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Any enquiries, please call

**07766110660**

or email

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



## Emerging from COVID

So far, so good. The 'Roadmap' seems to be taking us in the right direction. Easing of the COVID19 restrictions has seen us re-open the shop and more recently the toilets, thanks to our volunteers who are cleaning them 4 times a week.

Free access to the Community Area is still restricted as it is an unsupervised area when the shop is closed. However, I hope that will change in the not too distant future. As always we are guided by the recommendations from the National Allotment Society. All this is good news and I am delighted, as I am sure you are, that some 'normality' is returning, even if it is cautiously.

Talking of normality, we are pleased to be holding an **Open Morning** again this year – on the **17<sup>th</sup> July 2021 from 10.00am to 12.30pm**.

It will not be quite such a big event this year as we want to make sure we can run it in a COVID safe way. However, it will still feature the favourite stalls and we hope you will support it by providing donations and bringing along your family and friends, as you have in the past.

Our Allotment Competition for best plot has also returned and we are working with North Bournemouth and Longbarrow sites to judge each others entries. First judging has already taken place and the second judging will be in July, with the winners being announced later in the year ...../continued



Find us on social media :

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

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

[twitter: @lingdaleplots](https://twitter.com/lingdaleplots)

continued/ ..... There has been much talk about people's mental health over the past year or so, and I am sure that continuing to work our plots has been beneficial to many of us. The plots are looking better than ever and, hopefully by the time you read this, the crops will have caught up from a cold April and a wet and windy May! With any luck we will be on track to retain the best allotment site once more, having kept it last year by default!

I look forward to seeing more of you all over the summer as it becomes easier to socialise. Don't forget the seating areas on both sites are always available for socially distanced chats! In the meantime the Committee Meetings are still on Zoom!

Enjoy the summer.

*Linda*

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Tel: 0788190172

### Are you feeling LUCKY?

#### *Raffle time!*

Why not pop into the shop and buy some raffle tickets for our annual Summer raffle which will be drawn on our "Open Morning".

*Tickets are just £1 per strip*

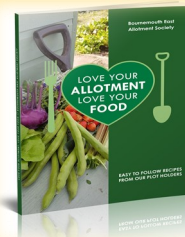
We are really looking forward to the Open Morning. It will be wonderful to share what everyone has achieved in growing and making things

## Love your Allotment, Love your Food

Cook Books are available in the shop or order through 'click and collect'

Only £7  
for members

(RRP £8.95)



### Are you feeling CREATIVE?

#### Open Morning Competition

#### CREATE YOUR OWN PIECE OF GARDEN ART

It can be anything from a windmill to keep the birds at bay, a fun scarecrow or a piece of wall art for the side of your shed.

For **FREE ENTRY** please either email [beas.chair@outlook.com](mailto:beas.chair@outlook.com) or register in the shop. You will be given a bunch of green sticks that must be incorporated into the design. Otherwise the only limit is your imagination!

All entries will be displayed in our

'Exhibition Gallery' at the **OPEN MORNING on 17th July 2021** with prizes for the best Children's entry and the best Adult entry.

*Good Luck!*

### Seasonal tips

- **Earth up** potatoes to increase the underground stems which will bear potatoes. Repeat after 2 or 3 weeks
- **Plant out** seedlings. Hopefully we should be clear of frost now and successional planting will ensure a good supply in the coming months
- **Thin out** young plants such as carrots. The thinnings can make excellent summer salads
- **Tip out** - take the tips off broad beans to deter blackfly attacks
- **Stake out** - put in stakes for climbing plants such as beans and tomatoes

## Shop News

Hopefully you will all have noticed how the shop hours have changed AND have been extended. You will also have noticed some 'new' personnel involved in the shop with many of the 'old timers' still volunteering. Thank goodness we have allotmenters willing to get involved! The shop could not be more convenient for all your allotment needs and you will have noticed that there are some new products which hopefully appeal to you. Slowly and surely, I am trying to move over to supplying more organic as well as peat-free items. This will take time, and I will not be able to stock all things as we are only a small shop. I admit that I am learning as I go along in this job, but am open to your ideas, thoughts, and suggestions that will benefit our shop and our gardening, so please let me know.

