



Hon. President  
George Cowgill

# The Newsletter

## No. 84

November  
2013

### In this issue:

1. Welcome to the new editors.
2. AGM notice – get involved.
3. The Sales Hut
4. Seed orders - Thompson and Morgan.
5. Growing Figs.
6. Gardening with children.
7. The New Year meal.
8. Glancing back.



## Our New Editors: Welcome Kevin and Sophie and Thank You Norah

The Committee are delighted that Club members Kevin and Sophie Miles have agreed to edit the Newsletter. They have been allotmenting here in Clitheroe since 2000. Sophie is also an editor of the Ribble Valley Talking Newspaper. This is their first edition and Norah has been fantastically helpful during this changeover. Our thanks go to Norah for editing the last three editions of the newsletter and bringing about the change to an A5 format. In awarding the trophy for Service to the Club there was recognition of the fact that both Norah and Lawrie have stepped in at a time of need during this year, and it has really been appreciated.

The printing of the Newsletter, Membership cards and Show stationery is now going to be done by Ribble Valley Borough Council.

Items for the Newsletter should now be emailed to [sophiejmiles@hotmail.co.uk](mailto:sophiejmiles@hotmail.co.uk). Kevin and Sophie will give the cut-off date for publication on the back of each newsletter.

As it's your newsletter, we are really keen to receive contributions; thanks to everyone who has sent items for this edition!

## ATTENTION! Annual General Meeting 2014

Club members are needed at  
Ribblesdale Wanderers  
Cricket Club for this important  
meeting on:

Wednesday, 5 February 2014  
at 7.30pm

Our Constitution states that at least 30 members need to be present so please come along and give your support. We don't want to hold the meeting twice!

Please read the next article as we are really keen to get new members involved in the running of the Club.

Hopefully the meeting will be brisk and cheerful so that we can quickly get on to the best part of the evening which will be lots of ideas for your garden, large or small, your backyard, plant tubs, window boxes or allotment.

The talk, with lots of lovely pictures, is called:

### Ideas for your garden from the National Garden Scheme.



All the ideas come from Lancashire gardens so you know that they work in the climate around here.

In fact, later in the year, you can visit the gardens and see all of these things for yourself. Hopefully you will be fired up for spring.

*Dorothy*

## Who Do We Need?

We need three or four new Committee Members as four of us are moving on for reasons including health and moving house. These are the people leaving the Committee after fantastic service:

Carol Hill

Elizabeth Rayton

Trevor Mitchell

Dorothy Richards.

Carol and Elizabeth have shared the job of Membership Secretary. Committee Member, Brenda Fenton has already offered to take this on, with initial help from Carol.

Carol and Elizabeth have kindly offered to continue organising the raffle.

Trevor has been the Show Secretary this year. Alex Berry has offered to do that job.

I am the Chair and the Speakers' Secretary. Two volunteers are needed for these jobs.

## What do these jobs involve?

At the moment, we don't have any volunteers who want to stand as Speakers' Secretary or Chair.

### **Speakers' Secretary:**

There will be loads of time to get organised as all the Speakers will be booked for 2014. Booking for 2015 will be one of the tasks.

Two weeks before our monthly meetings you contact the Speaker to make sure all is well and they know where to come. You arrive at 7.00pm on the day to meet the Speaker and help them set up etc.

### **Chair:**

The obvious part is introducing visiting Speakers, giving out notices, rounding off meetings and generally being approachable.

The less visible part is being Chair of Committee meetings. This involves knowing about the matters to be discussed, working thoroughly through everything on the agenda but not taking too long. On the other hand, all Committee members must be happy with decisions that have been made and must feel that they have been heard.

Being able to spot what is not happening is very useful too. Sometimes jobs fall 'between the cracks' and don't quite belong to anyone, or a Committee member is ill and needs some help. Organising publicity is always something that needs doing too.

Lesley is happy to continue as Secretary but would act as Chair instead, in which case we would need a Secretary. This gives us some flexibility if you fancy trying the role of Secretary.

We have about 150 members so filling these two jobs and having an extra two Committee members to generally help out and provide continuity for the future should not be a problem. More than twenty people offered help on their membership forms so please all think about giving your support to a super Club.

### **What to do?**

You could leave your offer of help to the AGM but it would be much better to come to a Committee meeting first, informally, and see what goes on (apart from lots of laughter and eating cake). Please talk to me or a Committee member any time soon. Many thanks!

*Dorothy*

## The Sales Hut

That's it for another year.

Early sales were very brisk, aided by some attractive sundry items which proved popular. They were also very profitable.

