



Group. Alton Local Food Initiative

Web www.altonlocalfood.org.uk

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Dare to Grow Different! – Same ALFI Plots, New Tricks.

Most of us have our gardening favourites. We grow the same variety of runner beans, the same tomatoes and the same courgettes every year.

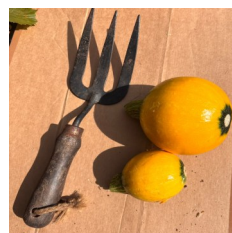
This year, ALFI's theme was **"Grow Something Different"**

– either a completely new vegetable or a different variety of one of our seasonal favourites.

At the ALFI plots at the Railway Station and BT Building (Normandy Street), we jumped at the opportunity to try something different. We grew golden beetroot (Boldor), yellow courgettes (Athena Polka), round courgettes (One Ball), Elephant garlic and Golden Queen Tomatoes. We are also attempting red cabbages for the first time, as well as conducting a little experiment with our broad beans. After a heavy first harvest, we cut the broad bean plants back in the hope of encouraging fresh growth from the base and, with luck, a modest second flush of small pods. There are no guarantees, but there's little to lose as afterwards we can leave the nitrogen-rich roots to decompose in the soil.

At the BT Building, we have Crown Prince pumpkin enthusiastically scrambling up the netting and are also growing Jerusalem artichokes, which are neither from Jerusalem nor true artichokes! They are a native of North America, related to the sunflower and grown for their underground tubers.

In July, we harvested specialty maincrop potatoes, Red Heidi, which certainly lived up to their name with vibrant red skins and striking deep pink-purple flesh. We also took advantage of the sad demise of one of our peach trees and used the dead branches to scramble a cucumber plant. With the hot summer we have all experienced we enjoyed a good crop of cucumbers.



Hopefully, you took up the challenge and tried something a little different in your own vegetable plot. Whether it was a triumph or a disappointment, at least you gave it a go, which is half the fun of growing your own!

DATES FOR YOUR DIARY

Community Gardens Working Parties

St Lawrence Vicarage Sundays

10.30 – 12.30

October 26th

Station Plot and BT are now sharing:

Sundays 10.30 – 12.30 – Station

11.30 – 12.30 – BT

October 12th

Don't forget the Harvest Feast on Saturday 10th October.

**Help us celebrate with cakes and
a variety of homemade soup**



Working parties harvesting and preparing for winter at the BT and Vicarage plots. Why not come and help us next year.



Slow cooked courgettes with ricotta on toast

Ingredients for 4

Olive Oil

5 medium courgettes—cut in thin slices

2 crushed garlic cloves

2 lemons—chop peel finely on first one

- zest of second lemon

Few sprigs of fresh mint

4 slices of bread

Chilli flakes to taste

150gm ricotta cheese

Seasoning

Method

Gently stir courgettes and garlic in frying pan with a few mls of olive oil for 30 mins —should be no liquid left in pan

Stir in lemon zest and rind, half the mint, seasoning and chilli flakes. Take off the heat

Toast the bread

Put 1 ml of olive oil in the ricotta— or more if necessary—need to be able to spoon it

Spread ricotta on each slice and add ground black pepper. Spoon warm courgette mix over it.

Add rest of mint, more olive oil and EAT!

