

SUMMER NEWSLETTER 2009



If you've got it, flaunt it!

Get your sites and plots looking their best for this year's site visits and awards.

Site visits take place annually so the HAS committee remains familiar with all sites and also to give plot holders a chance to meet the committee members.

Plots will be judged on creativity, variety of crops, most improved and productivity. Other factors include tidiness of verges, reasonable control of weeds and the

overall attractiveness of the plot. As well as deciding on the awards, failing plots will be taken note of.

The visits are scheduled as follows:

E5 on July 1st (Leaside Rd, Overbury St, Spring Hill, Spring Lane) ;

N16 on July 8th (Aden Terrace, Church Walk, St Kilda's, Springdale Rd and Queensbridge Rd).



All members are invited to attend. Prizes will be announced at the AGM.

As judges, committee members are out of the running for the awards.

PLEASE NOTE

The AGM has been booked for 7th Oct at 7 Defoe Rd, N16, for 7.30pm

GARDENING TIPS: how to deal with aphids

Aphids are one of our most common garden pests. Their sharp mouthparts pierce plant tissue to feed off plant sap. They subsequently secrete a sugary honeydew over leaves. Tender new growth is most vulnerable.

Aphids' life cycles are very complex. In the spring the adults give birth to live young which are all female allowing populations to multiply rapidly.

Although aphid infestations may not damage plants, in some cases they cause serious problems. They may reduce the overall vigor of a plant and the saliva of some aphids can cause distortion

or discoloration of leaves. Most significantly some aphids may transmit viruses to plants, such as cucumber mosaic virus.

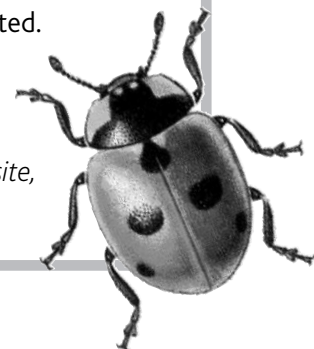
Ways to reduce aphid attacks:

- Avoid synthetic fertilisers. These supply too much nitrogen to the plant allowing lush soft growth which is susceptible to attack.
- Encourage insects (ie ladybirds), birds and bats which eat aphids.
- Cover plants with horticultural fleece to keep aphids off.
- Remove aphids mechanically using a strong stream of water.
- Spray a dilute solution of fatty acids or soft soap on affected leaves and rub the aphids off with

your fingers. Repeat this once or twice a week while plants are young and vulnerable.

- Try a product such as Eradicoat which blocks the holes insects breathe through.
- Plant species resistant to the viral diseases transmitted by aphids.
- Prune affected parts of plants.
- Plant a trap crop such as nasturtiums. Pull out nasturtiums when they are infested.

Read the full report on the Pesticide Action Network website, www.pan-uk.org





Rhubarb, Rhubarb

Thank you to Mary Connolly at Aden Terrace for sending in this picture of her amazing rhubarb, along with a mouth-watering recipe to make us seriously consider growing some ourselves next season!



Rhubarb and raspberry crumble

FOR THE CRUMBLE TOPPING

100g plain flour
100g porridge oats
100g butter
100g demerara sugar plus 2 tablespoons for filling
1 teaspoon ground cardamom seeds (ca 24 pods, crushed to remove seeds; seeds ground with pestle and mortar)
30g pistachios, peeled

and chopped (optional)

FOR THE FILLING

500g trimmed rhubarb, cut into chunks
150g raspberries

2 teaspoons cornflour
Custard to serve

to make the topping: mix flour and oats in a bowl, rub in butter, keeping it lumpy. Stir in

100g sugar, cardamom and pistachios, if using

to make the filling: mix the rhubarb, raspberries, 2 tablespoons sugar and cornflour in a 1.2 litre baking dish. Spoon topping over and bake, on a baking sheet, for 30-40 mins.

Serve with custard.

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