

**AWARDS
SPECIAL**

**YOUR BEST GARDEN BUYS
OF THE YEAR REVEALED!**

growfruitandveg.co.uk

GARDENING ADVICE YOU CAN TRUST

Grow your own

The UK's best-selling kitchen garden magazine

RHS 
GUIDES
EXCLUSIVE TIPS

- ✓ Pears, from plant to tasty harvests
- ✓ Add fiery wasabi to your garden
- ✓ How to restore an overgrown tree

DON'T STOP GROWING!

Try new varieties, set up an orchard,
start overwintering veg and more!

How to start your

NO-DIG GARDEN

Charles Dowding shares the
secrets in his ultimate guide

**Space
Booster**

Make your own
tool organiser
(It's cheap, too!)

**TRIED &
TESTED**

What cloche
came out
on top?

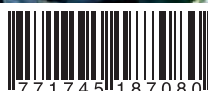
**FREE
SEEDS!**

Quick and simple
steps to saving
your own
seeds

Working with
wildlife

5 easy ways to build biodiversity

aceville



£5.99 NOV 20

9

7717451187080

1.1

Grow indoors: Get started with gourmet mushrooms + microgreens in muffin cases

THE GREAT BRITISH RHINO

perfectly evolved for

THE GREAT BRITISH WEATHER

rhinogreenhouses.co.uk
0808 302 6364



RHINO
greenhousesdirect

Whatever the weather, you
can depend on your Rhino
greenhouse to see you
through. Protect your plants
and find peace of mind with
your own personal sanctuary.
Guaranteed for 25 years.



EDITORIAL

Editor

Laura Hillier 01206 505 991
laura.hillier@aceville.co.uk

Deputy Editor

Blake Roberts 01206 505 979
blake.roberts@aceville.co.uk

Editorial Assistant

Rose Comber 01206 505 984
rose.comber@aceville.co.uk

Group Editor

Natalie Osborn

DESIGN

Art Director James Philp

Designers

Debbie Pratt, Shannon Hall
& Adam Barford

PHOTOGRAPHY

CliQQ - www.cliqq.co.uk

ADVERTISING

Advertising Manager

Daniel Hewlett 01206 505 950
daniel.hewlett@aceville.co.uk

SUBSCRIPTIONS HELPLINE

0800 904 7000

ACCOUNTS

Anne-Marie Hartley 01206 505 902

REPROGRAPHICS & TYPESETTING

Ace Pre-Press, 19 Phoenix Court,
Hawkins Road, Colchester,
Essex CO2 8JY

DISTRIBUTED BY

Frontline Ltd., Peterborough.
Tel: 01733 555161

Printed in the UK

Cover image: GAP

GET IN TOUCH

Post: Grow Your Own, 21 Phoenix
Court, Hawkins Road, Colchester,
Essex CO2 8JY

Forum: growfruitandveg.co.uk/
grapevine

MANAGING DIRECTOR

Matthew Tudor

MANAGING DIRECTOR

Helen Tudor

© ACEVILLE PUBLICATIONS Ltd

aceville



WELCOME

... to the November issue of *Grow Your Own*!

The days may now be shorter, and the temperature cool, but there is still plenty to do in the garden - including prep for the new season. Personally, I am enjoying preserving and cooking with all of the brilliant crops from a season where the garden has meant even more than before - and I know I will be grateful for those delicious little morsels of summer as we head further into the winter months.

This is the perfect time to assess your fruit stocks, and think about what you want to grow next year.

We are on hand with a bumper selection of pages helping you with everything from varieties to try (page 78), how to tackle pruning (page 24), setting up an orchard (page 72) and much more!

The veggies haven't been left behind, however! Anne Swithinbank is sharing her expert advice on growing Chinese artichokes (page 32), Garden Organic have some top tips for saving veg seeds (page 86), and Sally Nex is on hand with how to start garlic in modules (page 38).

We also have a fab garden DIY project to keep you busy - we show you how to make a simple tool organiser from a pallet (page 64), which will make the winter plot tidy up that much easier - it couldn't be simpler, and costs hardly anything!

Happy growing!

Laura

Editor Laura Hillier



Editor's Letter



Remember to check out **giftstoyou.co.uk** to find plenty of great gardening gifts for you and garden-loving family and friends!

HAVE YOU HEARD?

Subscribe, for free, to series two of our podcast - The Dirt - episodes drop weekly on your favourite podcast app. This series is sponsored by Beer52 who are offering a free* case of eight craft beers, sourced and curated from the best breweries on the planet, to listeners of the podcast. Listen to the latest episode to find out how you can claim yours!

*Just pay postage



facebook.com/growyourownmag



@gyomag



instagram.com/growyourownmag

NOVEMBER'S CONTENTS

Smart Gardening

- 54** Smart news
- 56** Smart step-by-step: Growing microgreens in muffin cases
- 58** Smart guide: Oyster mushroom growing

Veg

- 12** Jobs on the plot
- 32** Anne Swithinbank: Chinese artichoke
- 38** Plot essentials
- 41** Sow your bonus seeds

Regulars

- 7** This month
- 8** Over to you
- 14** Nick Bailey: Willow
- 29** #GrowwithGYO
- 36** Charles Dowding's monthly diary
- 64** Garden makes: Pallet Organiser
- 71** Rose's top 5 picks
- 86** Garden Organic: The need for seed
- 89** Grow Your Own garden heroes

RHS

- 18** Beginner's guide: Pears
- 21** Edible exotics: Wasabi
- 22** RHS growing guide: Brussels sprouts
- 24** RHS technique: Restore an apple tree
- 26** RHS Q&A

More growing advice

- 34** David Domoney: Nature to nurture
- 49** Ask the experts
- 52** Pick of the crop: Greenhouse heaters & accessories
- 67** The Great British Growing Awards
- 72** Creating an orchard
- 77** Carol Klein: How to train fruit trees
- 78** Top 5 exotic fruits
- 80** Simon Akeroyd's flavour garden
- 82** Under cover
- 84** Simple step-by-step: Sowing peas
- 92** Kim Stoddart: Gardening in a changing climate
- 94** Ellen Mary: Amaranthus
- 96** Tried and tested: Cloches
- 99** Amy's tasks this month
- 100** Allotment inspirations
- 103** Amelia Freer
- 106** November's veg to sow & harvest
- 107** Win! This month's great giveaways
- 109** November's discounts
- 114** Behind the scenes with RHS students



ON THE COVER

Photography: GAP Photos
Heather Edwards/ Charles Dowding

- Plot to plate pears **18**
- Restore an overgrown tree **24**
- No-dig gardening **36**
- Make a tool organiser **64**
- Awards results **67**
- Saving your own seed **86**
- Tried and tested: clothes **96**

Enjoy your free seeds with this issue of *Grow Your Own* (digital copies excluded)



Try 6 issues for £29.99*

plus up to 10 packets of seeds per issue when you subscribe to *Grow Your Own*.

Turn to page 46 to find out more!



*Just pay postage



If you'd like to keep up to speed with the latest GYO news and developments as they occur, why not follow us on Twitter or Facebook? You can find us at @GYOmag and facebook.com/growyourownmag. You can also join our thriving forum at growfruitandveg.co.uk

GYO is proud to support the organisations shown below. Their members write regularly for this magazine, ensuring that you receive the very latest top-notch advice from industry experts - it's crucial to us that everything you read on these pages can be trusted implicitly. We're also keen to protect the environment and act responsibly in the garden, so will only list man-made garden chemicals where organic remedies are not deemed suitable. Once you've read this magazine, why not donate it to your local doctors' or dentists' surgery? Failing that, magazines can be put out with your recycling for collection.



Repair and Prepare

It's time to repair and prepare your soil for a better harvest...

Before

After



Dry, compact, clay soil with dead roots and organic matter.



Soft, loamy soil with organic matter broken down into nutrients.



Encourages earthworms which create galleries for improved drainage in soil.



Breaks down organics without the need for turning soil (**perfect for no-dig**).

SPECIAL OFFER
Buy 1 Get 1 Free*

Only £17.99

*Special offer ends 31.10.20. Discount will be applied automatically at checkout.

100% Organic



01246 240880



info@envii.co.uk



envii.co.uk/activearth

This month...

Keep up to date with the latest news from the growing world



Grow Your Own Potatoes (GYOP) project winner announced

The winner of the Grow Your Own Potatoes (GYOP) project 2020 has been announced as Beavers Primary School in Hounslow who grew a spud-tacular 4,300g of the potato variety 'Colleen'. Launched in 2005 by the Agriculture and Horticulture Development Board (AHDB), GYOP was one of the first primary school based growing projects, and has taught over five million children since then where potatoes come from, how they grow and the health benefits. Schools that register to take part receive up to four free growing kits containing growing bags and seed potatoes. In a similar fashion to a lot of the schools that took part this year, the winning potatoes were looked after by key workers' children during lockdown. Get your local Primary school to sign up at growyourownpotatoes.org.uk. Closes January 22, 2021.



WE LOVE

BBC Gardeners' World presenter and garden designer Mark Lane has won Landscape Designer of the Year 2020 (UK) in the BUILD Architecture Awards. Mark Lane, who runs Mark Lane Designs Ltd, was recognised for demonstrating expertise within his given field, dedication to client service and satisfaction, and commitment to excellence, quality and innovation. Mark says: "We were not expecting this. This is a wonderful surprise." Congratulations, Mark!

Our November highlights...



ROSE

"I chat to Amelia Freer about all things veg, and she shares some recipes from her book *Simply Good For You*."



BLAKE

"On the Covid frontline, Hayat Takari had to give up his allotment for a while, but he's back at last! Read his remarkable story on pg 89."



LAURA

"If you are a fruit lover, this is the issue for you! We're covering all things fruity - including five unusual varieties to try on page 78."

TOP CROP THIS MONTH

PARSNIPS

Once the foliage starts to die back, usually from September to February, it's time to lift those parsnips out of the ground - hurrah! You can, of course, leave them where they are, as a light frost will in fact improve the flavour. However, it's best to collect a few now in case the ground freezes over.

80%

of people believe attitudes towards organic growing have changed for the better

SOURCE: Garden Organic

HAVE YOUR Say

Get in touch with your growing stories & snaps



Sunflower pride

"As the 90s icon and superstar Heather Small once said: "what have you done today to make you feel proud?" - well, I think mine might be these gigantic sunflowers that are towering above me. I can't wait for next year to come around, I plan to try growing even taller. What spectacular plants they are... and the birds and the bees love them, too!"

Anya Dye



Star Letter

Oh my gourd!

"It has been such an unpredictable year, but I am beyond grateful for having my veg garden to keep me going. I've been growing fruit and veg for my family for a few years, but for the first year, everyone was taking such a keen interest this time! That's fine by me as it's meant less work for me, and the chance to share my love with my hubby and kids. I also wanted

to say thanks for my monthly subscription to *Grow Your Own*. I signed up in the spring when I couldn't get out to get seeds and have thoroughly enjoyed it arriving each month - with lots of seeds. My daughter, Ellie, can't wait to grow the snake gourd seeds that came with last month's issue. Bring on next year and a slightly less tumultuous time." **Helen Green**

*Thanks for sharing your story **Helen**.
Your WOLF-Garten Star Letter prize is on its way!*

Show us your growing pics!

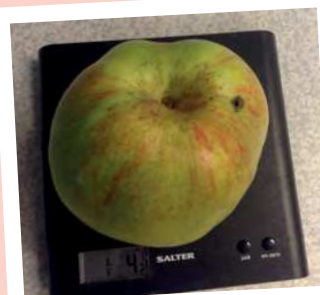


"I've had a busy summer growing my GYO bonus veg seeds - yum!"

Derek H



"We've been feasting on giant beetroot, kale, lettuce, spring onions, radishes, peas and carrots! Our cat Jill is very intrigued at harvest time." **Jessica Sims**



"A weighty fallen Bramley apple (1lb. 4 and a 1/2 oz.). Glad it didn't fall on my head!"

Judith T



Write to us

Share your garden tales, pictures, community projects and tips with us for a chance to win a pair of WOLF-Garten gloves. Our Star Letter will receive a pair of these gloves which are designed to offer a snug fit with a breathable fabric, just state small, medium or large with your letter. Email **blake.roberts@aceville.co.uk** or write to us at 25 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY.



facebook.com/
growyourownmag



@gyomag



instagram.com/
growyourownmag

OVER to YOU

We asked our followers for their best tips for cabbage white butterfly on brassicas. Here's what they said...

"I hand pick normally, but... I heard this theory that placing life-sized models of male cabbage white butterflies deters any female wanting to lay her eggs, since she expects him to bother her. Might try a little DIY crafting project next season!" **@agentlemangardener**

"My kohlrabi was covered in caterpillars so I made a bitter enclosure and put all the caterpillars in it so that they could become butterflies safely without me harming them. They're currently now in their chrysalis stage. They may be considered pests but they're still a part of nature." **@thegirlgardener**

"So so bad this year! They destroyed my sprouts and kohlrabi, I've now invested in much more netting." **@munfordsandson**

Vitavia

greenhouses



GREENHOUSES

WALL GARDENS

COLD FRAMES

ACCESSORIES

For more information contact your nearest retailer or visit vitavia.co.uk

 @VitaviaLtd

 01473 218100

 info@vitavia.co.uk

GardenSite

www.gardensite.co.uk

Established In 1952

15
Year

Guarantee

Victorian
Greenhouses



www.gardensite.co.uk



0121 355 7701

November's **BEST CROPS!**

Top expert advice to inspire you to grow more in the fruit and veg garden this month



Willow

Find out all about the wonderful and varied uses of this show-stopper family of trees, from Nick Bailey



Chinese artichoke

Anne Swithinbank is showing us how to grow Chinese artichokes this month, and shares her favourites



Bonus seeds

Find out how to sow an exciting seed selection of broccoli, cabbage, lemon balm and Thai basil



Unusual fruits

We pick our five top fruits for you to add to your growing space - there's something for everyone!



Plot-perfect peas

Follow our simple step-by-step on sowing peas in preparation for next spring



Amaranthus

This month, Ellen is growing this colourful plant, and making amaranthus porridge

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site

AVXLIVE • ICU

AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>

Jobs *Plot* on the

There's a real chill in the air now so it's time to get our plots ready for the cooler months ahead. It's important to keep tending to crops for the winter so that kitchen supplies continue to steadily trickle in. Now is always a valuable time to make any of those bigger, structural changes to your plot, too, so don't shy away from making any big decisions that need making ahead of next year.

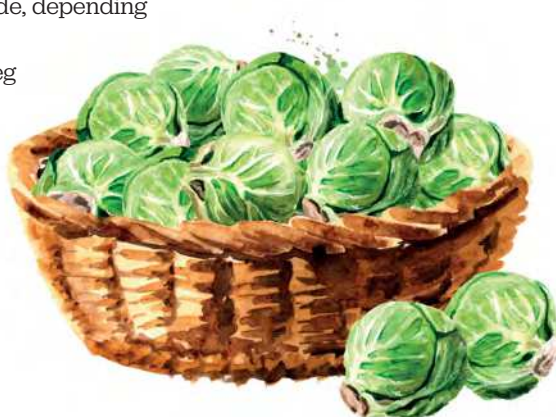


The Herb Garden

Lift and divide congested clumps of mint, oregano and lemon balm. Throw away the old, unproductive centres. Move any self-sown herb seedlings into pots, and place in a cold frame ready for you to plant out come spring. If you're a fan of wild garlic, sow it in pots now and place outside to chill. Pot up in late spring, ideally into a large tub, not the garden.

Container growing

- Insulate non-frostproof pots that will remain outside for winter. Wrap them in bubble plastic to prevent rootballs freezing solid.
- At the same time, stand your containers on pot 'feet' to raise them up. This prevents crops sitting in water throughout these colder months.
- Move tender plants such as citrus under cover now. Borderline crops may survive in a sheltered spot outside, depending on your location.
- Limit watering of outdoor fruit and veg crops, as their growth rate will slow significantly. Pots under heated glass can continue to be irrigated.
- Move container-grown second-cropping potatoes into a shed or garage. Cut off the foliage and keep the compost dry, then simply lift the tubers as and when required.



Seasonal tasks

The vegetable patch

- Eager to keep sowing? Hardy broad beans and robust peas can go in the ground now. These sowings are always a risk as plants can rot if the weather is too wet, but if they do pull through you'll be rewarded with a brilliant early crop.
- You can also plant garlic cloves, onion sets and asparagus crowns now. Just ensure your ground is free-draining and that you've prepared it well in advance.
- While you can get summer varieties of sprouting broccoli, we love the true winter types. Start picking spears of the early-maturing forms now.
- Jackets, roasties, or good old mash - those stored potatoes of ours have abundant uses. Check them regularly for rotten tubers which would spoil your stash.
- Still waiting for your Brussels sprout buttons to mature? Don't neglect to eat the delicious cabbage-like 'tops' while you're waiting - they're almost a crop in themselves!
- Wait till the first frosts blacken your Jerusalem artichoke foliage, then cut down all the stems and simply lift the roots as and when required.
- If you don't fancy digging your carrots or turnips out of frozen soil, lift and store them in boxes of damp sand. Parsnips, conversely, taste better once frosted.
- Leeks are another crop that stubbornly refuse to release themselves from frozen earth, so lift plants in batches during mild spells, 'replanting' them in a sheltered spot.



Under cover

- Now is a good time to wipe down and sterilise your greenhouse staging. It can also be a good time for doing any DIY tasks, such as checking and replacing any damaged panes in your greenhouse.
- Consider setting humane mouse traps if you're storing crops under glass. Mice can be a bit of a problem in greenhouses over winter months if there are food supplies nearby.
- Install a greenhouse heater pronto if you plan to grow non-hardy crops. Remember to ventilate regularly if you are using a gas or paraffin heater. And be very careful if you position your heaters near to any bubble wrap.
- If you don't have a heater, you should move plants up off the floor and into the middle of the greenhouse to give them a better chance of survival.



PROBLEM OF THE MONTH:

Brown rot

Fruit trees can suffer from this fungal disease, where the individual apples, pears or plums turn brown and rotten, and become covered in raised white spots. The affected fruits often remain hanging on the tree throughout winter, and are easy to spot at leaf fall. Pick (or ideally prune) them off, because any that remain can cause mini-cankers that trigger reinfections next spring. This fungal disease infects through wounds, particularly bird damage, so do try to keep bird damage at a minimum where possible.



Fruits of your labour

- If you've got a pot-grown fig tree, move it under cover so that any remaining fruits can ripen up, rather than be nipped off by frost.
- Rabbits have an appetite for stripping off bark around the base of trees, especially in winter. Make sure protective guards are in place.
- Got an over-vigorous tree? Slicing through some of its roots using a spade will slow it down. Research root pruning in your gardening books or on the internet for more information.
- As soon as the autumn leaves fall from your grape vines, take your secateurs to them. These plants bleed sap profusely if pruned in late winter.
- We've already had plenty of windy weather this year, but this time of year is the real windy season. So check that your tree ties and stakes are securely fastened to prevent any snaps or breaks due to autumn gales.

