

Compost Corner

'Let them eat worms'

We've well and truly arrived in 2020. A belated Happy New Year to you!

You might think there isn't much to do in the garden. However, now is a great time to stock up your bird feeders ready for the RSPB's Big Garden Birdwatch later this month.

This year the Birdwatch takes place on 25 - 27 January. Spend just one hour watching and recording the birds in your garden or local green space, then send your results to the RSPB and you can help track bird numbers. Visit www.rspb.org.uk to sign up online for a pack.

Allotment holders are cracking on, and there are several newcomers to welcome to the fold including Kelly! When I spoke to her, she described herself as 'old-school' having been brought up in a family who cultivated four allotments in Radlett. Now a young woman with her own family, Kelly knows what to expect and has inherited the grafting gene from her dad.

Even though she's already sacrificed a strip in the garden for growing veg, it wasn't nearly enough space to grow all the fresh fruit and veg they like to eat... like kale and spinach for smoothies, yellow cucumbers – her 4 year old's favourite – and fruit bushes, and she's looking forward to preserving produce and discovering ways of storing root crops next winter.



Allotment growing offers a whole-body workout in the fresh air, Kelly explains, and not only that, but she's found a lot of research advocating a more plant-based diet for health. Microwave ready-meals might be convenient but don't necessarily optimise health and well-being. Her 4 year old is chomping at the bit to get up to the allotment whenever possible, and is looking forward to helping make a special tepee which will have beans growing up it, and perhaps a mud kitchen...

Kelly wistfully reflects on last year's photo, of her child happily sitting in the mud and chomping on a worm. Life is for living, being in the moment, and fully experiencing!, she exclaims. I agree 100% and I'm sure so does the robin!

Anne Nicodemus

Green smoothie

One recipe out of hundreds online for a green smoothie.

- 1 banana;
- 200g baby spinach or Kale (stems removed);
- 250ml fresh apple juice;
- 1 lime.

Peel and chop banana into chunks (you can use ripe uneaten bananas previously peeled, chopped and frozen). Wash spinach if necessary, slice lime in half, squeezing the juice from both halves into food processor with other ingredients added. Blitz until smooth. Pour and enjoy!

Kids love it.



If you are interested in renting an allotment plot from Elstree and Borehamwood Town Council please call 020 8207 1382 or email warden@elstreeborehamwood-tc.gov.uk



EBRA Chairman: Andy Lewis
chairman.ebra@gmail.com
 Mobile: 07930 637 673
www.elstreeborehamwoodresidents.co.uk
 @borehamwoodra14

ELSTREE & BOREHAMWOOD RESIDENTS ASSOCIATION

Started in 2013

Open to all residents in Elstree and Borehamwood.

Our mission is to safeguard and promote the interests and views of local residents on matters concerning the community e.g. housing, infrastructure, local environment, social facilities and amenities in the area.

CURRENT ISSUES INCLUDE:

- Community Issues • Planning

NEXT MEETINGS:

**Tues: 17th March and 12th May 2020 - arrive at 7.45pm
 (meeting is from 8pm to 9.30pm prompt)**

WHERE:

**St Teresa's Parish Centre (next to St Teresa's church)
 Near: 291 Shenley Road, WD6 1TG**

**£10 annual household membership or £2 entrance fee.
 Free parking at rear of church & free refreshments available.**