



**WELCOME TO THIS SPRING FILLED NEWSLETTER!** *It's time for another newsletter to update you with everything that's been going on at Canalside over the past three months. The hedgerows around the farm are bursting into leaf and life, and the fields and polytunnels are slowly filling up with the crops for the coming season. Read more about what the growers have been up to recently in **News from the Field** from Will. You can also find the usual updates about the **Fruit Field** from Gareth, **Site Developments** from Tom, **Socials** from Caz, and the **Education Project** from me. Read about how you can help with our **Spring publicity drive** to attain the number of members we are growing veg for, as well as other snippets of project news! We have a number of people to **Welcome** to the Canalside community. And the usual **Members Corner** and **Small Ads** give you details of a variety of personal and money-making projects members are involved with. With fingers crossed that our dry spring-time idyll hasn't converted to the opposite extreme by the time we get to the summer newsletter! Enjoy, Ali.*

### **NEW SHARE SIZE AVAILABLE!**

Following consultation with members at the AGM and through November's questionnaire and lengthy discussions in the steering group, we are excited to be able to announce the introduction of a *new mini share*! We hope this new size will appeal to smaller households who have not previously taken a share due to concerns that it will be too much veg for them. It will cost £26 per month (equivalent to £6 per week) and will contain a proportionally smaller quantity of veg in relation to a small share (which is £39 per month, equivalent to £9 per week).

In tandem with the new share size we are launching our *Spring publicity drive*, with new fliers for house-to-house deliveries, and leaflets for placing in local shops, pubs and other public places. **Please help us to reach capacity of members for the number of shares we are growing for!** How about:

- delivering fliers to your street, all your colleagues at work or all your friends;
- taking leaflets to place in a public space (please speak to the person who manages that space before leaving your leaflets);
- or even taking your freshly collected veg share (or as much of it as you can) and some fliers to your neighbours to tell them face-to-face how wonderful a Canalside veg share is?!

Your contributions can count towards the annual voluntary hours for veg share members. Please check first with Ali that your street, public space or place of work has not already been covered by another member or through some other means.

### **NEWS FROM THE FIELD – by Will Johnson**

Spring is here (or is it summer?). We've had the driest March and April (and the hottest) for a long time, and it has had the effect you would expect: our over-wintered salad crops have been cut a bit short, growing tall and flowering, whereas our early sowings of the new season are motoring away. Outdoor rocket, mizuna and radish are very close to harvest already. The end of tunnel 5 is full of young plants ready to go into the ground; our early



*Will tends to spring salad leaves in one of the polytunnels*

cucumbers were so keen to get going that we've planted amongst the spring onions, which we won't be harvesting for a few weeks yet. I expect we'll be eating cucumbers in no more than 6-8 weeks! We've had no abundance of cauliflowers yet, which is a slight surprise (despite the harsh winter) and the PSB (purple sprouting broccoli) hasn't produced the quantities we want or need, but at least we've got some. Incidentally, we sowed PSB seeds the week before last, so those plants in the field are over a year old. (I have to say, they're showing their age...)

We are coming into the lean time of year, as you may be aware. In the growing world, May and June are the months known as 'the Hungry Gap'. (Not the greatest word use in my opinion, but that's what it's called...) It is so called as there is never much to harvest at that time: the warm spring is hostile to stored and over-wintered crops and at the same time there just hasn't been



*The irrigation system in operation*

enough warmth and light since the winter for your new season crops to have matured. We try to beat this by growing early carrots and peas in the tunnels, fast growing brassicas like radish, turnip and kohlrabi outside and lots of leaves (lettuce chard, spinach, rocket) but there's only so much you can do. Luckily the drop in demand for harvesting is filled by a heck of a lot of planting and weeding, so we're still kept busy!

This kind of extreme, dry weather does make you value water – especially water at the turn of a tap. We would have no crops at all without it.

### **Cookery book for sale! The Boxing Clever Cookbook - £10 each**

We recently discovered this cookery book, compiled by members of Earthshare CSA, that is perfect for providing inspiration for dealing with those seasonal gluts! See the sample pages in the yurt or have a flick through the reference copy which is on top of the booksale bookshelf. Please leave this copy in the yurt for others to look at!

Order your copy by giving Ali your name and payment (cash or cheque payable to Canalside Community Food Ltd), via her blue pigeon-hole in the yurt. Look out for a named copy left for you in the brown members' pigeon-hole.

