

# The FHS Grapevine

Newsletter of the Finchley Horticultural Society

Autumn 2016

## Committee News

We are now on **Facebook**.  
[www.facebook.com/FinchleyHS](http://www.facebook.com/FinchleyHS)  
Please 'like' us on Facebook - it all helps towards publicising the vote for our **Tesco Bags of Help Grant**. Here we need everyone's help. Tesco customers need to ask for a red plastic Tesco disc (or even a handful) when they shop and drop it into our box. Please go along, and collect the tokens. Tell your friends. If we win we could bump up the grant to £10,000 or even £12,000. With this we'd strip the old temporary tarpaulin and put a proper roof on the Piggery. Voting at our local Tesco store and Tesco Express shops takes place over two weeks:  
**31st October - 13th November.**  
**Follow us on Twitter**  
**@finchleyhort**

Is there anyone who has web design skills and would be prepared to help Judy Woollett with our website, please?

## Harvest Days



Clare Ludlow, an enthusiastic and youthful volunteer, took these photographs at our NGS Open Day and writes:

Despite hot competition from Finchley Nurseries the Gordon Road Allotment NGS Open Day for charity was another roaring success this year, raising £1,100.

The day saw plot holders, green fingered locals and curious passers by stroll through the Gordon Road gates to enjoy an afternoon of produce shopping, tours and the all important tea and cake!

The allotment honey proved as popular as ever and the preserves stand also did a great trade, selling out before the day was done. The fruits of the allotment were on show too, with pumpkins, potatoes, peppers, courgettes and more all available to purchase.

It was wonderful to see so many visitors on the allotment, enjoying the splendour of nature and our plot holders' talents in preserving, baking, and harvesting.

Thank you to Judy for organising the event and special thanks to all the many volunteers who helped to make the day such a great success.

**Save the date: NGS Open Day 10th September 2017**

## Bonfire Party Sunday 6th November

4pm Gordon Road Allotments

Try Tony's famous pumpkin soup!

No fireworks at this event  
All FHS members and their  
children welcome

Please RSVP to June Brookes

## New Fence



Gordon Road Allotment Site has been fortunate enough to have had its inadequate old wooden fencing removed and a new secure fence has been erected. Plot holders had suffered a spate of break-ins and tools and equipment were stolen from several sheds. June Brookes, the Site Secretary, says that there have been no known break-ins since the new fence was erected. All thanks to plot holder and Allotment Committee member, Felicity Nock, who, with June, organised and oversaw the project.

## Catherine wins first prize

Catherine Schmitt, green fingered President of Finchley Horticultural Society, won first prize in the house plants category for her African Violet, 'Rob's Trailing Vanilla', at the Barnet Allotment Federation Show in August this year.



## Christmas Social

**Sunday 18th December**

**11.00am until 1.00pm**

**The new Tea Hut  
Gordon Road Allotments**

**Mince Pies and Mulled Wine**

**All FHS members  
and their children welcome**

## Discounts on Suttons' Seeds

Suttons' Seeds catalogues will be arriving shortly. Catherine will leave copies in the Green Room at Gordon Road and at Nethercourt Avenue. As last year FHS members will earn a discount of 50% on seeds and 15% on all other items. You will pay a carriage charge of £1.99 for packets of seeds and £4.99 for heavier items, such as garden equipment. Your order will be delivered direct to your address and if you include your email or mobile phone number you will be notified of delivery if your package weighs more than 2kg.

You can order by post, phone or online ([www.suttons.co.uk](http://www.suttons.co.uk)) quoting our unique offer code. **Ask Catherine for this.** Wishing you good gardening in 2017. Catherine Schmitt 020 8346 4359 [catherineschmitt@gmail.com](mailto:catherineschmitt@gmail.com)

## Growing Quinoa or those 6ft plants on my plot are not weeds!! by Helen Skelton



### Quinoa growing on my plot

Each year I like to try something a little different on my plot and this I have had a go at growing quinoa (pronounced keen-wa). Quinoa is the latest health food because, unlike wheat or rice, it is a complete protein.

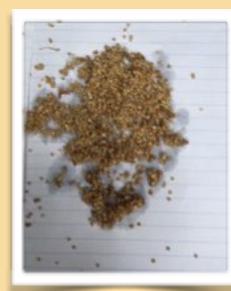
In April, I planted the quinoa seeds by scattering them to form blocks and then covered them with loose soil. They germinated quickly and in theory I was supposed to thin them out but I chose to leave them as I wasn't going to get much of a crop doing that! Plus you don't want weeds growing in amongst them so my crowding method seems to have stopped too many stray weeds infiltrating the crop. During May and June they grew well and were soon a lot taller than me (I'm just under 5ft). They flowered and seed heads formed

nicely, swelling and drying out as the summer progressed.

