



SOUTH EAST ESSEX ORGANIC GARDENERS



Soil Association

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NEWSLETTER NO: 153 – SEPTEMBER 2020

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

<https://www.facebook.com/groups/43705483846/>

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, notes etc.

For the foreseeable future we shall be using Zoom and we're again attaching Jane's guidelines for using Zoom and Zoom etiquette.

For future reference, our newsletter copy 'deadlines' for 2020 are as follows:

November - Saturday 24 October

We're thinking about a possible mentoring system for new gardeners. So, if there's anyone who's feeling the need for a bit of practical advice and encouragement, we could try to match you up with someone near to you who could give a helping hand. We can develop the idea further at a later stage.

On this subject, Southend-in-Transition Community Allotment have a communal demonstration plot off Hamstel Road (Southend East Allotments, Hamstel Road, Southchurch Village, Southend-on-Sea. SS2 4PH) and hold regular open days for visitors and possible new members.

<https://sitcommunityallotment.wordpress.com/>

Map <https://goo.gl/maps/9DC1oTBU4kn>

<https://www.facebook.com/SiTcommunityAllotment>

Our mentors, so far, include Ron Bates (Leigh-on-Sea) 01702 477681; Carole and Vic Shorney (Hockley), 01702 20914; and Ray How (Rochford), 01702 544632.

HAPPY ORGANIC SEPTEMBER!

SEEEOG GROUP NIGHTS/EVENTS/VISITS

Monday 21 September, 19:30 for 20:00: Group Night (by Zoom)

'Practical Action - Changing Lives', an online 'Zoom' presentation presented by Colin Darling on behalf of the charity, Practical Action. The presentation will be 50% plus on farming but will include other, mostly related issues. We will send you the Zoom link the day before.

<https://practicalaction.org/>

Saturday 3 October, 11:00 – 14:00: Apple Day (unless government COVID restrictions change substantially between now and then)

St Laurence Orchard is located on the corner of Eastwoodbury Lane and St Laurence Way, opposite St Laurence Park, Southend-on-Sea, SS2 6UY. For those who haven't been to Apple Day before, it's a great event at the wonderful St Laurence Orchard, which celebrates its centenary this year. Trust Links have been managing the Orchard for 15 years and it is an amazing haven for wildlife, very productive with fruit, and offers a great experience for members and volunteers for their work parties to maintain the orchard. For those of you who would like to attend, there will be an Eventbrite.com link set up to book your place, which will be on their website and sent out to all volunteers nearer the date.
<https://www.trustlinks.org/>

Monday 16 November: Group Night

'A year in the life of a flower farmer: How to sow, grow, cut and condition flowers for market' is presented by Amanda Powell. 'Flowers from the Farm' is a multi-award-winning, not-for-profit, co-operative of British cut flower growers.
<https://www.flowersfromthefarm.co.uk/members/flower-farmer>

NEWS

Allotment news

1. Hockley Allotment Society is, as ever, looking forward to some good news on the brand new allotment site at Pond Chase Nursery, Folly Lane. The next Environment Committee Meeting (Hockley Parish Council) is on Monday 7 September. Agendas and minutes will be posted on their website as normal. There will be public speaking time should any resident wish to speak on items on the agenda. To join the meeting, please contact the Clerk at clerk@hockley-essex.gov.uk or phone 01702 207707 before 15:00 on the day of the meeting and a link and password will be sent to you. As Ian Tinton remarked recently, we are going to have to learn to grow a lot of food quickly.
hockley-essex.gov.uk/home/

2. The 2020 Virtual Annual General Meeting of the National Society of Allotment and Leisure Gardeners Ltd will be held virtually on Saturday 24 October, 10:00 – 11:30 via Zoom. In order to connect and attend, you will require the ability to log into the Zoom facility, <https://zoom.us/join>. Due to unprecedented times, this virtual meeting will focus on the business aspects only. If you wish to attend the Virtual AGM, please confirm attendance via email natsoc@nsalg.org.uk by Tuesday 8 September. Once you have confirmed your attendance, you will be issued with a meeting ID and password along with full confirmation and details. The Annual Report with the Final Agenda will be circulated by week commencing 21 September.

Chairman's notes

1. Ray and the Gaynes Park allotment site donated a considerable number of packs of seeds after an appeal by the Lemon Seed Trust. He has now sent off two packs, one to the Trust and another to a refugee allotment in London. They were also able to pass some on to the Southend-in-Transition Community plot and will offer some to Trust Links; many thanks to Ray and Gaynes Park. Ron also harvested a large number of hollyhock seeds as hollyhocks are used to make tea in the Kurdistan refugee camp.