As the months are going by so fast, and the rain seems to refuse to give us a break, are there any varieties of seeds for the new season (Autumn/Winter) that you would like to see on sale in the shop? I realise it is too late for this year, but I can get them on order ready for next year.

Those of us involved in running/helping in the shop are always on the lookout for willing volunteers, who can spare time to make a 'regular' or occasional' commitment to help. We would ideally like people who can spare time on a Saturday or Sunday, either for the whole 'shift' or part of the time. If you would like to help please let me know your availability by emailing me at [beas.shopmanager@outlook.com](mailto:beas.shopmanager@outlook.com). Alternatively call into the shop to put your name down for available shifts.

Hope to see you soon. *Annette (Shop Manager)*

## Plant Sales

*Thank you for donations of spare plants*

I would like to say a big thank you to everyone who has donated unwanted seedlings to the shop to sell on to help build up our Donation pot.



These plants are particularly useful this year, when we have had such a long period of cold weather and those of us who 'stupidly' planted out seedlings too early, will appreciate popping in the shop to try and buy replacements.

The donations we receive for plants, the chippings or the tools left in the tool holder are used to put towards the general upkeep and repair of our Allotment site.

If the shop is closed pop the donation in an envelope/post-box, with/without your plot number.

*Annette*

## Donations, please

**\* Tombola \* Bric a Brac \***  
**\* Plants \* Produce \***

As always, we will be very grateful for donations for the **OPEN MORNING**.

So please think of us if you have a few extra plants or surplus produce. And then there is always that cupboard you have been meaning to clear out .....

Donations can be left in the shop during opening hours, perishables in week commencing 12<sup>th</sup> July or contact [beas.chair@outlook.com](mailto:beas.chair@outlook.com)

*Thank you*



Most vegetable plants only need watering when sowing, transplanting and when producing fruit, except leafy vegetables and fleshy crops which will need regular watering.

Plants fall into three groups;

## Watering Vegetables

### THIRSTY PLANTS



**Water at least once a week – more often in hot weather**

Cabbages  
Cauliflowers  
Courgettes  
Cucumbers  
Leeks  
Lettuces  
Peppers  
Potatoes (Earlies)  
Squashes  
Radishes  
Runner Beans  
Spinach  
Tomatoes

### WATER AT SPECIFIC TIMES OF GROWTH

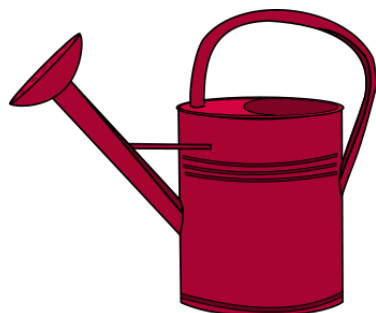


**Water when sowing, transplanting & when 'fruit' forming**

Broad Beans  
Broccoli  
Brussels Sprouts  
French Beans  
Peas  
Sweetcorn

(Watering at other times will just increase foliage at the expense of harvest, and lose more water out of the greater leafage, and require even more watering)

### NOT THIRSTY



**Once established, water in hot weather only**

Beetroot  
Carrots  
Garlic  
Onions  
Parsnips  
Shallots  
Swede  
Turnips

### Did you know .....

We all know the theory that if it rains on St Swithin's Day (15<sup>th</sup> July), it will carry on for another 40 days. That would ruin a lot of days spent on the plots! - But don't worry too much. According to the Met Office, since records began, it has rained 55 times on St Swithin's day, but it has never yet rained for the next 40 days.

A more reliable forecast is how many bees you can spot. They tend to stay in the hive when rain is on the way. Or you could just use Google! If rain is forecast, then you can save some water (and time) on watering. Remember too that if you water in the evening, you can reduce the amount of water you need by 50%.

### Biodegradable Pots

One new item available in our allotment shop is biodegradable pots. These are inexpensive and a good way to avoid using plastic on our plots.



These pots provide better aeration but plants will dry out a little more quickly than in plastic pots so, when watering, a different approach is recommended. The best way is to stand the pots in water and the moisture will soak up around the sides of the pot.

