



**WHAT A CONTRAST TO LAST YEAR!** *Personally I'm finding it a bit hard to believe that this is the same time of year as last July. The Peace Festival was dry and sunny, rather than wet and boggy, and whereas last year we were putting down straw to soak up the excess water in the pole barn in preparation for the barn dance, this year we were sprinkling water over the floor in an attempt to keep the dust under control! The fruit orchard and veg fields are thriving in the hot weather – you can read all about what's doing well in the **News from the Veg Field and Fruit Orchard by Will and Gareth**. The*



*Dancing in the bunting be-decked pole barn*

*new veg collection space has been in use for a few weeks and was officially opened by our new Green party councillor, Jonathan Chilvers, at our open day on 13<sup>th</sup> July. You can read about what is left to do to this space and how to get involved in **Site Changes by Tom**. You can also read updates about **Socials and events** and one of our partner projects, **The Willows**. As always there are **Members' Notices** and **Small Ads** right at the back of the newsletter. I hope you have been able to get outdoors and enjoy the absence of rain recently. Happy summer reading!*

*Ali, July 2013*

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

In summary it's been very summery. We had been watering like mad for most of July, just about managing to keep on top of everything, and right on cue, as the summer party was just finishing we had about half an inch of rain over the next 48 hours. It was most welcome.

We now have all the spring cauliflowers planted – the last big planting job of the summer – and all the other July plantings (kale, leeks) have had a much needed dose of rainwater. You



*Paul marking the beds out*



*A bumper harvest of courgettes*

can irrigate as much as you like but the plants never seem to receive it half as well as real rain.

The dry period has been an excellent opportunity to get on top of the weeds (it's turning out to be an excellent year for red shank and particularly fat hen), and although we'll never be weed free (and I'm not sure I'd want to be anyway) we can feel like we're winning the battle at this stage. In *most* areas.



It might turn out to be a case of 'famous last words' but the season is looking like a really good one at the moment. The squash plants are huge, and doubling in size by the week. The corn is looking good and still has time on its side. We have started picking tomatoes. The cucumbers and courgettes have gone mad.

The harvest is at the midsummer transition stage, where the early tunnel crops have run out (new carrots, new potatoes, peas), the tomatoes have started, the aubergines are not far away and outdoors we are moving from broad beans to runners and French beans, the maincrop beetroot and carrots are looking well though they're a good few weeks from harvest.

With such humidity during this hot, still spell the potatoes are starting to look a bit blighty a little early, but as long as we keep our eye on it they should be fine.

It's funny to think that even now we're starting to sow winter varieties, and clear tunnels ready for autumn plantings – crops that will see us through to May or June next year, nearly a year from now.

*Will, 24<sup>th</sup> July 2013*

## **NEWS FROM THE FRUIT ORCHARD** – by Gareth Davies

The long balmy summer days are with us and the grass is going a shade of yellow not seen for a few seasons. The strawberries are now behind us so I hope that you enjoyed those. The cold weather (remember that?!) delayed the onset of the bush fruit which has now all come at once so we have been enjoying a glut of currants (black, red and white) as well as gooseberries. The softer fruit like raspberries and hybrid berries are now beginning to come in, hopefully as the plums and other autumn fruit mature. If you have time come up to the orchard and see what is growing (the trees and bushes are all now labelled), take a look at the bee friendly plants between the fruit, and also admire our artificial bird of prey hovering over it all (a kite!) which is intended to scare the birds away that might otherwise decimate our fruit.



*'Jewel fruits'*



*The solar powered fridge/freezer, cooling produce when it comes in from the fruit field from the bushes. This has all been made possible with lottery funding from the Local Food Programme, so thanks to them.*

The solar powered fridge/freezers are now up and running and we are freezing some of the glut fruit which we will hopefully be able to give out later in the year when fruit is not available fresh



*Amy Willoughby harvests blackcurrant bounty*

We are also organising a weekend workshop on jam making (in collaboration with Action 21) on the 10<sup>th</sup> August, so come over from 11am onwards when we will pick some surplus fruit and turn it into jam and chutney - you should be able to take away a pot or two of preserve. Please let Ali know by noon on Thursday 8<sup>th</sup> August if you are coming as spaces are limited.

If you are interested in having fruit why not take a fruit supplement to complement your veg share? It is currently £25 per month (works out as £5.75 per week). If you would like a share please let Ali know and she will send you a sign up form and tell you how to change your monthly standing order.

*Gareth, 28<sup>th</sup> July 2013*

## **NEW ARRIVALS...**

It's been a happening few months for small arrivals into our Canalside community!

