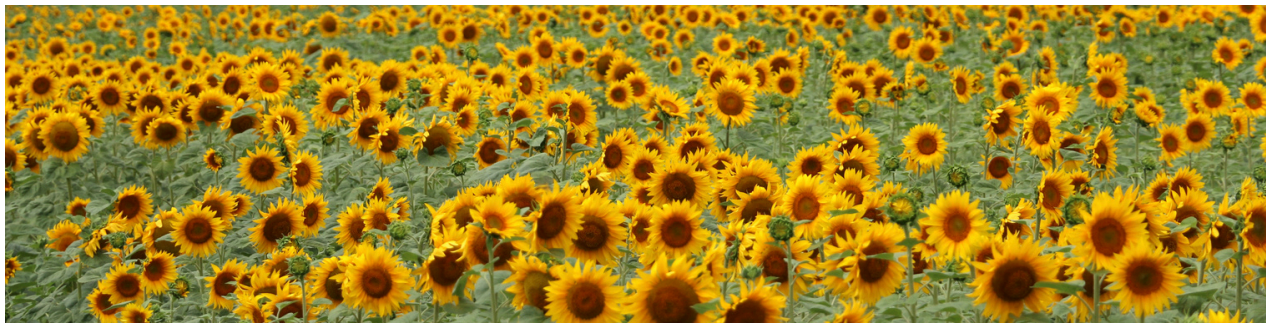


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# WSAA Newsletter

  
August 2024



## August Abundance - Gearing Up for Growth and Celebration

As August rolls in, the allotments are brimming with the rewards of summer's hard work, with sun-ripened tomatoes, vibrant dahlias, and lush greenery all around. It's a month of abundance, where we reap the benefits of our efforts, but it's also a time for looking ahead and making preparations for the seasons to come.

In this edition of the newsletter, we're gearing up for our 75th Annual Show—a milestone event that promises to be an exciting community gathering, with plenty of opportunities to showcase the fruits of your labour and enjoy the camaraderie of fellow gardeners.

You'll also find some great ideas to get ready for the next growing cycle and August gardening tips, some news about TFL works, and as usual, we have maintenance updates, compliance reminders and a tasty Recipe of the Month for you to try.

We hope you're starting to reap the rewards of all your hard work this season and are looking forward to sharing the bounty with our allotment community.

*The Committee*

### Dates to remember:

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Next Work Party  
Sat, 24 August

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**Annual Show**  
**Sat, 14 September**

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Sept. Work Party  
Sun, 22 September

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### In this edition:

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TFL Works

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All about our  
Annual Show

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Compliance  
Reminders

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And more!

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## TFL Fence Work Commencement

Please be advised that TFL started work on the fence bordering the allotments on Monday, the 5th of August and will continue for the next fourteen weeks. The work will take place from Whetstone to the bridge on Holden Road. TFL will keep us informed of all developments. While materials will be transported in and out during this period, please note that there will be no obstruction to our daily activities. Thank you for your cooperation.

## Maintenance Updates



### Work Party

Our next work party is coming up on Sunday, the 24th of August. We'll meet at 10am at the Trading Hut and your party leader will direct you to the jobs for the day. Keep bringing that can-do spirit!



### Collect Your Plot Signs

We have some plot number signs in the Trading Hut ready for collection and installation. So far, we have signs for those missing on Holden Rd plots and Field 2 plots missing signs between 106 and 110. If you know of more plots that need signs, let us know in an email, and we'll prepare them for you.

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# Tips for Preparing Your Garden for the Late Summer/Autumn Growing Cycle

As the warm days of summer gradually give way to the cooler, crisper air of autumn, it's time to start thinking about your garden's next chapter. Late summer and early autumn present a unique opportunity to plant crops that will thrive in cooler temperatures, ensuring a bountiful harvest well into the fall. Preparing your garden for this growing cycle requires a mix of strategic planning, soil preparation, and thoughtful plant selection. Here are some essential tips to help you make the most of the late summer/autumn growing season.



## 1. Refresh Your Soil

After summer, your soil might be depleted. Clear out old plants, add compost or organic matter, and consider a soil test to ensure it's ready for new crops.

## 2. Choose Cool-Season Crops

Plant vegetables like spinach, kale, carrots, and beets, which thrive in cooler temperatures. Brassicas and herbs like parsley and cilantro also do well in autumn.

## 3. Use Succession Planting

Maximize space by planting fast-growing autumn crops in areas vacated by summer plants, such as radishes or arugula after early lettuce.