2. We found this food report very interesting and await the second in the New Year about farming and climate impacts for agricultural changes: Anna Hill questions Henry Dimbleby about the national food strategy and asks what part food and animal welfare standards will play in future trade deals.
<https://www.bbc.co.uk/programmes/m000l8mq>

3. Far from cooling the food standards debate, the Trade Commission has heated it up. The Government's decision to set up a Trade Commission should have cooled down the debate on

food standards, but instead it has heated it up, says Tim Lang, professor of food policy at City, University of London and author of Feeding Britain.

<https://www.fginsight.com/brexit-hub/brexit---industry-leader-analysis/far-from-cooling-the-food-standards-debate-the-trade-commission-has-heated-it-up-110436>

4. LAND - England is owned by a relatively small number of wealthy individuals and institutions:

by the law of trespass we are excluded from 92% of the land and 97% of its waterways. An initiative from Guy Shrubsole (Who Owns England) and Nick Hayes (The Book of Trespass) together launch a new campaign, the primary focus of which will be the fact that the nation's mental and physical health would be immeasurably improved by increased access to it.

<https://www.theguardian.com/uk-news/2020/aug/09/forgive-us-our-trespases-forbidden-rambles-with-a-right-to-roam-campaigner>

30% - aristocracy and gentry - unchanged for centuries!

18% - corporation

17% - oligarchs/city bankers

17% - unaccounted

8.5% - public sector

5% - home owners

2% - conservation charities

1.4% - the crown and royal family

0.5% - Church of England

The above from Guy Shrubsole, 'Who Owns England?'

Note: 490,000 acres owned by offshore companies legally avoid stamp duty and inheritance tax; For example, in the Gunnerside estate, North Yorkshire, 27,258 acres registered in the British Virgin Islands received £430,000 taxpayers' handouts over the past 10 years in agricultural subsidies for its moorland?

The aim is to rewrite the Countryside Code, to be more moral, to incorporate how we should be together – because the way we treat nature is the way we treat each other.

Perhaps some wild campers and foragers could take this on board as seen lately, an aspect of stay at home holidays?

Check out the Right to Roam website at <https://www.righttoroam.org.uk/>

Scotland has the right to roam; here we have the prospect of trespass being criminalised.

Remember we're all in it together!

<https://www.theguardian.com/uk-news/2020/aug/09/forgive-us-our-trespases-forbidden-rambles-with-a-right-to-roam-campaigner>

5. Agriculture - according to the Office of National Statistics, in 2018 17% of farmers are women, up from 7% in 2007/08. In higher education, women agricultural students now outnumber men almost 2 to 1.

<https://www.theguardian.com/food/2020/aug/16/we-are-stewards-of-our-land-the-rise-of-female-farmers>

6. Solar farms - scientists have come up with semi-transparent solar panels that allow crops to be grown beneath them. The tinted panels harvest blue and green light to make electricity, allowing the redder light to pass through. Trial crops basil and spinach have been successful, both containing greater levels of protein than normal, adding to nutritional value; the spinach grows taller and larger and is easier to harvest. Fewer plastic polytunnels!

<https://www.theguardian.com/environment/2020/aug/21/weatherwatch-solar-farms-with-added-food>

7. Wasps take many insects - aphids, sawfly larvae and small caterpillars to feed grubs back in the nest.

8. Earwigs - a garden friend, effective pest control - rosemary beetle eggs, aphids, slugs and snail eggs, codling moth, spider mites and blister mites on fruit and scale insects. Spraying of orchards, causing a decline of earwigs, has led to the emergence of red spider mite. (The Organic Way)

Crapes Fruit Farm news

The latter half of August has seen just in excess of 100mm rainfall, here, at the southern end of the East Anglian Heights.

Judging by the sudden greening of the grass swards between the tree rows the nutrients which have been released from our decaying organic matter underfoot everywhere are available to the trees also, particularly good timing for fruit bud strengthening for next Spring. Now will NOT be a good time to summer prune apples as the trees are very likely to burst into some late regrowth as a result of snipping!

Rain on this scale when the trees are bearing little, or in our case very, very little, fruit does not bode well for sensible fruit size or storing quality at picking time.