### **FRUIT FIELD – by Gareth Davies**

The orchard is now beginning to look great so come on up and have a look. We have almost finished mulching all the fruit (soft and top) with green waste mulch and straw. Hopefully this will keep moisture in the soil over the summer period and allow the roots to really develop and get the trees well established. It should also help to keep weeds away from the base of the trees and from around the soft fruit thus saving work! The leaves are coming in on the trees and the soft fruit and there is even blossom on some plants. We have pruned all the plants over the winter and spring so hopefully we are well on the way to forming a good framework to the plants on which our future fruit harvests will develop.



*Gareth harvests the first of the season's rhubarb stalks from the fruit field*

You will all have noticed that you received a fruit taster in your share over the last few weeks- a few sticks of rhubarb! We hope that you enjoyed the taste and the promise of fruit to come. On that score we are still aiming to begin to offer a limited fruit share from July onwards depending on what soft fruit we are producing and based on the excess we can collect from you the members and other places. So thanks to all those who have already indicated that they might have surplus fruit we can collect and please let us know if you know of other likely sources of fruit (e-mail Gareth on [g\\_davies@talk21.com](mailto:g_davies@talk21.com) or phone on

883161). We will get in touch with people once the season is more fully under-way and come and have a look at your trees.

The fruit project is generously funded by the Lottery Local Food Programme and your tree sponsorship!

## **FRUIT FIELD POST SCRIPT – by Ali Jeffery**

In February, a group of hardy members braved a chilly, overcast day, to spend a fascinating time learning about fruit tree pruning from Tony Hinkes, an experienced tree surgeon who has worked in commercial fruit production orchards as well as smaller-scale undertakings. We learnt about how to create a strong framework in a young tree, and how to do remedial pruning in established trees to ensure better cropping. The young trees in the fruit field, as well as older trees in Caz and Tom's and also in Jane and John's gardens provided the hands-on experience to supplement Tony's informative explanation of the theory of fruit tree pruning, which took place in the slightly warmer geodome.



*Pruning a young, established apple tree*

## **NEW ARRIVALS...**

March, the start of the new, busy growing season, was a busy time for new arrivals at the project too!



*Will (front L) and Abbie (front R) re-potting seedlings*

Following the departure of Charlie Swallow, one of our growers, I have the pleasure of introducing you to ***Abbie North***, our new ***part-time grower*** who started in early of March, and is already settling in well to working life at Canalside. If you have attended a work morning since she started, it is likely you will have met her already, and possibly had a chance to chat to her. For those of you who haven't, here's how she stumbled across Canalside and how she feels about being a grower on the project:

I arrived here by narrowboat on the canal after cruising from Wiltshire in the Autumn of last year, and serendipitously crossed paths with this project just in time to apply for my job! I've been holding out for an opportunity to work with a project that incorporates sustainable land use and community building for a number of years. I am very happy to be working in this environment where participants can learn and contribute in so many different ways. One of the first things that struck me about the project was the very strong sense of group ownership and real pleasure and pride within that. I'm pleased and excited to be joining you all at such an exciting time in the evolution of the farm.

At the start of March, members Galina Knight and Tristan Webb announced the ***arrival of little Dimitrios***, their first child. Galina said, "The labour went very well and Dimitrios was born in the water at Warwick hospital. About half of Dimitrios must be Canalside veg!" He made an appearance at his first Canalside social on March 26<sup>th</sup>, to check on the onion planting! We welcome our youngest member into the Canalside community as well as the Big Wide World! We look forward to seeing you grow and flourish in the years to come, and hope your life is filled with health and happiness!

Dimitrios' arrival coincided neatly with Tristan's first work morning as one of our new workshare. Needless to say, attending the birth was given priority and doing a workshare session got deferred! Now that ***Tristan*** has got into the swing of being a workshare, here's what he has to say about his new position in Canalside:



Since starting as a workshare, I have found out how much a regular individual such as myself can contribute to growing food for a community, and how beneficial the Canalside project really is. The principles of CSAs are shared with a liberal ideology I discovered first in open source software. That is, ideas are not something that should be locked away behind unfair intellectual rights. More people starting open community driven projects, including opening up our governance, would in my opinion eliminate the great lack of knowledge we seem to face as a society. In my work as a PhD student, I see how important transparency is for spreading knowledge through scientific research and publication.. Therefore, on my workshare I have discovered that Canalside not only serves as a model for growing food, but how well it works as a project that can teach people the knowledge of growing food, how to build communities, and how to live a more healthy life. More places like this is my belief for the future of agriculture in the 21st century.

