

Hungerford Environmental Action Team May News

Spring is the best time to start new projects so if you've ever thought about **growing your own veggies** but not really got started, then come & have a go on the HEAT Community Plot. We garden together, sharing knowledge & the produce. No experience necessary and its free ! Tuesday evenings 7pm, details below.

Many **traditional vegetable varieties** are being lost due to the fashion for newly bred F1 hybrids. Help keep our old varieties alive by saving their seed. As I've discovered, saved seeds from a hybrid won't produce the same veg next year but your traditional variety will. This appeals to my thrifty Scottishness too as you get next year's seeds free ! Find out about how and why to save seeds at [Garden Organic](#), they have a [Heritage Seed Library](#) too. Swap any spare veg or flower seeds at the Farmers Market HEAT stall each month.

Grub Tubs Revival – if you had a Grub Tub from us last year, you can refresh it and start planting again. Just empty last year's compost onto your garden beds (keep the polystyrene chunks in the bottom for drainage) and refill the Grub Tub liner with new peat free compost. It'll take about 30 litres so you might want to share a 60 litre bag (about £5) with a friend. Rocket or radish seeds can be planted now or potatoes; lettuce seeds and beans in May. A Grub Tub can also make a handy herb garden, right by your back door.

HEAT Activities in 2011

Another of HEAT's new projects this year is a Real Nappy event. Disposable nappies make up 6% of domestic waste going to landfill in West Berkshire, costing the local authority thousands of pounds and taking years to degrade. Real nappies don't put that burden on the environment and are much less expensive. Find out more at the **Real Nappy Nappuccino on Mon 16 May** at the Children's Centre, details below.

Just a reminder of HEAT Activities in which your input will be valuable :

Local Food Directory : If you are producing food locally or buying/ know of locally produced food we'd love to hear from you. Please contact Gill Rowlands at gill@seasonedtimbercompany.co.uk or 07733 360493

Hungerford What's On : If you'd like to subscribe to the mailing list for a new Hungerford What's On being developed, please reply to this e mail with "What's On " in the title.

What's On

Hungerford Farmers Market this Sun 24 April 9–1 list of stalls at www.tvfm.org.uk

Cookery demo by Gill who'll be showing us how to make a spring omelette breakfast sandwich using spring greens of your choice. Quick, easy and full of Vitamin C.

Download vouchers to use at the market [here](#)

Kids, grow your own beans – seed planting on HEAT stall.

HEAT Community Allotment Plot 72, Marsh Lane Allotments Tuesday evenings 7pm

Beginner gardener or just fancy some fresh air ? Anyone is welcome to join us growing veg on our community plot. No experience necessary just turn up, bring tools if you have them. Call Sue on 07791 155084 if any questions.

Dad's & Kids Cookery Class - a Taste of the Seasons

Saturdays 30 April to 4 June John O'Gaunt School 10-12 am

Talented local chefs share their cookery skills. Learn how to make simple tasty dishes using local seasonal ingredients. For kids aged 7 to 11. £12 per family for the course of 6 classes. Contact Tessa on 07894 099385 or tessa.hall@ccberks.org.uk to book places.

HEAT Guided Walk Sun 1 May Meet 10 am Town Hall steps

Guided sociable circular walk of approx 4 miles via Freeman's Marsh, Leverton and Eddington with refreshments break at Leverton. Please check weather and dress accordingly. Kids and dogs on leads welcome. If any questions call Merlene on 07944 894853

Green Drinks Thurs 5 May 8pm The Plume of Feathers Hungerford

Informal drop in social event to meet others interested in the outdoors, the environment, gardening etc. First Thurs of each month.

Summer Bird Walk Saturday 7 May, 9 -11am

Join Roger Frankum for a walk to look for summer birds on the marsh. Come and hear about the Glossy Ibis that visited over the winter. Don't forget to bring your binoculars. Meet outside St Lawrence's Church. Organised by Town & Manor 07932 322163

Nappuccino- Find out about Real Nappies Mon 16 May 1-4pm The Children's Centre, in the Nursery School, The Croft RG17 0HY

Calling all parents and parents-to-be. As part of National Real Nappy Week a special Nappuccino event is being held in Hungerford. Nappuccinos are friendly informal sessions run by West Berks Council & Veolia Environmental Services and provide a great opportunity for parents to see and feel the many different types of real nappies available over a free tea or coffee. Speak to our friendly nappy advisor about using real nappies and sign up for a free two week trial of the latest real nappies on the market.

To find out more about Nappuccinos or sign up for a trial call 01635 519080 or e mail customerservices@westberks.gov.uk or visit www.westberks.gov.uk/nappies

Sustainable Parenting

Wiltshire Wildlife Trust will also be on hand to talk about sustainable parenting, their Real Nappy Project, the benefits of real nappies and the reality of using them at home. Have a chat & get some free samples of sustainable household products to try at home.

Community Cafe 2nd Sat of each month 10am-1pm Methodist Church Hall

Tea, coffee, biscuits and chat. Sit inside or outside in the riverbank garden. The church hall is behind the Methodist Church in Bridge St.

Open Day: Growing Together Project Sat 21 May

Fantastic community food growing project at the old Cottismore Nurseries south of Newbury. Orchard and raised bed vegetable gardens provide veg boxes for the local area. More details to follow.

Hungerford and World War II Walk Sunday 22 May, 3-5pm

Jack Williams will lead a walk around Hungerford looking at the various structures associated with the World War II Ironside Line. These were constructed to act as the stop line against the possible invasion. Meet outside the Tutti Pole tea shop in the High Street, near the canal. Town & Manor 07932 322163

Teddy Bear's Picnic, Beechwood Farm Hampstead Norreys Sun 22 May

Bring along your teddy bear, your family and a picnic to share in a clearing of the bluebell woods. Organised by Slow Food slowfoodbw@hotmail.co.uk

Dates for your diary :

Hungerford Farmers Market Sun 22 May 9-1

HEAT Guided Walk & Cycle Ride Sunday 5 June Meet 10 am Town Hall steps

Green Drinks Thurs 2 June 8pm The Plume of Feathers Hungerford

What's in Season Now

Rhubarb, radishes, spring onions, spinach, watercress, leeks, broccoli, Jersey Royal potatoes and nettles !

Nice Nettle Nosh

Nettles are starting to sprout so now's the time to eat them. Use the top leaves and tips (not the stringy stalk) to make beer, soup and bread. Various recipes on the food pages of our [web site](#).

What to do in the Garden

Easter weekend is the traditional date for planting maincrop potatoes. This hungry crop likes some manure underneath or comfrey leaves ripped up as a slow release fertiliser.

Seeds to sow in May : French beans, runner beans, beetroot, cabbage, kale, peas, turnips, spring onions, radishes, lettuce and salad leaves. If you plant your salad crops successionaly (some of each every 2 or 3 weeks) you'll be munching all summer rather than having all your lettuces ready at once.

Start off your courgettes, pumpkins and sweetcorn under cover in May but don't put them out till the last frost has passed unless you cover them on cold nights.

Later in May plant out leeks once they're pencil-sized into their final spot.

Local Village Markets

Inkpen 3rd Sunday of each month 10-12.30

Hamstead Marshall 2nd Saturday of each month 10-12.30. Game, Christmas Farm meats, pastries, chutney and cake !

Marlborough 2nd Saturday of each month 9.15 - 1pm Veggies, local meat, Bedwyn bakery bread, cakes galore and a cafe.

Newbury 1st and 3rd Sunday of each month www.tvfm.org.uk

Kind regards,

Sue McKillop

HEAT

www.hungerford.uk.net/HEAT

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