Cox picking for storage into Spring 2020 will commence in Kent at the start of September, so I understand. If you pick them from your garden tree so early and try keeping them in the garage they will quickly become velvety, lose their shine and won't taste. A dodge is to inspect a damaged fruit on the tree. Any damage will accelerate the ripening (rotting) process.

As an example, a Cox with Codling caterpillar damage picked from the tree will be roughly a week earlier than the perfect apples. Slice it, the pips are probably brownish, the taste may be almost acceptable. Don't forget that each variety blossoms over a period of ten days, so include that in your calculation considerations. Don't even dream of introducing algorithm technology. Ignore windfalls for this exercise.

Here, my handful of Worcester Pearmain looks to be on time for picking during the next ten days. The Red Ellison are trying to persuade me that they will be a week early - some will be. Ribston Pippin we traditionally pick around 12th to 14th September and the Greensleeves are picked at the same time, then Sunset. There are no Egremont Russet this year but usually they are rescued ahead of any forecast rain immediately prior to 20th September. Rain as they ripen tends to stretch the lenticels (breathing valves) in the skin and brown decay sets in rapidly, especially in a year like this; then Cox, Blenheim Orange and Bramley's Seedling. Leave D'Arcy Spice to the first week of November if possible. A small tree can be covered with insect netting to keep off small birds that idly peck apples early on misty mornings.

No apple pickers needed here for the second successive year. It now looks that the quantity of picked fruit will be even less than last year. I am already referring would be customers to other orchards.

If you have room in your freezer, then this will be a good year to pulp some cooking apples - if you can locate any. They will store there far more reliably than boxed in a garage.

With all this wet and the unseasonable drop in night time temperatures mice will be racing for cover, especially where stored apples give off some heat as they ripen!

Final tip - use the largest and least perfect fruit first. Small, perfect apples are more reliably kept into the Winter.

<https://crapes.wordpress.com/>

Farmers' Markets 2020 – update expected soon

Leigh-on-Sea Town Council's Farmers' Market at Leigh Community Centre, 71-73 Elm Road, Leigh-on-Sea, 3rd Friday of the month from 09:00 to 13:00:

Friday 18 September, Friday 16 October, Friday 20 November, Friday 19 December
<https://www.facebook.com/events/1818935024986153/>

Garden Organic news: Preparing for Autumn

It's an easy trap to fall into, to just focus on summer produce and forget about production for the winter. It is always better to be looking forward rather than dwelling too long on our achievements, so hopefully, with our eight raised beds and glasshouse, we are reasonably well-prepared.

In our winter brassica bed, the purple sprouting broccoli and kalette (a cross between a Brussels sprout and cabbage) are now quite large and look very healthy. They are under fine mesh netting and daily I watch the persistent cabbage white butterflies flitting around looking for ways to get in. With that level of determination, there must be no gaps, and any weeding has to take place early in the morning or late in the evening when they are not around. My only concern is that the plants are going to outgrow the construction of the cover before the butterflies give up for the winter in September.

You can read the full article at <https://www.gardenorganic.org.uk/news/preparing-autumn>

GM news: Myths and Truths of Gene-edited Foods

A simple, user-friendly presentation will be held about the scientific evidence pointing to potential risks and dangers from gene-edited foods. There will be an opportunity to ask questions.

15:00 British Summer Time, Wednesday 9 September 2020

Speakers:

- * Dr Michael Antoniou – Molecular geneticist based at one of the major London universities
- * Claire Robinson, MPhil – editor at GMWatch and co-author of the book *GMO Myths and Truths* 2018, 4th edition.

Please register here:

<https://www.allianceforfoodpurity.org.uk/webinars>

After registering, you will receive a confirmation email containing information about joining the meeting.

The UK Government has said it is planning a public consultation in the autumn with a view to altering legislation so that gene-edited foods are treated the same way as natural foods. Despite evidence that gene editing could introduce new toxins and allergens into our foods, the legislation change would mean no safety checking and no labelling, taking away our choice about whether to eat these risky foods. The briefing will be hosted by the Alliance for Food Purity. More information: www.AllianceforFoodPurity.org.uk/webinars

Special briefing for politicians: On Friday 4 September at 11:00 the Alliance will host a special briefing with Dr Michael Antoniou and Claire Robinson for Members of the UK House of Lords and Commons only. Please remind your MP about the importance of this event and ask them to attend. For how to do that, go to <https://www.allianceforfoodpurity.org.uk/webinars>

