

# SOUTH EAST ESSEX ORGANIC GARDENERS NEWSLETTER NO: 105 – SEPTEMBER 2012

<http://www.seeog.org.uk/>

<https://www.facebook.com/groups/Southendfoodgrowersandproducers>

[https://www.facebook.com/?ref=tn\\_tnmn#!/groups/43705483846/](https://www.facebook.com/?ref=tn_tnmn#!/groups/43705483846/)



Soil Association



SEEEOG was formed in 1994, to promote the principles of organic gardening by:

- Composting organic waste
- Protecting wildlife
- Reducing pollution
- Encouraging species diversity

Membership is currently £8.00 per annum, £12.00 family.

Is your local school a member of SEEEOG? If not, we offer free membership on receipt of application form!

## Venue

Cheryl Centre, Growing Together Community Gardens, 47 Fairfax Drive, Southend-on-Sea SS0 9AG (corner of Fairfax Drive and Prittlewell Chase) - Growing Together is a one-acre community garden and allotment project, primarily supporting adults with mental health needs and learning disabilities; and also educating the public and broader community on organic vegetable growing and all things sustainable. They also have a training centre with all mod cons.

Please park in Prittlewell Chase and use Fairfax Drive entrance.

Refreshments are available at all meetings. Talks are open to the public.

Please let us know if you have difficulty with transport and we will try to help.

Unless stated otherwise, our speakers start at 8.00pm, but Growing Together will be open from 7.00pm to allow members to browse our Library, etc.

The next committee meeting is on Wednesday 12 September at Ron's house..

Please notify Graham Oster-Ritter on [grahamoster@aol.com](mailto:grahamoster@aol.com) if you wish to receive your newsletter by post/email, or to change your email address.

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## SEEEOG Group Nights/Events/News

If there's time, we'll have our Organic Chitchat with John and Maureen – bring your gardening updates, questions and comments for discussion, then head over to the Library cupboard to change your books and dig out the magazines that we keep talking about!

We hope you enjoy the newsletter, especially Simon's 'Green Reads: Summer 2012, a heady mixture of book reviews, websites and dodgy Gardening LP covers .....' and we are always extremely pleased when members send in material.

Just in case you missed this information, the three websites that Andrew Henderson mentioned in July are:

Salanova - [www.salanova.com](http://www.salanova.com)

Love Salad - [www.lovemysalad.com](http://www.lovemysalad.com)

Edwin Tucker - [www.tuckers-seeds.com](http://www.tuckers-seeds.com)

**Monday 17 September 'Nurturing Health Project led by Milton Community Partnership - promoting the growing of fresh fruit and vegetables in the community, growing productive trees in community spaces in urban Southend-on-Sea, applying permaculture in practice'** presented by Matt King, Chair of Milton Community Partnership. Growing Together is doing a £3 per week vegetable bag scheme - organically grown vegetables and fruit grown on site by their members (with mental health problems & learning disabilities). Just go to the site (corner of Fairfax Drive and Prittlewell Chase) to order your weekly bag. Open Mon - Fri 9 am - 4 pm.

**NFU Mutual** in Chelmsford is proud to be working with  
South East Essex Organic Gardeners.

Call our friendly team for an insurance quotation on **01245 898425**

Agent of The National Farmers Union Mutual Insurance Society Limited.



NFU Mutual

## Monday 19 November

We have great pleasure in welcoming (Dr) Daniel Hale, Progressio's Head of Campaigns, who led their delegation at Rio+20 (United Nations Conference on Sustainable Development). Progressio is the working name of the Catholic Institute for International Relations (CIIR). Daniel will speak about food and farming in the context of Rio20

<http://www.stakeholderforum.org/fileadmin/files/OUTREACHDIALOGUEDAY3.pdf>

## Allotments

1. Manchester Drive Allotment Society's Open Day is on Sunday 2 September, 11am to 4pm, Leigh-on-Sea SS9 3EZ (opposite Cricketfield Grove).

