



Welcome to Over the Garden Hedge Spring Edition!

Spring is on it's way!

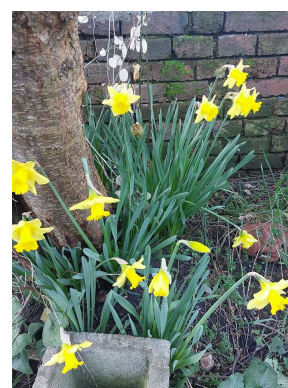
March is the first of the busiest three months for sowing and planting. It is not too late to plant onion sets and sow broad beans and you can sow carrots, lettuce, radish, spring onions, hardy peas and later in the month, potatoes.

Don't panic though, we have a long season, If you are a little late you can still sow in April.

Sow little and often, sow a row of carrots, a few lettuce and then repeat three weeks later.

This spreads out the work and also the harvest.

You don't want a whole row of lettuce ready at once, they will go over before you can eat them! Don't forget, if you haven't much room, you can grow salad leaves, spring onions, radish and carrots in bucket sized pots, even potatoes in a bit larger container.



If you have a warm windowsill, airing cupboard or propagator, you can sow peppers and tomatoes for planting out later.

GOOD GROWING!

(Goff The Gardener)

Send in your gardening questions for Goff!

We've had people working hard behind the scenes to create a band new website www.southseagreen.com

If you haven't seen it yet, pop over and check it out!

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The Garden Path Irene Strange, Founder Member

At the garden path, I stand
Fork and trowel in my hand.
Should I plant or should I sow?
Deeming to make the garden grow.
Firstly I must clear the weeds
Before I dare to sprinkle seeds.
Persevere or hesitate?
Cannot leave the garden in such a state!

A rolling cloud drifts by,
Darkening the grey/blue sky.
The wind picks up, it begins to rain,
Oh great, it's 'cuppa tea time ' once again.

Written by Irene Strange. (Poet Laureate, Southsea Green Garden)
Canoe Lake, Southsea.

We have started our 'Growing Together' project with Harbour School.

They have been energetic sessions learning about growing, tasting and doodling.

We're grateful for the support of HIWCF and Moneybarn for supporting us in this project



teaching vulnerable children to grow.

Our project with harbour school takes place on a Tuesday so the garden will be closed but Goff, and John from Action Asylum / City of Sanctuary hope to open most Thursdays from 14.00-15.30 instead.

Please check Facebook weekly to see when we are open so you can access the garden for gardening club and some of Goff's wisdom.



Spring Recipe

Lentil and Pepper Dahl

2 red onions chopped finely
5 cloves of garlic chopped finely
1 green chilli or red
2 thumb size pieces of ginger grated
18/20 Tomatoes medium size
3 Peppers, I used red yellow and orange finely chopped
Pack of spinach
3 tbsp garam masala
1 tbsp turmeric
1 tbsp nigella seeds
1 tbsp coriander seeds
Pack of coriander
Water

250g gram flour
400ml water
Coriander
Salt and pepper

Another instalment of Pura Vida love here for you and we are making a lentil Dahl with chapatis, which will be full of health, wealth and luck.

First of all lay the ingredients out and begin with your intention prayer, you can use this one or think of your own

Dear universe, great spirit, I ask that these ingredients are blessed and their energy is of a high vibration. I ask that once combined these ingredients will create a potion of amazing flavour, as well as health, wealth and good luck. Thank you for the food I am about to receive.

This makes a fat arse portion of dahl so be sure to have some tubs about to store and freeze, or gift some to a friend so they can absorb the intentions.

Oven gas to 6

Add a good glug of oil to a large pan, add onions, garlic, chilli & ginger, and S&P, cook for 10 minutes on a gentle heat

Get a large oven tray, quarter the Tomatoes, add oil salt and pepper, now into the oven to roast for 25 minutes

Grind up the nigella and coriander seeds and add to the pan along with the turmeric and garam masala. Mix well until you can see the seasoning has absorbed into the onions, after 8 minutes add the Peppers and allow to cook for a further 10 minutes.

Checking back on the Tomatoes you may find they have released some water and have gone soft, using a masher begin to press on the Tomatoes creating chunks of Tomatoes and some juices, now add this to your large pot, mix well.

Add your lentils and 1 litre of water, bring the heat up slightly and allow to come to a simmer, taste test and add your desired amount of S&P until you've got it to the flavour you want. Leave on a low heat for 25/30 minutes, stirring regularly.

The lentils should be cooked and absorbed into the Dahl so it has a beautiful texture and smell.

Take off the heat and add the majority of the bag of spinach, mix in and leave to rest for 3 minutes to wilt the spinach down. Leave the lid on, now it's chapati time

In a bowl, add the sieved gram flour, water, S&P, and a handful of chopped coriander.

Get a frying pan with a drizzle of oil in, using a ladle for measurements, pour 1 ladle into the pan, wait for the bubbles to appear on the top of the mixture, flip and cook until golden. Repeat for however chapatis you want. Can be stored in the fridge overnight. Boom you are done! Hope you enjoy this recipe, let me know how you get on :)



What are the Roots at the Secret Garden of 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 2:

The garden has a history that dates back 500 years and its origins go back to its use by Henry VIII. The land had a preservation site status with building rights prohibited. The soil beneath was once a historic ship path in times when the sea was a mysterious and unknown venture.

Maps were hand drawn one by one. People of the past had to travel out to sea in ways that would require greater internal guidance and perception. The gardeners spent many years restoring the garden to a beautiful sanctuary.

Now those who discovered its existence and entered its gates would approach ways to enhance their perception through natural elements. A secret garden and a sensory garden. A place with various arrangements of distinct plants and flowers which would evoke the touch, sight, hearing, smell and taste.

People could connect back to its history through similar perceptual themes of outer discovery and internal epiphanies. The garden was a contemporary evocation of how nature will always enhance our perception regardless of how time passes.



What's coming up?

We have our Thursday gardening club from 14.00-15.30 every Thursday.

We are now meeting on the 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

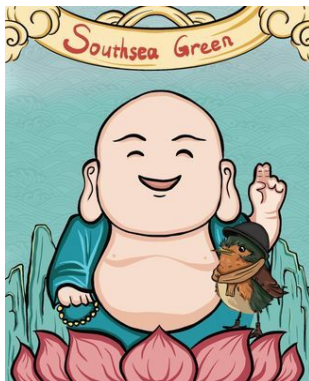


Two volunteers from Action Asylum

Action Asylum at Southsea Green

John is a volunteer at Southsea Green and is the Portsmouth lead for Action Asylum. This is a charity which connects asylum seekers with local communities, in order to volunteer together to improve their neighbourhood and the environment. It is a relatively new charity based in 5 cities nationwide and is expanding to more in the future.

Since the autumn last year, we have had a regular group of asylum seeker volunteers who visit the garden and help with a range of jobs related to nurturing and maintaining the garden and space. Our volunteers love being involved with this garden and being a part of the Southsea Green family.



Inst @Demi_1220_

John's wife Demi came to the garden and was inspired to create this beautiful piece.

Credit: Inst @Demi_1220_

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