Expert advice

Focus on this:

Keep plants warm

It's not just you that should be wrapping up in your warmest

clothes over the next few months, your plants could use an extra layer, too. Try cloches and frames; these pieces of kit are invaluable at this chilly time of year. Pop tunnel or bell cloches over individual crops to insulate them from the weather, making sure that the foliage doesn't press against the cloche else the cold will simply transfer through to your crop. Insulate cold frames with bubble wrap and you've a great space to store potted crops, and even sow some hardy salad leaves, such as mustard and komatsuna. Check under the covers periodically to make your harvests and ensure that all is well underneath them, removing any rotting leaves, or lurking slugs and snails.





GYO
says

Take a look at
Nick's handy
panel of different
types of willow
to find one that
will suit you and
your plot

Salix alba



Nick Bailey's Useful Plants: **Willow**

Discover the hidden uses of this beautiful,
woody tree – and the history behind it

Ask a novice to name a plant and they'll say 'rose'. Ask them to name a tree and 'oak' usually comes to mind, but a close second is often willow. These trees are part of our national psyche and underpin our culture from *The Wind in the Willows* to *Willow the Wisp*, and cricket bats to Willow Pattern plates. But how much do we really know about these near mythical trees? To start with willow is, of course, the common name for more than 400 species of *salix*, which are distributed across the northern hemisphere. They are an extraordinarily varied group of woody

plants ranging from lofty trees such as the Chinese weeping willow, *Salix babylonica* (isn't that a lovely name?), which can reach 25m tall, all the way down to *Salix herbacea*, a tiny 5cm high arctic tree!

Willows have a vast range of historic and contemporary uses, from charcoal making to tanning leather depending on the species you select. *Salix alba*, a European native willow, was likely the tree cited by famed Roman army physician Pedanius Dioscorides (40-90 CE) in his book *De materia medica*. He suggested the bark be used as a pain killer and despite a lack

of solid scientific data he was right! Many willow species produce a compound called salicylic acid which today is the basis of aspirin – a vital contemporary drug of which we consume 100 million tablets a year.

On more practical gardening matters, willows have many applications, too. Most obvious is their capacity to take root from giant 3m cuttings, meaning you can create instant screens, wind buffers, trellis, tunnels and domes. Most willow species will root in this way, but two of the best forms for annual coppicing (harvesting) and creating living willow structures are *Salix viminalis* and a range of *Salix alba* cultivars with different colours and qualities. Both do best on moist soils and will happily produce vertical wands up to 3m long in just a single season.

Unlike most other woody plants, willows have the capacity to produce roots just about anywhere on the plant meaning cuttings are virtually guaranteed to take once in contact with the soil. They are also extremely tolerant of being twisted and bent making them ideal for creating living screens and sculptural objects. If you don't have space to grow willow yourself there are plenty of UK based companies, a

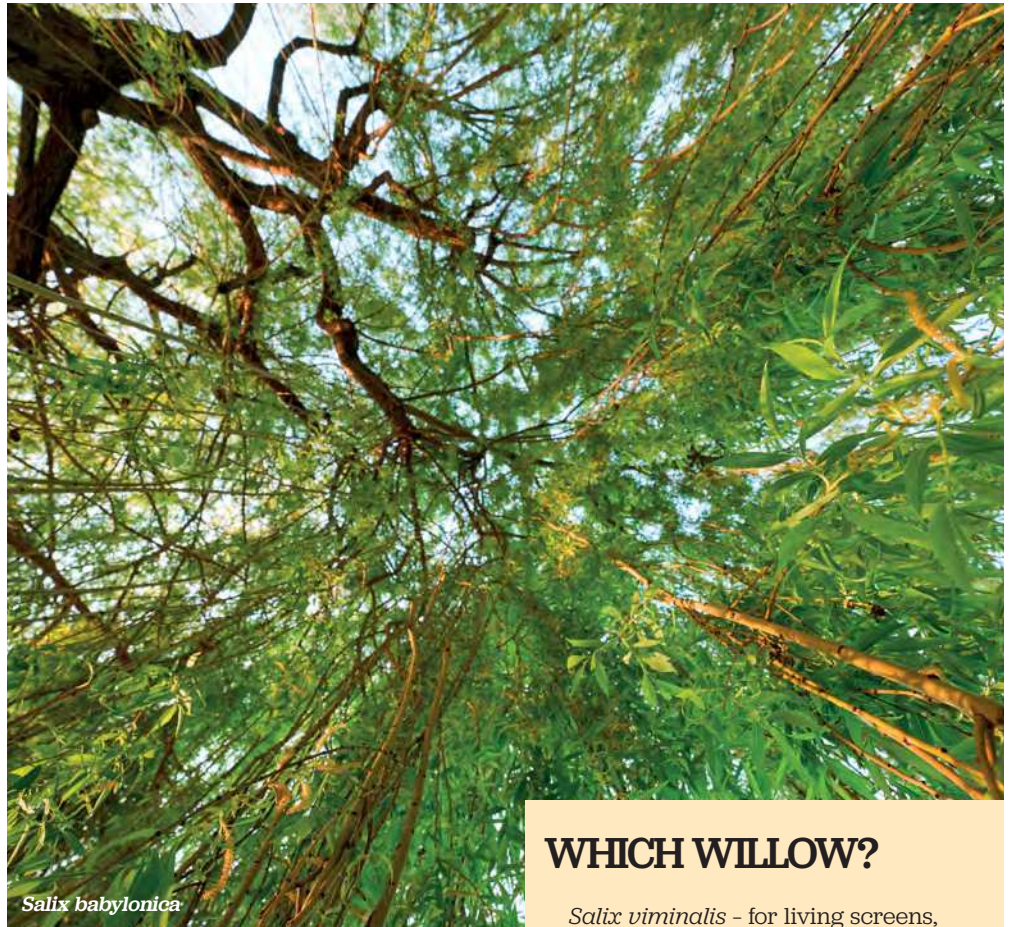
LIVING WILLOW

There are loads of books and websites explaining the complexities of making living willow objects, but in my experience it's pretty straight forward. So long as the thick end of the willow stem is pushed a good 30cm into the soil you can do pretty much anything you like with the tops. The stems are extraordinarily malleable to the extent that I've turned them into 'living trellis', living windbreaks and more experimentally a 3m high living willow garlic bulb sculpture (don't ask!) and even a living willow apothecaries snake wrapping around a staff. To get the best results, stick the cut willow wands into the soil between December and February and give them a good dose of water in their first year of establishment.



USES – AT A GLANCE

- Living screens
- Basketry
- Wind breaks
- Stakes
- Salicylic Acid – Aspirin
- Soil stabilisation
- Coppice
- Quality charcoal
- Cricket Bats
- Living sculptures
- Good for damp soils
- Tannins used for tanning leather



google-search away, who harvest and ship wands during the winter. They can be left unplanted on the ground for a few weeks until you are ready to start work, or plunged into a water barrel or pond where they'll produce roots in a matter of days.

Various willows are also useful as wind buffering hedging and ornamental trees with high wildlife value. Our native *Salix caprea* can be maintained as a wind-filtering loose hedge which supports numerous moths and produces beautiful 'pussies' in winter and spring. On a much smaller scale and purely for novelty is *Salix boydii*, a Scottish silver-leafed native never likely to get more than 50cm on a rock garden or in a pot. But the truly iconic willow is the Asian *Salix babylonica*. It's the tree that features on willow pattern plates and can be seen in parks and gardens everywhere. It's usually the first ornamental species into leaf and often the last to drop its foliage. The timber makes reasonable firewood, but its most useful trait is the ability to thrive in waterlogged soil. It's perfect for the edge of a lake, natural pond or river where its dense mesh of thick roots can stabilise banks and prevent erosion in a way few other trees can.

So, if you are looking to support wildlife, create natural screens and enclosures, buffer wind, stabilise banks or just knock up your own cricket bat, then willow is the tree for you.

WHICH WILLOW?

Salix viminalis - for living screens, trellis and domes etc.

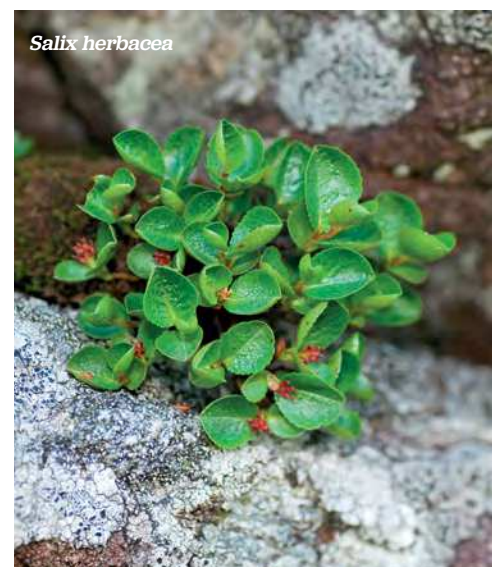
Salix alba cultivars - for living screens and sculpture

Salix boydii - for novelty, a kind of bonsai native willow

Salix caprea - for wildlife, a reliable, easy British native

Salix babylonica - for great looks and stabilising water courses

Salix alba 'Caerulea' - for making cricket bats!



Space Saving Cordon Fruit Trees

SCRUMPTIOUS ORCHARD TREES PERFECT FOR ANY SIZED GARDEN OR PATIO



- Exceptional flavour
- Reliable, rapid establishment
- Plant in tubs or beds
- Heavy crops on small trees



Delicious Raspberries

RASPBERRY JOAN J - An outstanding spine-free, autumn fruiting, primocane raspberry. Superb flavour and stunning berry size make this variety second to none for picking and eating. The berries are 30% larger than Autumn Bliss and freeze exceptionally well. The canes are short and sturdy and may not require supporting in sheltered gardens. Season: late July - Oct. Plant canes 40cm (16in) apart.

RSP008 6 Canes Usually £16.50 **NOW £14.85**

Vertical Cordon Fruit Trees

These space-saving columnar trees are attractive as well as fruitful and are perfect for smaller gardens. They can be planted 2-3ft apart and can also be grown in pots on a sunny patio or balcony. Cordons are approximately 4ft tall on despatch and will grow to 6-8ft.

APPLE FIESTA - A crisp, juicy red flushed apple with a rich, aromatic Cox-like flavour. A popular garden variety, easier to grow than Cox and suitable for the north. Heavy cropping. Stores very well. Requires a pollinator (e.g. Red Windsor or Scrumptious).

APC007 Usually £24.50 **NOW £22.05**

APPLE RED WINDSOR - An aromatic Cox-like apple which is sweeter, more disease resistant and ripens earlier than Cox. Heavy crops of crisp red flushed dessert apples. An excellent garden variety. Suitable countrywide. **SF**

APC013 Usually £25.95 **NOW £23.35**

APPLE SCRUMPTIOUS - Early dessert apple named for its wonderful complexity of flavours. Crisp, sweet, rich & aromatic. Heavy cropping & disease resistant. Suitable countrywide. **SF**

APC014 Usually £25.95 **NOW £23.35**

PEAR CONCORDE - Excellent late pear suitable for most locations. Large fruits with smooth, juicy flesh & rich, sweet flavour. Crops heavily and reliably from an early age. Stores very well. **SF**

PEC001 Usually £24.50 **NOW £22.05**

PLUM VICTORIA - The UK's best known plum. Pinkish red fruit with sweet, yellow, juicy flesh. A very popular dessert variety but also excellent cooked, producing a lovely pink syrup. Heavy cropping. Can be grown in the north. **SF**

PLC003 Usually £24.50 **NOW £22.05**

CHERRY SUMMER SUN - This dark red dessert cherry is an excellent choice for the north and more exposed areas, cropping well even in poor summers. Large, sweet fruits. Excellent flavour. **SF**

CHC003 Usually £26.50 **NOW £23.85**

FREE ADVISORY SERVICE

Growing fruit is not difficult but if you have any queries you can take advantage of our FREE after-sales advisory service.

POMONA FRUITS

Order by phone, online or with the coupon:

01255 440 410 Quote GY11

PomonaFruits.co.uk/gy11

POMONA FRUITS LTD, Dept GY11, Pomona House, 12 Third Ave, Walton-on-Naze, Essex CO14 8JU

Call for our FREE Specialist Garden Fruit Catalogue - 68 pages packed full of top fruits, soft fruits and accessories for the home gardener. **01255 440 410**

See our complete range online:



Cordon Collections 3 trees from only £62.95

APC910 Apple & Pear Collection 1x Fiesta, 1x Red Windsor, 1x Concorde **£62.95**

APC904 Apple, Plum & Cherry Collection 1x Scrumptious 1x Victoria, 1x Summer Sun **£64.95**

Bred in the UK. RHS Award of Garden Merit. **SF** Self-fertile variety (pollinator not required) Cultural instructions are supplied. Delivery is from late Nov/Dec. Offer closes 30th November 2020.

CODE	PRODUCT	PRICE	QTY	TOTAL
APC007	APPLE FIESTA	£22.05		
APC013	APPLE RED WINDSOR	£23.35		
APC014	APPLE SCRUMPTIOUS	£23.35		
PEC001	PEAR CONCORDE	£22.05		
PLC003	PLUM VICTORIA	£22.05		
CHC003	CHERRY SUMMER SUN	£23.85		
APC910	APPLE & PEAR COLLECTION	£62.95		
APC904	APPLE, PLUM & CHERRY COLLECTION	£64.95		
RSP008	RASPBERRY JOAN J (6 CANES)	£14.85		
		Standard p&p (to mainland UK)		£8.95
		GY11		TOTAL

Mr/Mrs/Miss/Ms

Address

Postcode

Email

Tel

Send to: **POMONA FRUITS LTD, Dept GY11, Pomona House, 12 Third Avenue, Walton-on-Naze, Essex CO14 8JU**

I enclose cheque/P.O. made payable to **POMONA FRUITS LTD**

for £

or charge my ☐ VISA ☐ MASTERCARD ☐ MAESTRO ☐ DELTA

Card No

Start Date / / Card Expires / /

Security Code / / (Last 3 digits on back of card)

Signature

We think you will enjoy hearing about our latest products and offers, as well as from carefully selected and trusted retailers by post. Please tick the relevant box if you do **NOT** wish to receive:

☐ Mail from us ☐ Email from us

☐ Offers by post from carefully selected third parties

FRUIT & NUT TREES • SOFT FRUITS • SUPER FRUITS • GRAPE VINES • STRAWBERRY PLANTS • RHUBARB CROWNS • HEDGING • ASPARAGUS CROWNS and more

RHS Advice

Garden projects from experts at the Royal Horticultural Society

Your RHS professionals



Lenka Cooke



Tony Dickerson



Francesco Ponziani



Guy Barter

HOW TO: Plant pears, introduce wasabi, grow Brussels sprouts and prune an overgrown apple tree

18 Beginner's guide

Pears Find out how to introduce this popular fruit to the plot

21 Edible exotics

Wasabi Guy Barter encourages us to grow wasabi in our gardens

22 Growing guide

Brussels sprouts Tony Dickerson shows us how to grow brilliant Brussels

24 RHS technique

Tree restoration Learn how to reinvigorate an overgrown apple tree

26 Your questions answered

RHS expert Struggling to store spuds, raise rhubarb and go organic? Guy Barter is on hand to solve our growing woes



Turn the page for RHS advice on November jobs

PEARS



Lenka Cooke, RHS horticultural advisor, explains how to grow and care for your garden pears

Though apples are the most popular fruit in the UK, nothing beats biting into a juicy, ripe dessert pear. Other types of pears include cooking, perry and Asian varieties. You can easily grow a pear tree in your garden. There are just a few things to consider before buying one to make sure you make the right choice.

Tree forms

Pears are usually grown as a 'bush' tree with about 75cm (2ft) clear trunk, or half-standards and standards with longer trunks. Where space is limited, consider growing pears as restricted forms such as cordons and espaliers against walls, fences or on a post and wire support. Most pears are spur bearing and so are suitable for such training. Alternatively, grow pears in containers.

Rootstock

Most tree fruits including pears are grafted onto rootstocks to control the size of the tree, although the vigour of the grafted cultivar will also have a bearing on the size.

- Quince C - Dwarfing rootstock suitable for bush, cordon and container grown trees. Bush trees will grow 2.5-3m tall. Space trees 3m (10ft) apart.
- Quince Eline - similar to Quince C, but more cold-hardy, so good for cold areas and gardens.
- Quince A - Semi-vigorous rootstock for bush, half-standards, standards, espalier and cordons (if the soil is very poor). Bush trained trees will reach 3-4.5m (10-15ft). Plant 3-4.5m (10-15ft) apart.

Pollination

Most pear cultivars are not self-fertile and need a pollinator, a different pear cultivar, for the fruit to set. There are some partially self-fertile cultivars and 'Conference' will set fruit without pollination. Cultivars are split into pollination groups according to their flowering time. You may be lucky, if your neighbours have a pear tree in their garden for example. If not, choose another tree from the same or from the adjoining pollination

groups. Triploids marked (T) are poor pollinators and where these are planted, two additional pollinators (trees) are necessary to cross pollinate the triploid cultivar and each other.

Site and soil

Pears need more warmth than apples and they flower earlier, making them prone to late frost damage, so choose a sunny, warm sheltered spot. Avoid planting in poorly drained or very dry and shallow soils. They can struggle on chalky soils.

Planting

Though plants growing in containers are available all year round, the best time to plant is from autumn to spring. Bare-root trees are available from fruit specialists during the winter months. Plant bare-root trees soon after arrival. If this is not possible, heel them in the ground or pot up and keep cool outside.

Before planting, dig into the soil about 20 per cent by volume of a soil improver such as garden compost or a manure-based soil conditioner. The planting hole should be just



as deep as the pot or rootball, but up to three times wider. Plant container grown plants at the same soil level as in the pot. The highest roots on the trunk of bare-rooted plants should be just below the soil level when planted. Gently firm the soil around the roots. Insert a stake to prevent them rocking in the wind. Trees on Quince C and Ellie rootstocks need permanent staking.

Make a weed- and lawn-free tree circle around the trunk at least 1m (40in) wide and apply a 5cm (2in) layer of mulch. Leave a 10cm (4in) gap around the base of the trunk.





PEAR PROBLEMS

PESTS

- **Pear-bedstraw aphid** - colonies of pinkish-grey aphids on shoot tips and the underside of the foliage.
- **Pear midge** - young, blackened fruit dropping off.
- **Pear blister mite** - leaf blistering that later turns brown.
- **Pear slugworm** - surface of the leaves grazed, damaged parts start turning brown.

DISEASES

- **Pear rust** - bright orange spots on upper leaf surface. Later gall-like growths develop on the corresponding underside surface.
- **Scab** - olive green blotches on leaves, brown scabby blotches on fruit.
- **Fireblight** - flowered shoots die. Reddish-brown wood staining can be found under the bark.

