



THE FIRST OF THE COURGETTES AND TOMATOES

*are always indicators that summer is truly underway, even if the weather hasn't fully reflected this fact on some days recently! Things remain busy in the fields, with plenty of work to be done as the planting for this year nears its completion. The orchard and polytunnels are looking fruit-full and have ripe bounty to share now, and the field crops are well established. Read all about what has been going on and how the crops are faring in Will's **News from the Land**. We welcome new members, both big and small and say a (temporary) farewell in **New Arrivals and Departures**. There are a few noticeable changes in the infrastructure on site; find out more about these in **Site Developments**. You can read an update on the **Education Project**, and hear what's been happening at*



Toasting marshmallows at the summer party

*recent **Events**. As always there are updates from our partner projects: **The***

***Willows and Canalside Community Bees**. Turn to the back for the **Small Ads and Members' Corner notices**. I hope you have been able to enjoy some of the recent summery weather, and perhaps also the orchard abundance of fragile soft fruit by wandering up there to pick some of your own. Happy holidays, if you're getting one in the remainder of the summer, and happy reading!*

Ali, July 2015

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NEWS FROM THE LAND – by Will Johnson

It has been a very hectic couple of months or so, but we're beginning to see the light at the end of the tunnel and have started to harvest the fruits of our hard work in the earlier part of the year. The early tunnel crops of peas, potatoes and carrots have all but been and gone now, the broad beans are done, the last of the overwintered crops – the bulb onions that we are now enjoying in all their abundance – have been harvested and stored. The overwintered onion crop yielded really well and since the maincrop onions are looking really heavy and high quality it looks as though nobody will be short of onions between now and next spring. We



Stringing up the tomato plants, newly planted in the polytunnel in late May

will probably be able to sell the surplus to members at a very good price so look out for that.

All in all the season is promising to be a successful one. I can safely say we will have no shortage of courgettes, cucumbers, parsnips, tomatoes (we have really cracked those this year by the look of it and will have a lot on our hands once they all start turning red in a week or two). The potatoes are looking very well too, though I would say we never have as much room in our rotation for potatoes as we need. The plan is to change the rotation next year to rectify that – we will have a 'garden' plot next to the social area where all the early season crops will go – and we can focus on keeping that one area free of slugs and rabbits, instead lots of small and scattered area around the land – and the rest of the fields will be ten slightly smaller plots. This way we can have two plots for potatoes and brassicas (hence double the weight of potatoes each year). It sounds good to me. Let's see how it works!



Sugar snap peas, in all their early season deliciousness!

We hope you have been enjoying the strawberries over the last three or four weeks. It is a really nice item to be able to include in the share and though they're finished now we are hoping to include currants in the share over the coming weeks and



Blackcurrant picking for the jam-making workshop (Tuesday 18th August)

having thinned the pears and apples last week we think there will be a good harvest of those in the autumn. There is a lot of soft fruit available that we will not have time to pick ourselves so don't forget that every week your share includes things like raspberries, gooseberries, cherries and all sorts of other fruit – you just need to go up to the orchard and pick it yourself! It really is as simple as that. Next time you collect your share why not spend half an hour helping yourself to what is available? We are also keen to find people who will make jam and other preserves from it. Please let us know – it really is open to all our members!

The work mornings have been really productive lately, as always, and last week we finished the last of 12,000 bare-root leek transplants. Last year the crop was massacred by leek moth (it lays it's larvae in the centre of the growing point just where the leek pushes out from the ground, and their young tear big holes in the plant) and though you never know for sure, I think they may have got to the plants before we covered them with mesh. This year we covered them straight away and we're hoping we will not have to cut them back this autumn due to excessive damage. Once the spring cauliflowers have been planted it will feel like we're almost home and dry for this year, though we must not forget to sow 15,000 overwintered onions in four weeks time which will be ready to harvest this time next year. Hopefully we will be in as good a position then as we are now.

