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# WSAA Newsletter

  
July 2024



## Golden Days of July

As we bask in the height of summer, we want to extend a heartfelt thank you to all the volunteers who dedicated their time to our recent work party and to those who lent a hand unloading compost. Your efforts have truly made a difference! The call is always out for volunteers at work parties but there are various other ways to volunteer. Find how you can help out further on in the newsletter.

Thank you also for curbing your fire burning activities to within restrictions. We can't say it enough - you can burn garden waste on the first Wednesday of the month and use *only* smokeless methods for any barbecues.

We'll have an Engagement Forum this month, providing a space for feedback and suggestions to keep our community thriving.

In this edition, look forward to some July gardening tips to keep your plots flourishing, our Recipe of the Month (don't forget, your submissions are welcome!). Also a little spotlight on our Trading Hut where you can find some great gardening essentials. Dive in! And as always, here's to a productive month on the plots!

*The Committee*

### Dates to remember:

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Next Work Party  
Sun, 21 July

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Engagement Forum  
Sat, 13 July

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August Work Party  
Sat, 24 August

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Annual Show  
Sat, 14 September

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### In this edition:

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Gardening Tips for  
July

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Calling All  
Volunteers

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Compliance  
Reminders

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And more!

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## July Gardening Tips

Can you believe it? It's July! Summer has had a slow start, but now that it's in full swing, knowing what is best to concentrate on might seem a bit overwhelming. What to plant, what to prune, what to harvest, how to maintain, how to plan.... here are a few tips to give you some focus and make the most of July!

1. **Water Wisely:** Water early in the morning or late in the evening to minimize evaporation and ensure deep hydration. Focus on the base of plants and avoid wetting the foliage to reduce the risk of disease.
2. **Pest Patrol:** Keep an eye out for common pests like aphids, slugs, and caterpillars. Use natural remedies such as neem oil, diatomaceous earth, or manual removal to control infestations without harming beneficial insects.
3. **Prune and Deadhead:** Prune overgrown or damaged branches on shrubs and trees. Deadhead spent flowers on perennials and annuals to encourage continuous blooming and tidy up the garden.
4. **Feed Your Plants:** Fertilize vegetables, flowers, and fruiting plants with a balanced, slow-release fertilizer or compost tea. This helps replenish nutrients and promotes robust growth.
5. **Harvest Regularly:** Harvest crops frequently to enjoy peak freshness and encourage continued production. July is the time for beans, cucumbers, tomatoes, and zucchini, among others.
6. **Shade Protection:** Protect sensitive plants from intense midday sun by providing temporary shade with garden fabric or strategically placed tall plants.
7. **Sow Successive Crops:** Continue sowing quick-maturing crops like radishes, lettuce, and spinach to extend your harvest season. This ensures a steady supply of fresh produce.
8. **Plan for Fall:** Begin planning and preparing for fall planting by starting seeds for cool-season crops like kale, broccoli, and cabbage indoors or in a shaded area.
9. **Encourage Pollinators:** Plant a variety of nectar-rich flowers to attract bees, butterflies, and other pollinators, essential for a thriving garden ecosystem.



## Engagement Forum

We're holding another Engagement Forum! Have something you'd like to discuss with the committee? Contact [info@whetstonestrayallotments.co.uk](mailto:info@whetstonestrayallotments.co.uk) for a 10 minute slot to meet with committee members between 10am and 11:30am on Saturday, the 13th of July or drop in during those hours (priority will be given to appointments). We're hoping this will be a great opportunity to help resolve any issues and also take helpful suggestions on board.

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## Get Your Gardening Gear



The Trading Hut is currently open for business most Sundays between 10am and 12pm. Stop by and grab the essentials to keep your gardens flourishing. From compost, to bamboo poles, to various fertilising options, we just might have exactly what you're looking for!

