



### Since our last Newsletter.....

#### Working Parties

Work to clear part of the front garden of St Lawrence Vicarage is progressing well (see photo). The site had been neglected for some years and had been taken over by invasive shrub growth. We are hoping that in due course it will be suitable for soft fruit growing. Please see Forthcoming Events for Dates for Working Parties at our plots.



#### AGM

Our AGM on July 21st was an enjoyable occasion with a short walk beforehand to look at the flourishing Station and Brendoncare plots. The meeting itself, in the back room of the Railway Arms, was well attended. We were particularly pleased to welcome ATC groundsmen Ty and Martyn, who have given us so much help this year. We enjoyed meeting three new supporters, and to see Councillor David Willoughby, John Hubbard from EnergyAlton and Jenny and Stephen Lewis from the Stoneyfield Growers. Liz led the first part of the meeting with a buoyant

summary of the year's activities and Deborah was able to assure us our finances are in a healthy state with good use of the grants and donations we have received. Clare Allen was elected new Chair and presented a gift to Liz in recognition of her three years service as Chair. And Lesley thanked Sonia for her hard work as Secretary. Ray Minifie and Trevor Irwin both resigned from the committee while all other members were re-elected. The evening ended with herb-flavoured snacks, drinks and time to exchange ideas.

#### St Lawrence Fete & Schools Competition

We had a very colourful stall at the fete in July, with a variety of herby snacks available to sample. Recipes sheets were available along with our new map of our plots and planters around Alton.



We also had a good display of the prize-winning entries from the schools' competition to design a herb plot. Our 2014 schools competition was the best yet with well over a hundred entries. We were delighted to meet some of the winners at the fete and award the prizes in person. Thank you to all those who participated, we loved seeing your entries – keep up the good work.



#### Contact Us:

**Tel**  
01420 83416  
Lesley Willis –ALFI Secretary

**Web**  
[www.AltonLocalFood.org.uk](http://www.AltonLocalFood.org.uk)

**Facebook**  
Group:  
Alton Local Food Initiative

#### In this Issue:

- Since our last newsletter
- ALFI needs YOU
- Apples
- Looking ahead

#### Forthcoming Events:

##### WORKING PARTIES

- Station plot.
- \* 7th September
  - \* 12th October.
- Westbrooke plot. 2-4pm
- \* 5th September
  - \* 26th September.

(Please contact Lesley Willis, ALFI Secretary, if you would like more details)

##### ALFI HARVEST FEAST.

Saturday 18th October  
Alton Methodist Church  
10.30-1.30

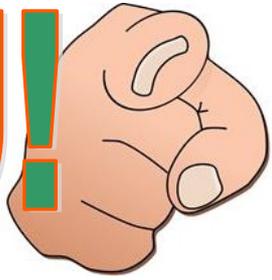


##### ALTON FARMERS' MARKET DATES.

Saturdays:  
13th September  
11th October  
8th November



# needs YOU!

A cartoon-style illustration of a hand with the index finger pointing towards the text 'YOU!' in the main heading.

## We are looking for volunteers to help with the following tasks

- gardening - a couple of hours a month (see website for details)
- communications with members
- website updating – see [www.altonlocalfood.org.uk](http://www.altonlocalfood.org.uk)
- organising & storing digital photos
- campaigning
- liaising with other similar groups
- helping beforehand and during our regular events – the next one is the Harvest Feast on October 18th

If you would like to offer your skills in any of these areas please contact Lesley (see 'Contact Us').

Work with others, make new friends, help the community, improve the environment.

We would love to hear from you

---

## Pressing Apples

If you have surplus apples this autumn you may like to consider taking them to be pressed for juice or cider, rather than letting them go to waste. Mr Whitehead's Cider Company (now at Windmill Farm, Colemore, GU34 3PY) will take any variety of apple, picked or windfall (in good condition), from several shopping bags at a time to trailer loads. On the day you take the fruit to them they will estimate how much juice they would yield and you may take 20% as juice and/or cider. (You get to take it straight away, so it would not be from your apples.) If you take a large quantity, they keep a tally and you can collect the juice over 6 months or so. You may like to think about whether you could join together friends or neighbours, or help out an elderly person no longer able to collect their own apples.

For queries telephone 01420 511733 or email [admin@mr-whiteheads-cider.co.uk](mailto:admin@mr-whiteheads-cider.co.uk)

We will be aiming to have apple juice from our own apples at our Harvest Feast.

## Apple Rings:

This is a recipe that was used during WWII to preserve damaged/windfall apples through the winter:

1. Wipe the apples, remove the cores and peel thinly. Cut out any blemishes.
2. Slice into rings about quarter of inch thick.
3. Steep the rings for 10 minutes in water containing one and a half ounces of salt to the gallon.
4. Thread the rings on sticks or canes to fit across the oven or spread on trays.
5. Dry very slowly at the lowest possible oven setting until they feel like chamois leather. Turn once or twice during cooking.

Use the rings as a snack, add to muesli or use in recipes. For a special treat sprinkle with sugar and cinnamon. They can also be used in garlands for decoration.

---

## Looking ahead to our annual 'Seed Swap'

Please consider saving some seed from your garden or allotment for our Seed Swap event, which will be held early next year (2015).

Remember to make sure seed is dry and free from debris, before labelling and storing in a sealed container in the fridge.