Will, 22 July 2015

WANTED – PEOPLE!

Are you interested in being more involved in the workings of Canalside? If so, we need people to join us in a couple of different ways:

Steering group members: Be part of a friendly group of members, staff and workshares that meets each month to make decisions about the direction of Canalside. We currently need produce share members to give this perspective in the steering group. We would also value members with skills in particular areas, e.g. marketing, finance, business management.

Workshares: Join the field team by working each week for your share of the harvest. We need people who can do a workshare during our bi-weekly work mornings (10am-1pm Wednesday and Saturday), taking part in whatever the seasonal task is.

If you are interested in taking up either of these opportunities, please email Ali (mail@canalsidecommunityfood.org.uk) for more details.

NEW ARRIVALS...

There are a couple of new arrivals to welcome into Canalside this time.

Bodie was born on 27th February 2015 to **James and Amy Bell** - here's what

Amy says about him: 5 months along and we are all surviving well despite plenty of sleep deprivation! Bodie is a smiley baby and interested in everything! Our favourite moment this week - whilst out on a walk with Bodie



Bodie, catching raindrops



Superbaby Barney

in the sling we noticed he had his head back and tongue out ...he was catching the rain drops in his mouth!

Members **Katie and Guy Hodgson** welcomed their first child, Barney, into the world in late May. Guy said, "Superbaby has arrived! He can smile – that's how old he is." ...and although Barney has yet to try any Canalside produce, Guy speculated that he might enjoy sucking on a piece of carrot!

We look forward to seeing these two little ones thrive on Canalside produce and enjoy exploring at Canalside when they are a bit bigger.

We also send a warm welcome to the new (full-sized) members who have joined Canalside recently:

- *Ness Ainscow* • *Sylvie Dugauquier* • *Patricia & John Hollis* • *Joan Allen* •
- *Debbie Bosworth and family* • *Janet Saunders* • *Jodi Sugden* • *Susan Fitch* •

...AND DEPARTURES

In July we said a temporary goodbye to Canalside's founders, **Caz and Tom Ingall** and their daughters, Tallis and Keri, who have travelled to Canada for several months of adventures in Nova Scotia and beyond. We sent them on their way by performing a song at the summer party written by Canalside workshare, singer-songwriter Eleanor Brown. They go with much love from members of Canalside. We wish them safe travels, lots of fun and many lovely encounters along the way, and look forward to welcoming them home later this year and hearing their



Eleanor Brown sings the Ingalls on their way to Canada

stories of life and adventures on the other side of the pond.

SITE DEVELOPMENTS – by Ali Jeffery

Tom has left for his trip to Canada, leaving a fabulous legacy in the social area – over the years he has been the one with abundant inspiration and enthusiasm to constantly add to and develop the infrastructure on-site, resulting in us having a fantastic space for our share distribution, and a brilliant social area for Canalside social events that is also available for members to use for private events.

The most recent addition is the field kitchen which was completed in time for its maiden voyage as the bar at the annual summer party on 11th July. This purpose-built space made setting up the bar so straightforward, and a whizz to clean



The kitchen arrives! The nail-biting move into its final location...

up afterwards, as well as making it much easier to run the bar than in previous years, with running water and washing-up space on hand throughout the evening.

Younger visitors to the farm cannot fail to have noticed the developments in the play area, with the large tractor tyres and wooden plank ramps adding extra interest to the willow tunnels and existing play structures.

And inside the existing infrastructure we have developed a tea-making space and sitting area in the pole barn – we hope you will make use of



Tom puts the finishing touches on the kitchen



it if you fancy a hot drink and/or a sit-down when you come up to the farm.

Just because Tom is not around to think of more additions to the infrastructure on-site, does not mean things have to stand still! If you have an idea for how the space could be improved, and perhaps also the energy to take



it forward, please email your idea to mail@canalsidecommunityfood.org.uk for it to be shared with the steering group in their monthly meeting.