DISORDERS

- **Iron deficiency/chlorosis** - younger leaves turn yellow with darker green veins. Problem on shallow chalky soils.

Harvesting

Harvest early-season cultivars in about early August and mid-season cultivars in September when the pears are still under-ripe. Picked fruit will ripen quickly. Harvest late ripening pears before the first frost, they will ripen in storage.

Planting in containers

Choose a container 45-50cm (18-20in) in diameter. Use a mix of two-parts of John Innes No. 3 and one-part multipurpose compost, plus mix in perlite or grit to improve drainage.

Aftercare

Pear trees need an annual feeding to fruit well. In early spring, apply a general fertiliser such as Growmore, Vitax Q4 or fish, blood and bone as recommended on the packaging. Additional feeding with sulphate of potash at 25g per sq. m ($\frac{3}{4}$ oz per sq. yd) is beneficial. Replenish the mulch after feeding to reduce the drying out of the soil.

In containers, replace the top 2.5-5cm (1-2in) layer of compost (top dress) with fresh compost. You can mix in a slow release fertiliser to feed for the season or regularly apply a liquid feed with a high potassium content such as Phostrogen.

Young trees and containerised pears will especially need watering when the weather is dry, but even more established pears will appreciate watering during drought periods to aid good fruit development.

Pruning

Young trees are usually available as two-year-old, branched trees. Though it seems harsh, to develop a strong main branch framework with an open centre, it is necessary to prune the new trees hard.

• Pruning of young bush trees in winter/spring after planting:

Prune back the central stem just above a wide-angled, strong shoot, approximately 75cm (2½ft) from the ground, ensuring there are three to four evenly-spaced shoots below. Shorten the selected shoots by half to two-thirds, cutting just above an outward-facing bud. Remove any remaining lower branches.

• **In winter/early spring:** Shorten last year's growth on the main stems/branches you pruned the previous year by one third, cutting just above a healthy outward-facing bud, leaving eight to ten branches to form the main branch framework. Leave the side branches that formed on the main branches unpruned unless crossing or growing towards the centre - in which case, cut these out. Remove any strongly upright shoots that developed at the top of the tree, cutting just above a wide-angled lower branch.

• **Cordons and espaliers:** Unless an experienced gardener, it is best to start with partly trained trees. Restricted forms are pruned in late summer when the new shoots stopped growing and their pruning requires a certain amount of skill. Seek pruning advice from specialist websites or gardening books.

RHS TOP CULTIVAR SELECTION

(PG = pollination group, SF = self fertile)

DESSERT (EATING) CULTIVARS:

- 'Beth' AGM - PG 3, early-season
- 'Beurré Hardy' AGM - PG 3, late season
- 'Conference' AGM - SF, PG 3, mid-season
- 'Concorde' AGM - partially SF, PG 3, late season
- 'Doyenné du Comice' AGM - PG 4, late season
- 'Invincible' - partially SF, PG 2, mid-season
- 'Obelisk' - partially-SF, PG 3, late season. Naturally compact and upright
- 'Onward' - PG 4, mid-season
- 'Williams' Bon Chrétien' AGM - partly SF, PG 3, early-season

CULINARY (COOKING) CULTIVARS:

- 'Catillac' AGM - PG 4 (T), late season

ASIAN PEAR:

- 'Kumoi' - partly SF, early flowering, mid-season

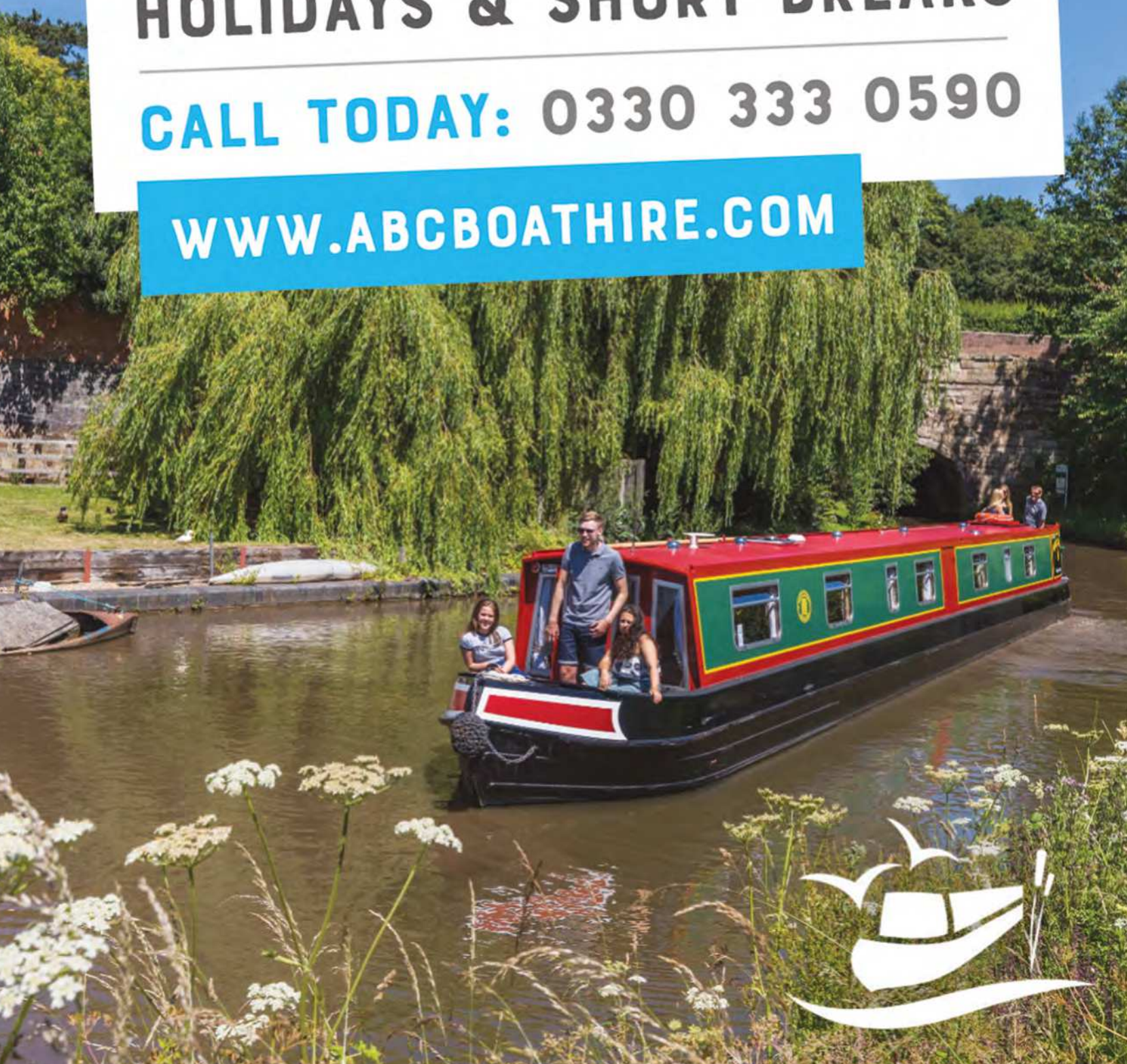


ABC BOAT HIRE

HOLIDAYS & SHORT BREAKS

CALL TODAY: 0330 333 0590

WWW.ABCBOATHIRE.COM





Edible exotics: **Wasabi**

Guy Barter, RHS chief horticultural advisor, shines a light on this pungent plant, seldom grown in the UK

Grow your own, and you can be sure you are getting the true condiment to go with your sushi

Wasabi, or Japanese horseradish, is a perennial cabbage family crop with a fiery taste similar to horseradish – another member of the brassica family. Like horseradish, the roots are grated for use as a condiment. In fact, these plants are so similar, that the wasabi paste sold in shops is usually made from the cheaper but inferior horseradish, or so it is said. If you grow your own wasabi, you can be sure you are getting the true condiment to go with your sushi. True wasabi is said to taste hot but not burning like horseradish and leaves a sweet flavour in the mouth.

Wasabi, a native Japanese plant, grows in streams in the wild. Wasabi is costly because it must have low light levels and ample fresh (never stagnant) water conditions that can be tricky to provide. Furthermore, it takes two years to grow a usable root. In Japan, wasabi is grown in a similar way to how watercress is grown in Britain, in beds of cool flowing water, with shade. In Taiwan, wasabi grown for export to Japan is grown in shaded and irrigated fields.

All parts of the plant are edible, not just the root as is the case with horseradish, but also the leaves and stems, which can make a very piquant green salad!

How to grow wasabi

Use plants, micro-propagated plantlets, seed or root sections to make new plantations. In the garden, grow wasabi in beds of well-drained soil enriched with an



ample amount of well-rotted compost or manure, or in large pots of free-draining growing medium. Little fertiliser is needed. Allow about 30cm between each plant or one plant to a five-litre pot.

You should water to keep constantly moist but never saturated and protect plants from slugs in summer and provide light shade. In Japan, a 50 per cent porous web is used to cover the plants. Once fully formed, 15cm long and 5cm in diameter, lift

the roots, removing any offshoots to plant for the next crop. Fair quality roots are said to be produced by this method.

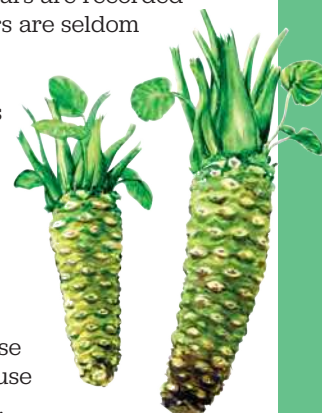
Wasabi enthusiasts make lined beds, which are then filled with gravel, into which wasabi plants are set and arrange for flowing fresh water to be fed in and recirculated to emulate the conditions in specialist Japanese wasabi farms, where the very highest quality roots are produced. These beds are usually in polytunnels or beneath cloches to maintain the high humidity that wasabi requires in order to flourish.

Wasabi dies down in winter and the slightly tender roots are protected with a light covering of straw or bracken. If the plants are potted, take them into a shed or greenhouse to escape the unfavourable weather conditions.

About 20 cultivars are recorded but named cultivars are seldom offered in Britain.

Look online for specialist suppliers who stock wasabi plants and roots.

Wasabi is susceptible to the pests and diseases that afflict other garden brassicas but in practice, these seldom seem to cause significant damage.



Brussels sprouts

RHS horticultural advisor **Tony Dickerson** explains how to cultivate this productive crop



Despite a poor culinary reputation, lightly boiled sprouts are great for Christmas and the depths of winter when few fresh vegetables are available from the garden. They are an excellent source of vitamin C, vitamin D and folic acid. Sprouts are also amongst the hardiest of vegetables and will survive all but the harshest winters so are ideal for colder districts. They are slow-growing, taking six or seven months to crop but can then be harvested for two or three months. Early, mid-season and late cultivars are available. With the right choice of variety it's possible to have sprouts from mid-autumn into early spring, but where space is limited opt for the later varieties.

PLANTING OUT

Sprouts enjoy an open, sunny position sheltered from strong winds, but they tolerate a little shade. They do best on a fertile soil that has been well manured the previous winter with two bucketfuls of organic matter per square metre. On more acid soils apply garden lime in spring to raise the pH. As they are not usually planted



out until at least May it may be possible to get a crop of early peas or broad beans from the plot beforehand.

An early start is advisable - sow thinly in seed trays in a propagator or warm place in March for best results. Seedlings should be pricked-out into individual 8cm pots as soon as they can be handled so they develop a good root system. Any good potting compost including peat-free is suitable, but from four weeks after potting a weekly liquid fertiliser should be given. Alternatively, sow seed outdoors from mid-March to mid-April about 1cm deep and 5cm apart in well prepared soil for transplanting into final positions later. Where just a few plants are needed it may be more convenient to buy transplants from garden centres or by mail order.

Potted seedlings need good light but require only modest warmth. An unheated greenhouse or cold-frame is ideal. From mid-May, when about 12cm in height, seedlings can be planted out into their final positions but acclimatise them to outdoor conditions ('hardening off') by gradual exposure to outdoor conditions from two weeks prior to planting out. Water seedbed-raised crops the



by drawing earth 20cm up around the stems in late summer. In more exposed gardens it may be necessary to tie the stems of individual crops to wooden stakes.

HARVESTING

Depending on variety, sprouts can be harvested from early autumn. For small, evenly sized sprouts for freezing that mature at the same time, pinch out the growing tips of the plants when the lower sprouts are 1cm in diameter. For a longer harvest over several weeks gather sprouts by snapping them off with a firm downward motion as required starting at the base of the plant when they are 2-3cm in diameter. At the same time remove any older yellowing leaves and any poorly formed yields. Flavour may improve after frosts with some varieties. Most types crop for two to three months, producing about 1kg of sprouts from each plant. Later in the season the leafy tops of the crops can be picked as greens as a final crop.

PESTS AND DISEASES

Cabbage root fly which can damage the roots of young crops can be excluded by planting under insect-proof mesh or by using card collars at the base of the plant. Caterpillars of the cabbage white butterfly are a serious problem from May to October and pigeons year-round, but both can be excluded with suitable netting. Other common pests include mealy cabbage aphid and cabbage whitefly. Occasional sprays of 'SB Plant Invigorator' will keep them in check and also offer protection against leaf diseases such as mildew, leaf spot and white blister. Alternatively, treat aphids, caterpillars and cabbage whitefly with approved insecticides as required.

The most serious disease of sprouts and other brassicas is clubroot. This fungal infection causes swollen and distorted roots and stunted growth. It is particularly common on old allotment sites. Where the disease is known to be present, give transplants a head start by growing them on in larger pots of 10cm diameter so they begin life in the soil with a larger, healthy root system. Always place sprouts and other members of the cabbage family in fresh ground where they have not been grown for at least two years. Club root is reduced, but not eliminated, by raising soil pH on acid soils by liming with 500g per square metre in the first year and lighter dressings of 270g per square metre in subsequent years. The varieties 'Cryptus F1' and 'Crispus F1' show some resistance to the disease.



day before transplanting so they move with minimum disturbance to their roots.

Apply 150g per square metre of general purpose fertiliser or chicken pellets before planting out in rows 60cm apart with 60cm between the plants. Slightly wider spacing will produce larger sprouts. Ensure the transplants are planted with their lower leaves at soil level to encourage good rooting. Firm in and water. Brassica collars can be placed around the base of each seedling to prevent attack from cabbage root fly. It's also necessary to erect netting over the plants to deter pigeons and cabbage white butterflies. The simplest way to achieve this is to hammer wooden posts 150-200cm in length into the ground spaced 2m apart. Place upturned plastic flower pots on the top of each post and drape netting over securing it at the base with bricks or wire pegs.

AFTERCARE

Water thoroughly every 14 days in dry spells, keep weed-free and apply a general fertiliser or chicken pellets in mid-summer. Sprouts are large, top-heavy plants and benefit from the extra support offered



RHS TECHNIQUE: RESTORE AN OVERGROWN TREE



Francesco Ponziani, horticulturist at RHS Harlow Carr, tells us how to prune an apple tree to encourage fruit growth

Apple trees can become neglected over the years for many reasons. Despite people's best intentions to restore a tree, restoration is not an exact science, and should therefore not be rushed into. There are many factors to consider when deciding how much to remove and when. Different apple trees will respond differently to pruning depending on cultivar, rootstock, aspect, age and climate. Removing too much too soon may result in overstimulating a tree and forcing it to send out lots of vigorous, undesired growth. An inherently vigorous apple will need lighter pruning than an otherwise slow grower.

Perfect pruning

The time to start pruning for restoration is in the dormant season between November and March. The objective is to create an open centre to allow more light and air through, which will reduce disease, allow more light into the canopy, and make it easier to harvest fruit. Large branches should have at least 75-90cm between them to avoid crossing branches.

To start this process, look for wood in the centre that is dead, dying or diseased,



known as the 'three Ds'. Once this is removed using sharp clean tools such as a pruning saw or loppers, step back and observe your work. Regularly try to visualise your three-five year plan and whether you think you have removed 20

per cent of this with your initial 'three Ds'. If more is to be removed, work from the bottom, removing what you can reach then use long handled tools to remove growth in the centre, then at the top.

Continued care

In the following years, pay close attention to how your tree has responded to your initial first-year prune. If your tree has responded vigorously then it needs pruning more gently. If growth is weak, feed the tree in spring with pelleted chicken manure.

Water shoots sometimes develop at the healed wounds of major limb pruning. These are often strong undesired upright shoots that can be removed during the summer months unless useful for filling a gap in the structure. If many water shoots appear in one season, the same principle applies to remove them over a three-five year period to avoid overstimulating again.

With this careful and patient approach, an old decrepit tree may be restored to its former glory offering an abundant crop once again.

There is nothing quite like the taste of your own home grown fruits

Kings plants are specially grown by one of Britain's leading soft fruit plant producers and are confirmed virus and disease free. We have selected only the best varieties to give quality fruit with a high yield. Last Orders 31st October for a Mid-November delivery!

Soft Fruit Collection



Includes:

Raspberries - Glen Ample

Exceptional flavour with large fleshy red fruits.
 6x canes

Strawberries - Cambridge Favourite

In our opinion is the best Jam making strawberry, excellent disease resistance and is easily grown in a wide range of conditions.
 12x plants

Currants - Black Ben Connan

Large fruit on a compact bush this early season selection is resistant to powdery mildew.
 1x Bush

Blackberries - Loch Ness

Thornless bush that can produce up to 3.6kilo of large firm glossy blackberries.
 1x 2litre pot

PRICE: £33.50 (Saving you £11, if purchased separately) **CODE: 94024**

Get your fruits off to a good start...

Mulch Mats

Mulch mats help to retain moisture and warmth in the soil and protect crops from soil and rain splashes. Keeps lower leaves clean and dry which in turn deters slugs and is ideal for using with strawberry plants to keep the fruits clean and dry. Can be used every year. Includes 10x mats.

Code: 45999 | Price: £6.70



Organic Fruit Fertilizer

This 100% organic fertiliser is formulated to ensure that all fruit bearing plants will benefit from the balance of nutrients provided. Use safely on soil or container grown soft fruit, as well as tomatoes, cucumbers, melon, squash etc.
 Pack size: 1Kg

Code: 46210 | Price: £5.50



Request a new copy of our FREE 2021 Catalogue

by calling us on: **01376 570000** or online: **www.kingsseeds.com**

DELIVERY: UK Mainland only P&P £3.50 per fruit order, add £1.60 P&P for sundries.
 Last orders 31st October 2020 for Mid-November delivery.

Order now via our website: **www.kingsseeds.com**

ORDER FORM

Place your order today by calling

01376 570 000

or please send this form
 (photocopies accepted) to:

**Kings Seeds, Monks Farm,
 Kelvedon, Colchester,
 Essex CO5 9PG**

ITEM	PRICE	QTY	TOTAL
Soft Fruit Collection	£33.50		
Mulch Mats	£6.70		
Organic Fruit Fertilizer	£5.50		
Add Fruit P&P	£3.50		
Add Sundries P&P	£1.60		
	TOTAL £		

I enclose my cheque for £.....made payable to
 Kings Seeds or please debit my Visa/Mastercard/Maestro card

Card No.....

