

🌸 My Allotment Diary

I heard on the radio that if you plant a seed of something you can eat, water it, and care for it yourself, when you come to eat your produce, it will benefit you in ways no other vegetable will – it must be all about the personal touch! Now this wasn't '*Gardener's Question Time*' so I'm not sure if I believe it all... but I do know that gardening is really good for you. And, if you can grow something you can eat, even better.

I took my allotment because it was good for the soul – an escape from a hectic time – it provides me with time on my own which I am often very short of. But the real benefits are to the body!

Digging, weeding and planting all count as exercise, but it's the produce that provides the real benefits!

When you grow your own you can control the chemicals used, the time harvested and you can get the chance to grow amazing food not easily available in the supermarket, from purple beans to elephant garlic. There are a few asparagus beds at the allotments which I'm very jealous of – it must be very satisfying seeing the tips emerge through the ground! Definitely on my 'to do' list!

It's so good to see so much activity at the allotments this month – fruit cages have been prepared, bean and sweet pea frames built, and so much has been planted – seeds and seedlings. There's nothing stopping us now! Courgettes, squash, carrots and broccoli can still be planted, as well as radishes (apparently the easiest of all!) but also, harvesting is well underway – peas, salads, spinach can be enjoyed, but even better are the early new potatoes.

The two spare allotments have been sprayed off and covered so that they will be weed free and easier for their new 'custodians' to get started on, and the paths are all mown. Busy we may be, but at the allotments we always have time to compare notes, provide tips, and commiserate on our disasters (we all have them) – as they say, it's good to talk!

If you feel like joining us for a chat, or a little growing, call please email us at:

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