2. 'Space for food growing: Guide' is aimed both at community groups that might be looking for land to start their food growing project, or trying to find new ways to encourage people to get involved in their existing scheme, and at individuals who might be interested in growing their own food but are not sure whether to wait for a local authority allotment or continue their search elsewhere. The guidance can also be used by voluntary groups trying to decide what activities might suit their client base or by individuals who have yet to be convinced that food growing is really for them. The guide provides links to sources of further advice and guidance and also to more detailed information on where to go to get funding or to learn from established projects. This publication is only available online.

Published 22 August 2012

Type(s) Good practice and guidance

Site Communities and neighbourhoods

ISBN 9781409834960

Price Free

<http://www.communities.gov.uk/publications/communities/foodgrowingguide>

3. "Selling allotment produce, is it legal, is it right?" <http://www.organiclea.org.uk/wp-content/uploads/2010/04/sellingallotmentproduce.pdf>

## Apple 'Weekend' 2012

Saturday 13 October: Open Day at St Laurence Orchard, 11.00am – 2.00pm

The orchard is in Eastwoodbury Lane, Southend-on-Sea, SS2 6RH. Parking is at the new car park for St. Laurence Park on new road going west from Eastwoodbury Lane, left at roundabout.

Saturday 20 October, 6.00 – 10.00pm: SEEWEN are hosting a harvest supper - details via Sharon either by ringing 07947655947 or emailing [sharon\\_chan14@hotmail.com](mailto:sharon_chan14@hotmail.com)

Venue: St. Mark's Centre, Princes Street, Southend-on-Sea, SS1 1QA

Sunday 21 October at Growing Together, 11.00 – 2.00pm: activities to include apple bobbing, tasting, pressing, sales of Essex produce etc.

Address: Growing Together Community Gardens, 47 Fairfax Drive, Southend-on-Sea SS0 9AG (corner of Fairfax Drive and Prittlewell Chase)

Keep an eye on both the SEEOG and the Trust Links website [www.trustlinks.org](http://www.trustlinks.org) for more information nearer the time. Save the dates in your diary!

## Blight Warning!

Blightwatch.co.uk has been working together with ADAS to develop this management tool which is available to all users free of charge. Traditionally the risk of potato blight infection has been based on the calculation of Smith Periods - a system that uses hourly temperature and relative humidity recordings. However, until now Smith Periods have been calculated for only a limited number of Met stations around the country. You can sign on for alerts at [www.blightwatch.co.uk](http://www.blightwatch.co.uk).

## Crapes Fruit Farm

We are nearer to 5% or less after the late June drop. And have just had a hail storm!

Summer pruning will be on your minds BUT! Wait until the apical bud on the growing tips is clearly visible and not still issuing the telltale wisp of a new leaf which shows that growth has not finished - yet!

Summer pruning too early will lead to some head scratching during the winter as greater will be the re-growth and sparser the fruit buds which are needed to slow down extension growth in the spring of 2013.

Andrew Tann [andrew.tann1@virgin.net](mailto:andrew.tann1@virgin.net)) <http://www.england-in-particular.info/goods/g-case1-22.html>

## Farmers' Markets 2012

- **Leigh-on-Sea** at Leigh Community Centre, Elm Road: Saturday 22 September, Friday 26 October, Saturday 17 November and Saturday 22 December, 09:00 – 12:00
- **Rochford** in the WI Hall, Market Square on (Saturday) 1 September, 6 October, 3 November and 1 December, 09:30 – 12:30.
- This market, supported by Rochford Parish Council, is urgently looking for new stallholders. It is held on the first Saturday of each month, apart from January. If you are interested, please contact Arthur Williams [arfer@btinternet.com](mailto:arfer@btinternet.com) or either ring 01702 541892 or 07816 757022.

## Friends of Yalding Organic Gardens

The Bank Holiday Open Days brought the current short-season of Gardens' Open Days to a close, with another success. Plenty of visitors and a good sum raised in donations and plenty more to read on the Yalding website!