EDUCATION PROJECT – by Ali Jeffery

Since the spring newsletter, things have been quiet on the education project. A couple of school visits seemed as if they were in the pipeline, but they didn't quite make it to fruition. A group of Girl Guides who visited in 2014 had requested a visit to Canalside for their final meeting of the summer, but in the event only one Guide turned up, so we had a short walk in the rain to the orchard to pick some soft fruit, and then ended the visit before we got too cold and wet.

The autumn is usually a popular time for visits from Key Stage 1 classes, as finding out where the vegetables grow links in neatly with harvest themed activities in school. There are also activities suitable for older groups related to where things come from, linking to the themes of seasonality and locality of food. If you would like your child's class to visit, please forward some information to the class teacher. They can look at our teacher information pack at: <http://www.canalsidecommunityfood.org.uk/getting-involved/educational-visits/> or you can pick up a flier from the leaflet hooks in the collection space. We need 4 weeks' notice to make all the arrangements for a visit, and visits are only possible until October half term, so you would need to tell them about the opportunity right at the start of the new term!

EVENTS – by Ali Jeffery

Our regular socials have continued, with the highlight of Canalside's social calendar – the annual summer party – a few weeks ago.

June – Spruce it up for Summer:

A handful of members joined me to help spruce things up for summer, in advance of our two open days and the summer party. We got busy washing windows, scrubbing the office and staff room caravans, cleaning out the collection space and scouring the crates that were muddy from a winter's worth of root vegetables. Erica Moody and her daughter, Cat, cooked up a storm in the pole barn so that

the workers could refuel afterwards



Sparkling windows and veg crates shiny clean!



Crumpets fresh off the griddle



with a variety of sourdough baked/griddle-cooked items including bread, pancakes and crumpets, accompanied by home-made jams and cups of tea.

– Open Farm Sunday:

Around 30 people came to the farm as we participated in the national event, Open Farm Sunday, for the first time. Will Johnson, our grower, led tours around the fields and orchard, with activities for younger visitors to take part in before and during the tour.

– Peace Festival publicity stall:

The wet weather dampened visitor numbers to our annual stall at the Peace Festival, but nonetheless we were able to sell all the vegetable plants we had raised for the event, and took on 3 new trial members. Thank you to everyone who helped on the stall, by selling the plants and telling visitors about what we do at Canalside.

July – Open day:

Our annual July open day attracted a dozen visitors for tours of the fields and orchard led by Gareth Davies – a mix of members and people visiting Canalside for the first time.

– Summer Party:



The Kale-y Collective play for circle dancing led by Bruce Knight

The home-grown band 'The Kale-y Collective' created a fantastic vibe with a mix of world folk music and Scottish jigs and reels. Bruce Knight led some world circle dancing out in the social area as the sun sank to the horizon and Steven Hunt called for Scottish ceilidh dances in the pole barn after the sun had set. A few power glitches meant a couple of blackouts added to the ambience in



Preparations at the bar for Pimms

We sold a record number of tickets, making this year's summer party our biggest yet! The home-grown band 'The Kale-y Collective' created a fantastic vibe with a mix of world folk music and Scottish jigs and reels. Bruce Knight led some world circle dancing out in the social area as the sun sank to the horizon and Steven Hunt called for Scottish ceilidh dances in the pole barn after the sun had set. A few power glitches meant a couple of blackouts added to the ambience in the pole barn, with the dancing (and accompanying music) continuing in the dark! A musical interlude, between the dancing sets, was enjoyed around the fire, when members and other visitors entertained us during our open (mostly) mic round the fire – it was well amplified once we overcame a few technical issues. We had Savanna Grill providing hot food in the form of South African 'bunny chows' which were tasty and filling – perfect to keep people fuelled up for an evening of dancing. And the star of the show was the new field



The bar in action

kitchen, which hosted the bar that was run by a steady flow of members. Thank you so much to everyone who came, adding to the fabulous atmosphere and helping to raise around £1200 by buying entry tickets and frequenting the bar – this will help to pay for some of the cost of developing the field kitchen. And thank you to those of you who helped get the site ready, gave a hand during the evening or were part of the big tidy up on Sunday morning.

