



Welcome to Over the Hedge - Autumn Edition!

Autumn us upon us!

Autumn in the garden, leaves are falling and the first chill is in the air. We did well with our potatoes and climbing beans, both in the bed we planted with Harbour School and in our own beds. We did less well with our peas thanks to the friendly snails. Tomatoes did exceptionally well and we are still harvesting them in the poly tunnel. We planted our squash very late, so it looks as if we won't have any for our special winter soup (see our recipe below!).

Now we will start digging over the beds and putting on a layer of our own home made compost ready for next season. Our winter kale is coming along nicely but there are crops you can plant now for an early crop next year, so we will be planting onion, garlic and broad beans in the next few weeks, both in our own beds and with Harbour School.



As the leaves fall, we will be cutting back our raspberry canes, pruning our roses and fruit trees and generally tidying up. Then we can sit in front of the fire and dream of Spring!

Nothing tastes as good as food you have grown yourself!
(Goff The Gardener)

Send in your gardening questions for Goff!

Don't forget to check out our website for a range of gardening resources
www.southseagreen.com

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THE VEGETABLE PLOT

Brussel sprouts sprout on the stems
Cauliflowers flower as white gems
Cabbage green grow with rain,
Cabbage white purity to gain.
Curly kale swirl
As they curl and twirl.

Broccoli florets solid and tight
With graceful stems as they catch the light
Green beans grow as they cling,
Pea pods swell sweetness to bring.
Lettuce, let us chew the cud.
Asparagus squeeze through the mud.
Marrow's stretch on the ground.
Melons rolling round and round.
With aching muscles and hearts lain bare
Providing food so healthy with tender care.
Gardeners work and dig the soil
As onwards they sweat and toil.

Printed and Published, in her book, by Irene Strange. (Founder member)

Autumn Recipe

Autumnal Spicy Roasted Carrot & Lentil Soup

Om Nama Shivaya - I know I'm not the only one who is feeling the shift in season, the temp has dropped and so have lots the leaves. We say goodbye to the heat of summer and hello to the spicy season. This recipe will help give the immune system a top up of goodness, while keeping the soul warm

With the colder months coming in fast it's important to stock the freezer with our favorite batched cooked meals, this way we can get hot food quickly which is healthy and keeps our bodies happy, and helps to prevent making unhealthy winter food choices

Grab your favourite drink, put on the playlist that gets your body moving and lets create food magic together

Key Points To Keep In Mind

Stay Present, Put Good Intentions Into The Food

Try To Buy Local If You Can

Dance & Groove

Be Thankful

Ingredients: 11 Carrots sliced for roasting - 1x Whole garlic bulb - 1x Leek diced - 4x Tomatoes diced - 2 Cups red lentils (remember to wash well)- Thumb size piece of fresh turmeric grated (Wear gloves fresh turmeric STAINS) - It's a preference thing, but I definitely made this spicy with 3 dried chillies from the chili plant (make it to your taste) - 1 Tbsp of tomato puree - 2 Tbsp Thai aromatic seasoning - 2x 400ml Passata - Water - 2 Cups frozen peas - Coconut Oil - 1 tsp Curry powder, Cumin, Mustard seeds 1x Stock cube - 2 Tsp sugar

To begin, heat the oven to 180, in a roasting tray add carrots & 1 whole bulb of garlic (slice the top off and place face down in the center, carrots surrounding) season w/ s&p - roast for 25 mins. In a separate pot boil the lentils till cooked. To a pot add a nice dollop of coconut oil & keep the heat on a medium level. Add the leeks & tomatoes, 10 mins. Add your turmeric, chillies & tomato puree, keep stirring infusing the flavours. Add the Thai seasoning & some salt. Once roasted add the carrots & squeeze out the garlic from the bulb into the pot, make sure it has cooled enough to handle. When the lentils are soft, drain & put aside. In your big pot add the passata. Crumble your stock cube in and give it all a good stir. You may need to add some water at this point to loosen up the dish. Allow to cook for 20 minutes on a gentle heat. Now you will want to use a stick blender and pulse the mixture to your texture preference, I went for smooth. Add your cooked lentils & peas, (feel free to add some water at this point to change the consistency) along with salt & the sugar. Allow this to simmer. In a separate small frying pan, heat to a medium level & add a tsp of coconut oil along with your curry powder, cumin & mustard seeds, cook until the seeds begin to pop, now add to your giant pot of magic. Stir well and you are done. I served mine with some balsamic glaze, nutritional yeast & sunflower seeds.



What are the Roots at the Secret Garden, Southsea.

More about the secret garden from Beverly, our garden tour guide. Why not arrange a time for a tour and enjoy the history of the garden?

Chapter 4:

For the people who traverse the garden's path, each step becomes as vast and far reaching as the trails and crevices within their curious minds. The visitor stories inevitably embed themselves within this historic soil. An environmental advocate and bespoke artist, Alice Hume, recently shared her exhibition 'From Soil to Cloth' at the historic Round Tower. She emphasised the hidden meanings that seep into the soil by planting seeds inside the community garden. The plant fibres would provide a natural linen that would weave patterns into unravelling wall art. Symbolic cloth is a transcribed imagery which emerges throughout the evolution of language. The marks upon textiles hold the essence of an original alphabet, which would communicate and express the sacred meaning of ancient pastimes when communication was still evolving. Examples of this connection can be seen in sentimental pieces belonging to ancient tribes, and the pivotal expression of hieroglyphic alphabets. The art draws the mind towards the lost language and symbolism which surrounds textiles. Textiles is a form of art that can evoke different types of imagery. The patterns and symbols engage the sight; the textures woven into the piece engage the touch; the plant fibre's environmental influence engage the smell; the way the cloth falls engage the organic movement; all of these factors create a sensory experience that bears the meaning of an evolving expression in visual form. The art holds an impression on each of the senses, similar to an experience within the garden in person. The art becomes parallel with nature and the innate meaning of expression. Being part of the exhibition has created another story within the ever-unravelling narrative of the community garden.