## 4. Extend the Season

Use row covers, cloches, or cold frames to protect plants from frost and extend your growing season into late autumn.

## 5. Plant Perennials and Overwintering Crops

Now is the time to plant garlic, onions, and asparagus. Also, consider cover crops like clover or rye to protect and enrich the soil over winter.

## 6. Mulch for Protection

Apply a thick layer of mulch to retain moisture, regulate soil temperature, and protect roots from frost.

## 7. Adjust Watering

Water less frequently as temperatures drop, but maintain consistent moisture, especially during dry spells. Water in the morning to prevent disease.

## 8. Watch for Pests

Even in cooler weather, pests like slugs and aphids can be a problem. Keep your garden clean and use natural deterrents.

## 9. Plan for Spring

Plant spring-blooming bulbs and divide perennials now, so they're ready to flourish when warm weather returns.

## 10. Enjoy Autumn Gardening

Take pleasure in the process of autumn gardening, with fewer pests, less watering, and the beauty of the changing seasons.

By following these tips, your garden will transition smoothly into the late summer/autumn cycle, remaining productive and healthy as the seasons change. Happy gardening!

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## Get Ready for Our 75th Annual Show!

It's almost here! Our much-anticipated 75th Annual Show is set to take place next month on Saturday, the 14th of September. This event marks a significant milestone for our community, and we're thrilled to celebrate with all of you.

By now, you should have received the information pack in a previous mailing. If not, please reach out to ensure you're up to date on all the details. One of the most important reminders is the registration deadline—make sure to register by **23:59 BST on Thursday, the 12th of September**. Don't miss out on your chance to be part of this special event!

As we prepare for the big day, we're calling on our wonderful community to lend a hand. There are several ways you can contribute to making this event a success:



- **Food Donations:** We're organizing a food sale and need your delicious contributions. Whether it's homemade baked goods or savoury snacks, your donations will help make our food sale a hit.
- **Set-Up:** Join us in getting everything ready for the show. Your help with setting up will ensure that the day runs smoothly from start to finish.
- **Facilitating Activities:** We're looking for volunteers to guide guests, assist with entry drop-off, cover food sales, and lead children's activities. Your involvement will enhance the experience for everyone attending.
- **Clean-Up:** After the festivities, we'll need help breaking down, cleaning, and tidying up. Many hands make light work, so your assistance will be greatly appreciated.

This event is a true community effort, and we couldn't do it without you. If you're able to help in any of these areas, please let us know. Together, we'll make our 75th Annual Show a memorable and successful celebration. We can't wait to see you there!

## Stay Tuned ...

You'll be able to make a Kings Seeds order to take advantage of our discount through our National Allotment Society membership very soon! We'll send out a separate mailing to give you all the details on how to order so watch this space!

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## Compliance Reminders

Fire restrictions are still in place - allowed only after 4pm on the first Wednesday of the month. We've had complaints of fires outside of these times - please don't do it!

Please continue to be mindful of any nuisance you might cause to neighbours with the activity on your plot (e.g. guest behaviour, loud music).

We've had some recent instances of fly tipping that suggest members are responsible. Please help keep our allotments safe and pleasant - take your rubbish away and don't leave it in any communal areas on the site.

## Recipe of the Month

### Crustless Spinach Pie



This Crustless Spinach Pie comes to us from Brenda, It's a quick and easy meal to whip up and perfect for those nights when you need something satisfying without too much fuss.

This recipe is particularly useful at this time of year, when spinach can be found in abundance in our allotment gardens. With just a handful of basic ingredients like eggs, flour, cheese, and fresh spinach, you can create a delicious and wholesome dish that bakes to perfection in just 35 minutes.

Whether you're looking for a light dinner or a hearty side, this spinach pie is a versatile choice that's sure to please.- Enjoy!

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.

#### Ingredients

- 1/4 cup butter or margarine
- 3 eggs
- 1 cup flour
- 1 cup low-fat milk
- 1 tsp. garlic powder
- 1 tsp. baking powder
- 12 ounces cheese, grated
- 4 cups chopped, fresh spinach (or other greens)

#### Method

1. Preheat oven to 180° C.
2. Melt the butter or margarine and add to a 9x13" pan.
3. In a bowl, beat eggs well, then add flour, milk, garlic powder, and baking powder.
4. Add this mixture to the 9x13" pan, then stir in the cheese and spinach.
5. Bake for 35 minutes. Serves 6

*Thank you for reading!*

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