



## Newsletter No 6

Progress: 1

### News from Kelsick

It looks very likely now that we will be moving onto the Kelsick site, above the old grammar school on Stock Ghyll Lane. In fact, it is likely by the time you read this we will have already signed the agreement, and be ready to move onto the land. It's less than ideal, as it's high and damp and also will need a lot of work, not least fencing to keep out the deer, but it should provide land for around 20 plots. We haven't yet allocated plots - that will take place over the next few months - but if you're interested, get in touch:- [amblesideallotments@googlemail.com](mailto:amblesideallotments@googlemail.com)

In the meantime, we are starting to apply for funding for fencing etc. Many thanks to the Kelsick Trust for their support so far...



***This will soon be allotments.....***

Progress: 2

### Garden share gets going



*As we reported in our last Newsletter our first gardenshare, in Ambleside is being enjoyed. Here's our two garden sharers getting down to work on their new plot.*

**AGM**

**MONDAY 10<sup>th</sup> OCTOBER**

**7.30PM**

**Ambleside Parish Centre**

### **Doesn't time fly?**

*Can it really be nearly a year since we had our first AGM at the Parish Centre, adopted the constitution and elected officers and a committee? Well it is, so now we have to have our second AGM.*

**Please come along and support us**, find out more about what we are doing and how things are moving forward in the campaign for land to grow on in and around Ambleside. It's also a chance to put your name forward if you want to get involved with the committee, or to take on one of the officer roles.

*See you there!*

*Newsletter written by Pete Martin, Chair of Ambleside Allotments Association*

## Tall tales from the garden gate?

Our grower had heard that Pak Choi, a Chinese cabbage, was hard to grow. He cut up some plastic milk cartons and planted the seeds. A few weeks later and he had some Pak Choi trifid. What to do?! Cue a visit to the local Chinese takeaway and a deal was done: local grown Pak Choi swapped for some tasty meals....

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## This month's favourite vegetable

Here's Melissa's suggestion ....

"One of my favourite - and easiest - vegetables to grow is courgettes. I love all the varieties be they the usual green ones or the lovely round yellow or indented light green. As you can see I don't know the names of varieties but buy by the picture on the seed packet!"

Even with just a few plants you will get a glut at some time and as well as boiling, frittering, souping them I also make them into Chocolate Courgette muffins or cake. I made these for my grandchildren without telling them what was in them and they loved them. We then made some together and gave them to their parents and the boys loved having them guess and then revealing that they were made with VEGETABLES! The recipe is a bit like carrot cake using oil."



**Makes 12 muffins**

**170g good dark chocolate, about 70% cocoa solids**

**200g plain white flour**

**1 tsp baking powder**

**1/2 tsp bicarbonate of soda**

**110g caster sugar**

**finely grated zest of orange**

**225g courgettes, finely grated**

**2 medium eggs**

**175ml mild olive oil or sunflower oil**

(You can substitute self raising flour if you don't have the baking powder and bicarbonate. Also granulated sugar works as well as caster.)

1. Heat the oven to 180c (160c fan oven) gas mark 4 and line the cups of a 12 hole muffin tray with paper cases or squares of non-stick baking parchment\*.
2. Melt the chocolate in a bowl set over a pan of hot water, stirring until smooth with a spatula that can later be used to scrape every last drop of chocolate into the muffin mixture. Keep warm.
3. Sift the flour, baking powder and bicarbonate of soda into a large bowl. Mix in the sugar and orange zest followed by the grated courgettes.
4. In a bowl or blender, whisk together the eggs and oil. Stir this mixture into the dry ingredients, followed by the warm melted chocolate.
5. Divide the mixture between the prepared muffin cases and bake for about 35 minutes or until they are well risen and a skewer inserted gently into the centre of a muffin comes out clean.
6. Allow to cool on a wire rack.

\*it works just as well cooked in a cake tin.

Melissa

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## Follow-up to the recent AAA fundraiser.

Thanks to Ashley Cooper for the generous donation of his time. Also thanks to the Apple Pie Café & Bakery who gave us delicious gingerbread and flapjack. We enjoyed a very interesting photographic exploration of climate change and raised £75 for the AAA.

### Who are we?

Ambleside Allotment Association was formed by local people about a year ago to campaign for allotment provision in the Ambleside area. You can email us on [amblesideallotments@googlemail.com](mailto:amblesideallotments@googlemail.com) or visit our website

<http://www.amblesideallotments.org.uk>