

HAMPTON ROW

Community Garden and Allotment

UPCOMING EVENTS:

Free BTCV workshops at Hampton Row, Bath:

- **Sat. Jan 23** (10am–4pm)
Green woodworking: We will be making a green wood shelter to protect the site's clay oven using traditional tools and techniques
- **Sat. Feb 27** (10am–4pm)
Wildlife pond creation: We will build a new pond on site, and look at how to plan and look after your own ponds to attract valuable wildlife to your garden or allotment

TEA AND COFFEE ARE PROVIDED BUT PLEASE BRING YOUR OWN LUNCH.

WE ARE TAKING ADVANCED BOOKINGS FOR THESE WORKSHOPS SO SIGN UP NOW IF YOU ARE INTERESTED.

Contact Jenny Darwin on:

Phone: 0117 929 1624
Email: j.darwin@btcv.org.uk

Green Gym



Season's greetings!

Welcome to the inaugural Hampton Row quarterly newsletter.

As well as keeping you informed on events coming up at the site we aim to supply information on living a healthy and sustainable lifestyle and advice on maintaining your own garden or allotment.

Regular features include a healthy living tip (see below), a calendar of things to do over the quarter and seasonal produce (page 2), and some tasty recipes to try out (page 3).

Workshops

Conservation skills workshops run by the BTCV are taking place at the Hampton Row site at the end of January and February. These are exciting events and open to all so please come along if at all keen on learning something new. Book in advance so we can make the correct preparations (details on the left).

Green Gym

If you think you would like to take part in the weekly Green Gym at Hampton Row, where we run a shared allotment and create a wildlife space, come along to a session. You'll have nothing to lose from trying it out once, and few regret the decision to see what it's all about.

One of the most satisfying things is seeing the site develop week by week due to the efforts of our volunteers, and the more people we have involved the faster the progress we can achieve.

Call or email the Avon BTCV project officer Jenny Darwin (0117 929 1624, j.darwin@btcv.org.uk) if you intend to pop by.

The Green Gym is also currently available on the local Council's *Passport to Health* referral scheme—talk to your GP if you would like to have

yourself referred. More information about *Passport to Health* can be found on the Bath and North East Somerset Council website www.bathnes.gov.uk

On the back page we have more information and an interview with volunteer Lawrence to give you an idea of what to expect.

Finally, if you would like to contribute something of your own to the newsletter, please contact the editor on stefanopolis33@hotmail.com or phone 0796 939 0020.



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Healthy living: Seasonal Food

Why eat seasonal food?

Food grown or reared locally in season doesn't have far to go to reach you so the result is a fresher, tastier and more nutritious product as well as one with a smaller carbon footprint.

Furthermore, it's a great way to support the local economy and agriculture, will give you

an appreciation of nature's cycles and brings variety into your culinary life.

And it's cheaper!

Local produce can be bought from your nearest farmers' market or, of course, grown in your own back garden or allotment. If you must buy imported food you are best off opting for, say, Southern European

goods currently in season rather than those shipped in from more distant continents

And if you can't avoid shopping in the supermarket, see page 2 for some fruit and vegetables that are currently in season, or visit www.bbc.co.uk/food/recipes and click on Seasonal Food for a more comprehensive list.

Editor: Stefan Knott

Contributors:

Gardener's Diary and recipes: Lisa Delaney
Photographs by Stefan Knott and Jenny Darwin unless otherwise stated.
Back page interview by Odette Amler

Gardener's Diary

December

- Firm the ground around plants lifted by frost
- Dig over ground reserved for annuals next year
- If your pool ices over, create a hole in the ice to allow gasses to escape
- Spray your existing fruit trees when dormant and finish planting
- Protect your valuable trees and shrubs in harsh weather. Plant out new trees and shrubs in containers
- Protect dormant bulbous plants and autumn planted plants
- Ensure lagging is in place around outdoor pipes and fixtures
- Shake off and heavy falls of snow from hedges, shrubs and trees so that they are not weighed down

January

- Firm the ground around plants lifted by frost
- Complete planting of roses in finer weather if ground is dry
- Clean up any dead tops of plants in your borders
- Dig over heavy soils to be overweathered
- Plan which seeds you want to plant for spring and dig over beds reserved for annuals
- For indoor colour, bring in your flowering bulbs
- Continue planting shrubs and trees
- Apply a nitrogenous fertiliser to fruit trees and bushes grown in grass
- Cover your vegetables to promote early growth
- Sharpen your cutting tools in readiness for the year ahead
- Wash and clean all seed trays and pots

February

- Firm the ground around plants lifted by frost
- Clear remaining dead tops of plants
- Dress beds for annuals with bone-meal and sow indoors half-hardy annuals
- Protect your pool from ice and remove weeds from bog gardens
- Cut back overgrown hedges towards the end of the month
- Sow peas and beans, and start sprouting potatoes
- Plant out your containers with trees or shrubs

Some fruit and vegetables in season:

Fruit:	Vegetables:
APPLES	BEETROOT
CLEMENTINES	CAULIFLOWER
CRANBERRIES	CELERIAC
PASSION FRUIT	CELERY
PEARS	KALE
PINEAPPLE	LEEKS
POMEGRANATE	PARSNIPS
PUMPKIN	POTATOES
QUINCE	RED CABBAGE
SATSUMAS	SPROUTS
TANGERINES	SWEDE
	TURNIPS