Most recently *Fan Lebel and George Hardwick* (of 'Magic Pan' pancakes fame) greeted *Freya* when she arrived Earthside in the early hours of Sunday 28<sup>th</sup> July. She was just 7lbs on arrival and Fan says they are 'already big in love with her'!

Long-standing members, *Tom and Heather Foulerton* welcomed baby *Mila* into the world on 19<sup>th</sup> July – a new sister for 4-year old Lola. Mila was the youngest person the summer party, at just a day and a bit old, although she was so chilled out she slept through most of her visit!

Veg members *Lara and Martin Andersson* had to wait an extra 2 weeks for the arrival of *Madeleine* who was born on 3<sup>rd</sup> July at 7lb 5oz. Lara says she was worth the long wait!!

*Sakura* was born in May to members *Holly and Tim Woo* who will shortly be moving to Shrewsbury to be nearer Tim's job. Sakura means 'cherry blossom' in Japanese and this name was chosen for her as there were lots of cherry trees in flower when she was born.

We look forward to seeing all these new babies grow and thrive, nourished by the produce from Canalside and the support of the Canalside community.

In the wider Canalside community go our congratulations for even more arrivals!

*Steven and Sarah Hunt*, members who now live in Scotland, have had *Eshen* join their family. He arrived on 16th July and is a brother for two year old Finlay.

And finally *Danny* (one of our former growers) and *Meg Brooks-Steele* who now live in Essex have had *Otto* – he was born on 4<sup>th</sup> July and joins big sisters Ruth and Esme.

In addition to all these small arrivals, we have a number of full size arrivals who we welcome as new members to Canalside: • *Paul Smith and Sara Viguera, and family* • *Jacqui Morris* • *Amy Bishop* • *Ben Cowan and family* • *Helen Flanagan and family* • *Sarah Easteal* • *Cynthia and Adam Tamraz* • *Nicola Bingley and family*

We also welcome back *Gloria Godfrey* who has returned to the area and to Canalside after two years volunteering overseas with VSO, the international development charity.

## **...AND DEPARTURES** – by Judy Steele

*Cathy Bell*, Canalside Steering Group member, who died at the end of May from breast cancer, had just started to organise the CSA socials when she became ill. She was also working at Gaia –

the Leamington wholefood shop run as a workers' co-op – for a number of years.

She is a great loss to both Canalside and the wider community, for she was involved in many organisations. Champion School, where she was a parent governor, LETS and the Peace Festival are just some of the groups that benefited from her commitment, reliability, common-sense and thoughtfulness. She was above all things practical: she was a skilled upholsterer and crafts-person who could knit, sew, cook and was always ready to try something new. It goes without saying that she loved Canalside's vegetables.

The last time she went out and about, Cathy came to Canalside. She really enjoyed being able to see how the pole barn was progressing – she was particularly interested in green building – and had a look round the fields at the vegetables growing.

It's hard for her friends to think that she is not around to enjoy the farm as it grows and matures, and we all miss her in our own ways. Cathy is buried at Sunrising Woodland burial site, where many friends came to say their goodbyes at an informal ceremony which we think she would have approved of. She leaves behind two teenaged sons, and a daughter who is in her early twenties – they have all inherited her practical skills and sound common sense. We send all our sympathy and best wishes to them and wish them well for the future.

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

Well, after nearly nine months of lots hard work and effort the Canalside Community Food pole barn is pretty much finished!! Those of you who collect from the farm will have been using the new collection space for a few weeks now and I hope you're enjoying the experience. I'm really pleased with it, especially with how well the insulation does in keeping the room cool during these very hot summer days. It has been a massive team effort and I'd like to thank everyone who got involved and spent hot sweaty and dusty days contributing to getting it finished. My apologies to those who had to put up with listening to endless tennis and cricket on the radio!



*The new veg collection space*

There are still some details to finish off. We are going to put in a proper hardcore path running to the barn from behind the greenhouse so that you can access the barn without walking on the muddy grass come the autumn and winter. We will also be rendering the straw bale wall in the coming weeks with a clay finish and this should be a great community day with everyone able to get involved, so look out for the information we'll send out about that and come and get your hands (and feet) in the clay.

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

It's been very quiet on the education project this summer, as none of the contacts with local schools and exchanges with teachers concluded with any visits being arranged. There is some interest for the autumn, and I will be in touch once dates are fixed so that you can get involved if you would like to.

If your child goes to a local school and you think their class teacher might be interested in the class paying a visit to Canalside before the October half term holiday, to learn about where



vegetables grow and how they are harvested, please let me know and I will send you some information to pass on to them.