Lauriston Farm news

Within the 210 acres of biodynamic/organic certified land at Lauriston Farm sits a two-acre vegetable garden which utilises a sustainable, low carbon method. The soil is fed from our own compost comprising animal manures and plants. Water comes from a borehole on the farm. The diversity of plants, wildlife and farm animals surrounding the garden and the many different crops, herbs and flowers in the garden make it a place of abundance and beauty. The biodynamic preparations help to improve the health, quality and taste as does working closely with the rhythms of the moon, planets and constellations. We use polytunnels to extend the growing season and grow crops like tomatoes, peppers and aubergines. The garden and box-

scheme are managed by Andre and Monique Kleinjans, with the help of many volunteers and social farming students.
<https://www.lauristonfarm.co.uk/>

Members' contributions

1. 'First of its kind in the UK' We are extremely excited to discover that Writtle University College are offering degrees in regenerative farming. 'A recognition of the shifting emphasis and changing direction of the agricultural industry as a result of political, economic, social and environmental influences' we urge anyone that wants to study agriculture to choose this course; this is the future for farming and I am feeling so positive that Writtle are offering it. The people that walk out of this course are our hope for the future.
[https://writtle.ac.uk/BSc-\(Hons\)-Agriculture-\(Regenerative-Systems\)](https://writtle.ac.uk/BSc-(Hons)-Agriculture-(Regenerative-Systems))

2. With thanks to Pat for telling me about this programme earlier ... The Life Scientific, Dale Sanders on feeding the world.

Professor Dale Sanders has spent much of his life studying plants, seeking to understand why some thrive in a particular environment while others struggle. His ground breaking research on their molecular machinery showed how plants extract nutrients from the soil and store essential elements. Since plants can't move, their survival depends on these responses. In 2020, after 27 years at the University of York, he became the Director of the John Innes Centre in Norwich, one of the premier plant research institutions in the world. Meeting the food needs of a growing global population as the climate changes is a major challenge. And, Dale says, it's not only about maximising yields. We need crops that are more resilient and more nutritious; drought resistant crop varieties, for example. And zinc-rich white rice. Dale talks to Jim about how plant science is helping to feed the world in a sustainable way and why plant scientists don't always get the recognition they deserve. No comment!
<https://www.bbc.co.uk/programmes/m000lv3x>

3. National Garden Scheme - Garden Openings in Eastern: Results showing Garden Openings which are gardens that open on specific day/dates for the National Garden Scheme. Currently if a garden is open you will need to pre-book a ticket. Results listed in opening date order. To adjust distance, or use advanced filters, click the filters button to broaden or narrow your search.
<https://ngs.org.uk/>

4. Don't criminalise trespass

The Government's manifesto stated "we will make intentional trespass a criminal offence": an extreme, illiberal & unnecessary attack on ancient freedoms that would threaten walkers, campers, and the wider public. It would further tilt the law in favour of the landowning 1% who own half the country.
<https://petition.parliament.uk/petitions/300139>

5. Food security must be key part of green recovery from Covid-19

A green recovery from Covid-19 is a 'golden opportunity' for British farming to become a global leader in delivering food security and set the benchmark for sustainable food production around the world, the NFU said today. Today [21 August] marks the notional date in the calendar that would see the UK run out of food if it relied solely on UK produce. The nation's self-sufficiency currently sits at 64% and has remained stagnant for a number of years. While the nation is encouraged to be healthier and eat more fruit and veg, our domestic production of these products falls below our potential. The nation is only 18% self-sufficient in fruit, 55% in fresh vegetables and 71% in potatoes. For both veg and potatoes, this has fallen by 16% in the past 20 years.
<https://www.nfuonline.com/news/media-centre/press-releases/food-security-must-be-key-part-of-green-recovery-from-covid-19/>

6. How coronavirus has led to a UK boom in community food growing

When Covid-19 and the lockdown struck, a two-acre stretch of a field on Barnwell Road just outside the centre of Cambridge, the most unequal city in the UK, was just bare soil. But thanks to 110 volunteers and donated fencing to prevent rabbits from nibbling on the crops,

an organic market garden was created to help stock seven local community food hubs with an abundance of tomatoes, pumpkins, broccoli, aubergine and much more by the end of July. "We don't agree you should have to pay a premium to have food that is delicious and nutritious," said CoFarm Cambridge founder Gavin Shelton, who is aiming to establish a community farm in every local authority in the UK by 2030, using his own money, local donations and corporate grants.
<https://www.cofarm.co/>

7. What is Agroecology?

Ecology is the study of relationships between plants, animals, people, their environment, and the balance between these relationships. Apply ecological concepts and principles to agriculture and you have agroecology! Agro-ecological farm systems, like organic, promote farming that is truly sustainable and uses local renewable resources; utilises local farmers' knowledge and priorities; wisely uses biodiversity and solutions that provide environmental, economic and social benefits.

