***Dahlias***

Time to start work on the allotment and to see what damage the sharp frosts have done over the winter months.

For those who grow dahlias it will be a particularly anxious time as many of you have left your tubers in the ground. This is normally not a problem, but as the dahlia is only half hardy, losses are going to occur particularly if the frost has got into the ground. Generally a good covering of straw or bracken, but not manure will keep them safe.



My tubers have always been lifted, despite the work involved. This allows me to take cuttings which will still flower this year and can provide extra plants if needed.



Still time to buy dahlias as necessary, I have ordered some garden types from the many colourful ones advertised. Remember they shouldn't be planted out until it is time to avoid any late frosts.

As for me I look forward to more colour on the plot, and maybe a good new variety of collarette from last years seedlings

## ***Flowers on your plot***

The main purpose of an allotment is to grow food to feed your family—this was in the original allotment law dating back to 1911. However flowers also have an important place and a vital role to play on an allotment site and there are many positive reasons to dedicate some space for flowers on your plot.



The most vital reason is the role that flowers play in attracting pollinators to your crops which in turn will pay off for the best harvest later in the year.

Native wildflowers are valuable, but also seasonal flowers like tulips and dahlias will provide pollinators with a longer flower season and give the pollinators food supplies at times of the year when it might be less available in other forms. Marigolds, nasturtiums and borage are also popular on allotments and are also worth growing interspersed with other crops as they can help to discourage pests from your crops.



There is still much research to be done but several studies have looked at the properties of root systems in improving soil. Some flowers such as sunflowers have been found to have a function in cleansing the soil of particularly toxic elements. Research has found that they can even absorb radioactive materials and other chemicals from the soil without harming the plant too much.

The root systems of many flowers and plants that live in rivers and streams or lakes also often serve as filters for the water. This is of great environmental advantage and does not seem to damage the plants greatly.

Finally we should not underestimate the value of flowers in simply lifting our mood and giving us extra enjoyment from our plots.

# Spring is coming

Spring feels like its almost upon us, with just a few winter weeks left to get those important jobs done before the main planting season gets going:

- ⇒ **Feed** your soil! Add compost, manure, chicken pellets etc.
- ⇒ **Prepare** your beds for planting by clearing old crops, weeding and hoeing, digging out those problematic weeds like bindweed or mares tail, and once prepped perhaps covering everything over with mulch or weedblock until you're ready to plant.
- ⇒ Please **prune** trees to a maximum height of 3m, and prune back any branches which hang over the main drives, side access paths or neighbouring plots.
- ⇒ Winter is a good time to re-define the **edges** of your plot and get rid of any grass from the side paths that's started to encroach on your growing area. Side paths should be 2 feet wide, and do get in touch with the site team if you aren't sure where the edge of your plot should be.
- ⇒ **Mending** sheds, compost heaps, growing frames – all that is easier when the plot is less 'busy' with growing plants.
- ⇒ And **plant** some early varieties, eg carrots, parsnips, beetroot, spring onions, lettuce, spinach.



## *Water Tanks*

Please remember to clean out any water tanks that you use before the water is switched on again for the spring. This helps to prevent the spread of pests and diseases. The water is usually switched on again in early spring but is weather dependent and generally after plot holders have had a chance to clean the tanks. Please aim to get the tanks ready by the middle of March.

## *Coffee grounds*

You may remember an article in the last newsletter about the benefits of coffee grounds for our site. They are especially great during composting.

We have recently received a delivery from Conker Spirits in Southbourne and hope to receive further deliveries in future—look out for them in the delivery bays opposite the shop. You may need to be quick as they seem very popular.



## Plot inspections dates for 2023

Don't forget – if you have difficulty working your plot through illness or other reasons, or if you are on holiday and someone else is looking after your plot, please let the Site Manager know at [beas.sitemanager@outlook.com](mailto:beas.sitemanager@outlook.com)

Dates of the plot inspections 2023

- ⇒ Between Mon 13 and Friday 17 March
- ⇒ Between Mon 17 and Friday 21 April
- ⇒ Between Mon 29 May and Friday 2 June
- ⇒ Between Mon 3 and Friday 7 July
- ⇒ Between Mon 28 Aug and Friday 1 Sept
- ⇒ Between Mon 2 -and Friday 6 Oct
- ⇒ Between Mon 13—and Friday 17 Nov

# Purple Sprouting Broccoli Gratin

This purple sprouting recipe is by Hugh Fearnley Whittingstall and his LUSH



Serves two.

## Ingredients

- **200g purple sprouting broccoli**
- **1 tbsp olive oil, plus extra to finish**
- **1 clove garlic, peeled and finely chopped**
- **2 anchovy fillets**
- **200ml double cream**
- **Salt and freshly ground black pepper**
- **20g breadcrumbs**

## Method

- Steam the broccoli over boiling water for around five minutes, until tender to the point of a sharp knife. Alternatively, cook it in boiling water until tender – three to four minutes – and drain well.
- Heat the oil in a frying pan over a medium heat. Add the garlic and anchovy, and cook gently for a few minutes, crushing the anchovies down into the oil. Add the cream, let it bubble for two to three minutes until thickened and reduced by about a third, then add black pepper to taste, and salt if needed.
- Put the broccoli into a shallow gratin dish or ovenproof pan, pour over the cream mix, add a trickle of oil and scatter breadcrumbs on top. Grill for a few minutes until golden and bubbling, and serve at once.

## Tips for growing sprouting broccoli

February and March are 'lean' months for most crops, however Sprouting Broccoli is a 'cut and come again' crop which is useful to provide something to harvest throughout the winter and into the early spring. There are purple and white varieties.

Do not confuse sprouting broccoli with calabrese (the big round-headed broccoli sold in supermarkets) that is ready to harvest in late summer.

Sprouting Broccoli can be sown under cover in March and April or sown outdoors from April to June. Seedlings from early sowings can be planted out in June or July. There are varieties for early or late season so by sowing some of each you will have the longest cropping season.



### Allotment Cook Book

available in the shop or  
contact

[beas.shopmanager@outlook.com](mailto:beas.shopmanager@outlook.com)

£7 for members (RRP £8.95)

It is generally easy to grow but does require some protection from pests including slugs and snails or pigeons and caterpillars and it does not flourish in extreme temperatures.

Our site is well adapted as we are fairly well protected from strong winds which can knock over the stalks and our sandy soil provides good drainage as it does not like to be waterlogged.