Issue No.....

Valid from

Name.....

Address

.....Post Code

Tel.....



Your questions **ANSWERED!**



Guy Barter shares his knowledge to solve your gardening problems

Carefully dig your spuds with a fork on a dry day and leave the tubers on the soil surface



Spuds in storage

Q I had an excellent haul of potatoes this year, and I've still got plenty to keep me going for a long time yet. What can I do to help them store for longer? And prevent any rots, too.

Oliver Pierce, via email

Guy says: "When the tops of potato plants die down or have to be cut off because of blight disease, leave the tubers in the soil for two weeks to allow them to develop firm skins. Carefully dig your spuds with a fork on a dry day and leave the tubers on the soil surface for an hour or two until they are dry. Then gently carry them off in a bucket to store. I use heavy-duty plastic dustbins covering the tubers only with ample newspaper to exclude the light that would turn them green and inedible."



When to prune?

Q I have a question regarding some new apple and pear trees that I planted late April. They came bare-rooted later than I hoped – due to the high demand. I want to try and grow them as columnars. I see that pruning in August gives fruiting spurs and most of these trees have put good growth on. So do I prune these young trees in August or wait until later and prune in winter, giving them a chance to build up strength? Can you please advise me as I've tried YouTube and it's all about older trees. Carl Walters, via email

Guy says: "Consider this to be, in effect, 'vertical cordons'. Shorten all side branches to get a columnar effect. Typically, they are shortened to a couple of leaves above the basal rosette of leaves in the shoot but you might have to cut more deeply if only old branches are available. Aim to keep the plant slightly wider at the base, as if allowed to get top heavy, they can go bare at the base. Leave the leading, uppermost shoot as a 'safety valve' – shorten this in winter to raise the height of your cordon or remove completely once the tree is tall enough."

Rotten rhubarb!

Q Just pulling some rhubarb and found these sugary secretions all along the stems. Some centres look OK, but others are rotten. Any help would be appreciated.

Alan Astbury, via email

Guy says: "What causes these spots and exudates is unclear. Possibly, they are the result of aphid attack earlier in the season or more likely are a physiological reaction to heat and drought stress. They are unlikely to result in long-term damage and do not suggest that new plants are needed. Watering, mulching with rotted manure or compost and modest feeding with fertiliser, say Growmore at 70g per square metre, will help them grow out of the problem and result in good crops next year. The new shoots should be free of rots as well."



Simple guide



Going organic

Q I've recently taken on a plot that was tenanted by someone who used chemical sprays, and I would like to grow as organically as possible. I'd like to use winter to get ahead, but am worried about composting the spent matter and clearing the plot without putting chemicals back in the ground. What is the best plan of action?

Irene Smith, via email

Guy says: "Simply stack any treated material and leave to rot perhaps covered with a plastic sheet to prevent weeds. After 12 months, any residues will be insignificant and the rotted remnants can be added back to the soil. Adding plenty of manure or compost will enhance the activity of soil microbes which will degrade any pesticide residues. Digging will also bury and dilute any traces of pesticide easing the task of the soil microbes in cleansing soil of any potentially unwanted materials. Garden chemicals are not especially persistent and your soil will soon become free of any traces of pesticide that might still be present there."



www.knowlenets.co.uk

01308 424 342

Fruit & Vegetable Cages • Cloches
Polytunnels • Garden Netting



Agriframes™

Creating Inspirational Gardens

UP TO
40% OFF

www.agriframes.co.uk

0117 934 1790

Arches • Pergolas • Gazebos • Bowers • Obelisks
Screens • Fruit Cages • Kitchen Garden



JOIN US TODAY
#growwithgyo
in partnership with the RHS

We showcase the nationwide
grow-along that you need to be a part of!



As we draw to the end of the first year of #growwithgyo, it is a great time to reflect on what has gone well for us this year - and those things that haven't turned out quite right, too! One of the many wonderful things about gardening is that there is always next year to experiment with new crops, and to try new ways of doing things, so don't feel disheartened if there was something that didn't quite meet your expectations this season - it

is all part of the process of growing your own fruit and veg.

We'd love to hear about any crop varieties you'd like to see us tackle in #growwithgyo next year, so do get in touch on our social media platforms - we'll be showcasing some of the best in the next issue, so it will be a great opportunity to see what other gardeners have been doing, and to share tips and tricks with other growers.



NOVEMBER

#growwithgyo

in partnership with the RHS



This month is a great time for planning your fruit garden for next year - assess your space and what you enjoy eating, then decide on suitable varieties for you and your conditions, and get ordering your trees! It is an exciting time, and you don't have to be left out even if you are a small-space grower, as many varieties are now available for container growing,

or even step-over trees, which can form a lovely, productive border on the plot!

We'd love to see your progress and hear about your plans, too, so be sure to follow along and share your pics on our social media channels, as well as on our forum 'The Grapevine' which can be found by visiting **growfruitandveg.co.uk/grapevine** - see you there!

What you've been growing

We love seeing what you've been growing, and really enjoy receiving your emails and photos sharing your growing experiences with us and other *Grow Your Own* readers - it looks like you've all had a fantastic gardening year with plenty of crops coming in thick and fast! Here are a couple of the brilliant pics and letters from this month, ahead of our season overview in next month's issue of the magazine.

"I just thought I would share my wonderful produce with you, delicious!"

Maxine, from Hull

"During the pandemic, I am one of the many people who have found gardening to have been a real benefit to my mental health. I thought I would share a few photographs of the produce so far. I have two little boys who have helped me and really enjoyed eating the fresh produce. They are very excited about picking their own pumpkins from their garden."

Gemma Till



This month's top tips

● Sow broad beans for overwintering in November. If you are in a mild area, this can be done straight into the ground, but if you are in a location where the temperature is likely to nosedive, you can start them off in pots in the greenhouse, or under cloche cover.

● Clear any debris, such as spent plant matter, from the plot. Leaving these around can spread any unknown pests and diseases about - and it is nice to start the new season with a clean slate!

● Leave your parsnips in the ground until you need them, as they keep very well like this - and in fact, they taste even better when they are frosted!

Send us your growing snaps!

See your grow-along vegetable pictures featured on the pages of *Grow Your Own* magazine by sending them in to us now. We want to see if yours are doing better than ours! Email them to GYO Editor Laura now on laura.hillier@aceville.co.uk

#growwithgyo

How to get involved!

1 To get your hands on exclusive RHS tips, tricks - and later in the year, discounts, each month, sign up to the *Grow Your Own* newsletter at growfruitandveg.co.uk/newsletter - don't miss out! These brilliant discounts will help you to get started on your #growwithgyo journey. You will also receive seasonal growing advice, the latest events in the gardening calendar and up-to-date news. Subscribe now for free!

2 Don't forget to pick up *Grow Your Own* magazine each month for top seasonal tips, updates and more!

3 Make sure you are following us on our social media platforms, and have registered to be a member of our forum growfruitandveg.co.uk/grapevine so you can stay up to date with all the latest #growwithgyo news, and to share your progress. Each month we will choose an image to feature in the #growwithgyo hall of fame.

 @GYOmag

 @growyourmag

 @growyourownmag

 @The_RHS

 @rhshome

 @the_rhs



**next
month:**

We share an overview of #growwithgyo year one - so get in touch with your pics!

Anne Swithinbank

How to grow Chinese artichoke

Anne experiments with this crunchy crop that may well become a staple in her garden for years to come

Growing something new is always exciting and even if the resulting crop fails to become a family favourite, the journey is worthwhile. A naturally curious gardener will always enjoy handling different seeds, plants or tubers, discovering their history and then work out how to cultivate, harvest and eat them.

I may never grow achocha or cucamelons again but thoroughly enjoyed the process of trying them out. So when, the summer before

last I was offered a pot of Chinese artichokes, they were willingly accepted. The stems of crinkled, hairy leaves died back, the pot of tubers remained in my unheated greenhouse and I started them off in February.

Originally from China and Japan, and unrelated to Jerusalem or globe artichokes, *Stachys affinis* is a member of the mint family. Plants make branching stems 45cm tall, joined by small mauve flowers at the tips as summer passes into autumn. Below ground,



long rhizomes reach out, bearing white, pearly tubers that fatten up from August to November.

It is possible to forage a few early tubers from around the outside but the biggest and best are lifted after the foliage has died back. By then, they are usually 5cm long and resemble fat corkscrews. These are hardy plants and because the tubers shrivel fast out of the ground, it is best to leave them be and lift when needed. In colder regions, a dry mulch will help retain quality.

Despite their rigid shape, tubers don't require peeling and are easy to wash clean by brushing lightly.





Crunchy and of mild, slightly sweet, nutty flavour they are good raw or fried briefly. If like us, you enjoy stir-fries with noodles, I can see that texture-wise, they will make a great alternative to water chestnuts.

How to grow

When harvesting, keep some good-sized tubers back to plant 5cm deep and 30cm apart anytime from November to March or April. Choose a border of good, well-drained soil in a sunny position.



Did you know?

Chinese artichokes arrived in Europe from Peking in 1880 and as they were first grown at Crosnes near Paris, they are known by this name in France.

Where soil is heavy, perhaps overwinter a few tubers under cover in a pot of dryish soil. Remove in February to plant separately in 9cm pots. Harden off (stand them outdoors for a few days to get used to wind and weather) before planting out in spring.

Keep the crop weeded and water during droughts should plants show signs of wilting. A couple of general purpose liquid feeds on poor soils will help them along.

Lift and use from November onwards and try to remove every scrap of tuber from the soil. Like Jerusalem artichokes, they can be somewhat invasive.

If you have... 15 minutes

Move tender plants under cover

With cold weather calling, it's time to move tender plants inside. Young plants of pretty, deliciously scented *Pelargonium 'Radula'* will grow happily on a cool, south-facing windowsill safe from frosts. The perfume is reminiscent of Turkish delight and the best for flavouring cakes. Lay leaves in the baking tin before pouring cake mixture in and peel them out after baking. I also crush and shake a leaf or two in the flour and icing sugar.



If you have... 30 minutes

Plant garlic

Autumn is the best time to get garlic in and if a bed of good (though not recently manured) well-drained soil is ready to receive the separated cloves of a reliable variety, this shouldn't take too long. Growing your own means you can harvest some bulbs at any immature stage, known as 'green' or 'wet garlic'. Never throw away smaller cloves from a bulb, as they are perfect for these harvests. Set cloves 2.5cm deep, spaced 18cm apart all ways or 10cm apart in rows 25cm apart. Try the purple-striped hardneck 'Caulk Wight', the mild-flavoured softneck 'Germidour', or high-yielding white softneck 'Messidor'.



If you have... 60 minutes

Sow hardy peas

While the soil is moist but still relatively warm, it is worth making an autumn sowing of a hardy pea variety. These usually germinate well and with good timing, you'll have sturdy pea plants ready to go into winter. In colder regions, make sure your rows will fit under whatever clothes you have. Whether you prefer to grow in single rows or paired flat-bottomed rows, sow 5cm apart to account for winter losses. Push pea sticks in as soon as plants are 5cm high, ready for plants to cling to as they grow.





David Domoney:

Nature TO NURTURE

Lend a helping hand to your garden visitors over the winter months, says **David**

As much as you enjoy your garden and the produce that you grow, there are plenty of other creatures who enjoy visiting it, too. Throughout the year, wonderful wildlife can be spotted in our gardens and we can use our space to attract and care for them so they can benefit from the garden, while we benefit from their visits.

Due to loss of habitats in the UK there has been a decline in British wildlife, so it is vital that we do our best to keep our gardens accessible and safe for wildlife to access food and shelter to survive. Urban

and rural gardens can be adapted to introduce plants for pollinators, food for birds and safe spaces for hedgehogs to hide out. Having an unkempt corner or an area left to 'go wild' is a great idea for creating a wildlife haven in your garden.

Help the hedgehogs

Although hedgehogs are known to hibernate between November and March, there may still be spiky visitors in your garden in November, these are juvenile hedgehogs and will need help to survive the winter months. Autumn juvenile hedgehogs are old

enough to be away from their mothers but too small to hibernate successfully, so they need to build up their fat reserves for winter. Help them to get the nourishment they need by providing water and cat or dog food that is either chicken or turkey in jelly rather than gravy as this can be too salty. Be sure to keep an eye on your visitor, if it is a regular at night-time and are making the most of your hospitality, it can be left in the wild.

Not only are you helping the hedgehogs, but they will thank you by feasting on slugs in your garden that may be taking a liking to the veg in your garden, such as your potatoes as they have a tendency to damage the foliage, stems and tubers underground.

To help the hedgehogs roam freely, cut a 13x13cm hole in your fence and encourage neighbours to do the same, and create a hedgehog home to attract the gardeners' best friend, which will see them continue to come back for more and more, keeping your veg plot at less risk of a slug invasion.

Berries for birds

Top up your bird feeders and ensure the bird bath is still ready for visitors because there are many birds to look out for in the winter months.

For some people, robins are the epitome of winter, signifying the festive time that's on



its way. Robins are one of the few birds that continue to sing through the winter months, and they are likely to be the first heard at dawn and the last to stop singing at night. In the winter they switch their diet from insects and worms to fruit, feeding on holly berries, winterberries, and berries from dogwood.

Another winter visitor is the redwing, migrating to the UK from northern Europe, Iceland, and Russia on the lookout for berries and fruit, and they'll eat hawthorn and holly berries as well as fruit from plants such as *Pyracantha*.

Although it's wonderful to see our flying friends in our garden and identify our regular and not-so-regular visitors, we still want them to leave some of the grub to us. For that reason, creating barriers with netting will keep birds out, but be sure to plant berry fruiting trees and leave them a bird feeder full of seeds or fat balls for them to feast on instead. If using nets, please be mindful of hedgehogs, so keep them clear of the ground to be safe.

Plants for pollinators

It's estimated that one third of food is pollination dependent, and bees are one of the most common pollinators that we see in our gardens. Bees help out by pollinating many of our fruit and veg crops including broccoli, squash, cucumbers, cabbages, and apples.

As a result of milder winters and more winter-flowering plants in gardens and parks, there has been a boost in winter-active pollinators such as the buff-tailed bumblebee. It is thought that winter-active pollinators can actually be more successful when foraging compared to summer pollinator levels because there are fewer creatures to compete with.

There are plenty of plants to invite bees in over the winter period including *Erysimum* (wallflower) 'Bowles's Mauve', an evergreen with a long flowering season when positioned in a sunny but sheltered spot with well-drained soil. *Fatsia japonica*

(Japanese aralia) is another evergreen, with clusters of cream flowers from November until January that will see winter pollinators visit your plot.

Adding plenty of blooms to your garden, providing accessible flowers to bees and other pollinators all year round will attract them to your space and therefore benefit your vegetable garden. Interplanting with flowers and herbs that are colourful and appealing to pollinators will also make your veg garden look marvellous, too.

Composting critters

There's a huge number of critters working hard in your garden that you don't see every day, but by providing them with shelter and food, they'll give plenty of goodness back.

Composting improves the biodiversity in the garden by utilising worms, fungi, bacteria, and insects to break down waste, and these beneficial bugs also make your garden less likely to be wiped out by pests and weeds because the soil is healthier.

As winter creeps closer, the temperature of your compost heap will start to decrease but giving it a turn will mix the ingredients and will help to produce more heat. To save the heap from going soggy, cover open compost heaps with some insulating board or black plastic to help the bin stay drier and keep the microbes active.

By keeping your compost heap active and working, albeit slowly, your veg patch will be thriving when you use your quality homemade organic matter on your crops as a soil improver for planting out fruit and veg before the growing season and mulching in winter and spring.

By planting a wide variety of plants with fruits, flowers, and foliage for wildlife to enjoy in winter, as well as the rest of the year, you will be helping to keep the creatures thriving. Whilst your garden provides wildlife with water, nutrition, and shelter, they will thank you by pollinating your plants, preying on pests, and creating good quality organic matter.



Charles Dowding

AND NO-DIG



The Great British Growing Awards winner reveals his no-dig secrets to success

What made you start gardening with no-dig in your own garden?

It just felt like the right thing to do, in 1982. I had become interested in mycorrhizal fungi, through belonging to the Soil Association, and reading about them in their journals. I was still working out how to kill the grass and weeds when starting, used a tractor rotavator in August 1982 on 1.5 acres, then shaped beds by hand and stayed no-dig after that.

What are some of the key benefits, for any beginners?

Fewer weeds is the main one. Plus, the time and effort saved by not digging!

Weeds are easier to pull out, carrots are straighter, all vegetables grow well and yield increases, for the same amount of compost. Plants are super healthy, too.



What is the best time of the year to start no-dig? Or can you start at any time?

Yes, start when you like!

Winter is good because one usually has more time then to create new beds and paths. I generally recommend beds without sides, as one of many options. There is no rigid rule about how to create beds, except it is a good idea to keep it simple.

If you need lots of organic matter for no-dig, but are gardening on a small budget, or in a small space, what can you use? And do you find any particular types work better than others?

Interesting question because I find that you need less organic matter per kg of food grown, when no-dig compared to dig. Based on the 14 years of my comparing harvests in dig and no-dig beds. I suggest starting with a thick mulch layer of organic matter, because it's easier and quicker to manage a small bed with close plantings of high output, than a larger area of wider-spaced plantings for lower output per square metre.

The compost used can be less than perfect and may be end of season sale, or made from local wastes, from old wood chips and tree leaves, whatever

you can find. Costs are lower subsequently. For example, I use no feeds, fertilisers or slug pellets.

Obviously, 2020 has been a very strange year – how has your garden fared over lockdown?

Brilliantly thanks, because of travelling less to give talks, and being here more. However, I lost some help, from people travelling from abroad, who could not get here. Also I have spent more time teaching online. A year of abundance though, with good sun and good rain.

How do you put your garden to bed over the winter months? Or do you continue growing throughout?

That is not my favourite phrase, for a garden in mild climates where growth and life continue! I still pull a few weeds for example, though not often. I like to be outside, too, absorbing what little light there is!

About a fifth of my garden has winter vegetables, mostly salads. Also leeks, kale, coriander, chervil, spring onions, garlic, little broad bean transplants and my favourite winter harvest of Brussels sprouts.



November

no-dig jobs



Charles says now is the time to prep your no-dig beds, get composting and sow broad beans

There are easy ways to achieve fine results. I received this comment from someone who had recently started no dig:

"I always wondered why we had to faff around with digging and adding chemicals when nature gets on perfectly well without us interfering. But the biggest bonus that I wasn't aware of till I did your course was the lack of weeding - that is just the most fantastic thing."

Fewer weeds means more time to do other things, and actually enjoy the whole wonderful process of preparing ground, sowing, nurturing and picking.