Local Community Fund

CO-OP Funding info

Southsea Green has been awarded funding from the Co-op local community fund and you can influence how much money we get.

Sign up to be a Coop member, choose

Southsea Green as your Charity and shop at the Coop.

Southsea Green will receive 1p from every £1 you spend on Co-op branded goods when you remember to swipe your membership card or go to the app.

At the end of 12 months we will be informed how much you have raised and our plan is to hold growing workshops backed up by growing and recipe cards available free at the garden and your coop store

Funding News 2

We have been awarded £500 by the partnership foundation to produce signage for plants that link to a QR code and explain what you are seeing and how you can grow/care for the plants. We will be supported by the volunteer Asylum Seekers who come to the garden every week and will be making use of their skills to fashion the signs which will help their language skills and give a focus for their volunteering.

What's coming up?

We have some fabulous new volunteers and are now able to open the garden more often, our new opening times are below:

Monday 9.00-11.00

Wednesday 14.00-16.00

Thursday 14.00-16.00

Second Saturday of every month from 11.00-12.00.

Friday 27th October 11.00-15.00 Jennifer 'Molie' Plested will be providing Halloween craft activities.

(Check Facebook for any changes in time and dates)

Keep an eye out for our online talks and events in the garden coming up in the next few months.



Volunteering with Southsea Green

We are always on the lookout for new volunteers to support the garden in various ways!

If you can help this is just some of the support needed:

- * Carpentry
- * Painting



- * Crafts
- * Gardening
- * Admin
- * Social Media
- * Events
- * Pond clearance
- * Rubbish Clearance
- * Maintenance

If you can help please contact
southseagreengarden@gmail.com

Action Asylum at Southsea Green

The Action Asylum team continue to do fantastic work around the garden, the last few months have been mainly harvesting, weeding and general garden maintenance.

A little garden Humour - just for fun!

What is brown and runs round the garden?

A fence



The tradition of Samhain

Our ancestors, before Christianity arrived on the shores of the British Isle's, lived life with a close connection to the land, to the seasons, its cycles and the natural order of life. They had a deeper appreciation and acceptance of life and death and lived with more appreciation, reverence and respect for nature and their place within it. They were probably more in tune with nature through the fine art of observation and thanks to ancient knowledge passed down from those who came before them. It was definitely a simpler time in history, with less distractions than today, there was more time for storytelling and because not much was written down, they probably had

better memories to help them remember all of the important things to help them get an abundant, thriving crop...their lives depended on it after all.

Modern day Pagan's follow the "Wheel of the Year", an annual cycle of seasonal festivals, marking the year's main solar events (solstices and equinoxes) and the midpoints between them. This Wheel was crafted in the mid 20th century combining the quarter days (solar events) marked by many European peoples, with the four seasonal festivals (cross quarter days) celebrated by Insular Celtic peoples. Although exact timing's of each celebration may vary across different paths of Paganism, the themes of each one are similar if not the same. Next time you go into the cabin at the garden, have a look at the artwork on the wall of this widely respected method to live in harmony with nature.

From sunset on the 31st October, to sunset on the 1st November Samhain (it is pronounced sow'ain or Sah-win) is a festival to honour the ancestors who have passed to the Otherworld and a time to take stock of the harvest stored for Winter. It is believed that the veil between the worlds is at its thinnest at this time so people would set a place for their departed loved ones at the table, leaving food and drink for their spirits. Many traditions would be to appease the gods or spirits of nature, to ensure a safe winter, and obtain a good harvest in the coming year. They would do this by dressing up in disguise to impersonate them or the dead in order to protect themselves from mischief...it's easy to see how Samhain is the precursor to our modern day Halloween. All across the world, so many different belief systems celebrate something similar yet different around this time.....All Hallows Eve, All Saints Day, Day of the Dead. Somehow, there's a universal knowing that this is an auspicious time. What is it to you?

Observing the cycle of the Seasons and the Lunar phases has been important to many peoples throughout the world and many gardening

practices have been born out of the wisdom carried down through the generations. What can we do at this time to help us connect to the natural flow of time and energy to help us and our gardens grow?

Collect seeds from flowers that are dying off in the Autumn, they will form a new birth as they bring new beginnings in Spring.

Cover open beds with leaf compost, this creates a warm, dark environment with an abundance of nutrients to give the plants new life in Spring.

Light a bonfire - bring light and warmth into your life. Write down what you would like to release and let go of and let the flames cleanse it from your life. Write a list of what you'd like to birth next Spring, protect it and look after it until the New Year.

Carve a pumpkin - ward off malevolent spirits and have some fun creating weird and wonderful faces to make your neighbours, family and friends laugh

Set up a Samhain altar - include photos of your beloved loved ones who have passed over, include colours and symbols of this festival (apples, pumpkins, cider, mugwort tea, soul cakes, black crystals, acorns, oak leaves) and build a connection with them, remembering their life, their gifts and their love for you.

What do you do at this time year to honour the natural ebb and flow of life and death; balancing the light and darkness?

Written by Jenni Van Wijk - Surfing the Sea of Life

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