Following my appeal at the end of last year for more plant input from members, I'm pleased to report that this proved fruitful. We had to do without bulk supplies of tomatoes and some bedding plants but the

sales counter ticked over very nicely with extra contributions from members. Plant sales were down on previous years but this was expected in a year of transition.

Next season should see an increase in plant supplies as people get more into sowing timing and plant rearing having gained from their experience this year. As always advice is available if required. Please don't hesitate to ask. If you feel able to join the team of plant raisers, please come forward.

Everyone will have noticed that our two large leylandi trees have gone, they were getting too big. We have converted the leylandi area into a flowering bed and this year it looked very attractive planted up with annual bedding plants. Some hollyhocks and clematis have been put in at the rear of the bed and should look the business in due time.

Members will recall from a previous newsletter that Ted Woodend was the lumberjack responsible for the leylandi removal. Having mentioned this, everybody must also have noticed how neat and tidy the front of the sales area is. Again we have Ted to thank for this. He has taken the husbandry of the hut area to heart and I have never seen it looking better.

Many thanks to Ted.

Hibernate well.

*Lawrie Ball*



## \*\*\* Seed Orders \*\*\*

### Thompson and Morgan

Members can submit their seed and plant orders through our Club co-ordinator Trevor Mitchell.

If you would like to take advantage of the special rates we get from Thompson & Morgan, collect a catalogue and order form at our next meeting on Wednesday 6th November. This year the seed discounts are 50% and plant discounts are 20%.

Please return completed forms (and catalogues where possible as we have a limited supply). Enclose a cheque made payable to Clitheroe Garden Club plus 50p as a contribution to delivery charges the Club will have to pay to Trevor at 212 Whalley Road, Clitheroe BB7 1HW (corner of Beverley Drive), or bring them to the meeting on Wednesday 4th December.

*Alex Berry*



## Grow your own Turkey Fig

I have been growing *Brown Turkey* figs in my garden for a few years now and surprisingly enough it isn't difficult. Advice says that they should be given protection during the winter but my tree stays out all year long. At the moment leaves are turning yellow and will soon drop, and it is covered with tiny figs that would make an early crop next year if they were to be given protection. Then the tree would produce another crop for late summer. Being as they will be braving the Lancashire winter they will probably drop off but I will get a good crop next September.

Plant your tree with a restricted root run. Mine is in a large pot but if you plant yours in the ground dig a hole two feet square and two feet deep, line the sides with flags letting them sit just above soil level and put some rubble in the base. Plant your fig with moisture retentive, free draining soil. *Brown Turkey* is available at garden centres and is one of the most suitable for our climate. Pollination is not needed so one tree is fine on its own; you won't see any flowers on your plant as they form inside the fruit. It is preferable to plant your tree on a south facing wall. Mine faces south west and does very well, so well in fact that this year I had enough figs to make the following recipe for fig jam

Carol Hill

## Fig and Orange Jam

Ingredients:

*Figs washed and diced*

*A cooking apple peeled and diced*

*Preserving sugar equal in weight to the figs and apple*

*Juice of 3 lemons*

*¼ pint of water*

I used the pulp (from my juicer) of an orange and a lemon and its weight in sugar also. Perhaps you could use a finely chopped orange and lemon instead and omit the juice of one of the lemons. I had over a 1lb of figs.

Put all the ingredients into a large pan and heat slowly to dissolve the sugar, stirring often. Bring to the boil and simmer for about 20 minutes or until the jam reaches setting point. Leave to cool for half an hour and then spoon into warm sterilised jars. Leave for a couple of weeks to let the flavours develop.

I made this recipe up as I went along, so feel free to experiment.

Figs make a beautiful ruby red jam. They are quite plentiful in the shops at the moment, if you haven't got your own.



## Happy Allotmenting with Children.

The idea of enjoying the allotment with children involves small people in their wellies happily pottering; digging holes, tending plants in their neat little plots, absorbed for hour after hour by the plants and mini beasts around them....whilst we, the grown-ups, get on with the proper jobs! In reality however, once the snacks are finished, a few holes have been started, and we've only just got started, the inevitable cry comes; 'Can we go home now?'

Encouraging our children to appreciate the natural world around them is a wonderful way to stimulate and excite them as well as educate them. It's also a marvellous way to spend quality time together as a family. So how can we make the allotment an enriching and fun experience?