Prepare ground now

Now we are taking many final harvests, such as beetroot, celeriac, hearts of cabbage, certain salads, bulb fennel and carrots. The ground preparation after this is simple:

- 1** Clear any crop wastes and weeds, in order to reduce habitat for slugs over winter.
- 2** Rake level, if it's uneven.
- 3** Spread 2-3cm compost over every bed, whatever you plan to grow there next year.
- 4** Mulch your paths also, for example, with cardboard and a little wood chip on top. I shall detail this in December's issue.
- 5** That's it until spring, except for

a little winter weeding: pull cleavers, annual meadow grass, bittercress, groundsel and chickweed.

Why compost all beds?

In my experience, it's irrelevant whether plants are "light" or "heavy" feeders. They all just grow bigger and more healthy when we provide food for soil organisms.

Their abundant excretions contain a balance of water-insoluble nutrients. These are made available to plants as and when they need them, through interactions between roots and the soil's mycelial network, also known as mycorrhizal fungi.

These fungi flourish in surface-mulched, undisturbed soil. The growth enabled by fungal networks is not rich in any one nutrient. Therefore compost before carrots results in more carrots, not an imbalanced growth of excessive leaves, as is often claimed.

Mulching all your beds saves a lot of head scratching in autumn. Don't worry about what you will grow where, just mulch all beds. Buy compost if need be, then you have time in winter to make planting plans.

Fineness of compost

The compost mulch or cover you spread now, does not have to be sieved: small lumps and twigs are fine. Do however use a fork to break large

lumps of manure and compost if soggy, into pieces no larger than a tennis ball or even golf ball.

Then by March, after the weather of winter, small lumps will be crumbly and break open with a light raking of the surface.

An ace sowing now

Broad beans are so worthwhile to sow now. They survive winter as small plants, then grow with rocket fuel in spring, thanks to having developed a root network in the cold months. Give it a go, for the small risk only of wasting some seed. Autumn sown broad beans are less appealing to blackfly in spring.

The main need is to sow undercover if possible, so that mice and birds don't eat the seeds. I use small modules just 4-5cm deep, there is no need for root trainers. Sow early November, transplant mid December and cover with mesh or thermacrop, against pests and wind.



Your Plot ESSENTIALS

This month's jobs on the vegetable patch and patio

WORDS: Sally Nex

GROWING TECHNIQUE: HEELING IN

Predicting the arrival of the year's first frost is a real lottery these days, with the big freeze arriving later every year. But it's better to err on the side of caution, particularly in more northerly bits of the country, so you don't get caught out by an early cold snap

Protecting your winter root veg should be a top priority. A hard frost quickly freezes the ground solid, making parsnips, turnips, swedes and leeks impossible to dig out and bringing your harvest to an abrupt halt that can last for weeks.

So while the ground is still workable, heel them in temporarily. Dig a spade's depth trench in a sheltered spot, lift your root veg and pack them in side by side. Refill the trench with loose topsoil or spent compost, just burying the roots, and top off with straw or cardboard for extra frost-proofing. They'll keep happily like that for months, to pull as needed whatever the weather!

15%

of people received a plant or a homegrown veg from someone during lockdown

Source: American Express

DON'T FORGET: CUT BACK ASPARAGUS STEMS

Once asparagus spears turn straw yellow they've drawn all their goodness down into the roots and are finished for the year, so you can cut them right back to the base. This also removes any adult asparagus beetles that might be overwintering in the hollow stems, so they can't lay their eggs by new spears next year. Finish off with a thick mulch of organic matter, so the crowns stay well protected right through winter.



GYO
says

Store unwashed parsnips in a cellar or garage for up to six months

LIFT AND DIVIDE RHUBARB

Rhubarb clumps outgrow their site after about five or six years, becoming progressively more congested and producing spindly stems. Sometimes they'll flower, too, a sure sign they're under stress.

Lifting and dividing the crown occasionally gives the whole clump a new lease of life. Your rhubarb is ready to divide as soon as the leaves fully die back in winter. Dig up the whole thing and chop it into four or five chunks with a sharp spade, saw or axe. Each lump should have some roots and at least one bud - a smooth, pale-coloured bump where the leaves will emerge next spring.

Replant the best chunk, either where it was before or in a different part of the garden. The important thing is to replenish the soil with loads of rich organic matter, such as well-rotted manure or home-made garden compost. Set the crown so it sits just proud of the soil's surface, with the buds uppermost, then firm in and water well. Leave it to settle in for a year before pulling your first stems the following spring.



30 minute job:

Start garlic in modules

- Get your garlic in now to make sure it has enough cold weather before spring. Bulbs need a minimum of three weeks at less than 7°C to split into fat clusters of spicy cloves; leave it too late and all you get is a single, fat clove – still edible, but not quite the result you were looking for.
- You can plant garlic straight into well-prepared, rich soil in a sunny spot. But if you're waiting for a previous crop to be cleared, you can still start them growing anyway: just plant them into 5cm modules instead, and leave them to sprout outdoors where the frost can get to them. You can then plant them out into their final growing space from February onwards.
- Module planting is also a useful trick if garlic rust is a problem in your area. Leave cloves outdoors all winter, then from February bring them in to a cool greenhouse and plant them in the borders, 10-15cm apart (planting under a cloche works well if you haven't a greenhouse). Under glass the leaves stay dry and rust spores can't germinate. Garlic really loves the extra baking, too, so you get massive bulbs without a hint of disease – they're often ready sooner, too!



VARIETIES TO TRY

NEW VARIETY: Strawberry 'Delizz'

There's no need to trouble yourself with planting early, mid-season and late-cropping strawberries any more.

This award-winning, Dutch-bred strawberry covers the whole season, producing its small but sweet fruits steadily from June to September. They can do this because unlike other strawberries they are day neutral, so the harvest doesn't drop away once the evenings begin drawing in. The compact, upright plants grow happily in pots, containers and hanging baskets – or even a sunny windowsill indoors (though you'll need to hand-pollinate with a soft artist's brush to get the fruits to form).

(suttons.co.uk)



HERITAGE VARIETY: Spinach 'Monstrueux de Viroflay'

Spinach tends to grow better at the cooler ends of the year, as it has an annoying tendency to bolt at the first sign of warm weather. Summer spinaches will take you through autumn, but for cold-weather supplies you need one of the big, generous winter types which positively thrive in a frost. This wonderful French favourite dates back to the 16th century and is famous for producing massive, tender leaves with a superb flavour; it's also very fast-growing, so if you get your skates on and sow it now you'll be harvesting by Christmas.



EXOTIC VARIETY: Oyster leaf plant (*Mertensia maritima*)

Some plants look too good to eat – and you'd never know this low-growing perennial was edible as its trailing, slate-blue leaves tumble fetchingly over a wall, spangled with pretty blue flowers. Break off one of those succulent leaves and bite into it, though, and you'll taste the flavours of the seaside. Oyster leaf, also known as sea bluebells, grows wild on the coasts of Scotland and northern England and like many maritime plants has a slightly salty, savoury taste. It needs very sharp drainage, and slugs love it, so grow in containers.



HOW TO AVOID... PARSNIP CANKER



If you've been looking forward to the first earthy, sweet parsnips of the season it can be maddening to find their broad shoulders sunken and blackened by canker. This common fungal disease isn't fatal, though – just cut out the bad bits and eat the rest – but it's annoying to have to waste part of your hard-won harvest, so it is good to look for ways to avoid this.

Large, mature parsnips are more prone, so it's wise to sow later, in April or May, so your roots are still young and tender when you start pulling them. It's also worse in badly-drained, acidic soil, so liming or mulching with alkaline mushroom compost helps, as do raised beds which lift roots out of the damp. Next year, resolve to grow more resistant varieties, like 'Avonresister'.

Outdoor Adventures



Welcome to this month's top essential gardening picks, as chosen by the team at *Grow Your Own*. We hope you are all still enjoying your outside spaces. Feel free to shop more incredible offers and discounts in our new online gift shop.

Everything inclusive of delivery!

EDITOR'S PICK

Grow Your Own Binder

Keep your magazines clean, bend-free and organised in this handy hard-back binder! It's practical and easy to use holding up to 12 magazines. So keep all helpful advice and tips nearby and organised for when you need to refer back to it.

Product Code: G1036



ONLY £9.99!

TOP OFFER

Grow Your Own Fleece

Our brand new *Grow Your Own* fleece is the must have for chilly winter days working on the plot. Hard wearing and versatile, this LayerLite fleece has a range of features to ensure isolation and warmth whilst managing to keep lightweight and comfortable.

Product Code: G1127



£9.99

SHOP NOW

Visit **giftstoyou.com**

Where gifts mean more

WINTER-PROOF



Merlot & Cheese

£30.23

Product Code: 17873



Eco Weed Burner

£39.99

Product Code: 5198



Bat Mix - Wildflower Tin

£9.00

Product Code: BAT

SOW YOUR BONUS SEEDS!

Grow a rainbow of colour with
these staple veg varieties



Broccoli

'Early Purple Sprouting'

You can't go wrong with classic calabrese, but there are so many benefits to growing broccoli 'Early Purple Sprouting' instead. For a start, this purple veg, turning green once cooked, is delicious – roast in a tin in the oven, boil in salted water or bake in a tart. As well as this, 'Early Purple Sprouting' is harvested in the late winter, early spring months, meaning it helps to fill the 'hungry gap' when there's not much else to pick on the plot.

- 1 Sow seeds thinly outside from May to June where they are to crop, at a depth of 1cm. Make sure to plant in a well-prepared seedbed raked to a fine tilth.
- 2 Plant in rows, 45cm between plants. Seedlings should appear within five-10 days.
- 3 When large enough to handle, transplant into firm soil 75cm apart. Keep plants well-watered until established.
- 4 Earth up and stake plants as broccoli develops. Cover plants with fine netting at all stages of development to deter birds and cabbage caterpillar attack.
- 5 Harvest by snapping off the flowering shoots before the flowers open, from February to March. Do not remove the large leaves as these will protect the next batch of shoots.



COVID-19 UPDATE: Due to these unprecedented times, your free seeds may vary from those covered in our growing guides. Please visit our website growfruitandveg.co.uk/how-to-grow for up-to-date sowing and growing advice to help you get started.



Cabbage 'Primo (11)'

'Primo (11)' is a well-known cultivar – famed for producing solid, 'ball-head' cabbages from June to October. What's more, this veg is easy to grow and super productive, so it's great for newbie gardeners, and is compact enough to plant in small growing areas. Either use raw in salads, in coleslaw or boil in a little water in order to retain as many of the nutrients as possible.

- 1 Sow seeds thinly outside from March to July in a well-prepared seedbed, at a depth of 1cm. Make sure to plant in fertile, light and well-drained soil.
- 2 Seedlings should appear within four-seven days. When large enough to handle, plant out in their growing position, 30cm between plants.
- 3 Alternatively, sow seeds inside from February to March in trays filled with free-draining compost, at a depth of 6mm. Cover with a sprinkling of vermiculite.
- 4 Place trays in a propagator at a temperature of 20-25°C until germination. Plant out once plants have two-three true leaves.
- 5 Harvest from June to October.



Thai basil

'Siam Queen'

'Siam Queen' is an improved strain of traditional Thai basil but with a stronger, liquorice/aniseed flavour in the leaves that is hard to beat. The deep, purple-red blooms, are also a brilliant sight to behold, so this plant can be grown in both the kitchen and the ornamental garden. Start seeds off inside in a propagator before planting outside.

- 1 Sow seeds thinly inside from April to October in pots on the surface of good free-draining seed compost. Cover with a fine sprinkling of compost or vermiculite.
- 2 Place pots inside a propagator or seal inside a polythene bag and keep at a temperature of 20-25°C until germination occurs. Do not exclude light and keep soil on the drier side.
- 3 Seedlings should appear within 14-21 days. When large enough to handle, transplant seedlings into 7.5cm pots.
- 4 Grow on in cooler but not cold conditions for 10-15 days before planting outside, 30cm apart. You can also grow in 7.5cm pots on the windowsill or on the patio.
- 5 Harvest leaves as and when required, from June to October.





Lemon balm

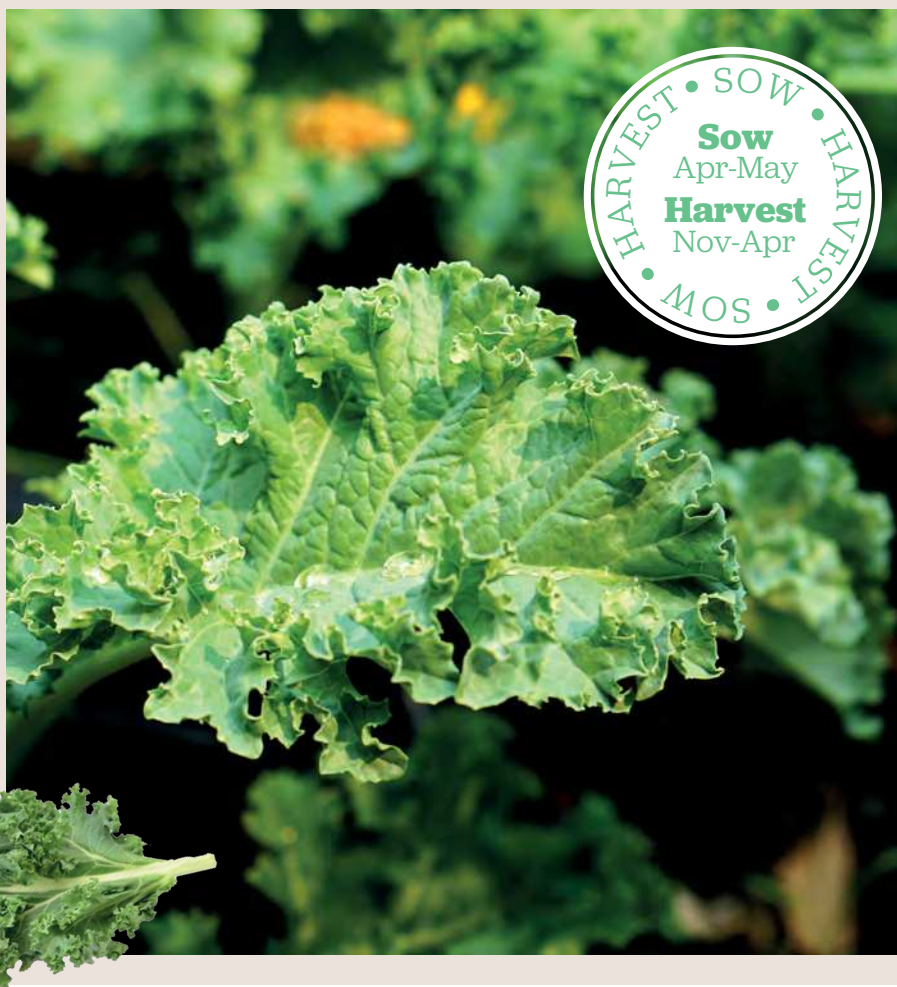
This leafy green perennial might resemble mint in appearance, but its scent is much softer – the foliage imparts a lemony aroma when rubbed between the fingers or brushed against. The scent is not just attractive to us, but bees, too, hence this plant's nickname 'bee balm'. However, lemon balm is not as sweet as it seems, since it's particularly invasive and can take over the garden, so make sure to grow it in pots in the ground.

- 1 Sow seeds thinly inside from March to May in pots on the surface of good free-draining seed compost. Cover with a fine sprinkling of compost or vermiculite.
- 2 Place pots inside a propagator or seal inside a polythene bag and keep at a temperature of 20-25°C until germination occurs. Do not exclude light and keep soil on the drier side.
- 3 Seedlings should appear within 21 days. When large enough to handle, transplant seedlings into 7.5cm pots.
- 4 Grow on in cooler but not cold conditions for 10-15 days before planting outside, 30cm apart. Add a mulch of compost to protect plants against cold weather.
- 5 Harvest lemon balm from July to October. Add to hot water and drink as a tea or to desserts.

Kale 'Dwarf Green Curled'

Kale 'Dwarf Green Curled' is a classic curly kale variety. Sown in a seedbed in spring and summer, this plant will be ready to harvest from November to April, a time when there's not much else growing in the ground. Because of this, Kale 'Dwarf Green Curled' provides a boost of vitamin C and other minerals when our immune system needs it the most.

- 1 Sow seeds thinly outside from April to May in a well-prepared seedbed, at a depth of 1.2cm.
- 2 Plant in rows, allowing 23cm apart to prevent overcrowding. Seedlings should appear within four-five days.
- 3 When large enough to handle, which will be around five weeks from sowing, transplant into their final growing positions. Allow 50cm between plants each way. Ideally, prepare the ground in early spring, by adding plenty of well-rotted manure to improve the soil structure.
- 4 When transplanting, plant kale slightly deeper in the ground than it was in the seedbed. Plant firmly and keep well-watered until established. Protect plants from caterpillars, aphids and pigeons with fleece or netting.
- 5 Harvest from November to April. Plants will reach around 40cm high.





Leek 'Autumn Giant 2'

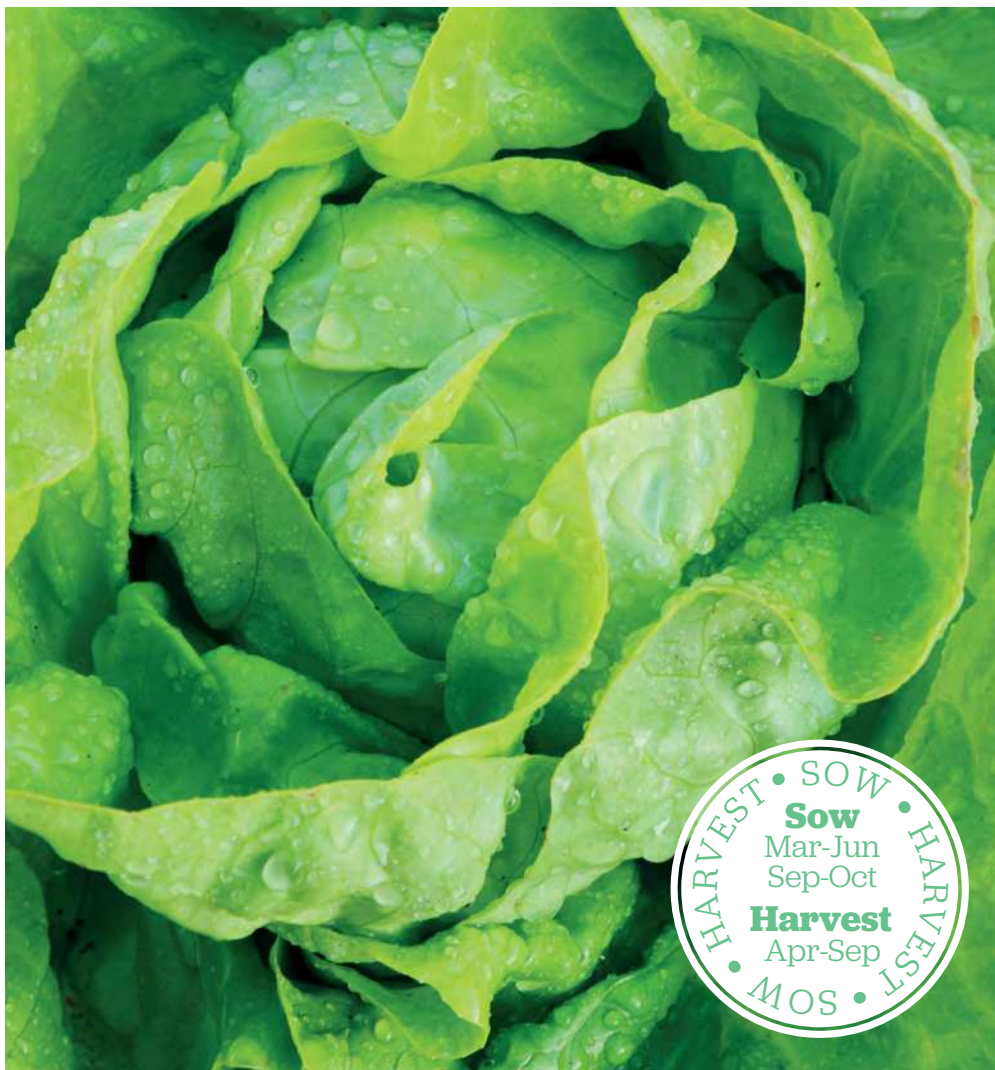
There's something quite striking about the sight of a leek growing in the ground with its thick white stems and giant green foliage. Luckily for us, 'Autumn Giant 2' is one of the most attractive, and robust leeks we can grow. It performs well sown either early or late in the year, so it's great for stretching out the cropping season. Prepare, cook and enjoy!