### What's on offer?

- Compost and manure
- Assorted fertilisers
- Bamboo poles (varied lengths)
- Crop cover
- Weed barrier

And more!

## Calling All Volunteers!

WSAA needs your help! As a volunteer run allotments association, we need you, our members, to help make our site a success. Our work parties are important, but opportunities to get involved aren't limited to physical labour. There are plenty of ways you can volunteer!

We have a couple of special calls to volunteer action:

- **The WSAA Annual Show** - help make the return of our Annual Show a success!
- **Orchard Maintenance** - we're in need of helpers for ongoing upkeep of our orchard.

Here are some other things to help out with:

- Trading Hut - Help us cover our Trading Hut hours.
- Admin - Help us get through the paperwork.
- Technical - If you have a bit of technical savvy, let us know! We could use your know how.

Can you lend us a hand? Get in touch: [info@whetstonestrayallotments.co.uk](mailto:info@whetstonestrayallotments.co.uk)

## Compliance Reminders

Don't forget to remove your rubbish and refuse from the allotments - please don't fly tip! Animals like foxes, get into bags of rubbish looking for food items and spread it all around. Taking your rubbish away will help keep our allotments a clean, safe and pleasant place..

It's so nice that we've finally had some sunny weather, but please remember to keep an eye on your water usage. Water during the cooler parts of the day if you can. Water at the roots instead of over-spraying plants. Don't leave taps/hoses running unattended.



Dumped near Holden Road Gate





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# Recipe of the Month



## Courgette Fritters

As summer reaches its peak, our gardens are bursting with an abundance of courgettes (or zucchini), a versatile and delicious seasonal favourite!

Whether you call it courgette or zucchini (or something entirely different!), this vegetable is a gardener's delight, offering a bounty of culinary possibilities.

This month, we celebrate its wonderful adaptability with a recipe from Allison that highlights its mild flavour and tender texture, perfect for turning your fresh harvest into a mouth-watering dish. It's totally plant-based too!

### Ingredients

- 900 g / 32 oz zucchini / courgettes (4 medium)
- 3 tbsp ground up chia seeds
- 2 tbsp lemon juice
- 3 spring onions / scallions, chopped finely
- 40 large mint leaves, finely chopped
- 3 garlic cloves, finely grated
- 1½ tsp salt (more salt if not using capers)
- Generous amount of black pepper
- 2 heaped tbsp capers, drained and chopped finely (optional)
- 65 g / ¾ cup chickpea flour
- About. 60 ml or ¼ cup oil, for frying
- Thick vegan yoghurt, to serve

### Method

1. Grate zucchini coarsely.
2. Place grated zucchini inside a clean muslin cloth or a clean kitchen towel and wring out as much liquid as you can. You may need to do it in smaller batches.
3. Put squeezed-out zucchini and all the remaining ingredients except the chickpea flour in a large mixing bowl. Mix it really well and let it sit for 5 minutes while heating up the oil.
4. Heat up approximately 60 ml / ¼ cup oil in a small pan.
5. Stir chickpea flour through the mixture to create a batter. By now the zucchini should have released a little more moisture from the salt, which will bond with the chia seeds and the chickpea flour will give it body.
6. Place 2 tbsp of batter on the heated oil per fritter. Allow it to fry on a low medium heat, undisturbed for about 4 minutes.
7. Flip the fritter to the other side and allow it to fry on the other side for 3 minutes.
8. Place the fritter on a kitchen towel-lined tray to get rid of excess oil. Keep the ready fritters in the warm oven while frying the rest. Serve and eat right away.

Perfect to share at summer get togethers or keep them all to yourself!

### Do you have a recipe you'd like to share?

Email it to us! We might use it for our Recipe of the Month. We'd like to see a focus on seasonal produce that can be grown or foraged on the allotments.  
[info@whetstonestrayallotments.co.uk](mailto:info@whetstonestrayallotments.co.uk), subject line: Recipe

*Thank you for reading!*

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