Website: [foyog.org](http://foyog.org)

FOYOG Sign-up: [foyog.org](http://foyog.org)

Twitter: [twitter.com/FOYOG](https://twitter.com/FOYOG)

Facebook: [facebook.com](https://facebook.com)

## Garden Organic news

Garden Organic is reviewing and updating its Memorandum and Articles of Association (M&A), which is the governing document for the organisation. The reason for the revision of the document is to take account of changes in legislation since it was last updated, as well as to ensure its relevance for the coming years. They are asking all Garden Organic members to scrutinise the document and to respond to the survey to ensure that any amendments made are in the best interests of the organisation.

Please start the survey at this link: [https://www.surveymonkey.com/s/mandasurvey?dm\\_i=4UO,XO14,JCIKA,2T1CY,1](https://www.surveymonkey.com/s/mandasurvey?dm_i=4UO,XO14,JCIKA,2T1CY,1)

The choice of what crops are available for gardeners to grow has been dealt yet another restrictive blow. In a recent ruling in the European Court of Justice in Brussels a small French seed company, seeking to defend its sales of old unregistered varieties of vegetables, lost its case. The company, Kokopelli, argued that the basis of the EU Marketing Directive was unlawful and curtailed the right to trade seed freely. However the court opposed this and ruled in favour of the current legislation, which restricts what seed can and cannot be marketed and sold. You can read the full text here at [http://www.gardenorganic.org.uk/news/news\\_topic.php?id=841](http://www.gardenorganic.org.uk/news/news_topic.php?id=841)

## GM news

Keep up to date with the latest news on the issue of genetically modified (GM) food and crops and find out about the deceptive PR campaigns being used to promote GM worldwide.

For instance, a new book chapter by Prof Andres Carrasco and colleagues reviews the scientific literature on the health effects of the pesticides used in large amounts on GM soy and other GM crops. It draws damning conclusions about the unsustainable nature and harmful effects of GM/pesticide-based agriculture and calls for the adoption of policies that prioritise environmental safety and food security over the interests of private agrochemical industries and markets.

The chapter forms part of a new book, *Advances in Molecular Toxicology*, Vol. 6, published by Elsevier: <http://www.amazon.com/Advances-Molecular-Toxicology-Volume-6/dp/0444593896>

More about Prof Carrasco's previous research, which found that Roundup and glyphosate cause birth defects in animal embryos:

[http://www.gmwatch.org/index.php?option=com\\_content&view=article&id=12482](http://www.gmwatch.org/index.php?option=com_content&view=article&id=12482)

## Manure

1. Pam Mitchell, The Grange, Murrells Lane, Hockley (Tel. 01702 207491) has a very good, old supply of manure. If you ring her first, giving a couple of days' notice, she will arrange for a load to be brought to the gate to ease bagging up.

2. We have another provider of free manure, chemical free, in Barling, near Wakering. Tel. 01702 219835

3. Julie Davis has a large, well rotted manure pile in Great Wakering, ready to be taken away and put to good use, with good vehicle access. You can help yourself to a bagful, a car load or a lorry load if you

want it, but please contact her first to arrange a time as her yard is kept locked for security reasons. Julie says she can't say it's organic, but she has run her land along organic guidelines, so there have been no sprays, medicines, etc. used and all their livestock were fed on organic feed, with no growth promoters or hexane, so it is completely safe for organic vegetables, etc. Tel: 07742107855

4. Our most recent provider is Hummerstone Farm, a family run farm near Billericay. They raise their own pigs and sheep producing free-range organic meat which they deliver locally every Saturday. They also have free-range chickens to provide fresh eggs. Parts are very well rotted, others partially, with manure from chickens, pigs and horses. They would ideally want it to go all in one lot as it is then easier to deliver within 15 miles of Billericay. Contact them on 07850789000 or on Facebook through their farm page <http://www.facebook.com/groups/Hummerstone.farm/>