- 1 Sow seeds thinly outside from March to May in a seedbed, at a depth of 1cm. Make sure to plant in soil that has been raked to a fine tilth.
- 2 Plant in rows, allowing 23cm between plants to prevent overcrowding.
- 3 When large enough to handle, transplant seedlings from the seedbed into their final growing position.
- 4 Keep the ground well-watered, especially during dry periods.
- 5 Harvest from September to December, by levering the leeks out of the ground with a spade or fork. Leeks can also be left in the ground to overwinter.

Lettuce 'All The Year Round'

If you're on the hunt for a salad green that has crisp, crunchy and tasty green hearts, look no further than lettuce 'All The Year Round'. As the name suggests, it's a classic all-rounder, flourishing in gardens, small spaces and containers, and can also be sown twice a year to extend the growing season.

- 1 Sow seeds thinly outside from March to June and September to October where they are to crop, at a depth of 1cm. Make sure to plant in soil that has been raked to a fine tilth.
- 2 Plant in rows, allowing 30cm between plants to prevent overcrowding. Seedlings should appear within seven-14 days.
- 3 When large enough to handle, thin seedlings to 30cm apart.
- 4 Harvest as and when required, usually from April to September.



Onion 'Ailsa Craig'

Named after a small island rock off the coast of Scotland, onion 'Ailsa Craig' is as much of a showstopper as its namesake. This onion's globe-shaped roots, growing to a giant size, straw-coloured skin and mild flavour, has made it a favourite to grow for both exhibition and in the kitchen garden. Sown from March, your onions will be ready in August.

- 1 Sow seeds thinly outside in March where they are to crop, at a depth of 1cm. Make sure to plant in firm soil that has been drained in advance.
- 2 When large enough to handle, thin seedlings to 10cm apart. Seedlings should appear within 10-14 days.
- 3 Alternatively, sow seeds indoors from December to February in pots of compost, at a depth of 1cm. Place inside a propagator or seal inside a polythene bag and keep at a temperature of 27°C until germination.
- 4 When large enough to handle, prick out seedlings and move to 7.5cm pots.
- 5 Harvest from August to September.



Radish 'Scarlet Globe'

Radish 'Scarlet Globe' has round, deep-red, mild-flavoured roots, suitable for growing either inside in pots, outside in containers or in the garden soil. Crunchy, crisp and moist – these little veggies are also mild-flavoured so are great for growers who aren't big fans of spice, and for kids.

- 1 Sow seeds thinly outside from May to July where they are to crop, at a depth of 1cm. Make sure to plant in soil that has been raked to a fine tilth.
- 2 Seedlings should appear within five-10 days.
- 3 When large enough to handle, thin to 2.5cm apart.
- 4 Keep plants cool and moist to prevent them from running to seed.
- 5 Alternatively, you can grow these in pots, planting four plants per 30cm pot.
- 5 Harvest from July to September.



Tomato 'Orange Queen'

This attractive tomato, with its bright-orange skins, large size and heavy cropping, is an ideal late variety, perfect for extending the summer harvesting season. The tomatoes are also slightly flatter in shape, have very few seeds and are lower in acidity than most types, making them great for blending, slicing and adding to sandwiches and salads. What's not to love?!

- 1 Sow seeds thinly inside from February to April on the surface of pots filled with good free-draining seed compost. Cover with a sprinkling of vermiculite.
- 2 Place pots in a propagator or seal inside a polythene bag and keep at a temperature of 20-25°C until germination.
- 3 Seedlings should appear within 10-14 days. When plants have two true leaves, transplant into 7.5cm pots and grow on at a minimum temperature of 15°C. Plant outside in a sheltered position in full sun, 60cm apart.
- 4 If growing in a heated greenhouse, transplant from April and allow three plants per growbag, one per 25cm pot or plant straight into the greenhouse soil.
- 5 Harvest tomato 'Orange Queen' from July to October. Wait until the fruits have fully coloured-up before picking.



ORDER FORM

☐ Please start my subscription to *Grow Your Own*

To subscribe by credit card/cheque please see options 2 and 3

SUBSCRIBER DETAILS, please complete in BLOCK CAPITALS

Title Mr / Mrs / Ms Forename
Surname DOB
Address
Postcode
Daytime No. Mobile No.
Email

THIS IS A GIFT, my details are

Title Mr / Mrs / Ms Forename
Surname DOB
Address
Postcode
Daytime No. Mobile No.
Email

1 ☐ DIRECT DEBIT - £29.99 for 6 issues*

G110F

INSTRUCTION TO YOUR BANK OR BUILDING SOCIETY TO PAY DIRECT DEBIT

Originator's ID No. **677186**



Name and full postal address of your Bank or Building Society

To the Manager.....
Address.....
Postcode.....

Name(s) of Account Holder(s)

Branch Sort Code

Bank/Building Society Account Number

Signature(s)

Date.....

Data Banks and Building Societies may not accept Direct Debit instructions for some types of accounts

The direct debit guarantee

Your Direct Debit Guarantee will be found on your confirmation letter.

ALTERNATIVE WAYS TO PAY

- ☐ 6 issues for £29.99*
☐ 12 issues for £59.99
☐ Europe - £71.80 for 12 issues ☐ Rest of World - £76.80 for 12 issues

2 ☐ I enclose a cheque made payable to **Grow Your Own**

3 ☐ Please charge my: Visa ☐ Mastercard ☐ Amex ☐ Switch/Maestro (issue No.)

CARD NUMBER

EXPIRY DATE

SECURITY NUMBER (last 3 digits)

SIGNED:

TODAY'S DATE:

Your order details will be processed by Aceville Publications Ltd (publishers of Grow Your Own magazine). We will use your information to fulfill your subscription and communicate other information deemed relevant in connection with this service. Aceville Publications Ltd would like to contact you with information about other services and publications we provide which may be of interest. Please tick the relevant box below if you ARE HAPPY to receive such information by post ☐ phone ☐ email ☐ Aceville Publications Ltd will NOT share your personal details with anyone else.

*this is a UK only Direct Debit offer. Gift is only available to UK subscribers 18 or over. Existing subscribers can renew using this offer. Your subscription will begin with the next available issue. Subscriptions are for a 12 month period including all gift subscriptions. If your subscription is a gift, the gift and gift card will be sent to the donor. You can also subscribe via cheque or credit card. In the event of a gift being faulty or damaged, please contact us within 28 days of receiving the gift. This offer is subject to availability, alternative gift may be supplied to the same or greater value. This is a limited offer and may be withdrawn at any time. Photocopies accepted. Cancellation policy applies refer online or contact customer services for more details. * Digital copies excluded.

FREE POSTAGE



Return to: RTXY-TZXZ-CGCG, GYO - Rockwood House, Perrymount Rd, Hayward Heath, West Sussex, RH16 3TW

EXCLUSIVE Christmas GIVEAWAY!

Subscribe today
★ TO ENTER THE PRIZE DRAW! ★

3 prizes up for grabs including a 2-Night Getaway



WORTH £599



Subscribe today and you'll be entered into a prize draw to win 1 of 3 amazing prizes. You could be lucky enough to win a 2-night country house getaway for two (breakfast inc), with over 40 locations to choose from, or win one of two £150 buyagift.com vouchers, so you can plan your perfect day!

^Terms and conditions apply.
CLOSING DATE 17th December 2020

FREE* 3 PIECE POTTING SET

when you subscribe to  magazine!

Grow Your Own is the UK's best-selling kitchen garden magazine, sharing advice from prominent figures in the horticulture industry, such as the RHS, David Domoney, Anne Swithinbank and more! It offers simple, effective projects and step-by-step growing guides to assist readers in achieving a productive and enjoyable space in which to garden.



**3 EASY
WAYS
TO SUBSCRIBE**

GROWFRUITANDVEG.CO.UK/SUBSCRIBE
0800 904 7000
QUOTE CODE: G110

**6 ISSUES
FOR JUST
£29.99***



Roamwild Pest~~Off~~ Bird Feeder

NEW
DESIGNS
ONLINE

Not just 100% squirrel proof



ALSO PEST PROOF

- **INDIVIDUALLY** spring loaded feeding ports only let the songbirds feed, not pests as these are too heavy and will close the feeding port.
- **AUTOMATICALLY** pest proof straight out of the box - No setting or spring calibration to adjust - So simple to use.
- **VERY LARGE CAPACITY** and so easy to fill, simply open the lid.
- **WEATHER PROOF** - No more seed clogging. Woodpecker friendly and also baby squirrel proof!
- **FOUR VERSIONS** of PestOff bird feeders available to suit all different seed types.
- **EASY TO CLEAN** - simply 'clicks' apart, no bolts to remove and replace.



Anti rust stainless steel plates prevent squirrels from gnawing into the feeder.

The Metal seed tube lid also acts as a large baffle to prevent aerial attacks from squirrels.

Large capacity seed tube

Roamwild Pest~~Off~~
WARRANTY INCLUDED

Keeps Seed Dry

Secondary baffle feature protects birds and seed from elements and also prevents squirrels sliding down the feed tube to access the food ports

Bird seed not included.



GUARANTEED

PATENTED

SAVE
WHEN YOU
BUY TWO



INDIVIDUALLY SPRING LOADED



NEW!

roamwild
ARCH
WINDOW
BIRD
FEEDER

Please order from our website at www.homgar.com or return the coupon using our free post service to: **FREEPOST HOMGAR.**

roamwild®

UNIQUE PRODUCTS ALL IN ONE PLACE

Order online & view other great products at
www.homgar.com

CREDIT CARD ORDERLINE: 0208 207 6923

HOMGAR GUARANTEE If you are not completely satisfied with your purchase return within 7 days for a full refund of purchase price.

Simply post to: **Freepost HOMGAR**

Please send me the following:

Item	Price	Qty	Total
1 x Roamwild™ Pest Off Bird Feeder	£25.99		
2 x Roamwild™ Pest Off Bird Feeders	£46.99		
1 x Roamwild™ Arch Window Feeder	£25.99		
2 x Roamwild™ Arch Window Feeders	£46.99		
1 x Roamwild™ Seed Scoop	£7.99		

Please add £4.99 postage to complete order

£4.99

TICK TYPE REQUIRED ☐ A ☐ B ☐ C ☐ D

Grand Total £

I enclose a cheque (payable to Homgar)

for £ _____ or charge my Mastercard/Visa/Maestro/Switch Card account

Card No _____

Security Code (last 3 digits) ____ / ____ / ____ Expiry Date ____ / ____ Issue No (Switch/Maestro) _____

Name _____

Signature _____

Address _____

Post Code _____

Email Address _____

Tel No _____

GY01020

MEET OUR PANEL



Blake Roberts
is the deputy editor of *Grow Your Own* magazine



Mike Thurlow
is a retired head gardener and gardening author



Laura Hillier
is the editor of *Grow Your Own* magazine



Joshua Oak
is an organic garden designer

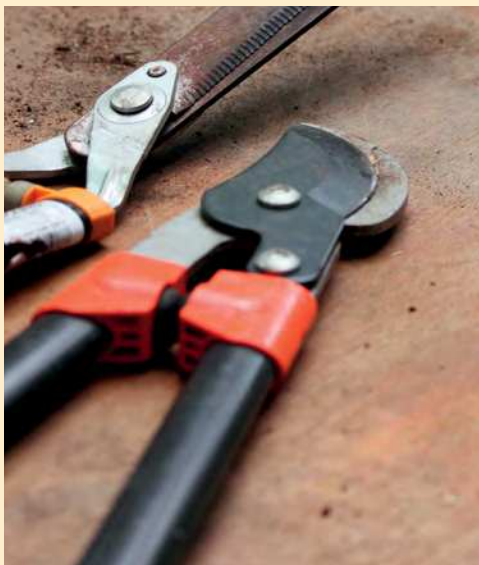


Ask the experts

Get the best from your plot with advice from our garden pros



Got a niggling problem that you want one of our esteemed gardening experts to aid you with? Email your question to: blake.roberts@aceville.co.uk for the chance to see it featured on these pages.



Prune like a pro

Q What trees will need a prune over winter?

Suzie Richards, via Twitter

Blake says: "Fruit trees require this care in order to keep them healthy through winter and productive next season. Prune grapes, apples, pears, quinces, medlars, autumn raspberries, white and red currants and gooseberries now. Remember to use clean, sharp secateurs to do this. Stone fruits such as cherries and plums should be left untouched until summer-time."

Q How do I prune my grapevine?

Lauren Schofield, via Instagram

Blake says: "When growing grapes, it is important to train the main stem to scramble up a bamboo cane. To start pruning, remove any stems that split off from the base of the plant. Allow side

branches to develop for the first two years, but during the third winter, remove only the bottom and middle ones, allowing the top growth to continue (about six stems). You should leave only two buds from each pruned stem."

Q What's the best way to prune my apple and pear trees?

Helena Peters, via Twitter

Blake says: "Start by removing any weak and/or diseased growth that could potentially progress into a more serious problem next season. Cut this year's branches on each stem by reducing them by a third - leave a bud on the end that is facing the required direction. Remove any shoots that are growing towards the centre of the tree as this can be detrimental to development. Thin out spur stems that have become congested on older trees."



Q I think my apple trees might have canker – how can I tell? And, when we eventually move house and want to start a new tree, what should we do to avoid future problems?

Tom Bailey, via email

Laura says: “If your trees have patches of dead bark which look slightly sunken, there is a good chance they are suffering from canker. If left, this can get progressively worse, until the branch beyond the wound gradually gets weaker and weaker. This can eventually lead to it dying off altogether. Canker is predominately suffered by apple trees, and can be more likely to occur in soils that are heavy and hold a lot of water. It can also be more prevalent in acidic conditions, so it is

definitely worth checking the pH and condition of the earth you will be planting in prior to purchasing your trees. If you are concerned, there are some slightly more resistant varieties available, such as ‘Katy’ and ‘Cockle Pippen’, although there are no guaranteed resistant types.”



Q I’ve had a good crop of dahlia flowers this summer. What is the best way to keep them safe over the winter months and encourage them to come back next year?

Nigel Day, via email

Joshua says: “I love dahlias and they are a staple in my garden situated in West Sussex. Being down south means that I can keep dahlias in the ground all year round. Usually a heavy mulch of compost or hay is all that’s needed to keep the frost away. If you live in a colder climate, the best way to protect them is to lift them from the ground and leave them for a week or two under cover until they feel dry. Once dry, place in a large tub or basket and cover the tubers in vermiculite then keep them cool, dry and frost-free. Check occasionally to make sure none of the tubers have begun to rot.”



Q I’ve got my Brussels sprouts planted out (growing clubroot-resistant ‘Chronos’ variety). I’ve got quite a windy site as I live near the coast, so what can I do to protect them?

Charlie Smith, via email

Mike says: “Being a maritime plant, the sprouts will certainly benefit from the bracing sea air. To support the plants, drive a strong stake (minimum 25mm (1”) dia/sq.) alongside the plants at least 30cm (12”) into the soil. Gardening near the coast you may

need to go deeper if your soil is light or sandy. Tie the plant to the stake every 15cm (6”) using fresh fillis or soft ties. Check the ties regularly throughout the winter. Remove old and damaged leaves to reduce the ‘sail’ effect. Draw up the soil, firming around the base of the plants to support the stalk. Allow 15cms (6”) for the stake to finish above the top of the plant and cover with a flower pot or ball. During the summer this set-up can be used to support enviromesh.”



PEST FOCUS: *Winter moth*

The winter moth targets fruit crops along with deciduous trees and shrubs – if left to run riot, the size and quality of your yields may be reduced. The females are wingless and climb up suitable trees to wait for males and begin the laying cycle. Stay vigilant as we head into winter with the help of our advice.



Keep an eye out for symptoms

Holes on the leaves, blossom and young fruitlets are a key sign of an infestation of winter moth – the pale green larvae will be the cause as they happily munch through your crops. This damage primarily occurs in spring when new foliage appears, but attacks can happen throughout the season. If the fruits are left to develop whilst coping with this problem, you may notice deep clefts appearing on the side of your harvests.

Act now

Stop the crawling females in their tracks by applying sticky glue bands (available from gardening websites and some garden centres) to the base of your trees. If you see any of these bugs in their adult or larval form, pick them off and squash immediately to reduce the problem. Hanging up feeders will encourage birds to visit your garden or plot and they will feed on the caterpillars. If infestations become severe, there are organic insecticides available that can be purchased online.





HOTBOX Elite greenhouse fan heater (£212.00)

The HOTBOX Elite greenhouse fan heater has a clever thermostat control that cuts the heat supply when the selected temperature is achieved. It's got feet and chains too, so place it on the floor, or suspend it from the ceiling

HOTBOX

PICK OF THE CROP

Greenhouse heaters & accessories

**Keep your greenhouse
cosy and comfortable
over winter with
these helpful products**



4.2KW Eden Pro gas greenhouse heater (£149.99)

This stainless steel heater is equipped with a long-lasting blue flame burner, piezo ignition, an oxygen depletion system (ODS) and a CO2 sensor - allowing you to maintain a warm temperature in the greenhouse all winter long

Primrose



Palma electric greenhouse heater (£109.95)

This is a powerful 2.0KW electric heater which is simple to use and set up, and has a durable stainless steel casing. It's ideal for greenhouses up to 8ft x 10ft in size to provide energy efficient frost protection

Harrod Horticultural



Swop top cleaning system (from £59.95)

Struggling to clean the greenhouse roof?