*Elaine Newman* also started as a workshare at the beginning of March. A former veg share member, she introduces herself here:

I went on the waiting list in August and was delighted when a space came up in February. I am enjoying work outside and it has varied from digging carrots to planting out seedlings and this week apparently we will be muck spreading! I am learning a lot and think Canalside is a brilliant organisation. I live near Southam with my husband and 2 teenage boys. My background is in IT but since being made redundant I have set up several websites, sell Aloe Vera products, volunteer at the Brunswick IT drop-in centre, study Environmental Science part-time, play tennis, run and in October I cycled from Coast 2 Coast.



*Workshares Elaine Newman (L) and John Liddamore*

## **SITE DEVELOPMENTS – by Tom Ingall**

As you'll all no doubt have noticed when visiting the farm the site continues to change at quite a pace! With a new hedge establishing below the social area we decided that it was time to bite the bullet and cultivate the rough ground that was ear marked for the new social space. This meant that we could put water pipes underground, add some much needed drainage and get the area level with a good, hard wearing sward of grass established across the top of it. It's been a bit of a challenge though, as we've needed to fit all this work in around the busy vegetable growing jobs of the season and then more recently with the exceptional dry weather we've been irrigating the area in a vain attempt to get the grass to germinate!



*The frame for the new polytunnel*

Next to the existing social area our new twin span poly tunnel is currently being erected and this will form the edge to the new space, hosting composting bays alongside it and further down the field space for re-siting the geodome, new 'treebog' and pole barn. Look out for the info Caz has written up about the upcoming workshops for helping to build the treebog and pole barn.

## **EDUCATION PROJECT – by Ali Jeffery**

The education project is ramping up, as the two workshop days in May are fast approaching. We will be visited by the Reception class from Radford Semele C. of E. Primary School, and older children from the Year 3/4 class from Our Lady and St. Teresa Catholic Primary School in Cubbington in the last full week of May. The theme for this first set of visits is to be 'How does our garden grow?' with the children learning about beneficial insects and crop pests; for the

younger children, which conditions are needed for plants to grow, and for the older children the importance of bees in pollination. These promise to be two exciting days, teaching children about wide ranging aspects of vegetable growing – something many of them will not have engaged with before. The children will all return to school with a potted seed they have sown, to nurture and watch grow over the months up to the next visit.

The pilot project last autumn was extremely successful, with a large part of that success due to the fantastic support given by a number of Canalside members and Action 21 volunteers. **We still need your help!** If you would be free to help out on Monday 23<sup>rd</sup> May or Thursday 26<sup>th</sup> May, when the children are visiting the project, or with any of the preparatory work – making resources on Thursday 28<sup>th</sup> April and 5<sup>th</sup> May, or preparing the site on Sunday 22<sup>nd</sup> May, please get in touch with me – [mail@canalsidecommunityfood.org.uk](mailto:mail@canalsidecommunityfood.org.uk)

I look forward to hearing from you with your offers of help, and reporting on how these visits went in the summer newsletter!

## **SOCIALS – by Caz Ingall**

### *Recent socials and events*

Well here we are, the months are passing on by and Spring is fully underway. The Spring social back in March was a great success, and the turnout we had was larger than we've seen in months. Another

massive thank you to Michelle for leading on the cooking, Jane

on the willow teepee, and Steven and Nick on the gamelan workshop. Huge thank yous also to Sarah, Nicky, Claire, Ian, Mark, Magali, Kath, Judy and Ali in particular for all their wonderful help around the site for the whole day too. It really would not have been at all possible without you.

And all the kids running around were all lovely too... What a little Canalside tribe we have in the making!



*Testing the sound!*



*Planting onion sets into cornstarch mulch*



*The finished teepee*



*The teepee in use!*

Apologies once more to those people, and the hard-working onion planters in particular, who missed out on the delicious food that was cooked for us all. It was our first attempt at doing the socials this way, and

we did, in fact, cook the right amount for the people we were expecting - there just happened to be a few more than that on the day!! Lessons learned for next time would certainly be a) let the people who have been working hard out on the field eat first (or at least save them some) and b) try and encourage a few more people to bring food to contribute to the meal.