They are easy to use when planting out as you can just plant the whole pot in the ground and the plant roots can enter the soil through the cracks. The pot will help to retain moisture for the young plant and eventually biodegrade adding fibre to the soil.



## FERTILISERS

Whilst all plants require trace elements, the main components needed for plant growth are;

**Nitrogen (N)** – essential for leafy crops – promotes growth of stem & leaf

**Phosphorous (P) (Phosphates)** - for seedlings – promotes root development – Beans, Peas, Sweetcorn



**Potassium (K) (Potash)** – for resistance to disease and general health of plants – Potatoes, Beetroot, Carrots and all fruit (especially soft fruit)

These elements can be obtained in two differing forms:

### Inorganic Fertilizers – (Chemicals)

#### 1) Solid

Compounds – granular – Clean and easy to handle – i.e. Growmore.

A mixture of Nitrogen (N), Phosphorous (P) & Potassium (K) in differing proportions.

Scatter and rake over the area 1-2 weeks before sowing/planting (Base Dressing).

Simple (or Straight) – powdered or fine crystals – usually nitrogen based – i.e. Sulphate of Ammonia, Nitrate of Soda.

Scatter close to planted rows (keep off leaves!) – fork/hoe in and water (Top dressing)

#### 2) Liquid

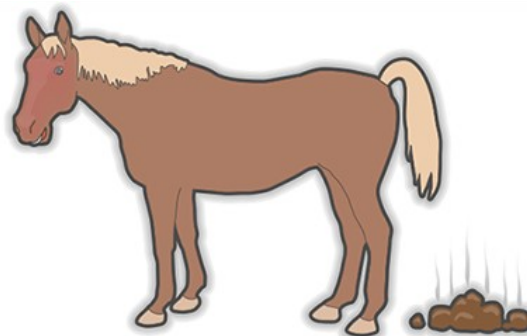
Feeds plants & speeds up growth. – General fertilizers available in varied strengths and combinations to suit individual plants, i.e. Tomato food

#### 3) Foliar

Either in liquid or occasionally solid (to dissolve at point of use) form. Nutrients are quickly absorbed, in hours, not days, as applied to the foliage, not the soil



## Organic Fertilizers – (Animal & Plant)



- 1) **Farmyard Manure** – cow dung and bedding – General soil improver and fertilizer - needs to be well rotted or may 'scorch' the plants/seedlings. (Straw can contain straw shorteners /weedkillers which can kill or stunt the current crops growth too)
- 2) **Horse Manure** – Horse dung and bedding – see above
- 3) **Chicken Manure** – Nitrogen fertilizer - needs to be well rotted or may 'scorch' the plants/seedlings – good for leafy vegetables
- 4) **Green Manure** – Seeds planted to improve the soil – mustard, clover etc. Planted mid/late summer and dug in before it reseeds or is 1 foot (300mm) high
- 5) **Dried Blood** – Provides Nitrogen
- 6) **Hoof, Horn & Bone Meal** – Provides Nitrogen in slow release form
- 7) **Fish Meal** – Provides Nitrogen (& often potash) in slow release form
- 8) **Bone Meal** - Phosphates for root growth
- 9) **Seaweed** - A general 'tonic' with many trace elements
- 10) **Wood Ash** – Potassium (NOT Coal ash which contains toxins!)
- 11) **Liquid Manures** – i.e. Comfrey tea (Tomatoes, Potatoes & compost activator), Nettle tea
- 12) **Allotment & Household compost** – can include all organic waste except meat, perennial weeds/roots, brassica root (to prevent club root) or diseased plants or crops– rot down or use in a wormery - General soil improver and fertilizer

## Strimmers.

Grass paths on individual plots, and those between plots are the plot holders responsibility to maintain. Strimmers are often used for this purpose. It is important to remember the following points when using them.

- Strimmers can throw stones and other objects/debris hidden in the grass quite a distance
- Appropriate clothing covering arms and legs should be worn
- Personal Protection Equipment i.e. a face guard/visor (we only have one pair of eyes) and ear defenders (if it is a large, noisy petrol strimmer) should be worn
- You should have proper footwear (the line can cut through rubber boots, and broken glass or the like could be hidden in the long grass and cut through flimsy soles)
- You must ensure that other people are out of the way. You should stop if people approach.

