



September/October 2008

### Scrumpling!

Close to the Veg will have a stall at the Northmoor Trust's Apple Day Scrumpling event on Sunday 26<sup>th</sup> of October. The main event is on from 10 til 5 – details of the Close to the Veg stall will be on the website nearer the time. There will be scrumping in the Northmoor Trust orchard, apple pressing demonstrations and so on – details on their website.

The Poem Tree cafe at the visitor centre will be open for tea and cakes etc, and the views are beautiful in all directions from Hill Farm.

Map at: [http://www.northmoortrust.co.uk/home/contact/map\\_page](http://www.northmoortrust.co.uk/home/contact/map_page)



### Coming soon

The last taste of summer – sweetcorn will be ready any day, and may even accompany this newsletter. You may or may not be relieved to know that the courgettes have slowed right down, as have the cucumbers. There will be a few more until the frosts, then we will be getting into winter veg. Leeks are coming on nicely, as are parsnips, more carrots and celeriac. There are some beautiful orange Potimarron squashes, plus cabbages and more broccoli, among other things.

### Old Blighty Part II: The Polytunnel

All the tomato plants have been struck down by blight – I am salvaging those tomatoes I can, but the season is nearly at an end now. Never mind, it's made more room for the winter salads.

### What should I do with...?

#### *Chard/perpetual spinach*

It's similar to true spinach but not quite as tender (true spinach goes to seed and stops making leaves very quickly in the summer, but there's some coming on the in tunnel for the winter). So you can steam it as a vegetable, add it to onions, mushrooms and cream for pasta, or put it in dhal or curry near the end.

#### *Those strange yellow things*

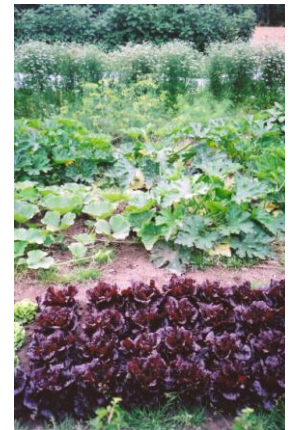
They are summer squashes, also known as custard marrows, patty pan squashes and spaceships. They have similar flesh to courgettes and marrows (depending on their size), so you can treat them in the same ways – chop up and fry quickly at a high temperature, roast with garlic, or cut the top off, hollow out and fill with stuffing of your choice – mince, nuts, mushrooms...

#### *Winter squashes – coming soon*

These come in many shapes, sizes and colours, but all have dense sweetish flesh like a butternut squash and are tasty roasted, stir-fried, stuffed, made into chips...

### Special requests?

Seed catalogues are starting to arrive, and if you have a burning desire to sample an obscure variety of brussels sprouts, now's the time to say. I'm making no promises about growing everything anyone suggests, but if you would like to see more of this or that, have always loved/wanted to try a particular variety of tomato, or even have some seeds of something your Gran always grew that you'd like to see growing again, let me know!



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