

Garden's Newsletter

St Mary's Secret Garden

SEPTEMBER 2009

What a fantastic month we've had at St Mary's secret garden. I hope you have found the time to come in and see us since receiving the newsletters as there is such a lot going on here. The bees have settled in and a few local residents have had a few of our buzzing friends pollinating their garden further a field. The garden looks amazing at the moment, still a lot of flowers in bloom and vegetables still growing. The art course has started and wonderful work being created from the students. It's a hive of creativity going on here.



EVENTS, NEWS AND FEEDBACK

This month the team has been busy planting up containers and spreading the word that you can grow plants and vegetables in a whole variety of vessels if you fancy having a go. Through various community events in association with Family Mosaic, Hackney Homes and the Shoreditch Trust.

INSIDE THIS ISSUE:

EVENTS, NEWS & FEEDBACK (CONTINUE) 2

UP AND COMING COURSES & EVENTS 2

SEASONAL TIPS 3

VEGETABLE OF THE MONTH 3

WHAT'S FOR SALE 3

VOLUNTEER PROFILE 4

Barbeque sponsorship

Great news for all our key holders, the enthusiastic team from Thomson Reuters over two corporate days dismantled and installed the new barbeque in the garden and painted and preserved our wooden furniture so we can all enjoy a few more relaxing family barbeques before our Indian summer ends. Thank you.



Printer sponsorship

Thank you to Core Logic for sponsoring our new printer that enables us to print all our publicity posters, fliers, educational materials even jam labels.

Harvest festival fun day – 23rd September

Claudia, Catherine and Paula as a thank you for all the time, energy and ideas that the friends of St Mary's Secret Garden give to the project, invited everyone to the annual Harvest Festival Fun day

Good food, games, harvest show entries and dancing were enjoyed by all who came. At the end of the day certificates and prize ribbons were handed out to merit the work done by all our amazing clients.



UP AND COMING COURSES AND EVENTS

We have some great courses this autumn and it really is a great time to get out in the garden and enjoy this beautiful season. All the courses below have more in-depth information on the education page. Places are limited so don't just think about it, pick up the phone and call us!

Friday 2nd October or Friday 9th October - An introduction to ORGANIC gardening- FREE for those on concession. Discounts available to Soil Association members.

With the support of the Soil Association we are offering a FREE short introduction to organic gardening; which will include the basics for looking after your plants and vegetables. This course is ideal for the absolute beginner.

Friday 30th October to 4th December - Basic Gardening Course - £120/ £60

Covering all the basics, from sowing seeds, to cuttings, planting, pruning, soil and composting. We follow organic gardening practices and will include this in our teaching. Helping you gain the confidence to approach your garden, balcony, window box, allotment or any community green space. Spaces are limited to ensure the best learning environment for you. Thanks to the Ashden Trust we are able to offer this course at a subsidised rate. We are able to offer 6 places at the concessionary rate of £60 if you receive benefits.

Monday 12th October - Autumn Propagation & Maintenance Day Course - £20

Learn about & get hands on practice: Hardwood cuttings, division, autumn pruning & maintenance. Also feel free to bring your own gardening queries & questions!

If you can, bring your own secateurs.

To secure your place on the courses please return an enrolment form with payment where required. The enrolment form is attached or can be downloaded from www.stmaryssecretgarden.org.uk/Education.htm and can be adapted for each course.

CATHERINE, PAULA AND CLAUDIA'S SEASONAL TIPS

It's still the perfect time to sow Lambs Lettuce, Mizuna and Mustard Leaves.

And don't forget next month is prime sowing time for garlic and broad beans to harvest next spring, so get ready.

Don't forget to plant your bulbs for next Spring. Bulbs available for sale from St Mary's Secret Garden.

VEGETABLE OF THE MONTH

RAINBOW CHARD



Chard has beautiful crinkly leaves and outstanding colours. Easy to cook and extremely healthy to eat. Just wash it well, remove any really hard middle stalk and cut into thick ribbons. Fry some garlic slices for a minute in a couple of tablespoons of oil and pan-toss the chard until wilted, sprinkle on fresh lemon zest and a squeeze of lemon juice, salt and pepper to taste. Delicious.

WHAT'S FOR SALE



This month for sale in the garden we have beautiful winter flowers and bulbs. **CYCLAMEN IN POTS** and **VIOLAS (PANSIES)**. Both will keep your garden, window boxes and patios looking great right up to Christmas and beyond.

Boost up your immune system and fight off those horrid autumn colds and stir-fry some of our amazing **RAINBOW CHARD**, **ORIENTAL GREENS** and **PAK CHOI**. Absolutely delicious!

TOMATIILLO'S – great as a salsa. With red onion, coriander and lime.

Also make up a healthy autumn salad sandwich to take to work bursting with our tasty **CORN SALAD**. We still have a bountiful stock of lovely herbs for sale, **SAGE**, **PINEAPPLE SAGE**, **ROSEMARY** and **LAVENDER**. Have you ever made lavender and honey ice cream? Yummy!

As usual competitively priced and lovingly grown, we talk to our Pak choi, watch out it may answer back!!

VOLUNTEER PROFILE

Name: Ita Keown

Volunteer skills: Everything. A real roll up your sleeves gal and an indispensable part of the team.

Profession: Happily retired local mathematics teacher.

Time as a volunteer: Ita has been involved with the secret garden project since January 1997. She has seen it grow and mature from the beginning, even before the secret garden project started and the space was used solely as a community garden.

Why do you enjoy volunteering at St Mary's project?

I really enjoy my time with the clients and friends of the garden, helping them enjoy the garden. A few clients coming here started in 1997 with me.

The horticultural side of the project is very rewarding, bringing the plants on to sell to customers, which helps finance the sustainability of the garden and work we do. Thursdays at St Marys project is my favorite day of the week.

Where do you live? Hackney, Clapton Pond.

Hobbies

Ah you've got me on the spot. Walking, reading and gardening. I would love to do some ballroom dancing.



Thank you Ita for your never ending enthusiasm and commitment. Keep dancing

If you are interested in volunteering. Please pop in and see us.

WE'RE ON THE WEB
www.stmaryssecretgarden.org.uk

50 Pearson Street, Tel: 020 7739 2965
London, E2 8EL E-mail: info@stmarsgarden.org.uk