Strimmers (with their appropriate PPE) are available for hire from the shop.



### A Change Is Needed Underfoot.

**Peat-free is the in word! But do we all know why? What is all the fuss about and why do we need to worry about what we are putting in our compost? Surely it feeds our plants, so it is good for us to use, isn't it? That is what I thought too, until I listened to a podcast made by the RHS on the 1<sup>st</sup> of April this year.**

Did you know that when we water our peat compost, we are releasing carbon back into the atmosphere? The peatlands in our country cover 10% of the land, which is 3 million Hectares, (a hectare is approx. 2.5 acres ). This is a valuable resource which stores carbon and is important for wildlife BUT 80% is damaged, and not able to do the work it so cleverly does for us and the land, as well as the atmosphere.

The whole idea of saving our peatland is not just to help cut down on the carbon in the air, but to help regrow the plants that are disappearing at a fast rate of knots. The plants and flowers which grow on this wonderful peatland are extremely diverse and many are used by pharmaceuticals to make the various drugs we use. It has been reported that we are losing an important drug every two years because of the damage being caused by plant extinctions. These plants are also important for pollinating insects.

With **Peat-free** compost there is an adjustment required for the watering as it might look dry on the surface and some gardeners make the mistake of overwatering when they are not used to using peat free compost. If you look a bit further down into the compost you may see it does not require quite so much water so this must be a good thing, don't you think? Also, adding a scattering of **grow organic** will add fibre to the soil and help keep the moisture in . This replaces chicken pellets and is easier to use. Please note—The **underlined** items can be bought in the shop.

### Reduce, Re-use, Re-cycle

We all know that us gardeners are one of the biggest users of single use plastic. Over ½ a million plastic pots go to landfill every year and they take on average 450 years to bio-degrade and that's scary!

We may not be able to change that overnight but in an attempt to do our bit there is a crate beside the Big Green Shed where you can deposit your spare plastic pots (only those that are not broken and can be re-used please). That way they are there for when you need them or available for others when you don't. The aim is to re-use them until they simply can't be used any more and delay them going to landfill for as long as possible.

A crate will also be placed in the seating area on the small site to make it easier for those plotholders to share and re-use their pots. We would encourage you all to make use of these crates.

To coin a phrase..... **Every Little Helps**

## The dilemma of the dandelion

Traditionally seen as a pesky perennial weed that never seems to leave your garden, in recent times we have become much more aware of the valuable food source they are for insects and bees, particularly early in the year when few other flowers are in blossom. For bees they are a good source of early nectar which gives bees their energy. And so the dilemma begins.

Although we may have developed a liking for Dandelion Wine and enjoy the odd dandelion leaf in our salad, they do readily self-seed and tend to blossom (albeit very cheerfully) from early in March right through the summer. Although, we tend to chop their heads off with a lawnmower as soon as we see



them appearing, they, apparently, can be a good way of fertilising your lawn – who knew! Their long roots reportedly aerate the soil and pull nutrients from deep in the ground which actually fertilises the grass. Children love them too. I can remember the joy of telling the time with a 'dandelion clock' and blowing the seeds far and wide, without much thought for our neighbours' pristine lawn!

So, should we love them or hate them? I think the answer is a balance between the two. Who doesn't love the sunny yellow flowers, the potential nutritional and medicinal benefits and who would deny the bees the nectar they need? But who wants to risk the wrath of your neighbour as their lawn (or allotment) turns bright yellow with deep-

rooted dandelion plants? There is no denying that they are quick to flower and provide masses of airborne seeds.

Eradicating dandelions totally is difficult so why not tolerate some? This will keep the bees happy in the early part of the year, although you can supplement dandelions by planting other early flowering plants or herbs – Borage is a good example. And please remember to get rid of dandelion seed heads before they have a chance to blow away, you know how we feel about seeding weeds!