Try this soft cleaning brush with side bristles - perfect for hard to reach places. The spiral flow hosepipe takes water to the top of the pole and has an on/off valve

Harrod Horticultural



Greenhouse staging and shelving set (from £95.91)

This set of staging and shelving makes efficient use of greenhouse space whilst giving maximum flexibility. When not required the units fold flat to the greenhouse wall in seconds

Two Wests & Elliott

GROW MORE AND EXTEND YOUR SEASON WITH THIS WALK-IN **NETTED** BRASSICA/VEGETABLE TUNNEL

The Walk-In Wonderwall®

pat pen

An affordable alternative to polytunnels, yet more effective than cloches

- PREVENTS SLUGS AND SNAILS FROM ENTERING
- PROTECTS AGAINST CABBAGE WHITE BUTTERFLIES/CATERPILLERS
- PROTECTS AGAINST PIGEONS
- ALLOWS RAIN AND SUN TO PENETRATE • EASY TO ERECT
- EASILY DISMANTLED AND REPOSITIONED
- NO BASE NEEDED (FIXES IN SOFT EARTH)
- EASILY STORED WHEN NOT IN USE
- ALLOWS AIR TO CIRCULATE AND AT THE SAME TIME PROTECTS FROM STRONG WINDS
- EASY WEEDING • EASY WATERING

PREVENTS BRASSICA MASSACRE

Made in Britain, the frame is constructed from a light weight, durable, heavy duty PVC tube and is covered in a fine, heavy duty netting, which means it is able to withstand very strong winds and harsh conditons.

Standard Width 3.5m - height 1.9m approx 6'3", 3m - £170, 4m - £195, 5m - £225, 6m - £255, 7m - £285, 8m - £315, 9m - £345 (plus postage) OTHER SIZES AVAILABLE ON REQUEST

**BUY DIRECT FROM THE MANUFACTURER,
NOT AVAILABLE IN ANY RETAIL OUTLET.**

www.walk-inwonderwall.co.uk

A unique, innovative and organic solution to most of your problems

CONTACT US WITH YOUR ENQUIRIES TEL: 01543 677531 OR VISIT WWW.WALK-INWONDERWALL.CO.UK

Protect your allotment from birds and garden pests with a fruit cage from...

William James & Co

Est. 1954

The Garden Netting Experts

- Designed and manufactured in the UK to the highest standards
- Walk-in Fruit Cages & Low Vegetables cages available in all sizes in either steel or aluminium

**Buy
Online
& Save
10%**

on all cages and netting
by quoting BIGYORD
FREE DELIVERY

William James & Co, Gore Cross Business Park, Corbin Way, Bridport, Dorset DT6 3UX

Call: 0800 1032800 or Email: sales@wmjames.co.uk

Buy online 24/7 at www.wmjames.co.uk

SMART NEWS

The only pages modern gardeners need for brilliant growing ideas

GYO Spotlight

Flower power!

The first new flower and plant market to be launched in London in 150 years recently opened its doors to green-fingered punters. The Chiswick Flower Market will be trading on the first Sunday of each month, with organisers hoping it'll revitalise the local high street. The September launch was deemed a huge success with (physically-distanced) queues waiting for a chance to venture round the one-way system and find some exciting new plants to take home. There were even some familiar faces, including TV presenter Nicki Chapman, Gardeners' World star Arit Anderson and local resident Jeremy Vine. For more information, visit chiswickflowermarket.com



LET US INTRODUCE YOU TO...

Szechuan pepper

The pepper in our grinders comes from a tropical vine, but Szechuan pepper, the highly prized ingredient used in many dishes, can be grown in your garden! It's hardy throughout the UK and will reward you with a crop of peppercorns year after year. The pepper is spicy, with hints of citrus. It's easy to grow, takes pruning well and can be grown in a pot if space is limited.

pennardplants.com



Broad bean 'Aquadulce'

Early Variety with extra long pods.

Broad Bean 'Aquadulce' is recommended as the standard over-winter variety. The medium sized plant has high yields of pods containing five to eight white beans. Sow from Oct-Nov or Feb-Mar. Recommended variety for autumn sowings by *River Cottage Handbook Veg Patch*.

RHS Award of Garden Merit. Head to: nickys-nursery.co.uk



Starting up

...UPCYCLED CLOCHE PROTECTION!

With limited sunshine and lower temperatures, now is the perfect time to keep your remaining crops protected from frost damage. Luckily, cloches are very easy to make at home which is a perfect solution for gardeners on a budget. You'll simply need a large plastic bottle and a pair of scissors.

- Firstly, you will need to make sure that your chosen bottle has been thoroughly washed. Remaining residue could damage edibles growing under this cloche, produce an unpleasant smell and attract pests.
- Use a pair of scissors to cut across the bottle in a line that is around an inch above the bottom. Make sure the edges are as straight as possible to prevent injury from jagged points.
- Take the cut bottle with the screw cap facing upwards and place it over the plant of your choice, pushing the bottom below the surface of the soil. This plastic protection will shield your crop from frosts. If conditions inside become too humid, you can remove the cap to allow air in or simply take off your cloche until temperatures drop again.





Buy the book!

Prepare to be bewitched by this stunning new release. Blurring the lines between magic and plants, this enlightening title – written in collaboration with the Royal Botanic Gardens at Kew – explores 50 of the world's most powerful, harmful, legendary and storied plants. Pick up a copy to brush up on your botanical knowledge now and you won't be disappointed! (£14.99, Wellbeck Publishing)



The free gardening resources you need

At this time of the year, it's natural to be feeling slightly sad that the peak of the growing season is over once more, but there's plenty to look forward to next year. So grab your growing journal or notebook, some gardening catalogues and a nice warm cuppa and start looking ahead. We've got some helpful growing inspiration, DIY projects and resources on our **GYO** website right now to help you get excited and prepared for another year in the kitchen garden. And, the best part is, they're all free to download! We know you love a freebie as much as we do, so head over to our site growfruitandveg.co.uk/download-guides now and claim your free downloads to kickstart your 2021 growing plans.

GYO advertorial

Protect your plot from pests

The Walk-in Wonderwall netted tunnel protects your crops from the elements and garden pests making it perfect for overwintering. Robust and versatile, and yet easy to erect and move.

It can also be adapted to fit over raised beds and sizes adjusted accordingly. To find out more, visit: walk-inwonderwall.co.uk



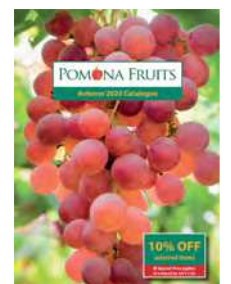
Get some soil-boosting helpers

The way compost worms move through the soil creates pathways which significantly improve moisture retention, aerate the soil and even improve the soil structure by distributing nutrients whilst preventing roots from matting. Rejuvenate your soil's health, condition and overall drainage naturally by visiting: yorkshire-worms.co.uk



Find fruit-tastic inspiration

If you want to find out all the latest new trends in the fruit garden this year, be sure to get your copy of Pomona Fruits Autumn 2020 catalogue. 68 pages packed full of top fruits, soft fruits, edible hedging and accessories for the home gardener. Pre-season discount - 10 per cent off selected items until 30th November. **01255 440 410, pomonafruits.co.uk**



Less mess when potting up!

Turn any greenhouse staging into an efficient area for potting-up and pricking-out with this sturdy aluminium Potting Tray from Two Wests & Elliott. Approximately 61cm wide by 53cm front to back, this tray provides a large area on which to work. A 28cm high back panel, with sides sloping to a 5cm high front lip, prevents compost spilling out. It's just £22.99 plus P&P. Get yours from: twowests.co.uk



HOT NEWS

The coolest plant of all

That summer heatwave may be something of a distant memory now, but as our summers get hotter due to global heating, many gardeners are planning their gardens with a changing climate in mind. If that's you, new research from the RHS and the University of Reading, which offers insight into the cooling properties of ivy, may just be of interest. The study confirms ivy as the most effective plant cover for cooling buildings and reducing humidity, and used mini model buildings to test different plants. Dr Tijana Blanuša, RHS Principal Horticultural Scientist, commented: "Our research is an important step forward in growing our understanding of green walls. Many people with limited space are turning towards vertical gardening as a way of greening their homes or workplaces."



SMART FACT • Almost one-in-three Brits plan to renovate their garden as a result of the Covid-19 lockdown, according to research by Powered Now • **SMART FACT**

Smart step-by-step: **GROWING MICROGREENS IN MUFFIN CASES**

Produce these flavour-packed plants all-year-round
with this decorative project



Packed with nutrients and exceptionally easy to care for, microgreens can be sown at any time of year in silicone muffin cases, and placed on a windowsill. Once ready to harvest, display them as a pretty collection of leafy cupcakes for guests.

These tiny flavoursome leaves are simply the young seedlings of edible plants that, given time, would grow into mature crops. Most take just two or three weeks to reach the stage when they are ready to eat, having formed a couple of sets of leaves. Research has shown that microgreens contain higher concentrations of that microgreens contain higher nutrients than the mature plants, making them an attractive option.

As they are picked and eaten almost immediately, none of the vitamins and antioxidants that microgreens contain are lost. Use them to add spice to salads and sandwiches, for example, or as a nutrient-rich garnish on savoury dishes.

**Top
tips!**

Muffin cases make pretty yet practical containers for growing microgreens. When the microgreens are ready to eat, set them on a cake stand as a table centrepiece. Use a pair of scissors to snip off the fresh microgreens just before you want to eat them.



YOU WILL NEED

- Large silicone muffin cases
- Small watering can with fine rose
- Scissors
- Good-quality seed compost
- Vermiculite (optional)
- Selection of microgreen seeds
- Tray that holds water
- Cake stand or large plate
- Microgreen snips (optional)

Sow Microgreens:

1 Fold the large muffin case in half (small ones will work too, but the microgreen shoots need more watering as a result) and snip a hole in the base of the case with sharp scissors.

2 Fill the muffin case with good-quality seed compost to about 5mm below the rim. Firm the compost gently with your fingers to remove any air pockets and to keep the seeds secure.

3 Sow the seeds thickly and evenly on the compost, ensuring that they are all in contact with the surface and none are sitting on top of one another. Press them down lightly with your fingertips.

4 Cover the seeds with a thin layer of either compost or vermiculite (the latter allows light through and retains moisture). Repeat with different seeds in the remaining muffin cases.

5 Set the muffin cases on a tray, water the seeds gently with a watering can, and place on a windowsill. Turn the cases every day so the stems grow evenly.

6 Water every day or two so that the compost is moist, but not wet. When ready, set the 'cupcakes' on a cake stand or plate - snip off the shoots as needed.

Successional sowing

For a continuous harvest, either sow a batch of microgreen seeds in muffin cases or small pots every week, or sow seeds in larger pots for a bigger harvest. You can also sow seeds on one side of a wide pot one week, then sow on the other side the following week to extend the harvest period. Or, if you prefer, choose another variety to grow, which may have a shorter growing time and be ready to harvest around the same time that your first batch is ready. Turn the pot round every day or two so that both sides receive sufficient light. Use either of these techniques and you will have fresh microgreens to eat all year round.





Smart guide to: **STEP-BY-STEP TO OYSTER MUSHROOM GROWING**

Kim Stoddart
explains how to
brighten your day
with these fabulous
fungi over winter

As the daylight hours dramatically reduce and the temperature surely plummets, it's time to look inward for green fingered fun and fulfilment over the months ahead. The veg patch may lay dormant - but now is an ideal time to look at growing projects that you wouldn't have time for during the main growing season. What better place to start than with the rather magical world of mushrooms?

Fungi have much to offer. As well as being delicious to eat, more flavoursome and enticing than standard shop-bought fare, they also have a strong history of medicinal gain, having long been associated with all manner of health and well-being benefits that are surely worth a good look, especially now.

Oyster mushrooms are a great place to start as they are easier to grow than many of the other varieties and very versatile to work with in the home. Mainly because they will readily spread and grow on lots of materials you are likely to have to hand, such as old books, coffee grounds, cardboard, or even denim.



There are many different all-in-one oyster mushroom kits for sale nowadays and these are best for beginners so you can ease yourself into future fungi nurturing ways. As your kit (and the mycelium within) is a living organism you can also use it to continue wider growing adventures after it has finished fruiting.

Step 1 – Choose your oyster mushroom growing kit

I'd recommend going for one of the coffee ground growing kits as they are nice to work with. Otherwise, the packages that enable you to turn books into fungi beds are also worth a look as they enable you to choose materials that are likely to be on hand in your home.

Step 2 – Get drinking more coffee

It's a fine excuse if ever I heard it - 'the mushrooms need me to...' We all deserve some pleasures in life, especially now, so use this as you will. Some kits like that pictured actually come all-in-one with everything you need to get started, others just provide the mycelium which you will use to propagate your grounds, so it depends on how much you have available.



Tip

If you don't drink coffee, then it's possible to pick up spent coffee grounds from your local coffee shop and the packets can be frozen until they are ready to be used.

Step 3 – Time to coax your mushrooms into life

Any kit will start you off with mycelium, which is a spongy, white, live material that will fruit lots of lovely mushrooms for you to eat in the right growing conditions. Whichever kit you choose will provide exacting instructions to follow, but in



essence you need to give your living material food and water.

Step 4 – Provide cover

Winter is a good time to grow mushrooms as during the summer months the biggest challenge can be dastardly flies laying eggs in your growing kit. I think you get the gist there - this is not a good thing to happen. Even over the cooler months of the year it's still worth providing some form of covering to ensure nothing is able to make its way in and get to your delicious flush of fungi before you.



Step 5 – Keep picking

You should get a few batches of produce if the mycelium is fed and watered sufficiently. The more you pick - the more that will be produced.

Step 6 – Keep on, keeping on

Now you have had your first taste of delicious homegrown oyster mushrooms, it's time to get more and your mycelium can provide - you just need to keep it alive and nourished. You can do this in a myriad of ways as oyster mushroom will grow on lots of materials. Indoors, I'd recommend cardboard, more coffee grounds or wood chip as the easiest to work with. Just take out your spent clump of 'white spongy stuff' and separate it into a few clumps to begin growing with fresh material. With coffee this just means layering it with fresh, moist coffee grounds over the top and adding more as the mycelium starts to spread.

OTHER USES FOR YOUR GROWING KIT

You'll soon find that you have spent coffee grinds to spare so why not add them to your soft fruit bushes or compost pile as worms love them and they make an excellent soil enhancer to boot.

FIND OUT MORE

Kim Stoddart is running her popular climate change gardening and polytunnel growing courses from her training gardens in West Wales again. All attendees get a free copy of her Climate Change Garden book and plants to take home as part of the day.

greenrocketcourses.com





Light & easy to build. No power tools needed.

WoodBlocX is a unique product you can use to create almost any structure in your garden: raised beds, planters, retaining walls, ponds, edging, seats and more. It is easy to use, attractive, strong and durable.

Contact our team of designers today to discuss your plans.



"Fantastic product, couldn't be happier!"

Over 6000 independent customer reviews

woodblocx.co.uk

Call 0800 389 1420 or email admin@woodblocx.co.uk



Thanks to all our
loyal customers for
voting for us



www.spear-and-jackson.com



THE GARDENER'S WISHLIST

Get your festive shopping done early with our handy gardening gift round up

We may seem a little premature with this one, but there's no harm in being organised, right? And, as winter approaches and the growing season slows down now is the perfect time to look forward to next season and the tools and other pieces of equipment that will help you obtain success in the years to come. Christmas is a fantastic opportunity to treat your gardener friends to some amazing products to help them achieve the same positive results.

When thinking about the perfect present to buy for a grower, it's worth considering ways to extend the season while we wait for spring to arrive. Propagators, greenhouse heaters and cloches are ideal examples, and many of them are available at a reasonable price. Your friend or family member will experience great delight at the thought of starting the seed sowing process a few weeks earlier thanks to their new piece of kit.

For someone who is just starting to grow their own food, you might want to keep things simple in terms of a Christmas gift. A seed tin, dibber, small pots and seeds trays are wonderfully useful products for the novice gardener and you can pick them up online and in many garden retail stores. There are also fantastic seed collections available to encourage your loved one to cultivate a wider range of fruit and veg.

There are still plenty of tasks that need to be completed on the plot, so why not invest in some cosy outdoor clothing for your loved one? Insulated boots, gloves and scarves will allow the person who receives your gift to garden to their heart's content throughout winter without threat of suffering the cold.

Keep reading as we've curated some of the most fabulous green-fingered gift inspiration around to help make your life easier when shopping for presents this festive season!



National Trust Vierno Tajine Water Dish by CJ Wildlife

This stylish glazed ceramic water dish is part of the Garden Wildlife Range launched between CJ Wildlife and the National Trust. Water is essential for garden birds all year round, particularly for seed-eating species and this beautiful dish allows birds to drink safely whilst having a good view of their surroundings. Give a gift for the love of nature! £9.99 available from birdfood.co.uk or call **0800 731 2820**



Genus Gardening Trousers

Imagine! No more wet knees, no more cold backs, no more lost secateurs. Trousers that stretch with you, work as hard as you do, wash and dry overnight and last for years. Showerproof and waterproof versions, for men and women, packed with features and functionality specially for gardening. Genus, the world's only clothing brand designed by gardeners for gardeners. Visit genus.gs

Raise Your Gift Game With Gardening Works

Gardening Works is proud to have been voted the winner in the Best Raised Bed Brand in Grow Your Own's 2014 awards in recognition of the excellent quality and ease of assembly of its products. What could make a better gift for the budding gardener in your life? These raised beds consist of interlocking wooden boards and posts without the need for nails or screws, meaning they can be assembled in minutes! Order from gardeningworks.co.uk



The Perfect Gift From Kabloom

Seedbombs are the friendly flower bombs that grow. 100% compostable starch-based Guerrilla Gardening Grenades filled with an explosive mix of organic peat-free compost and wildflower seeds. Simply shake it, soak it, throw it and grow it to create a mini wildflower patch. Brighten up dull and lifeless spaces with a blast of life and colour! Seedbombs will biodegrade in approximately 5-6 weeks leaving only plants and flowers behind. Use code: **GROWYO20** for 20% off all our products at kabloom.co.uk



Prongcroft The Garden Prong - Cultivate your Garden

Treat the Gardener in your family with a Prongcroft "The Garden Prong". The efficiency and ease of use makes it practically the perfect gift for any Gardener of any age and ability. Available in three sizes it makes it literally perfect for everything from Vegetable Plots to Patio Pots. Seek availability at prongcroft.co.uk

The Elements Set from Spear and Jackson

The Spear and Jackson Grow Your Own Elements Set is the ideal gift for gardeners. Comprising three potting shed essentials; trowel, weed fork and transplanting trowel, they have attractive bronze-coloured, hammer finished carbon steel heads and weatherproofed wooden handles for a long and productive life on the allotment. RRP £18.49, for full stockist details visit spear-and-jackson.com or call **0114 814242**





The Backsaver Autospade

If you want good produce, then start with a well dug plot! The beauty of the Backsaver Autospade is that it allows you to dig from a standing position - there is no need to bend to lift and turn the soil. You will dig up to twice as fast and without the strain on your back. It's digging made easy and an ideal gift for any gardener. For further details visit the website backsavergardentools.co.uk or call **01943 870 486**

Vitopod Propagator - at the top of every gardeners xmas list!