CANALSIDE COMMUNITY FOOD - PARTNER PROJECTS' UPDATE

Canalside Community Bees, by Kath Pasteur

The bees are doing OK this year and we hope to harvest some honey in August, though perhaps not as much as in previous years. We now have bees in all four top bar hives and four national hives. There are quite a lot of maintenance jobs to be done, as well as the honey harvest and processing, so the coming months will be busy. We are also planning events and workshops for members which will continue over the winter months. If you are interested in getting involved, email us at canalsidecommunitybees@yahoo.co.uk

The next bee meeting will be Saturday 8th August 1.30pm to 4.30pm.

The Willows Care Farm, by Sybil Roberson

The Willows project has had a busy month!

We welcome Laura and Richard, our new Wednesday Willows members and Moon, our new Wednesday worker and Bryony who is supporting. Canalside has made them very welcome and we really enjoyed planting leeks and watching a weasel get chased by a rabbit in the gorse field!

Warwickshire Wildlife Trust have linked with the Willows in the "What can Nature do for you?" project, providing sessions for young mothers and children from Lillington children's centre and the Gap, Warwick to experience cooking straight from farm to fork! The groups have been lucky enough to share in the bounteous harvest in the orchard! This was a first time experience of fruit picking for most. The children loved playing in the willow structure!

Our 10-week Summer Skills programme offers edifying experiences of nature walks; identifying and photographing the indigenous flora and fauna at the farm. There are new skill sharing workshops using a variety of wood to make clocks and key rings, making decorated boxes and journals, knotting and this Friday the group will be starting to build a pizza oven!



Cherry pickers



Thank you to everyone who has bought our flower bunches of sweet peas, sweet william, calendula, cotton tuft, echinacea and willow; all the proceeds go to the Wednesday Enterprise 'seed fund'! Sunflowers, camomile and cosmos to come!

Wishing everyone a great rest of the Summer. Please do join us on facebook/ twitter for weekly updates and photographs.

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.

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FOOD UNION invites you to exchange your knowledge & passions surrounding food & growing. Lead a skills workshop, takeover a city centre café for a day, or get involved in a new food coop. You can get the hours you put in back via the citywide time bank, **Time Union**. Want to discuss ideas? Email: chris.maughan@coventry.gov.uk.

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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.

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JOB OPPORTUNITY

Personal Assistant/Mentor/Friend required for 27 year old man with Down Syndrome.

Initially to accompany to the gym and other social activities eg cinema, approx 6 hrs a week by arrangement. Pay £8/hr negotiable

Own transport an asset, but not essential. Apply to Joseph Ingall 01926 421935

Leasowe Farm, Radford Semele, CV31 1TY

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ROOM AVAILABLE in a peaceful home, an end-of-terrace Victorian house in old town. We are seven minutes' walk from the train station, main bus services and town with parks, cafes, shops, pubs, live music venues and entertainment amenities en route. There is on-street parking and the nearest bus stop is three minutes' away. The room has a comfortable double bed, wardrobe, bookcase, desk and bedside drawers. There's wi-fi and well equipped shared bathroom and kitchen. You will probably be a woman, non-smoker, quiet, with similar values of kindness and respect for all life. You will have some environmental awareness, at least recycling waste! You will probably not eat much meat.

I am a gentle feminist who enjoys a good laugh, peace and quiet, and is passionate about environmental concerns so the garden is a vigorous wilderness patch!

The rent is **£354** per calendar month excluding bills, which bring it to **£400**.

Call Debbie on 07960 040985

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

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

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Next newsletter due out end of October 2015.

Deadline for ads with payment, and notices – Sunday 18th October.

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