



## Welcome to Over the Hedge - Summer Edition!

Summer has finally arrived!

Summer is here and we are enjoying the first of summer's bounty in the vegetable garden at Southsea Green. We have harvested our broad beans and dug the first of our new potatoes with the pupils of Harbour School. ( Nothing is as good as the first new potatoes of the season cooked with a little mint!). The French beans are climbing their canes and peas scrambling up their supports. We have taken our first cucumber and the first tomatoes are setting on the vines.

Fruit is showing promise too, the raspberry canes have shot up and are beginning to flower, we have nuts on our hazel tree and the figs on our famous fig tree (planted in 1904) are swelling rapidly.

It's not too late to sow something though, we are blessed with a long season here. You can still sow salads, rocket, oriental leaves, lettuce and radishes, and it is not too late to sow carrots, peas and beans. You can still buy tomato and sweet and chilli pepper plants from the shops and get a good crop.

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](http://www.southseagreen.com)

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This poem was written for children with the inspiration regarding the Fig Tree in the Secret Garden which lies at the bottom of the Southsea Greenhouse Community Garden.

### **FAIRIES AT THE BOTTOM OF THE GARDEN**

#### **THE FIG TREE.**

At the bottom of our garden stands a big Fig tree  
And if you are being good today, the Fairies you may see.  
Figgy Freya performs a twirl, whilst Figgy Freddie dances in a whirl.  
The Apple fairy peeps to see, as the Pear Fairy laughs with glee.  
Each play their part in bringing joy  
To every single girl and boy.  
Making the fruit good to eat, bringing a lovely tasty treat.  
So come to our secret garden, the Fairies then to meet.

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

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## **Summer Recipe**

### **Mushroom Meat Chilli**

Ingredients:

1x Pack of mushrooms (Diced into small pieces) - 1x Onion Diced - 4 Cloves of Garlic chopped - Chopped Chilli (To taste) - 1x Can of Kidney Beans - 1x Can of Sweetcorn - 400g Passata - 2 Tbsp Bbq Sauce - 1 Tbsp Balsamic Glaze - 1 ½ tsp of Smoked Paprika, Cumin, & Mixed Herbs - 1 tsp of Sugar - Salt & Pepper & Nutritional yeast (To Taste)

Things To Remember: Stay focused on the cooking, try to be mindful in the moment

and allow the breath to help you.

Season your dish with salt and pepper regularly to keep the flavours coming on through.

Enjoy the moment!

This dish is a summer winner recipe, so versatile you can make it up and have as a side at a BBQ or serve on a jacket potato as a filling or with rice

Method: Lay out all the ingredients in front of you. Place your hands out above them and take a moment to say thank you for the beautiful abundance of ingredients you have in front of you to create this meal. Take some deep breaths and be mindful of how far they may have had to travel to be in front of you. If you wish you can set an intention into your food. Heat up a pan, add some oil, throw in your shroomies to begin, we want these to get a nice texture and cook away any moisture - Once the shrooms begin to shrink slightly and become golden add your onion, garlic & chilli. Cook for a good 10 mins or so on a medium heat. Now your mushrooms and onions are looking beautiful, we are going to jazz up the flavour. Add your smoked paprika, cumin & mixed herbs, stir well, merging them seasonings. Add the bbq sauce & balsamic glaze (you can add a small amount of water if the pan gets a bit sticky) mix for a few mins before adding the passata & sugar. Stir thoroughly now allowing that sauce to become sexy and hot. Leave for 20 minutes to simmer, adding your kidney beans and Sweetcorn for the last 5 mins. (Nutritional yeast is optional but if you have never tried it, it's worth it! High in B12 and gives the dish a cheese flavour. Just sprinkle over the top) Serve with rice, pasta, jacket potato or garlic bread, all 4 go really well with this chilli.

Pura Vida <https://www.facebook.com/emmasyogacafe/>

## **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 3:**

#### **Our Fig Tree**

Another lady who is known to have traversed this ancient path is Queen Victoria (1819–1901). Her footsteps have left their mark here, especially through her last child, Princess Beatrice (1857). Beatrice has a well-established garden on the Isle of Wight, which dates back to the 1800s. The Isle of Wight is the largest island in England and rests just across the water—in view of Southsea Green Community Garden. Beatrice was extremely fond of trees in all forms; however, her particular interest on this royal estate was fruit trees. A main feature in her garden nearby is a fig tunnel, which she would share frequent footsteps. Queen Victoria was in an extremely devoted marriage to her father, Albert. Victoria lost her husband Albert

when he was only 42. Beatrice therefore lost her father at just 4 years old. Queen Victoria never got over his death and she chose to wear black for the rest of her life. Visitors still stroll through this fig tunnel as if to walk beside her to this day. A feature of particular interest at Southsea Green Community Garden is a fig tree, which stands at the back of the garden with a mature presence. Princess Beatrice planted this fig tree on the mainland in Portsmouth during this time, which corresponds with her fig tunnel across the water on the Isle of Wight. Beatrice must have cherished these trees and would have respected their devoted presence. She would refer to her stays on the Isle of Wight in her diaries as a 'A little paradise.' Likewise, this particular spot at Southsea Green must have birthed emotional significance for Princess Beatrice during her wise and well-established life.

**Photo Credit: Thanks to Laura Simpson for capturing our lovely Fig Tree**

## 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.

(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, from repairs, painting, to gardening and everything in-between!

## **Rhubarb and Elderflower Cordial**

Ingredients

A couple of sticks of rhubarb (to add that pink colour )

20 to 25 heads of elderflower

1 litre water

400 grams sugar

Some lemon juice or citric acid

Put the water in a pan, bring to a simmer while slowly adding and dissolving the sugar.

Add the chopped rhubarb and cook for 10 minutes.

Add the elderflowers and lemon juice and simmer for 20 minutes.

Cover and leave overnight.

Strain through muslin or fine sieve, bring to the boil and bottle ( approx 2 wine bottles )

Put an inch or two in a glass and top up with water, lemonade or white wine.

Will keep in fridge for two weeks.

Goff the Gardener

## A little garden Humour - just for fun!

So my neighbour sees me kneeling down, busy in my garden and asks what I'm doing

"I'm putting all my plants in alphabetical order"

"Really?! I don't know how you find the time!"

**"It's right next to the sage"**

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