



Take Five

The Five A Day Market Garden newsletter

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Five A Day Market Garden
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Garden News...

Despite the weather, we have made a good start in the garden and have pruned the fruit trees and bushes, prepared a new strawberry patch with the help of a fantastic corporate group from Baxter Storey who came for a team day in March. They helped us to prepare new areas for growing strawberries and courgettes.

We are now sowing seeds in the polytunnel and have planted out our potatoes. The warmer weather has encouraged the rhubarb into growth and hopefully we will have a good crop in May.



A FEW WORDS FROM OUR VOLUNTEERS RAY, SARAH and LUCY

Having just retired I was looking for new activities, to meet new people and learn new skills, all within a giving-to-the-community setting.

I enjoy EVERYTHING! about 5 a day. For me it's perfect volunteering. Great outdoor setting, amazing people, so rewarding. We put the world to rights over coffee, biscuits and cake. We discuss the latest tv dramas. We get fresh air, exercise. And we do some gardening.

It's the best volunteering I've ever done, by a mile.



I was having a career break and looking to do some volunteering. I love gardening and being outdoors and I work in education, so 5 a Day seemed a perfect choice!

I've met some lovely people, learnt a lot about gardening and I get to volunteer in an amazing garden, in a beautiful setting – brilliant!

There is no better way to spend a Friday than in the oasis of 5 a day, gardening, meeting new people, learning new skills and contributing to a great cause.

It's rewarding creating a great space where other people can enjoy their time as well as producing some yummy produce.



WELCOME.....

Since the last year, we have welcomed several new volunteers to the Wednesday and Friday teams.

The new helpers are Ray, Liz, Julie, Sarah and Karen. Welcome to everyone.

They have kindly shared the reasons why they joined 5 a day and what they enjoy most about it—see the item on this page. Looks like it might be the cake and coffee break!

If you are interested to become a volunteer, we meet on Wednesdays and Fridays. We are also looking for people who are willing to support our learning disability group.

If you are interested, please drop in at the garden or contact our project co-ordinator, Yvonne Redgrave on Yvonne@fiveaday.org.uk

Dates for your diary:

July 14th is our Open Day which takes place alongside the Englefield Flower Fayre and School Fete. Please drop in for tea and cake and have a look around the garden.

We will be running family activity days in August. We also run horticultural and eco-art workshops for families and adults. If you would like to know more about these days, please contact donna@fiveaday.org.uk.

Herb Highlight: Thyme



Thyme Butter Recipe

4 tablespoons unsalted, softened butter
1 teaspoon fresh, crushed thyme leaves
1 teaspoon Dijon mustard
Salt and black pepper to taste

Mix all ingredients together
Cover and refrigerate

Use for topping on steaks, mushrooms, warmed bread

Thyme is an aromatic, evergreen, perennial herb with culinary, medicinal and ornamental uses.

Thyme plants like a well drained, light soil in full sun. If the soil is too rich the plants will become leggy and lose their compact shape. Plants grow to about 30cm(12"), have attractive small leaves and tiny flowers which appear in spring and continue through the summer.

Clip the plants annually after flowering to maintain a good shape. Plants last for 3-4 years after which they can become woody and less aromatic. To propagate, dig the plant up and divide it into smaller plants ensuring each piece has a root.

Thyme leaves can be harvested when needed. They can also be dried, refrigerated, frozen and preserved in oil or vinegar. Thyme is often used to flavour soups and stews, flavour meat and added to cheese, tomato and egg recipes.

Medicinally it is thought thyme has many uses including antibacterial and antifungal properties.

New Shoots: Garden Events, Activities & Projects

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/fiveadaymarketgarden

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



We will be once again supporting Englefield School Days on 13th/14th June when they invite local schools to take part in activities including a veg. and spoon race which we organise.

Thyme Together

Thyme Together is a weekly drop in session which takes place every Tuesday from 1pm—3pm, starting on 10th April until 24th July.

It is aimed at over 65s and is a great way to make new friends and get involved in gardening and craft activities.

It's free and delicious refreshments are available too. The sessions are open to people across Berkshire. For more information, please visit our website www.fiveaday.org.uk

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 Yvonne on 07555 184343 or by email to yvonne@fiveaday.org.uk