### *Forthcoming social events*

2011 is turning out to be the year I thought it would be in terms of exciting new developments at the Canalside social site. Here are the details of all the upcoming events that you can all get involved in:

#### **Saturday 21st & Sunday 22nd May - Compost toilet workshop**

Led by Fred Miller, who has much experience in constructing 'tree bog' style composting toilets. At long last, this weekend we will be building our very own top notch toilets! To cover the costs of getting Fred along to run the weekend for us, we are asking members to pay £10 per day to

attend and unfortunately we will be limited to 9 people only on each day. This will be quite a construction project, and jobs will include sawing and fixing timber, digging post holes, and treating timber. We will have to offer places on a first come first serve basis, so please contact me directly ([cazingall@gmail.com](mailto:cazingall@gmail.com)) if you are interested in coming along on either/both of the days. If we have a large number people interested in getting involved, it may be that we have to ask people to come on only one day. As such, or if you only want to come on one day anyway, please let me know whether you would prefer Saturday or Sunday. It may well be that it takes longer than a weekend to finish the whole thing, so I will keep you posted as to when we will be completing the project in case you can't make the weekend.

### **Saturday 2nd July (am) - Garlic Harvest work morning, 10am - 1pm**

Come join us for our annual garlic harvest - a lovely job, normally in the roasting summer sun. And do stay on for....

### **Saturday 2nd (pm) & Sunday 3rd July - Pole barn construction**

Led by Kath Pasteur, who has been involved with the Sunrise and Glastonbury festivals 'tin village' project. We will be spending the weekend constructing our new field kitchen/workshop space - the new hub of the social area - poles made from local larch with a recycled tin roof. More details to follow.

### **Saturday 9th July - Barn Dance**

In between all these exciting workshops is our **annual fundraising barn dance**. Tickets will be on sale by the beginning of May - £6 for Canalside members and £8 for non-members. Children up to the age of 12 are free. Unlike previous years, I'm afraid there will be no free drink with tickets this year, nor the usual pudding competition, but George and his Magic Pan will be here once again serving up delicious sweet pancakes for us when we get a bit peckish. We will also have our regular Canalside bar serving up soft drinks, wine, cider, whiskey and local ales and of course YOUR chance to perform in our open-mic session, while the Warwick Uni Folk band take a break between sets. Any money raised will this year be going towards the Canalside schools project.

### **Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> August - Earth oven workshop**

Led by Dan Britton, who has been involved in and led numerous clay oven workshops around the country. Using materials solely from the land, we will be constructing a beautiful earth oven which will take pride of place in our new pole barn/field kitchen. More details in next newsletter.

### **Saturday 17<sup>th</sup> September - Autumn social, 2pm onwards**

By popular request - an afternoon/evening social, filled with work, play, feasting (all things going well, this will be pizzas in our beautiful new earth oven!) and fireside magic. More details nearer the time...

### **Saturday 26<sup>th</sup> November - Winter social**

Details to follow...

All workshop weekend timings will go from 10am - 6pm(ish) on both Saturday and Sunday (except for Sat 2nd July, when the pole barn construction will start at 2pm).

I, for one, am really excited to see all these developments taking place, and really look forward to seeing as many of you as can make it along to any of these events. But for now, sit back and enjoy the sunshine... Caz x

## **WORK MORNINGS – The growers need you!**

As the season gets going with lots of planting to be done to get crops into their growing positions, and plenty of weeding also needed to give them the best chance of getting established without competition from weeds, this is also the start of the period in the year when your help in the field is valued more than ever. Work mornings run on Wednesday and Saturday



every week, from 10am until 1pm. Don't worry if you can't stay for the full three hours – any contribution at all is much appreciated. And although it's helpful if you can arrive near to 10am, arriving later will bring some fresh energy as those who arrived at the start of the work morning may be beginning to flag a little. Just remember to wear old work clothes, and bring an extra layer to cover up from unexpected sun or wind!

Children are welcome to join in, although some tasks are better suited to young hands than others – look out for my weekly emails which give a brief description of the likely tasks for the week. What better way for growing minds to find out where their food comes from than being involved in planting and helping the vegetables to grow? If you have any questions about bringing children to a work morning, please drop me a line or give me a call (on a Monday or a Thursday is best).



*Children helping to mulch the fruit field in February*

**MEMBERS' CORNER** Do you have any interesting projects, charity fund-raisers or other not-for-profit activities you'd like to promote to your fellow Canalsiders? If so, then this is the space for your free advert! Get in touch with Ali for advertising in future issues of the newsletter.

