

The Veg Patch News



Jan 2018

Third Edition

£0.00

Did You Know...

Jenny Uglow

"We might think we are nurturing our garden, but of course it's our garden that is really nurturing us."

Our New Year's Resolution:
To make this year's Veg Patch
EVEN better than last year's!

New Beginnings

The Veg Patch Reporter



Here's hoping you've had a great holiday, and you're ready to have lots of fun in the garden this year. **Thunderous Thursday**

Gardening Sessions are starting again on 18th January (13.00 - 15.00hrs) and our plan for this term looks a wee bit like this:

Jumping January will be all about birds - making more fat balls to help our birds through the wintry weather (*who's hoping for more snow..?*) and doing a spot of bird watching.

Fabulous February will see us venturing outside to start sowing seeds in the greenhouse; *and...*

We'll be sowing, sowing, sowing and oooh yes **sowing** all during **Marvellous March!**

Feeling Slug-ish
after the festivities?



Marvellous Monitors

The Veg Patch Reporter **So very well done** to our first Veg Patch Monitors : Matilda Cartwright, Charlie Clowes, Daniel Stanley, Isla Tellwright, Daisy Ashton, Finley Harding, Jacob Matthews, Jessica Winship, Lily Riley and Tom Clowes. **THANK YOU** for all your hard work - *just brilliant!*

This term will see: Iris Miller, Henry Doubell, Elle Marsh, Charlie Matthews, Eliza Stone, Joe Brookes,



Alice Brookes, Charlie Howlett, Joe Woods and Imogen Stirley taking on the role - **Thank you!** You can spot a **Veg Patch Monitor** by the special badge they are wearing - please feel free to help them if you see them working in the garden!


A Little Bird...

The Veg Patch Reporter



Told me it's time for :

The Big Schools' Birdwatch:

This years it's on Thursday 1st February. We're all going outside with our RSPB checklists to see how many birds we can spot. In the meantime why don't you test each other at home - how many birds do you know in your garden...? 

New Year
SPECIAL OFFER

Green Gym Membership

Absolutely **Free**

Contact The Veg Patch Team

Let us know who wins!

Any
Questions..?
About 'The Veg Patch' contact
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Apple Day...

The Veg Patch Reporter



Our *Veg Patch Stall* and *Activity Tent for children* was a great success at The Alton Apple Day (ACE). *Soooo...* it looks like we'll be doing it again this year - watch this space for further updates, and *Thank You* to all who helped on the day - *brilliant!*

Calling all...

The Veg Patch Reporter



Parents, Grandparents, Uncles, Aunts, Cousins... Could YOU join us as one of our special 'On Call' Veg Patch Volunteers? We need a few people on the list *just in case* Mrs Howlett or Mrs Prince can't make a Thursday Session and we need someone at the last minute - *eeeeek!*

Keep Calm...



And Carry on Fundraising!

This term most of our fundraising will be done 'behind the scenes' (writing to organisations, grant searching...) BUT *wait for it...* :

We will be selling some of our fabulous bird 'fat balls' soon - yey!

Just Wondering...

The Veg Patch Reporter



If we're getting too much soil on your clothes, please forgive us. Unfortunately we don't have the space to store protective clothing at the mo. If it's a concern please feel free to pack a pair of wellies/an all-in-one waterproof - thank you! *Don't forget to let us know if you do!*

Our Wish List...

This term we'll be needing lots of:

- *Seed sowing compost and plant pots!*

If you've any going spare, we'd be truly grateful to receive. Donations can be left by the greenhouse, but please let the VP Team know.

Thank You!

Because We Can...

The Veg Patch Reporter

Fairtrade Fortnight is coming:

26th February – 11th March 2018

This is when we can show our support for those growing our food in developing countries:

"Every day, millions of farmers and workers in developing countries work hard to grow the food we eat. Yet many don't know where their next meal is coming from. It's simply wrong"

www.fairtrade.org.uk

During Fairtrade Fortnight how about including at least one Fairtrade item in your shopping basket - just look out for this label:



There are lots of yummy Fairtrade recipes online, so why not also have a go at making something - perhaps for the *Friday Cake Raffle*, or a *Fairtrade Fortnight Cake Stall...*?



Fairtrade fridge cake*

Hugh Fearnley-Whittingstall - www.theguardian.com

Don't forget to send us a photo if you do make anything!

Fridge Cake Recipe Next Page... Yum!

*Fairtrade Fridge Cake Recipe

www.theguardian.com/lifeandstyle/2009/feb/21/fearnley-whittingstall-dessert-recipes

“Easy and delicious, this fridge cake takes just a few minutes to knock together - in fact, the most challenging thing about it is waiting for it to set.”

Makes 16 pieces.

350g	Fairtrade milk chocolate, broken into pieces
150g	unsalted butter
3 tbsp	Fairtrade golden syrup (crazyjack.co.uk)
120g	Fairtrade stem ginger cookies (Traidcraft.co.uk) (or any good, chunky biscuit – shortbread works particularly well)
250g	Fairtrade dried fruit (a mixture of dates, apricots, sultanas, raisins and mango works well), larger fruit cut into smaller pieces
70g	Fairtrade dark chocolate (optional)

- Line a 23cm square baking tin with cling film or baking parchment.
- Put the milk chocolate in a large, heatproof bowl along with the butter and golden syrup, and melt over a pan of barely simmering water.
- Stir to combine.
- Break the biscuits into smallish pieces, then add these, plus all the remaining ingredients (apart from the dark chocolate), to the melted chocolate and stir until everything is well coated.
- Pour the mixture into the prepared tin and level with the back of a spoon.
- If you're using it, melt the dark chocolate and flick and drizzle over the top. Refrigerate for four hours or overnight.
- Using a sharp knife dipped into boiling hot water, cut into 16 squares.

Happy Cooking!