The quinoa was ready to harvest in September when the leaves have fallen leaving just the dry seed heads. I stripped the seeds easily off the stalk upwards with a gloved hand. The crop needs to be cleaned by sieving thoroughly to remove all the 'chaff'. This proved challenging as I didn't have any effective equipment for winnowing. However, I persevered and tried a method involving a bowl of water. The theory is that the quinoa sinks to the bottom and the debris floats on top. It worked partially and I got some clean quinoa to cook with.



before cleaning



after cleaning

### Quinoa Salad

- 1 cup quinoa uncooked
- 1 red onion finely chopped
- 6 cherry tomatoes quartered
- 1 yellow pepper chopped into chunks
- 2 tsp chopped fresh coriander
- Black pepper
- Basil leaves
- Optional: I like to add olive oil and lemon juice

Soak the quinoa then rinse to remove any bitter twang it might have. Simmer for about 15 minutes in 2 cups of water or until soft. Add salt or vegetable bouillon at this stage. Keep a close watch and add more water if the quinoa is still hard. Leave the saucepan to stand with a tea cloth on it to absorb the steam. Once cooked, leave to cool, place in a large bowl and add the other ingredients.

### Newsletter

If you received a paper copy of this newsletter and are now able to receive it by e-mail, please inform Christine Williams, [chrysw@hotmail.co.uk](mailto:chrysw@hotmail.co.uk). This saves us time and money.

This issue of the Grapevine has been generously sponsored by Winkworth Estate Agents.

**Winkworth**

T:020 8349 3388 [www.winkworth.co.uk](http://www.winkworth.co.uk)

## **The Finchley Horticultural Society**

43 Oakdene Park, Finchley, N3 1EU

[www.finchleyhorticulturalsociety.org.uk](http://www.finchleyhorticulturalsociety.org.uk)

Twitter: @finchleyhort

[www.facebook.com/FinchleyHS](http://www.facebook.com/FinchleyHS)

For all Finchley gardeners and for plot holders at  
Gordon Road, Nethercourt Avenue and Brent Way

### **President**

Catherine Schmitt

### **Chairman and FHS Enquiries**

Claudine Fear: 020 8346 0353

[cmrubie@gmail.com](mailto:cmrubie@gmail.com)

### **Allotments Secretaries**

Gordon Road: June Brookes

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### **Treasurer**

Liz Thomson 020 8346 6124

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### **Trading Hut**

June Brookes: 0208 349 2253

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### **Website & NGS Liaison**

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### **Allotments Security & Break-ins**

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### **Newsletter Editor**

Jo Cuttall 020 8922 0241

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Member of the Barnet Federation of Allotment and  
Horticultural Societies

## **Events Diary**

**Monday 17 October 2016 8.00pm**

Barnet Allotment Federation Prize Giving - a social event which includes a harvest buffet and seed swap. Bring along a small contribution and any spare, interesting seeds you may have.

The Pavilion, Rathbone Allotments, Ryalls Court, Oakleigh Road North, N20 0RY

**Sunday 6 November 2016 4.30pm**

Bonfire Night Social

Gordon Road Allotments

Refreshments available

All FHS members and their children welcome

**Tuesday 8 November 2016 7pm**

The National Garden Scheme Annual Lecture  
Sir Roy Strong hosts an evening of historical and horticultural delight

Royal Geographical Society

1 Kensington Gore, London SW7 2AR

**28 - 29 October 2016**

RHS London Shades of Autumn  
Show

RHS Lawrence Hall & RHS Lindley  
Hall, London SW1P 2QD



**12 -13 November 2016**

RHS London Urban Garden Show  
new for 2016

RHS Lindley Hall



**17 - 18 December 2016**

RHS London Christmas Show  
Lawrence Hall

10.00am until 5.00pm

A new addition to the RHS Calendar



**Sunday 18th December 2016**

Christmas Social

11.00 - 1.00pm Gordon Road Allotments

All FHS members and their children welcome

To book tickets to RHS shows, visit

[rhs.org.uk/shows](http://rhs.org.uk/shows) or call 0844 338 7539

### **Finchley Nurseries Garden Centre**

Finchley Nurseries Garden Centre offers a  
10% discount on plants to all Finchley  
Horticultural Society members.

**Next Grapevine: January 2017**