

# Newsletter

Winter 2019-20

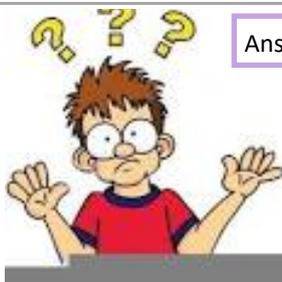
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## New Year Quiz

Ellis has got in a muddle with his saved seeds: he labelled them all with their Latin names, but now can't remember what the common names are. Can you help him prepare for the ALFI Seed Swap by connecting the corresponding names together?

Allium sativum		Aubergine
Cucumis sativus		Carrot
Cucurbita pepo		Cucumber
Daucus carota subsp. sativus		Garlic
Lactuca sativa		Lettuce
Pastinaca sativa		Parsley
Petroselinum crispum		Parsnip
Pisum sativum		Pea
Solanum lycopersicum		Potato
Solanum melongena		Pumpkin
Solanum tuberosum		Spinach
Spinacia oleracea		Tomato

Answers on the Website



## Theme for 2020: 'Local Seasonal Food'

This year we'll be looking beyond the food we grow ourselves to the food that we buy. Through the newsletter and online we'll be highlighting what opportunities exist to buy seasonal local food.

## Alfi Seed Swap

'Seedy Saturday' on February 8th (10am-12pm, Alton Methodist Church Hall) gives you the chance to pick up some new varieties to grow in exchange for your excess seed.

Whether they are seeds that you've collected from last year's crops, or the excess seed from packets, bag them up and label them with type/variety, brief growing conditions and date collected/expiry – and bring them along to swap.

Please do not bring seed if you have any doubts about its viability. For information on viable storage times and methods see our guide: <https://bit.ly/alfi-seedsaving>

On the day we'll also have seeds donated from seeds suppliers and spare envelopes/bags.

Swapping seeds like this helps preserve lesser known varieties and maintains genetic diversity. The more varieties we maintain the more options we will have to deal with pests, diseases and a changing climate. It also reduces wastage and helps gardeners to save money. Seeds you've harvested from last year's successful crops may be more adapted to Alton's micro-climate.

And it's always good to share growing tips and your plans for this year over a cup of tea or coffee.

## DATES FOR YOUR DIARY

### Saturday February 8th—Seed Swap

Methodist Church 10am - 12noon

### Saturday 9th May—Seedling Swap

### Working Party Dates

Jubilee Orchard Sunday March 8th

Westbrooke Fridays March 6th, April 3rd, April 24th 2-3.30

Vicarage Sundays March 29th, April 26th 10.30-12.30

Station Sundays March 1st, April 5th 10.30-12.30

### FARMERS' MARKETS

February 8th

March 14th

April 11th

Energy Alton AGM & ATC Annual Elector's meeting

Wednesday March 18th 6.30 for 7.00 Assembly Rooms

Alton Eco-Fair—ACAN & ATC

Sunday July 12th Public Gardens



## Alton Community Cupboard

The Community Cupboard is a new venture which collects surplus food and makes it freely available to anyone who can use it. Volunteers pick up food which would otherwise be wasted, from participating supermarkets. The shops cannot keep food on their shelves which has reached its sell by date, but this food can be safely used for days, or sometimes even weeks, after that date.

The Alton Community Cupboard differs from the Food Bank. It is available to all and its aim is to reduce food waste. You don't need permission to go. You don't need a voucher or to prove that you need food. There will normally be packaged food, fresh fruit and vegetables, and bread, and everyone is welcome to take some. The Community Cupboard's mission is to reduce waste and everyone can help with that. It opens twice a week, on Friday afternoons at 4.00pm and Saturday mornings at 10.00am, in the Scout Hut in Anstey Park.

Further details on:

Facebook *Alton Community Cupboard* or  
Twitter *@altoncupboard*

### Carrot and Tarragon Soup

350g carrots

1 small onion

2 leeks

50g butter

2 sprigs fresh or 1/4 tsp dried tarragon

1 litre liquid, either stock or boiling water with a vegetable stock cube

1 tsp sugar

Salt and pepper

Cream to stir in as serving



Slice carrots thinly, chop onion and leeks finely. Melt butter and soften onion and leeks, add carrots and stir, leave to sweat gently for 10 minutes.

Add tarragon and boiling stock, simmer for 25 minutes.

Liquidise or sieve. Season and stir in a little cream as serving if desired.

Serves 4

**Wishing you all a Happy New Year**

**and good growing in 2020**