☆☆☆

### Amnesty International - collectors needed

We have been given permission to collect money on behalf of Amnesty International on the following dates:

Leamington Centre – Saturday 7 MAY – Organiser Xandra Gilchrist

Warwick Centre – Saturday 14 MAY – Organisers Denise Fowler and Simon Lieberman

Kenilworth Centre – Saturday 21 MAY- -Organiser Barbara Jones

If you could spare an hour (2 would be a bonus!) please contact me indicating which town and any preferred times:

xandrajmgilchrist@gmail.com Tel:07796948211/01926315823

☆☆☆

**SMALL ADS** Do you have any business or money-making ventures you'd like to advertise to other members of Canalside? Then this is the space for you. Please contact Ali with adverts for future newsletters and information about the nominal cost of advertising.

☆☆☆



**Jephson Gardens** - Leamington Spa, CV32 4AA (Entrance and exit via Newbold Terrace Gate)

**The Taming of the Shrew** - Wed 8th & Thur 9th June. 7.30pm

**Pinocchio** - Wed 15th - Thur 16th June. 7.00pm

**Pride & Prejudice** - Wed 22nd & Thur 23rd June. 7.30pm

Adult £12.50 / Concession £10.00 / Children £8.50 (Covered seating available, add £3 per ticket)  
10% discount when buying 6+ tickets online

[www.heartbreakproductions.co.uk/ticketsales](http://www.heartbreakproductions.co.uk/ticketsales)

Tickets can also be bought at bread&co bakery café, 56 Regent Street, Leamington Spa

☆ See over for more adverts ☆

**Forest Schools** use the calmness and space of woodland to help children grow socially and emotionally while doing exciting, risky, activities safely.

There are now sessions in Leamington and Warwick.

For more information contact the forest school practitioner,

Keir Mitchell: 0781 3934597 / keirmitchell@yahoo.co.uk.

☆☆☆

### **Breathwork Case Studies Needed!**

My name is Sam Elvyhart and I'm an Apprentice Breathwork Therapist/Rebirther. The graduation phase of my professional training requires a number of case studies. This offers clients the chance to learn a powerful self-development tool, at a fraction of the usual cost.

Conscious Breathwork, also known as Rebirthing, is based on ancient yogic traditions which use breathing to access greater wholeness, health and wellbeing. Starting with a breathing analysis, I will guide you towards a deeper connection with your breath. Over the sessions, your body will learn how to breathe more fully and access higher energy levels. Led by your unique breathing pattern and innate internal wisdom, powerful self-awareness will open up naturally.

To qualify for this offer, I am seeking people who can commit to ten consecutive weekly or fortnightly sessions. Each 2-3 hour session is charged at the half-price cost of £45. **If you would like to be a case study, and experience first-hand the deep life changes which take place with Conscious Breathwork, e-mail: sam\_elvyhart@hotmail.co.uk or call 07974 556365 by 31st May 2011.**

☆☆☆

**Double medium sized room to rent** in a lovely quiet house with character.

Leamington town centre with large garden, bike storage space, no TV, £360 pcm.

Available end of May. Can do veg share. Phone Louise on 01926 889227 / 07733133481

☆☆☆

### **Sheilagh Holmes**

**an experienced project manager, I can help you to:  
deliver successful projects; write reports and bids; carry out consultations and  
evaluations; design/implement admin systems.**

**sh@sheilaghholmes.co.uk - 07913 977336 - [www.sheilaghholmes.co.uk](http://www.sheilaghholmes.co.uk)**

☆☆☆

### **MEMBER CHRIS PHILPOTT PUBLISHES BOOK MENTIONING CANALSIDE**

Chris Philpott, who has been a member of Canalside from the beginning, has published his book after 13 years research and writing. It is written from the viewpoint of a Green activist and has a chapter on food and mentions Canalside.

#### **GREEN SPIRITUALITY**

#### **ONE ANSWER TO GLOBAL ENVIRONMENTAL PROBLEMS AND WORLD POVERTY**

It is available online for £10.27 from [authorhouse.co.uk](http://authorhouse.co.uk) or  
£10.00 from GAIA or Garrett Books, Clemens St. CV31 2DP.

☆☆☆☆☆

Look out for the summer issue of the Canalside newsletter

Issue 20 due out in late July 2011

☆☆☆☆☆

Canalside Community Food, Leasowe Farm, Southam Road, Radford Semele, Leamington Spa,  
Warwickshire, CV31 1TY. t: **07758 340491** e: [mail@canalsidecommunityfood.org.uk](mailto:mail@canalsidecommunityfood.org.uk)

w: [www.canalsidecommunityfood.org.uk](http://www.canalsidecommunityfood.org.uk)