

CPAA NEWSLETTER

July 2020

Dear Friends

Summer is finally upon us and we've experienced some gloriously sunny days. 'Lockdown' is beginning to lift and with it the ability to enjoy more freedom of movement. All this is just in time to start to see the fruits of all our labour.

THIS MONTH'S RECIPE - JO'S 'HOT' HORSERADISH SAUCE

We're sure that many of us have walked past the horseradish growing in abundance along the riverbank. Perhaps not even noticed it?

One Association member has been putting it to good use and has been making this simple but very tasty horseradish condiment. Jo Harris (Helper, Plot 44) has shared her recipe with us.



INGREDIENTS

- Horseradish root, 8 - 10" long
- 1 or 2 tablespoons of water
- 1 pinch of salt
- Squeeze of fresh lemon (optional)
- 1 or 2 tablespoons of vinegar

N.B Jo 's Yorkshire roots means she prefers malt vinegar but you can use white vinegar too.

METHOD

1. Thoroughly scrub the horseradish root
2. Peel and chop into small pieces
3. Grind in a food processor with the water
4. If the mixture is too watery strain off the excess liquid
5. Add the vinegar, salt and optional lemon juice
6. Transfer to an air tight jar



Jo Harris (Helper Plot 44)

The mixture can be kept in an airtight jar in the fridge for 2 to 3 weeks. For a creamy finish add the neat mixture to mayonnaise, double cream, or creme fraiche and use straight away.

This recipe is deliciously addictive with beef, lamb or fish.

NB - Ground up Horseradish is very acidic so protect your eyes with goggles if you are sensitive

DO NOT RUB YOUR EYES AFTER HANDLING!!

WHO KNEW...?

WE HAVE OUR OWN APPLE, THE 'HOUNSLOW WONDER'

The delicious 'Hounslow Wonder' apple was once a forgotten variety. Until recently there were only a known population of just four trees in the UK. Fortunately, The Orchard Project (TOP, a national charity dedicated solely to the restoration of community orchards) is working in Hounslow to bring back our local heritage apple.



The Orchard Project. A national charity dedicated to the creation, restoration and celebration of community orchards.



Part of our history...part of our future?

In the 18th century Isleworth was sometimes called the Orchard of London. In the 19th century London's outer boroughs were areas for growing food for the city and were known as Market Gardens. They were particularly prevalent in the boroughs of Richmond and Hounslow. Local nurseries often developed new fruit varieties as well as growing old favourites.

The 'Hounslow Wonder' was first introduced in 1910 by local nurseryman Henry Spooner. The company had nurseries at the corner of Hanworth Road and at Wellington Road South, Hounslow. The apple received a Royal Horticultural Show (RHS) award of merit in the same year. It was popular commercially and still selling well until 1937. However, after 1937 following development in the area and closure of the nursery, the 'Hounslow Wonder' all but disappeared. In 2018 the only known remaining mature trees of this variety were found at RHS Wisley in Surrey and at the National Fruit Collection at Brogdale Farm, Kent.

In spring 2018 staff from TOP travelled to RHS Wisley to take cuttings from one of their two 'Hounslow Wonder' trees. The cuttings were then grafted onto vigorous M25 rootstock and kept in pots for the summer. Four of these trees had put on enough growth to be planted out.

In March 2019, more cuttings (scion wood) were taken from Wisley and used to train Hounslow volunteers in the art of grafting. There is now another generation of saplings being raised ready for planting in community orchards across Hounslow.



The National Fruit Collection says "The fruits have fine, firm, crisp flesh".

The Orchard Project hopes to continue this process of grafting and planting the 'Hounslow Wonder' to bring back this variety to its rightful home.

Will Cole Park be the first Hounslow allotment to grow this variety? We would love to think so.

MAIL ORDER - NEW PRODUCTS

Our Mail Order service continues to offer access to goods from the shop. Please contact digcolepark@gmail.com to place your order, confirm the cost, arrange payment by bank transfer and pick up of your goods.

