



# A NATIONAL SUPPORT ORGANISATION FOR ALLOTMENT HOLDERS AND GARDENERS

[www.swcaa.co.uk](http://www.swcaa.co.uk)

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Autumn/Winter  
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# NEWSLETTER



Welcome to our Autumn/Winter newsletter. As we start to say goodbye to the end of another gardening year its time to gather in the last of the harvests. The weather here in North Devon is giving us chilly mornings but still some very warm weather during the day, not much rain either but I'm sure that's set to change. Hose pipe bans were and still are in force in places only a few miles from us here in Barnstaple. The little SWCAA allotment has kept us going throughout the summer months, we have had beetroot, broad beans fabulous cos lettuce, French beans, sweetcorn, tomatoes, cucumbers and chillies. I have just finished harvesting the last of the runner beans and a pretty impressive 4ft long Italian courgette! I have done my best not to waste anything I've pickled the beetroot, blanched the runner

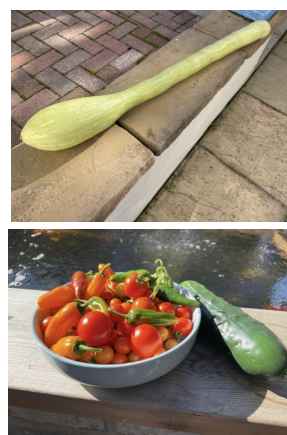
beans and sweetcorn and made some lovely tomato based sauces all for the freezer, its lovely to have the freshness of summer veg with your Sunday roast or Christmas dinner. Like most of us I'm already thinking about what I can do to



improve the patch for next year, I need more space! The soil will definitely need some improvement, although it's a lovely texture it needs more body. We were watering everyday through the very hot spells but it was struggling to retain the moisture. We will be adding plenty of well rotted manure over the winter months and then we will add some of our fabulous homemade compost in the spring.

The new larger composter we have installed is a hive of activity and I've never seen so many worms...This little plot may not be perfect or anywhere near the massive allotments I used to have but the pleasure it has

brought me this year has been immeasurable, to be able to look out of my window and watch it grow everyday always puts a smile on my face and I'm still able to do my bit for the planet. Now to think about what to do with that courgette!! [Ayesha Hooper Director/CEO](#)

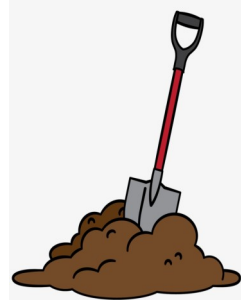


**October tasks on the plot...** Many crops have come to the end of their life this month so now is a good time to have a good tidy up, good plot hygiene is essential for preventing pests a diseases from over wintering. Be sure to avoid putting any diseased foliage into your composting bin.

Give any last tomatoes and chillies a chance to ripen by pulling up the plants and hanging them in a greenhouse or shed.

Pick your pumpkins and squashes before the first frost and store in a cool dry place, these should see you well into the winter months.

It's the last chance to get your onion sets in the ground and garlic bulbs can also be planted now in well drained soil.



Sow broad beans in milder areas of the UK and plant out spring cabbages under netting to protect form pigeons.

Remove yellowing leaves from brassica crops to prevent grey mould developing.

Take cuttings from currant bushes and trim back cranberry plants and cut back the canes of summer fruiting raspberries to leave green canes for next year.

Autumn is also a great time to get some digging done and put down some mulches on unused ground. Turning over the soil allows the rain to penetrate, when this freezes and thaws it breaks up the ground, this is particularly beneficial for clay soils.

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**Future newsletter content** If there is anybody out there that would like to contribute content for our future newsletters then please get in touch. You could write about your own allotment, your allotment site, any community projects happening on your site or simply about your love of gardening and what you love to grow. If you are interested then please get in touch, we would love to hear from you.



### Warming Pumpkin Chili

#### Ingredients

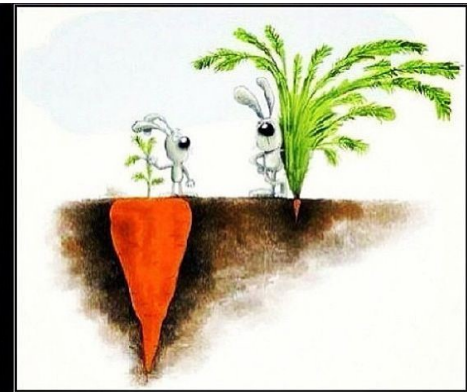
350g Pumpkin or Butternut Squash 1 large onion, 1 red chilli, 3 cloves 1 tsp ground coriander,  
1 tsp ground cumin, 1 tsp dried oregano, ½ tsp sweet paprika  
½ tsp Spicy Paprika,  
225g, passata 75ml water, 1/2 tsp Cocoa Powder,  
1 tin of kidney beans, 1 tbsp Honey, 1 tbsp Cooking Oil, salt and pepper to taste

#### Method

Peel and cut the pumpkin/butternut squash into 2.5cm cubes. Cut the onion into a 5-7mm dice. Slice the chilli into rounds as finely as you can. Finely chop the garlic cloves.

Heat the oil over a medium heat in a medium pan. Add the onion and chili then cook for 5 minutes. Add in the garlic and cook for a further minute. Add the pumpkin/squash, coriander, paprika, cumin and oregano stir and cook for 5 minutes, stirring occasionally.

Pour in the passata and water followed by the cocoa powder, kidney beans, honey, salt and pepper and stir. Add a lid and cook on a gentle simmer for 55-60 minutes or until the pumpkin/butternut squash is tender. Serve with your choice of rice and a sprinkle of cheese.



**SUCCESS**

it's not always what you see

### SWCAA Association Representatives

Please could you make sure that all your members are forwarded copies or made aware of our newsletter, terms and conditions of the insurance and the discounted seed schemes we offer via DT Browns and Kings seeds.

When adding new members, please make sure you include their full name and address as we will not be able to process any new additions or renewals without these details.

Please where possible can you forward fees to us via bank transfer as this helps us avoid costly bank charges.

**Help us spread the word** Do you know of a individual, site or association or local council that would benefit from SWCAA's help? Or a council that is looking for insurance for it's plot holders?

If so please pass this newsletter on and help us spread the word about SWCAA and the services that we offer. We have thousands of members across the UK but we are always looking for like-minded individuals and groups to join us.

If you are a group looking to start up a new site or association or are thinking of becoming self managed please contact us, we can provide you with all the information you need to get started.



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