Those you are getting rid of, BEAS would always recommend **non-chemical** measures wherever possible. Most weeds can be controlled by good cultivation techniques such as hoeing, mulching, mowing and digging. If chemical controls are used, they should be used only in a minimal and highly targeted manner. In addition, chemical measures should only ever be used on your own plot, with care taken that you do not contaminate neighbouring plots, side paths or the main drive. We are not a dedicated organic growing site, but we must respect that some people do practise that on their own plots.

The RHS have useful guides on the dandelion, plants for pollinators and controlling weeds for those who fancy a bit of extra reading, the links are below.

[Dandelion / RHS Gardening](#)

[Plants for Pollinators advice and downloadable lists / RHS Gardening](#)

Linda 😊



Do you remember when we used to eat cake after someone had blown on it? *Good Times!*

### Tips & interesting facts!

**Mares tail** can be weakened by continual pulling of the top growth (Honestly!), but don't compost it.

**August** – in old English was known as Weodmonath (Weed month) due to weeds seeding

**During the Second World War**, householders had to keep pernicious weeds at bay, particularly if they could spread to neighbouring property. Fines of 40s (£2.00) are known to have been handed out for transgressors.

## RECIPE — Spiced Berries Sorbet

This recipe comes with the hope that the summer is long and hot and that we need something to cool us down!

The spices make this sorbet just a little bit different and a good way to use up all that soft fruit.



INGREDIENTS	INSTRUCTIONS
200ml water	Place the water and sugar in a saucepan and bring slowly to the boil. Simmer gently until the sugar has dissolved.
125g caster sugar	When cool put in a food processor with the rest of the ingredients and blend until smooth.
500g fresh berries (you can use strawberries or raspberries or any mixture of soft fruit)	Put in a lidded tub and freeze for 2 hours. At this stage it will probably be frozen round the edges but still a bit soft in the middle.
Juice of 1 lemon	Either put back in the food processor or use a fork to mix until smooth and then return to the freezer.
1tsp cinnamon	Do this again 2 or 3 times until the sorbet is smooth and frozen all the way through
1/4tsp mixed spice	
½ fresh vanilla pod	

### It may still be summer but .....

#### Vegetables to grow in winter

As we are barely into summer and hoping for better weather, it seems like a strange time to talk about growing vegetables over the winter, but we always need to plan ahead! With a bit of careful thought and maybe the help of a bit of cover, we can have a selection of vegetables and herbs all year round. Having something fresh in the allotment during winter is a real plus so as you start to clear crops during July and August, think about what you can sow for over winter, even some you wouldn't traditionally think of growing at that time of year. The ground is still warm, and plants should be established before the colder weather begins. Earlier sowings will be ready from August to late September and can be used as 'cut and come again' crops. Keep cutting, making sure you leave a bit of green to keep the plant alive and they will keep going. They will eventually stop growing but should survive over the remainder of the winter and start to grow again in February.

#### So, what should we grow in winter?

**Chard, parsley, rocket, lettuce, radishes, and perpetual spinach** can all be sown at four-week intervals from July onwards for both a winter crop and some seedlings to overwinter for fast take off in spring.

**Land cress** and **lamb's lettuce** are hardy salad crops which will survive in almost any weather. Lamb's lettuce

can be sown from July onwards. Land cress can be sown from spring until September but will be good for months from a single sowing if picked regularly. It can be used very much like watercress, in salads or for soups. **Garlic** can be planted at most times of year, but July plantings work well and are ready the following July.

Put single cloves back in the ground whenever you harvest. **Spring cabbage** can be used as a cut and come again crop as well as for full sized cabbages. **Leeks**, as most of you will already know, are planted in spring and ready in autumn but they can stay in the ground all winter. **Kale** can be sown as usual in midsummer for a winter crop or in September for a second, later crop. **Purple sprouting broccoli** can be sown in June or July and grown over the winter for an early spring crop. You might also want to leave old kale and broccoli plants in the ground in spring and they will continue to provide greens until well into the summer. And finally, **Potatoes** can be planted in pots in a greenhouse or polytunnel and will be ready in a few weeks – great if you want a crop of new potatoes for Christmas.

There are many other crops you could experiment with too so let us know what you manage to grow and harvest over the winter.