Some more detail here at <http://ow.ly/hczP50ysk2o>

8. How Industrial Food Makes Us More Vulnerable to COVID-19

When I finished working on my book, "Formerly Known As Food: How the Industrial Food System is Changing Our Minds, Bodies, and Culture," in 2018 — after 10 years of research and writing — I was certain of two things: First, our industrial food system is decimating our environment. Second, our nutrient-depleted and chemically saturated processed food supply is changing our bodies from the inside out. It was also clear how these two issues are deeply linked: What we do to our environment, we do to ourselves. What I didn't know was that the COVID-19 pandemic was just around the corner and would bring global attention to the grave risks inherent in our industrial food system.

<https://heated.medium.com/how-industrial-food-makes-us-more-vulnerable-to-covid-19-e3ab4a9191e2>

9. Agroecology in horticulture

The need for fresh, nutritious fruit and vegetables has been brought to the fore with the UK leaving the EU and the Covid-19 pandemic. Both have highlighted the importance of building sustainable and productive horticultural systems. This month we look at how agro-ecological practices can support this; focusing on biodiversity, enhancing soil biology, recycling nutrients, and encouraging beneficial insects to help build fertility within soils and growing substrates and pest and disease control.

<https://www.agricology.co.uk/field-views/topics/agroecology-horticulture>

10. Jekka's guide on how to grow herbs

Herbs have been used since man has been on this planet as medicine and as food. They are the most wonderfully diverse plants, coming in all shapes and sizes, textures, colours, perfumes and uses.

https://www.jekkas.com/pages/jekkas-guide-on-how-to-grow-herbs?mc_cid=256c5135f8&mc_eid=ecd97c5da9

11. Did anyone watch Countryfile last night (Sunday 30 August), which featured the Washingborough Academy in Lincolnshire?

A primary academy heralded by the government as a model school for tackling childhood obesity has become the first UK school to receive a Soil Association award.

<https://schoolsweek.co.uk/could-this-be-the-uks-healthiest-school/>

With grateful thanks to Pat, Ron and Simon

Pesticide Action Network UK

Our new report Toxic Trade compares current UK pesticide protections with that of two countries slated as major priorities for post-Brexit Free Trade Agreements – US and Australia – and a third country, India. Co-authored with Sustain and trade expert Dr Emily Lydgate, the report focuses on how trade deals with these countries threaten to weaken UK pesticide standards. It also looks at ways in which these deals could increase pesticide-related harms to

UK citizens, wildlife and the natural environment. You can read (recommended!) the full article at <https://www.pan-uk.org/toxic-trade/>

Pesticide Action Network North America: Gone with the wind: More uncertainty for rural Iowa

A massive derecho rampaged through Nebraska, Iowa, Illinois and Indiana on August 10 with devastating results. Winds were estimated to have reached 130 mph in places, leaving 1.9 million without power. The derecho ripped a path of destruction 50 to 60 miles wide and 770 miles long. Ten to fourteen million acres of agricultural production were flattened in Iowa, and over one-third of the state sustained significant damage from this powerful storm. A week later, people were still struggling to clean up, and power was not yet restored to over 68,000 households and businesses.

The author, Rob Faux, is PAN's Communications Associate for Iowa, joining the organization in 2020. He has owned and operated the Genuine Faux Farm near Tripoli, Iowa with his spouse, Tammy, since 2004, growing produce and raising poultry for local sales. They are committed to sustainable growing practices and have maintained organic certification since 2007.

<http://www.panna.org/blog/gone-wind-more-uncertainty-rural-iowa>

SEEOG membership

Our Treasurer has pointed out that membership was due in July and that 13 members have not renewed, which is why we thought it would be a good idea to give people the option of paying by bank transfer. The details are as follows:

Bank Account: 65198805

The Co-operative Bank

Sort code: 08 92 99

SEEOG website, work in progress

Have a look at <http://seeog.org.uk/> Any future contributions would be greatly appreciated. Thinking globally, but acting locally, we try to portray what is happening, for instance, with Garden Organic, PAN and the Soil Association, alongside what is happening in our members' gardens and allotments. Latest posts include Magnificent Mulching, We're all going on a garden holiday, Allotment Year Planner, "SEEOG Live", Zoom Etiquette, Urgent message from Beyond GM, Leigh Farmers Market – 20 Years, How to build a Bug Hotel and Sarah Green's Organics open to new customers.