## Members' news

- What a disastrous period for germination and growing but I did manage to germinate some lettuces and plant out a row in our back garden deep bed. Next morning, during the wet period, the whole row was eaten and felt disheartened. A week before that we went to a garden evening where the speaker gave a talk on making hanging baskets. In the talk the means of getting plants growing from the sides of the basket was demonstrated. By wrapping the top of the plant in the cut off corner of a thin folder the plant could be pulled through a small hole in the basket side from the inside. As the plant came through releasing the folder it left the roots behind in the inside of the basket which could be filled with compost.

I decided to try this basket technique with a hanging bag using some of the lettuce seedlings left over, but not expecting these delicate plants to survive. Survive they did and gave slug and snail free lettuces for quite a while with the bag hanging on the garden wall. So nice to have frustrated slugs and snails!

Alan

PS: Beer traps are very good too! Ed

- I have previously used a very fine gauge mesh to protect my soft fruit.

But this year I let nature do the protecting by allowing plants/grasses to grow close to the fruit bushes- I have had a really good crop, perhaps because;

1. More bees encouraged to pollinate the fruit berries and more effectively (being attracted by the surrounding flowers)
2. The birds seem unwilling/unable to land on ground and get to the berries/fruit bushes "disguised" in between other vegetable crops - less obvious to birds?
3. It is a bit tricky to pick fruit, but not a big issue
4. Mulched well - and surrounding plants protected fruit bushes from strong winds/ reduced water loss
5. Mary makes water bottle mobiles (using a bottle cut to make 4 wind-driven propellers and a piece of dry-cleaning wire coat hanger, which is then inserted into the top of a cane. The wind mobiles whirl around and rotate on the cane in 360 degrees - and depending on wind strength also make a rattling noise!

Simon

- I eventually bought some Balm of Gilead seeds from The Green Chronicle, 68 Wakering Road, Shoeburyness, Southend-on-Sea, SS3 9SY.

01702 290425; [sales@greenchronicle.co.uk](mailto:sales@greenchronicle.co.uk)

<http://www.greenchronicle.co.uk/>

This is a half hardy perennial that grows to a height of 3'. The flowers are pink to pale mauve with black seed heads and the leaves have crenate edges and smell strongly of eucalyptus. Carole

- Has anyone tried to grow Good King Henry, described as a dark green succulent plant with large arrow shaped leaves and tiny green-yellow flowers? The leaves are mild in flavour and may be cooked like spinach and served with butter. I overwintered the tray outdoors (was that a mistake?) and eventually noticed a few seedlings that looked a little like the description on the packet. I've now transplanted them into a deep trough in an area of the garden well known for snails, which do not touch them! Carole

## NFU Mutual Chelmsford

Clare unfortunately didn't have much time at our last meeting to publicise their free prize draw for a £25 M&S voucher. We will now have a 'dedicated' member on duty alongside Graham at our September meeting to ensure that every member has the chance to complete (and hand in!) a card, so that we can send them to NFU Mutual Chelmsford in one go. We will even put one in the post if you cannot attend!

And, if you're attending a Garden Organic event at Ryton in the future, please do remember that they have B&B facilities at their head office in Stratford-upon-Avon, which they'd happily make available (free of charge, subject to availability) for us..

## **Pesticide Action Network UK**

PAN UK has launched its brand new "bees" website. The site contains all you need to know about bees and other pollinators and the effects that pesticides are having on them. The website takes an in depth look at the key issues and provides links to what other organisations are doing on bees. There are sections on neonicotinoids, herbicides, what you can do and the wonder of bees.

"We hope that this will be a one stop shop for those interested in bees and pesticides", said PAN UK Director, Keith Tyrell.