## **SOCIALS AND EVENTS** – by Ali Jeffery

This year's pattern of a social event every month has continued:

### **May – shiitake shocking and picnic:**

Over the May bank holiday weekend, a number of members came to the farm to help shock the shiitake logs into producing a flush of mushrooms for the veg shares during that lean period in late May and early June. Tom talked everyone through the process and why the different steps are needed. The work party then attached rope to each log, for hanging them up after the shocking process, then moved all the logs into the water tanks to provide the movement, change of temperature and increase



*Tying ropes onto the shiitake logs*

in humidity that starts the production of mushrooms. The growers finished

preparing the logs later in the weekend, and we all enjoyed fantastic quality shiitake for several weeks at the time when there are very few other types of vegetables that are ready for harvesting: they were a welcome and very tasty addition to the share!



*Harvesting shiitake mushrooms in late May*

### **June – solar drier making workshop and picnic:**

A small group of members and workshare volunteers spent time with Team Fruit constructing the solar driers. Since the driers have been finished (two different designs: one for the trajectory of the sun in high summer and one for autumn drying), John Liddamore, one of our workshares, has been experimenting with drying different types of fruit and vegetables and recording the temperature inside and outside the driers. If you'd like to see the driers in action and help prepare fruit to dry in them, book a place for the jam making day on 10<sup>th</sup> August – see page 2 for full details.



*One of the solar driers, drying a range of fruits and vegetables*

### **July – the Summer Party:**

Our barn dance (this year renamed the summer party) took place on Saturday 20<sup>th</sup> July. We were generously supported by the Quiet Men and friends who played fantastic toe-tapping tunes with caller, Julian, expertly leading us through some fantastic dances. They kicked off the

evening with a couple of dances that had people of all ages snaking through the social area.



*George works his Magic Pan*

The bar was staffed by lots of different members, with Pims making its first appearance this year and proving to be very popular. The hot seasonal food, which was prepared by a small team of members on Friday and Saturday under the knowledgeable guidance of George Hardwick, also went down very well, and George continued his culinary prowess by cooking pancakes well into the night. A number of members took to the stage during the open mic session during a break in the dancing and after the barn dance finished, music continued until late for the night owls to dance to into the wee small hours. Games of

dawn battle frisbee and pole barn tennis rounded off the night before the last of the party goers wandered home at about 6am!

As well as being a fantastic celebration of our community and the produce that we are growing, we also hope to have raised some money to support some of the different aspects of Canalside.

#### **Upcoming events:**

**Aug: Sat 10<sup>th</sup>** – jam making with Team Fruit, bring a picnic

– tours with Ali for recently joined members or anyone who wants an orientation of the site

**Tues 13<sup>th</sup>** – planning meeting for autumn camping weekend – all welcome to share ideas and preparations

**Sept: Sat 7<sup>th</sup>–Sun 8<sup>th</sup>** – Leamington Food and Drink Festival publicity stall

**Fri 13<sup>th</sup>–Sun 15<sup>th</sup>** – **big autumn social** – potato harvest, camping weekend, harvest meal

We would welcome input from anyone with ideas / time to help with the planning for this, especially people with children/teenagers who could help us create a really family friendly weekend. Please come to the planning meeting on Tuesday 13<sup>th</sup> August at 6pm in the pole barn.

**Oct: Sat 12<sup>th</sup>** – apple and pumpkin day, bring a picnic

**Nov: Sat 9<sup>th</sup>** – **big winter social** – garlic planting, shared meal

**Dec: date TBC** – mulled wine

**Jan: date TBC** – AGM (a new time of year for it)

If you have additional suggestions that you'd like to help make happen, or if you can help with the organisation of any of these events, in particular the big socials for the different seasons, please get in touch with me.

## **CANALSIDE COMMUNITY FOOD - PARTNER PROJECTS' UPDATE**

### *The Willows Care Farm, by Amy Willoughby*

The Willows Project is officially up and running! Our first group of regulars have been spending a morning a week at the farm, and with the on-going support of the Salvation Army's Way Ahead Project, will continue to do so over the summer. We have really enjoyed sharing the space at Canalside with people who we hope will benefit from spending time in the tranquillity of the countryside, and introducing them to some of the work that goes on at Leasowe Farm. Being able to integrate work with Canalside and the farm is allowing us to be very person-centred, working at the pace of the people we are hosting, and we really feel that our



partnership with Canalside is very important in achieving this.

We are holding a taster day on Thursday 22<sup>nd</sup> August for potential service users to experience what it is to spend time at the Willows Project. We are offering a limited number of places to individuals and organisations that have shown an interest in using the Willows Project, but are



*Willows flower beds encouraging pollinating insects to go into the polytunnels*

always happy to hear from new potential participants, so spread the word! We are currently focused on supporting vulnerable adults and hope to be hosting two separate sessions each week – one for adults with learning difficulties and special educational needs, the other for adults who have experienced mental health, or substance misuse issues.