Currently in stock:

	6ft BAMBOO CANES	£2 for 10
	8ft BAMBOO CANES - <u>BACK IN STOCK</u>	£4.50 for 10
	BUTTERFLY / BIRD NETTING 3.8m (12ft) wide	£3 a metre
	SLUGGO SLUG PELLETS (800g) new stock	£6.30
	MULTI PURPOSE COMPOST 60 LITRE BAG - <u>BACK IN STOCK</u>	£5.50
	JUTE TWINE (STRING) 4 balls, total 60m - <u>NEW PRODUCT</u>	£1
	PLANT CLIPS - Packet of 20 (10 large/10small) - <u>NEW PRODUCT</u>	£1

FENCING BY THE TWICKENHAM ROAD GATE

Thank you to those of you that have generously donated plants to brighten up the communal spaces. If you would also like to contribute please contact Simon Puttock (Plot 82). All plant donations are very gratefully received.

For safety reasons, clear visibility along the Twickenham Road boundary fence is important particularly when entering and exiting the site by car and especially with so many children on site. Simon is carefully positioning plants with this in mind. He intends moving the clematis currently growing along the Twickenham Road boundary fence to the adjacent boundary wall. Our thanks to Hilary Simpkins (Plot 107) for this excellent suggestion.

MEET THE EXPERTS - GROW YOUR OWN TOMATILLOS

This year experienced and qualified chef, Rob Ferro (Plot 48) inherited some tomatillo seedlings from an allotment neighbour. He's been growing them in his polytunnel and plans to use them in a variety of exciting dishes. These easy to grow vegetables look stunning and taste fabulous.



SOWING THE SEED

Scatter the seeds into trays filled with a fine-textured compost and cover to a depth of 5mm. Ideally keep the compost at a temperature of between 22 and 27°C for maximum germination.

They can be sown undercover from the end of February to the middle of March or outdoors from April.

Rob inherited self-sown seedlings, so germination wasn't a problem!

PLANTING & FEEDING

Once the seedlings have three or four leaves, prick them out into pots 8 to 9cm in diameter. After about a month, give the pots a feed of liquid fertiliser. Once the roots have filled the pots (usually after six or seven weeks), plant out into a greenhouse or poly tunnel. Alternatively grow outside from the end of May. Space the plants a metre apart as they scramble and spread.

AFTER CARE AND HARVESTING

Use either pelleted chicken manure worked into the soil or give a liquid feed once or twice a week to keep them well fed. Rob has commented that they grow quickly. Unlike tomatoes, do not remove the side shoots. They have a rambling habit and their delicate branches are easily broken.

Tomatillos are afflicted by a condition called self-incompatibility, which means a single plant cannot pollinate itself. Therefore you will need to grow at least two plants close together.



Though tomatillos can be eaten when they are ripe, take a lesson from the Mexicans and use them when they are still green. The best time to harvest is when the fruit are plump and the husks have begun to split.



Rob Ferro (Plot 48)

STORAGE AND COOKING

To store, refrigerate the fruit in a covered container, leaving the husks still attached. They will keep in good condition for about two or three weeks. Just before using, remove the husks and give the fruit a good wash - the outside is sticky, and dirt tends to adhere. They make great salsas, are a wonderful addition to chicken fajitas and many other Mexican dishes.

AND FINALLY...the answers to June's quiz



The mystery eggs are those of the Peacock butterfly (*Aglais io*).



Who's laid their eggs on this nettle on a Cole Park plot?

Can you name this bird, photographed on the River Crane?

The trade of its feathers (used to adorn women's hats), stimulated the creation of which organisation in 1889?



The bird is called a Little Egret (*Egretta garzetta*). Emily Williamson founded The Royal Society for the Protection of Birds (RSPB), because of the threat to the Little Egret posed by the millenary trade.



THIS MONTH'S CONUNDRUMS...



Last autumn this nest was built in an allotment compost bin, but who built it?





Can you identify this unexpected visitor on a plot holder's glove?

Answers in next month's Newsletter!

CPAA Committee