The 'bees' site can be found at: <http://bees.pan-uk.org/>

Please do visit the site and feel free to contact them with your feedback and suggestions on [admin@pan-uk.org](mailto:admin@pan-uk.org)

## **SE Essex Seed Potato Day: Saturday 23 February**

In association with Leigh-on-Sea Allotment & Leisure Garden Association and SEEEOG - please note the date now!

## **SEEEOG library**

Do use your new library which, as you know, is now installed in a cupboard in the Training Room at Growing Together. There will be a list of all books available for perusal and any book may be borrowed by members at a cost of 20p per book for each 2-month period. There are also back copies of Garden Organic's The Organic Way, the PAN journals, the Soil Association's Living Earth and the Norfolk Organic Group's newsletters. Look out for 'Seed Saving', 'Extreme Composting' and 'A Guide to Vegetable Growing' by Mike Hall. Here is a quotation from Mike's article:

'The objective of the amateur gardener should be to supply his household with vegetables all the year round, and not – as has so often happened in the past – to produce unwanted quantities in summer, but only bare soil in the dark days of winter, when the food problem reaches its most acute phase.'

Courtesy of the first edition of 'The Vegetable Garden Displayed', which was published in 1941 – has anyone got a copy?

Audrey Slemmonds, Librarian

## **SEEEOG Website - <http://seeog.org.uk/>**

New links include the potato blight article, which was the one picking up the most search referrals, at <http://seeog.org.uk/2012/07/potato-blight/> and comments at <http://seeog.org.uk/2012/07/potato-blight/#comment-312>

<http://seeog.org.uk/2012/07/currants-and-jam-for-sale/>  
<http://seeog.org.uk/2012/07/southchurch-park-southend-on-sea>

John has recently added a page featuring Garden Organic's Organic Gardening Guidelines, in their smart new 'Issuu' format - for you to try. Available via the 'Resources' menu, or <http://seeog.org.uk/resources-information/garden-organics-organic-gardening-guidelines/>

In the event that you find the same problems reading them that he has, he has also included a link to download the PDF version)

## **Soil Association**

Organic September is the Soil Association's month-long celebration of all things organic. Find out why buying organic is the right choice and take their pledge to support sustainable farming when you shop. <http://www.soilassociation.org/organicseptember>

And there's some good news from the Norfolk Group, because they've been in contact with the Soil Association and persuaded them that it is in their interests to let any committee members of local organic groups go to the yearly conference at a cheaper rate. Amazingly they agreed to £10.00 plus donations towards food. Too late for this year, of course, but it's something to think about for 2013.

## Subscription renewals

Your subscription was due on 1st July. The Committee have decided that we will continue to give no receipt but we do now request that you complete your renewal form and either give to a Committee member or give or post to Graham, together with your cheque or cash. No subscription will be accepted without the completed form. This can occur on Group nights when there is a rush and he forgets to write down the details. If you lose your renewal form, Graham will have spares available on Group nights. To avoid these problems, we have now decided that we will offer the facility of Standing Orders (STO). If you wish to take advantage of this, please complete and return the STO form with your membership Renewal Form to Graham and you will be renewed automatically by your bank. There is no trouble with cancelling your STO like there is with Direct Debits. Just notify your bank that you wish to cancel it and notify Graham that you have cancelled your STO. If you use online banking, you can set up the STO yourself (as well as cancel it). The bank details are on the STO form and your reference will be your name.

## Tips and hints

Kamil - we grow our salads in our back garden, I have fitted shelving above the windows and doors in the back garden and sow directly into these. It is more difficult to water, as I do not have a hose pipe, so I have to get on the ladder to water them, but snails and slugs do not find them easily and they grow well as the wall works as a heat sink. With a few other containers with mizuna, rocket, radish leaves etc we find we seldom have to buy salad leaves in the summer and, what is better, seldom have to venture out further than 2 meters to get them.

Slugs this year have been particularly challenging and difficult to control in our plastic greenhouse and the allotment. I bought pellets from Garden Organic as good, old-fashioned collecting the snails by hand, which worked well last year, did not seem to make a difference to their numbers this year. The pellets worked very well as I just scattered them on the bottom of the greenhouse and these ones decompose to iron and phosphorus so act as a fertiliser too.