**Involvement and Ownership.** Give each child a clearly defined area; raised beds are perfect for this. The other benefit of raised beds is that children can walk all the way around them, making it all easy and accessible. If possible, involve them in the planning stages so they can have a choice of location. They can also mark their plots with homemade scarecrows, windmills and bunting.

**Planting.** Let the children choose what they would like to plant in their beds. Make regular visits to the allotment shop with £1 to spend and see what they end up with! Think ahead

to harvest time and make links between the vegetables they plant and the dishes they could enjoy; home grown potatoes into special chips; carrots to slice and put in their packed lunches; rhubarb for crumble and custard.

**Get creative.** Let the children decide what to plant where; which plants are big and which are small? Encourage them to take 'before and after' photos of their plot. A really lovely idea is to plant their name in annuals. Use either sand and seed mix or buy seed tape to do this.

**Snack Area.** Make sure there is somewhere comfortable enough to sit and create a make-shift table for cake-eating! No trip to the allotment is complete in our family without a flask of coffee, some bottles of juice and a box of homemade flapjacks or wedges of cake!

As in all things, a bit of planning and preparation will go a long way. A trip to the allotment provides children with the opportunity to potter, explore, collect, observe, create, build, water, nurture, pretend, persevere, share and grow. So get your wellies on wrap up some cake and off you go!

We would recommend Kim Wilde's book 'Gardening with Children'. It's published by Collins and is full of realistic and fun-packed ideas for young gardeners.

*Catherine Naylor and Gordon Preston (and Bill 5, Ellie 4 and Joseph 11m)*

## Clitheroe Garden Club New Year Meal

### Wednesday 29 January 2014, 6.00pm for 6.30pm at La Vespa 78-82 Whalley Road, Clitheroe

The full cost of the meal is £16.50. Next to each menu option please state the number of people making that choice. Please send your cheque, made out to Clitheroe Garden Club, by Wednesday 4<sup>th</sup> December to Ian Berry, 2 Higher Standen Hey Farm, Whalley Road, Clitheroe, BB7 1PP or pay at the December meeting.

Name ..... Tel .....

Address.....

### Starters

**Salmone Affumicato** - Scottish smoked salmon with sliced red onions drizzled with extra virgin olive oil and fresh lemon.

**Calamari Fritti** – Deep fried baby squids accompanied with salad leaves and home-made tartare sauce.

**Funghi All' Aglio** – Fresh button mushrooms sautéed in garlic and white wine with a touch of fresh chilli.

**Zuppa Del Giorno** – Homemade soup served with homemade crusty bread.

**Polpette Al Ragù** – Homemade beef meatballs cooked with fresh peas and tomato sauce served with homemade bread.

### Main courses

**Cannelloni All' Italiana** – Large pasta tubes filled with meat and spinach, oven baked in a fresh tomato and basil sauce, topped with a touch of parmesan cheese.

**Pollo Ai Funghi Porcini** – Chicken breast cooked with onions and wild mushrooms in a white wine and cream sauce.

**Filletto Di Spigola Al Forno** – Baked fillets of sea bass in extra virgin olive oil, lemon and a touch of garlic.

**Vitello Alla Siciliana** – Tender escalopes of veal pan fried with the famous Marsala wine from Sicily.

**Tagliatelle All' Ortolana** – Egg pasta ribbons sautéed with garlic, courgettes, aubergines, olive oil and fresh chopped tomatoes. **V**

### Desserts (Coffee included)

Homemade Tiramisu      Homemade Fruit Salad      Mixed Italian Ice cream

## Glancing back – the Sales Hut opens.....

This is a photograph from Bill Gregson of the opening ceremony of the big hut on March 7<sup>th</sup> 1993.

The Mayoress of Clitheroe, Mrs McWilliam, performed the ceremony.



Holding the ribbon is the then Club Chairman Geoff Sainsbury. On the right of the picture next to the Mayoress is Mrs Green, Club Treasurer. Next to her is Mrs Ker-shaw the Sales Cashier and Cissy Sainsbury, Secretary. On the left of the picture on the back row are hut builders, Bill Gregson, Clive Butterworth and Harold Boothman. Harold designed the hut, and hasn't it lasted well!. Apologies to those who are not named – names are harder to come by as time passes.

**We'd love to receive copies of photos, recipes and ideas for how to get the most of your allotment or garden.**

**Don't be shy!**





**Club Website: [www.clitheroegardenclub.co.uk](http://www.clitheroegardenclub.co.uk)**

**Email address: [sophiejmiles@hotmail.co.uk](mailto:sophiejmiles@hotmail.co.uk)**

**Items for the Feb/March issue should be sent in by mid January to the above email address.**

