



# Take Five

*The Five A Day Market Garden newsletter*

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Five A Day Market Garden  
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## Garden News...



It's early summer and the garden is bursting with colour! Our seasonal produce is now ready for harvesting and selling – including a wonderful selection of cut flowers! Delicious, naturally grown and freshly picked! Come and visit us on a Wednesday or Friday 10am – 3pm.

On the educational front, we have welcomed hundreds of visitors to the garden this year - including school kids, adults with learning disabilities, older people and some great corporate groups.

Our busy programme continues in to the summer along with our annual open day in July. Have a look overleaf for further details.

Our wonderful volunteers have done a fantastic job in the garden. They have been busy with planting out, weeding and harvesting. We're always looking for more volunteers to join our fab team. Do get in contact if you have an hour or two to spare!

Pam Goddard, Project Co-ordinator

## Thank You!

**Thanks!**

A very big thank you to Employee Volunteering who have organised some fabulous team days for us. The garden is looking glorious!



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## Summer recipe

### Rhubarb and vanilla jam

#### Ingredients

1kg/2lb 4oz rhubarb, chopped into small pieces  
2 vanilla pods  
1kg/2lb 4oz preserving sugar  
4-5 tbsp apple pectin (available from large supermarkets and health food shops)

#### Preparation method

1. Cut greaseproof paper into circles the size of the opening on the jam jars.

2. Place all the ingredients in a pan with 150ml/5fl oz water and simmer until the rhubarb starts to soften.
3. Remove the vanilla pod.
4. Pour the hot jam into 3 sterilised jam jars and cover the jam with the greaseproof paper circles.

Screw on the lids and set aside to cool completely.

Makes 3 x 450g/1lb jars



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## Herb Highlight: Hyssop



*Hyssop*

Hyssop is an attractive hardy perennial that prefers light, free-draining soil and can also be grown in a rock garden. It thrives in full sun or part shade and can

reach 2 ft tall and wide. It can be grown as a hedge and is attractive to bees, butterflies and other pollinating insects. For this reason it is useful to grow near a food crop that needs pollinating.

Hyssop flowers June to October and benefits from being cut back well in Spring or Summer as it can become woody. The seed pods can be dried and the seeds used to grow new plants to replace those that have become

too woody the previous season. Hyssop is good with meat, and salad. It has a slightly bitter mint flavour but is strong so should be used sparingly. It is anti-inflammatory and can relieve rheumatic pain when drunk as a tea. The tea can also help loosen catarrh, soothe lungs and help coughs and colds and symptoms of hay fever. Gargling with a tincture can help sore throats.

Wendy Cadman

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## New Shoots: Garden Events, Activities & Projects

### Summer Open Day

Fiveaday's Summer Open day is on Saturday 15th July at 1pm. Please come along to join in all the fun!

### Help us fundraise for Five A Day Market Garden!



Did you know that whenever you buy anything online, you could be raising a free donation to help support our work here at Five A Day Market Garden?

There are nearly 3,000 retailers who will give a free donation to Five A Day, and it doesn't cost you a penny extra. Head here to sign up:

[www.easyfundraising.org.uk/  
causes/5adaymarketgarden](http://www.easyfundraising.org.uk/causes/5adaymarketgarden)

...And start collecting free donations when you buy gifts, groceries and decorations.

### Go Wild Activity sessions

Our Family fun day is being held Friday 28th July, 10am-1pm. This a chance to have fun and explore the garden and be inspired to create your own special piece of art or pot up some seeds to take home and grown your own.

Please refer to the leaflet or visit our website and email or call Pam on the contact details below to book a place.

**We are running sessions and activities for schoolchildren, adults with learning disabilities and older people throughout the summer.**

**For more details or to book a visit for your group to Five A Day Market Garden, please contact Pam on 07939 676050 / [pam@fiveaday.org.uk](mailto:pam@fiveaday.org.uk)**