PS: Does anyone plant potatoes after beans to get the benefit of the extra nitrogen? Bob Flowerdew plants beans beside each potato row (courtesy Norfolk Organic Group Aug-Oct 2012)

## Websites & Information

1. The Huntington's Disease Association Southend Branch still needs all your stamps, which you can take/send to Pat (137 Rochford Garden Way, Rochford SS4 1QL); Tel. 01702 544606; email [terrynelson123@btinternet.com](mailto:terrynelson123@btinternet.com)  
<http://www.hda-southend.org.uk/>

2. <http://www.organicinthegarden.com> - is a new online forum for discussion of anything connected with organic gardening and environmentally-aware living. Please follow the 'Forum' menu link above to browse, register and join in.

3. Sowing New Seeds - their aim is to enable allotment holders, schools and community groups in the Midlands to grow exotic crops not traditionally grown in the UK.  
<http://www.sowingnewseeds.org.uk/>

4. Organic. Naturally different  
This interactive site – created by [Sustain](#) – aims to help consumers understand all the facts and benefits of organic products.  
<http://www.organicukfood.com/>

5. The Golden Company - [www.thegoldenco-op.com](http://www.thegoldenco-op.com)  
The Golden Company is a social enterprise working with young people to produce urban honey and related products in London.

6. [International Year of the Potato 2008](#), [www.potato2008.org](http://www.potato2008.org), the official English web site of the United Nations International Year of the Potato 2008, Beyond 2008

7. Seed Freedom Fortnight – A Fortnight of Actions for Seed Freedom Oct 2nd – Oct 16<sup>th</sup> 2012 <http://seedfreedom.in>

8. About The Bee Cause  
Why is Friends of the Earth campaigning on bees?  
[http://www.foe.co.uk/what\\_we\\_do/the\\_bee\\_cause\\_35033.html](http://www.foe.co.uk/what_we_do/the_bee_cause_35033.html)

9. Making the most of harvest food with Love Food Hate Waste  
For lots more ideas, recipes and money saving tips to make the most of our food this harvest-time visit [lovefoodhatewaste.com](http://lovefoodhatewaste.com)

10. Free food from nature's larder  
Foraging has seen a huge rise in popularity over the last couple of years. This has been boosted by Jimmy Doherty and his friends as they foraged for their supper on [Jimmy's Forest](http://jimmyforest.com)  
<http://visitwoods.org.uk/en/visit-woods/for-nature/Pages/natures-larder.aspx>

## SEEOG Committee

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## Green Reads: Summer 2012

A heady mixture of book reviews, websites and dodgy Gardening LP covers...

All the titles mentioned are available from libraries



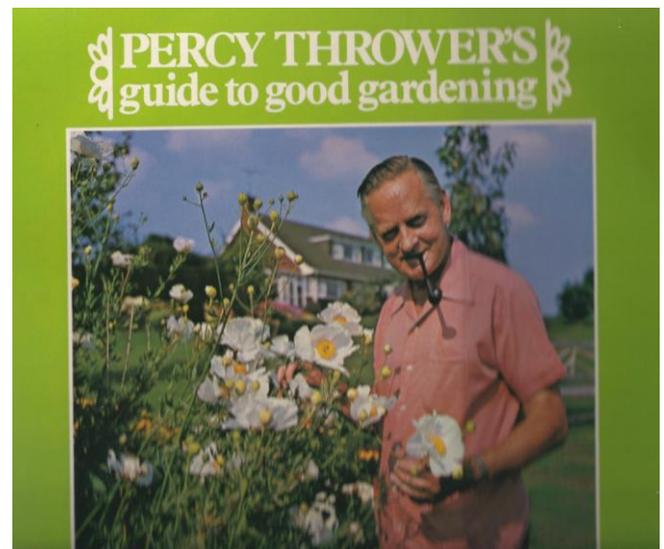
**My Cool Shed: an inspirational guide to stylish hideaways and workspaces** by Jane Field-Lewis *Pavilion Books 2012*. Escape to a place of your own and let the creative juices flow- the shed as artist's retreat, workshop, bar or alternative space. All lovingly captured in photos and interviews with the proud owners. WARNING! You will experience Shed Envy!