Fruit:	Vegetables:
APPLES	BEETROOT
CLEMENTINES	CARROTS
KIWI FRUIT	CAULIFLOWER
LEMONS	CELERIAC
ORANGES	CELERY
PASSION FRUIT	CHICORY
PEARS	KALE
PINEAPPLE	LEEKS
POMEGRANATE	PARSNIPS
SATSUMAS	POTATOES
TANGERINES	SWEDE
	TURNIPS
	WINTER CABBAGE

Fruit:	Vegetables:
BANANAS	BEETROOT
KIWI FRUIT	CABBAGE
LEMONS	CARROTS
ORANGES	CAULIFLOWER
PASSION FRUIT	CELERIAC
PEARS	CHICORY
PINEAPPLE	KALE
POMEGRANATE	LEEKS
	PARSNIPS
	POTATOES
	PURPLE BROCCOLI
	SWEDE
	TURNIPS

Wholesome Thick Lentil Soup

(Serves 6-8)

Ingredients:

- 2 carrots
- 2 sticks of celery
- 2 medium onions
- 2 cloves of garlic
- Little olive oil
- 1 large tin of chopped tomatoes
- 300g red lentils (soaked couple hours before cooking)
- Water
- Salt and pepper
- Paprika



To make your soup

Peel and roughly slice the carrots and celery. Roughly chop the onions. Slice the garlic. Put a large pan on a medium heat and add 2 table spoons of olive oil. Add all your chopped ingredients and mix together with a wooden spoon.

Cook for around 10 minutes until the carrots have softened but are still holding their shape. Add salt, pepper and paprika and stir. Add the tin of tomatoes and stir and simmer for a few minutes.

Drain the soaked lentils and add to the ingredients; add water (the amount depends on how thick you

want your soup – if the soup is too thick after the lentils are cooked you may add more water).

Once the soup has started boiling, reduce the heat and simmer until the lentils are soft and cooked.

Serve with freshly baked bread.

You can use any vegetables you may have harvested (e.g. potatoes, turnips) in place of or in addition to the vegetables mentioned.

Baked Apples

(Serves 4)

Ingredients:

- 50g unsalted butter
- 4 large Bramley apples
- 2 bay leaves, dried or fresh
- 2 cloves
- 50g flaked almonds
- 100g light muscavado sugar
- 75g raisins
- 1 orange
- 1 lemon
- 1 heaped teaspoon mixed spice
- 1 shot of brandy or whisky



To prepare your Apples

Take your butter out of the fridge 15-30 minutes before baking your apples. Preheat the oven to 180 °C/350 °F or gas mark 4, remove the cores from the apples then carefully score around the circumference of each one using a knife. Place the apples in a baking dish. If using dried bay leaves crumble them into little pieces; if using fresh leaves you will need to finely chop them.

Place into a pestle and mortar with the cloves and bash up. Put into a large bowl with most of the almonds and the rest of the ingredients and using your hands mix well, squeezing all the flavours into the butter.

Stuff this mixture into the hole in each apple (where you removed the core) and rub the outside of each fruit with any left over mixture. Toss the remaining almonds in the bowl so they become lightly coated in any leftover juices, then sprinkle over the top of the apples.

To bake your apples

Place the apples in the preheated oven for 35-40 minutes until golden and soft. Remove them from the oven and leave to cool down for about 5 minutes before serving. Then put each apple into a small bowl and spoon over the lovely caramelized juices from the pan.

You may serve with a dollop of vanilla ice cream, crème fraiche or custard.

Green Gym®



www.btcv.org.uk/greengym

CONTACT

Subscription to mailing list/ workshop booking/
Green Gym enquiries:

Jenny Darwin

0117 929 1624

j.darwin@btcv.org.uk

Feedback/newsletter submissions:

Stefan Knott

0796 939 0020

stefanopolis33@hotmail.com

About Us

The Hampton Row Community Garden and Allotment Project comprises BTCV Green Gym® sessions on Tuesdays (10am – 1pm) and monthly BTCV conservation skills workshops (see front page schedule).

The Bath Green Gym is an exercise group that cultivates its own allotment and wildlife garden space as a way to get more active and improve physical and/or mental health (with the added benefit of improving the local environment). The abundant produce on our Hampton Row site is shared among the volunteers.

Participation is free but there is no obligation to attend for the full three hours and you can work at your own pace, choosing tasks to suit you; there is a tea break halfway through the session. Volunteers also benefit from the opportunity to attend free BTCV training courses.

If you are keen to take part please contact Jenny on j.darwin@btcv.org.uk or **0117 929 1624**. Under 16s must be accompanied by a parent/guardian. Former volunteers are welcome to return, too!

The project site is at the far end of Hampton Row allotments, by the railway line at the end of Beckford Gardens, just across from the Sydney Gardens.

The Green Gym is
available on:



We are funded by:



Bath Green Gym Insight

The Green Gym offers a priceless and rewarding communal atmosphere. In this interview, volunteer Lawrence talks to Odette Amler about what he's gained from attending Green Gym sessions.

Q: How do you feel about the project?

A: It's a very enjoyable experience. Nice people.

Q: And do you think it's valuable?

A: Oh, without a doubt. I mean, I was helping out

a friend of mine with his allotment [before attending the Green Gym], and I planted an onion the wrong way around. And it just shows how little I knew about the basics. So there has been a big learning curve for me.

Q: Has the Green Gym made you more environmentally aware?

A: Yes – well it works on you quite subtly. I mean, when you nurture something, then you start nurturing everything else.

Q: As far as the social issue of the Green Gym is concerned, what has that meant to you?

A: Everyone is very nice here, and that's half of what is good about it. All

you've got to do is join a group like this and you can actually become more involved in the community and the people around.



Free produce from the Bath Green Gym for all volunteers, without the years long waiting list inconvenience of private allotments!