Soil Association news: The Soil Association Videos

1. It's been such a strange and confusing summer for people and yet the cycles of farming and nature are ongoing. We must use the opportunity presented by this disruption to take a massive step forward towards a green future for our food, farming and forestry systems. We have the solutions; we know what needs to be done. Loads of people want to help make it happen. We must come together and Grow Back Better, as fast as we possibly can. Find out what you can do....

https://www.youtube.com/channel/UCqMtaq4aqp2ldnOOv8_gd7A

2. What Is The 'What You Can Say' Booklet?

'What You Can Say When Marketing Organic' is an essential reference document for anyone communicating about organic, containing statements about organic food and farming that have been assessed against the UK Advertising Standards Authority's (ASA) Code. The booklet is free to download, and includes everything you need to know about making the most of these statements in your own communications. The booklet focuses on the benefit of organic food and farming for people, animals, wildlife, society and the natural world.

<https://www.soilassociation.org/certification/food-drink/business-support/marketing-organic/what-you-can-say-when-selling-organic/#download>

3. 30 Ways to Join the Organic Movement this September

With more of us seeking to make choices that minimise our impact on the planet, organic offers a simple, trusted way to be more sustainable in our daily lives. There are so many ways

you can be involved with the organic movement this September, from learning more about what organic means and sharing this knowledge with friends and family, to supporting the organic farmers in your local community and learning to grow your own at home. We've put together a list of other small things you can try, one for each day of the month - together, by working with nature, our small changes all add up to make a world of difference! https://www.soilassociation.org/organic-living/30-ways-to-join-the-organic-movement/?utm_source=facebook.com&utm_medium=social_organic&utm_campaign=organic_september&utm_content=30_ways

Sustain Brexit news: Orchards and agroforestry - big green ideas to tackle the climate and nature emergency?

I was asked to give a presentation on orchards and agroforestry for an RSPB webinar on 'Nature in the Green Recovery: Big Ideas for where Nature-Based Solutions can go next'. The task was formidable: to deliver a 4-minute presentation on the science, opportunities and barriers to this nature-based carbon solution. This blog explores these in more detail and how, alongside agro-ecological farming, we can gain win wins from 'food trees' for climate and nature. [1]

My premise is that if we want to plant many thousands of trees for carbon and nature benefit, we should invest in good orchards and agroforestry. This includes protecting, restoring, and creating new, traditional or agro-ecological orchards and supporting farmers in using agroforestry approaches. Should this be part of UK plans for major afforestation? Possibly; they could play a significant role and they come with major co-benefits.

A few notes on the carbon sequestration. Atmospheric carbon (C) is absorbed as carbon dioxide by plants via photosynthesis. Some is lost as the plant respire and the rest is incorporated into organic matter and used by the plant to create new plant mass. This roughly represents the net primary production (NPP) above and below ground. Carbon losses also occur through the organisms and processes in the soil affected by the trees especially when first planted.

You can read the full article at <https://www.sustainweb.org/blogs/jul20-orchards-agroforestry-climate-nature/>

Trust Links: Become a Friend of Trust Links and help transform the mental health and wellbeing of our community.

Every month in Southend, one person loses their life to suicide. One in four people will struggle with their mental health during their lifetimes – but with the help of our Friends, we can make lasting change in our community together. By becoming a Friend of Trust Links you will be making a real difference to people who are facing some of the toughest challenges. Whether it's counselling, therapeutic gardening or simply having a place to unwind and talk, we can all support our community through Trust Links.

<https://www.trustlinks.org/join-our-friends-programme-today/>

SEEOG committee

Ron Bates	Chair	01702 477681	anebates@hotmail.co.uk
Ray How	Vice-Chair	01702 544632	ray.how@btopenworld.com
Ane Bates	Treasurer	01702 477681	anebates@hotmail.co.uk
Carole Shorney	Secretary	01702 201914	caroleshorney@hotmail.com
Vic Shorney	Committee	01702 201914	caroleshorney@hotmail.com
Jane Ponton	Committee	01268 565776	JaneAPonton@hotmail.com