**The Hedgerow Handbook : Recipes, remedies and Rituals** by Adele Nozedar (Square peg Books, 2012) Dedication "This book is for everyone who understands the simplicity of living for the moment, and who can appreciate a nice hedge when they see one". This fantastic little book is a fully illustrated guide to British hedgerows and their plants and how to use them. It doubles up as a cook book with some very interesting recipes for your foraged crops. Also contains a remedy for Housemaid's Knee.

**Cooking for One: 150 Delicious Recipes to Treat Yourself** by Amy Willcock (*Ebury Press, 2009*) Home alone ? Why not indulge yourself with some of the dishes in this easy-to-use book; and in less time, with less washing-up and with ingredients that you really like. One can be fun.

**Cosmic! In 1995, potatoes were the first vegetable to be grown in space....**

Potatoes are the world's most popular vegetable and have been welcomed into the cuisines of countries around the globe. Potatoes are used in curries in India and in pasta in Italy, stewed with bananas in Costa Rica, baked with rice in Iran, stuffed with liver in Belarus, stir-fried with green beans in Ethiopia.



**Percy Thrower's first and only DOUBLE LP (The original Four Seasons).**

**Recipes from the Great Houses** by Michael Barry 1992 (*Past Times books*) OK so a little old, but hey this is a fascinating read and part magical history tour of the English country kitchen. Recipes are based on the books of cooks from both manor house and castle.

I like the sound of Mr. Butler's Gooseberry Wine (17<sup>th</sup> century), Bisketts the Maidstone Way and an 18<sup>th</sup> century Spinach Tart recipe looks like a real winner!!

**Our Plot** by Cleve West (*Frances Lincoln Ltd, 2011*) This is another title in the growing library of books in the style of "How I took on an allotment and lived to tell the tale". To be fair it's a very good read and the photos and art work are easy on the eye. The practical stuff is well explained, and if you can stay awake to read it after all that hard work down your plot, it's worth a look.

**Spuds We Like?** This website is packed with all the tattie facts you'll ever need....

<http://www.potato2008.org/en/index.html>

**Kitchen Garden Cookbook: Potatoes** by Jane McMorland Hunter, (*National Trust, 2011*).

This marvellous little guide is full of nostalgic images and quirky facts - did you know potatoes were thought to cause leprosy, once considered as unnatural and the food of the devil because they were grown underground! Appropriately includes recipes for Hot Lightning, Jansson's Temptation and soups (lots). Tuber-tastic!



**The Wartime Kitchen Garden** by Jennifer Davies (*BBC Books, 1993*) Re-discover Potato Pete, a character created by the Ministry of Food that resulted in a song / record\* and recipe book featuring hundreds of interesting ways to best use the spud. This included a typical wartime dish "Sweet Potato Pudding" made with potatoes, an egg, honey and rhubarb or any fruit in season.

\*Sung by Betty Driver (aka the late great Betty Turpin of TV soap, Coronation Street and hot-pot guru).

### Got my Mojo working

On the Canary Islands, Papas Arrugadas are 'wrinkly' tatties boiled in sea water and served with either Mojo Verde or Mojo Rojo, a traditional Canarian Sauce made with Garlic and herbs or Paprika.

Try **Recipes Around the World** from the International Vegetarian Union website

<http://www.ivu.org/recipes/>

<http://www.bbcgoodfood.com/content/recipes/cuisines/>

<http://www.whatwilltheharvestbe.com/>

it



Simon Wallace, August 2012