On September 28th, the Challenge Society will be back with us for a work day involving about 60 young people from their network ... an organisational challenge for us! If the last event is anything to go by, I'm sure it will be a fantastic, high energy day. If anyone is interested in volunteering on this day, please be in touch via [thewillowsproject@gmail.com](mailto:thewillowsproject@gmail.com).

One final thing... you will have noticed flowers for sale in the pick-up area... these are from the Willows Project and all funds raised go to the project so please support us! And thanks to those who have already.

Best Wishes from the Willows Project Team: Amy, Ellie, Sybil, Verity and Ness

**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 (up to 6cm of column space)! Get in touch with Ali for advertising in future issues of the newsletter.

☆☆☆



Foundry Wood summer programme of activities can be downloaded from [www.foundrywood.co.uk](http://www.foundrywood.co.uk). Lots of events to keep the family occupied over the summer holidays please

book in advance for the following:

**Sat 10th August** – Acoustic Guitar Workshops with local musician [Matt Hernandez](#). Fingerstyle guitar techniques including folk, flamenco and blues.

**Sat 10<sup>th</sup> Aug (cont)**

10:30am (1/2hr) Beginners – £3. 11:00 – 12:30 (1 & 1/2hrs) Masterclass £10.  
Contact Matt: 07950 391 838

**Mon 12<sup>th</sup> August** – Family Woodland Adventure days with campfire, stories, games etc. Contact Keir 07813 934 597.  
£25 per family

**Weds 14<sup>th</sup> & 21<sup>st</sup> August** – Mosaic and Clay Making. £4 - £6 per person. Contact Helen: [h.clues@btinternet.com](mailto:h.clues@btinternet.com)

**Sat 24th August**

Basket Making Workshop - finish & take home a medium sized rustic basket (willow and dogwood).

Contact Borka: [borbalahidvegi@gmail.com](mailto:borbalahidvegi@gmail.com)  
£55pp (see over for more)



## Sat 31st August & Sun 1st September

3 hour sessions 9am-12noon or 1pm-4pm  
Nature Detective Fun Days - Come for a fun day out in the woods. Learn about Pond Dipping and Pond life, Tree and wild flowers Identification and bug hunting. *All materials provided. Suitable for ages 6 and upwards.*  
[chris@greenspirituality.org](mailto:chris@greenspirituality.org) / 07503 748 369. £10 per session.

☆☆☆

### Film Night 19<sup>th</sup> August

Location: Fire Pit/Swing on towpath opp. Canalside

Time: 19:30 Age of Stupid (90mins)

21:10 Do The Math (40mins)

Free Popcorn!! Bring something to sit on & jumper.

☆☆☆



**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 for future adverts.

☆☆☆

### HANDY GUY

All aspects of domestic maintenance including:

Partition walls • Decorating  
Lock fitting • Carpentry • Decking  
Plumbing • Boxing in pipes  
Light fitting installation

All done to a high standard!  
**Call Guy 07739 135 406**

☆☆☆☆☆

Link to our Flickr photos for a fuller selection of photos of the past 3 months:

<http://www.flickr.com/photos/65686573@N02/sets/>

☆☆☆☆☆

Next newsletter due out end of October 2013.

Deadline for ads with payment, and notices – Sunday 20<sup>th</sup> October.

☆☆☆☆☆

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)

## Nutritional Therapy

Diet & Lifestyle Consultations

with **Lucy Bishop** DNN mFNTP

### Do you experience any of the following?

- Digestive and Bowel problems - IBS, Food Intolerances, Colitis, Crohn's, Coeliac, etc.
- Fertility Issues - Endometriosis, P.C.O.S.
- Hormone Imbalances - PMS, Menopausal Symptoms, Weight Gain/Loss
- Headaches, Migraine or Allergies
- Low energy - M.E., Chronic Fatigue
- Anxiety, Depression, Stress, Insomnia
- High Cholesterol, High Blood Pressure
- Osteoporosis, Arthritis
- Skin Conditions - Eczema, Psoriasis, Acne

If so, **Nutritional Therapy** could help you to **restore your health and vitality!**

**FREE** 15 minute consultations & **£15 OFF** your first appointment with this advert.



**Lucy Bishop** DNN mFNTP

Mobile: 07725 239785

[info@thenutritionaltherapist.com](mailto:info@thenutritionaltherapist.com)

[www.thenutritionaltherapist.com](http://www.thenutritionaltherapist.com)