The multi award-winning Vitopod Heated Propagator with optional lights is perfect for protecting your favourite plants from frosts this winter. This temperature controlled propagator, cold frame and mini greenhouse has adjustable vented height layers to accommodate taller plants. We have a gift for everyone this Christmas and with our reward scheme you can earn points to spend on treats for yourself. Visit greenhousesensation.co.uk



Pennard Plants' Christmas Gift Box

These wonderful gift boxes from Pennard Plants make the perfect Christmas gift for any gardener. Simply select your gift box and your seeds and the company will do the rest. Gift boxes will take approximately six packets, P&P is free, and the boxes are sent flat packed. Go to pennardplants.com or call **01749 860 039**



Perilla Alpaca Socks

Treat your feet to gorgeous 75% baby alpaca socks. There are eight ranges to choose from including the thick walking socks (shown). Alpaca fibre has higher insulating properties, repels odour and bacteria but gently wicks away moisture keeping feet feeling fresh all day. Great palette of colours and bespoke gift box options available. Perilla.co.uk or call **01886 853 615**

The Perfect Present for the Plotter in your life!

Gift membership of the National Allotment Society, the leading UK organisation supporting the allotment community, offers a host of benefits. Members enjoy allotmentee's liability insurance, discounted seeds, horticultural advice, and quarterly magazine and help to provide, promote and preserve allotments for the future. Visit nsalg.org.uk and order your gift card now.



Online courses to feed your passion

Whether they've got the veg-growing bug or love gardening for pleasure, give your loved ones the gift of learning this Christmas. We're the only online course provider to offer you direct contact with the world's foremost experts and to receive personalised feedback from the comfort of your own home. Book your place at: learningwithexperts.com



STEP-BY-STEP GARDEN MAKES: PALLET ORGANISER

Keep your garden tools neat and tidy with this simple and effective organiser

If your tool shed is a bit chaotic, or you can never find the garden tool you want quickly and easily, this project is perfect

for you! With a few simple items, you can create a useful and stylish tool organiser for your growing space that will make finding

tools, and keeping check of all your growing kit much easier. And the good news? It's really simple, and hardly costs anything to make!



YOU WILL NEED:

- Wooden pallet
- Wooden crate
- Paint
- Paintbrushes
- Tape measure
- Hammer
- Chisel
- Pencil
- Saw
- Coat hanger
- Metal hooks
- Drill
- Torque wrench
- Coach screws
- Screw driver



1 Use the saw to carefully split the wooden pallet into two halves. Use a chisel to loosen the boards from the pallet. Use a hammer to flatten any protruding nails down before you start assembling, to prevent injury.



2 Nail the removed board to the top of one of the pallet halves when it is laying on its side. This creates a shelf where you will be able to store smaller tools, plant labels and other little bits from your garden kit.



3 Give the pallet a coat of paint. This will give it some protection from the elements, and add a nice touch of personalisation. Choose a colour to match in with your own garden scheme - you can even go multicoloured!



4 Measure and mark out where you want your pallets to hang. Test the height will be suitable for you (and any other gardeners on your plot) to use, and mark out the spots where you will need to drill the holes.



5 Carefully drill the holes where you have made the marks, and use a torque wrench to attach the coach screws which the two halves of the pallet organiser will hang from. Make sure this is nice and sturdy and won't fall down!



6 Hang the pallet organiser on the screws you have just put in, making sure it is level, straight and hangs securely. You can readjust any of the screws if the height isn't working well for you, or if it is wonky.



7 Once you are happy with how the pallet is hanging, use a screwdriver to attach the hooks to the front of the pallet. Think about the tools you will want to hang from these and how much space they will need.



8 Pull the clothes hanger into a hook shape. Bend and shape it over the pallet to form a hook which will be able to hold a hose pipe. Attach this securely, as hose pipes can be heavy and you don't want it to fall off.



9 Fix any final hooks to the organiser where you want them, depending on the tools you will be hanging on there, and check it all over for spacing and make sure it will be sturdy enough to hold everything safely and securely.



10 When you are happy with the result, your pallet organiser is ready for you to hang up your tools and enjoy a new, organised growing space! We'd love to see what you end up making - get in touch on our socials!



FROM POLYTUNNEL TO PLATE



Follow our simple recipe to
grow your own tasty fresh
fruit and veg...



Our Ingredients

- 30 Years of Experience
- Larger Diameter Steel
- 5 Layer Thermal Anti Drip Polythene
- Wide 'Wheelbarrow' Doors
- Universal Fixings
- Construction Helpline and Videos

Growing Instructions

1. Select your very own Polytunnel 'Growing Space'
2. Plant Fruit and Vegetables of your choice
3. Nurture and watch them grow
4. Pick from the plot, ready for the plate!

Buy online at premierpolytunnels.co.uk
or call: **01282 811250** or email: sales@premierpolytunnels.co.uk

THE GREAT BRITISH GROWING AWARDS

the results are in!

The votes are in, and we are pleased to announce the winners of this year's awards – as nominated and voted by you, the readers of *Grow Your Own*



Over the last few months, readers of *Grow Your Own* magazine have been voting in their droves to ensure their favourite brands and individuals in the horticulture industry are recognised for their contributions. Once again, the categories have been entirely nominated and voted by readers, with real gardeners having their say on tried-and-tested allotment tools, books, seeds and more – and here are the results!



**Turn
over!**

RHINO
greenhousesdirect

Thank you

FOR MAKING US
BRITAIN'S BEST
GREENHOUSE
BRAND



rhinogreenhouses.co.uk

0808 302 6364

YOUR WINNERS

Most trusted celebrity gardener

Gold: Monty Don
Silver: Charles Dowding
Bronze: Alan Titchmarsh

Sponsored By



Most inspiring vegetable garden to visit

Gold: The Lost Gardens of Heligan
Silver: RHS Wisley
Bronze: Chatsworth House

Sponsored By
Agriframes

Best gardening event

Gold: RHS Chelsea Flower Show
Silver: BBC Gardeners' World Live
Bronze: Malvern Spring Festival

Sponsored By



Best kitchen gardening book

Gold: No-Dig, The Organic Way, Charles Dowding
Silver: Vegetable Garden Diary, Charles Dowding
Bronze: The Kitchen Garden, Alan Buckingham

Sponsored By



Most entertaining kitchen garden TV/radio programme

Gold: Gardeners' World
Silver: Gardeners' Question Time
Bronze: Beechgrove Garden

Sponsored By



Best online retailer

Gold: Kings Seeds
Silver: Thompson & Morgan
Bronze: Suttons

Sponsored By



Best fruit and veg seed range

Gold: Kings Seeds
Silver: Real Seeds
Bronze: Thompson & Morgan

Sponsored By



Best gardening organisation

Gold: Royal Horticultural Society
Silver: The National Allotment Society
Bronze: Garden Organic



Sponsored By



Best garden writer or blogger

Gold: Charles Dowding
Silver: Monty Don
Bronze: Alan Titchmarsh



THE GREAT BRITISH
GROWING AWARDS

Host: Ellen Mary

A big thank you to our 2020 virtual awards ceremony host: Ellen Mary. We were over the moon to welcome her back after a stonking performance at the Glee event last year, and while things might have been slightly different this time around, it was a real treat having her involved once again. If you want to catch up with the virtual Glee ceremony: check out our social media channels for more!



Best plug plant range

Gold: Kings Seeds

Silver: Thompson & Morgan

Bronze: Sarah Raven

Best nursery/retailer specialising in fruit

Gold: Kings Seeds

Silver: Blackmoor Nurseries

Bronze: Ken Muir

Best one-stop gardening shop

Gold: Kings Seeds

Silver: Dobbies

Bronze: Thompson & Morgan

Best greenhouse brand

Gold: Rhino

Silver: Halls

Bronze: Robinsons

Best polytunnel brand

Gold: Premier Polytunnels

Silver: Northern Polytunnels

Bronze: Haygrove Tunnels

Best allotment planning product

Gold: Charles Dowding's Vegetable Garden Diary

Silver: RHS Allotment Handbook and Planner

Bronze: Allotment Month by Month

Best pest control product

Gold: Nemaslug

Silver: Vitax

Bronze: Grazers

Best plant feed

Gold: Tomorite

Silver: Maxicrop

Bronze: Westland

Best tool brand

Gold: Spear & Jackson

Silver: Wolf Garten

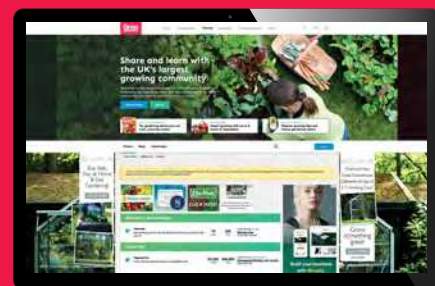
Bronze: Burdon & Ball



GET MORE FROM GROW YOUR OWN

Take a look at our fantastic forum's swanky new look! You will find plenty of tips, advice and like-minded growers to chat with. Find us at...

growfruitandveg.co.uk



Look what you've grown!



Look what you've grown! This photo was sent in by **growing.caddy** on Instagram



FOR EVEN MORE FRUIT AND
VEG ADVICE, CHECK OUT
OUR FAB SELECTION OF
DOWNLOADABLE GUIDES AT
**GROWFRUITANDVEG.CO.UK/
DOWNLOAD-GUIDES**



FACEBOOK

facebook.com/growyourownmag

Get a regular dose of growing inspiration on our Facebook page, where you can share your pictures and swap tips with fellow gardeners.



TWITTER

@gyomag

Stay in the loop with the latest news and seasonal ideas by following us on Twitter. We love to see pics of your home-grown harvests, too!



INSTAGRAM

@growyourownmag

Get inspired and share great growing tips and tricks by following us on Instagram. We'd love to see your plots, so get tagging!



Download a year's worth of
Grow Your Own magazines
for just £22.99

Go to <https://bit.ly/2A82iWX> to subscribe

Available on





Rose's top 5 for NOVEMBER

GYO editorial assistant **Rose** shares her tasks and resources to improve your plot

Search this

I think we're all guilty of spending more time on our phones during winter. However, we can use our increased screen time to an advantage! Search social media sites such as Facebook, Twitter and Instagram using hashtags to uncover hundreds of fruits, veggies, growing methods and garden designs. Start off with #gardening, but also try #growyourown, #kitchengarden, #allotment and #gardendesign.



Read this

Gardeners' World presenter Mark Lane's new book **Royal Gardens of the World** is hot off the press and perfect for gardeners and armchair travellers. Mark's book contains the history and horticulture of some of the best royal gardens - from the Taj Mahal, to Versailles and Highgrove. The spectacular photographs alone make it a wonderful coffee table book but there's also so much to learn.



Protect plants

The time has come to wrap up tender plants for overwintering. If possible, move plants into the greenhouse or under cover, but you can also wrap them in fleece, hessian sack or polystyrene. You should also consider raising containers onto pot feet to prevent waterlogging, especially if we're forecast a wet month. However, it's not unusual to have a mild November, so if it's not particularly chilly, hold off until December.



Check this

Bonfires are great for getting rid of diseased debris unfit for chucking on the compost heap. Before you get going, however, check whether bonfires are allowed in your area, and that it's safe to have one. You should also check for potential hedgehogs that might be hiding in the heap. Lift each section of the bonfire with a pole or broom, listening and looking for signs of hogs, and only proceed if you're sure it's hedgehog free.



Harvest this

November is prime walnut harvesting month, along with cranberries and autumn raspberries. Your walnut tree will have taken around four years to crop so you're most probably desperate to try them. To start with: break open the shell to check there is a good sized kernel inside, before picking, removing the fibrous casing then drying them in the oven at no more than 40°C - delicious!



CREATING AN ORCHARD

I never had a real passion until I planted my orchard this year and it's taken me by surprise, says **Kevin Wilson**

I wanted to plant old local varieties and fortunately, Essex, where I live, has numerous heritage varieties of apples. About half of the trees in our orchard are apples and the rest are split evenly between pears, plums and cherries. I have chosen Essex varieties - where they exist - and chosen neighbouring county varieties where Essex can't provide sufficient numbers. All in all, we have planted 51 named varieties. My babies.

I imagined the trees growing amongst grassland and wildflowers, just like the orchard I used to play in as a child, but I didn't want them growing so high that I'd need a cherry picker to harvest the fruit.



Half standard rootstocks seemed the answer, providing I could keep the base of the trees free from grass for the first few years. Cardboard and thick mulch seem to have worked well here. The rootstocks will restrict the adult trees to about 3.5m high and 3m spread so I calculated that I could get 50 trees in by planting rows every 4.6m and spacing the trees with a 5m apart in a diamond pattern.

The soil here is boulder clay and retains the water, with the excess draining away onto the remaining lower part of the meadow. Fruit trees hate sitting in water, especially

cherries, so the cherries are all on one side of the site and the plums on the other, with the apples and pears occupying the central section. Pollination can be an issue with fruit trees so I've clumped the types of fruit together. My theory is that some pollination will be by insect and some by wind so by making it as easy as possible for the pollen to transfer between trees, the better the fruit set. Our bees are off to the side so this should help them and the trees.

To complicate matters further, different trees within each fruit type can have different flowering periods, so if the trees



Fruit growing



all flower at different times, then there will be no pollination and no fruit. To maximise the efficiency of the pollination, I chose the majority of the trees to be in Flowering Period C with the remainder in Periods D and B and these I set within clumps of the Cs, to increase the chances of flower overlaps and better pollination. As well as flowering periods, the fruits have different taste characteristics such as sweet, slightly acidic or acidic, whether they are dessert or culinary or both, whether they are small, medium or large, green, yellow, red, or striped! Then there's the best picking dates



and the season of use. Choose wisely and you could be eating your own apples from August to April and in the case of 'Sturmer Pippin', right up to June. The cherries are short lived, July basically, the plums August to October and the pears August to December. I had a job keeping the number of choices down, as you can imagine.

The bare-rooted trees, one and two year olds, arrived in January. Such excitement! We had dug about a quarter of the holes already but being in clay, these had formed perfect little ponds one metre wide. So, bailing these out and forking the bottoms became our first job. With the addition of plenty of compost and the old turfs turned upside down, we soon had the first lot of trees staked, tied and planted. In hindsight, we shouldn't have dug the holes beforehand. It certainly will have harmed the mycorrhizal networks in the soil, but hopefully these will have recovered by now. Over the course of the next two days, we planted the remaining trees according to the plan. If I were to plant some more trees now, I would also add a mycorrhizal inoculant to the roots before I covered them with soil. Finally, it was the matter of giving the trees their first pruning to get to the desired future structure.

I said, earlier, that we wanted the trees growing amongst grass and wildflowers. Another mistake we made was to delay sowing of the wild flower seed until mid March, little knowing that we were just at the start of the drought. Essex is the driest county in England, with its average yearly rainfall often being lower than Jerusalem or Beirut, and we are in one of the drier parts of Essex. Suffice to say that hardly any of the seed germinated, and none of the Yellow Rattle, which we were hoping would weaken the grass sod.

It has become a habit, almost daily, to walk the lines of trees, watching the progression of growth, bud-break to quarter inch green to pink to bloom to petal fall to first cover, and through Summer to harvest. Just observing the trees regularly teaches you to see when something is out of place or different. You see the ants starting to take an interest in the buds, the different caterpillars nibbling the leaves and gluing them together, the first blooms opening, the parasitic wasps arriving, the first weevils appearing, the first ladybirds of the year, the hoverflies, the different spiders colonising the trees, the different beetles, the joy of watching a tight ball of tiny spiderlings expanding, the start of the blackflies and aphids, the ladybird larvae and then the weevils again. Insect life in the orchard comes

GYO
says

*We'd love to see
the set up of
your fruit trees
– do get in touch
on our social
channels to
share your pics!*

in waves. I always 'knew' about this but until I started regularly watching it, I didn't really know it. For me, this has now become tangible. I feel it.

The thing with an orchard is that it's no ephemeral pleasure, here today, gone tomorrow. Done properly, it will last for generations to come. The pleasure of an orchard is immeasurable.



GYO LOVES

Adam's Apples Fruit Tree Nursery grows and sells more than 250 traditional varieties of apple trees.

A great way to start your orchard is with the 'Apple Tree Collections' – saving 10 per cent off normal price! The collections offer 10 different trees carefully selected for your particular purpose. Choose from 'Long Season of Use', 'Cider Trees', 'Cordon and Espaliers' or 'West Country Collection'. adamsappletrees.co.uk





FRUIT GARDEN

Rootstocks, pollination and compatibility – choosing a fruit tree can be confusing. These products will help you to make your choice with confidence

First things first, what do we mean by rootstock? Well, fruit trees can be grown on various different roots – or ‘rootstocks’ – to govern their growth rate and size. The rootstocks are given unique names so when looking at a tree’s label you’ll come across terms like M27 or MM106 for apples, Quince A or Quince C for pears, Pixy for plums, and Gisela 5 for cherries.

Essentially, if you have particular ideas concerning how large you want your tree to grow – for example, if you want to swing under it in a hammock, or if you want to grow it in a pot on the patio – then choosing the right rootstock is important.

There are dwarfing, semi-dwarfing and vigorous rootstocks for most fruit trees. Nurseries and suppliers will stock their own selection so it’s best to speak directly to a knowledgeable member of staff. Remember, also, that soil type, location and feeding play a part in tree size.

Pollination partners

It’s important to understand that some trees have very simple pollination requirements, whereas others are quite complicated! The

ones that are easy to cater for are described as ‘self-fertile’. If you only have room for one tree, this is your safest bet because it will set a crop of fruit without interaction from any other trees.

Many plums and modern cherries are self-fertile, as are all peaches, nectarines and apricots (figs don’t need a pollinator, either). If you’d like to grow a specific apple or pear variety that isn’t self-fertile then it will need exposure to pollen from a different variety of the same tree type. For example, an apple will only pollinate an apple, not a pear. First things first, look around your garden – if your neighbour has a fruit tree that flowers at the same time, it might well pollinate your tree. This can be a bit hit or miss, so if you’d like a guaranteed crop, speak to your fruit stockist about suitable pollination partners, because your trees need to bloom at the same time.

Soft fruits

The sweet taste of freshly picked soft fruits from your plot is a such a treat for growers, and a wonderful highlight of the season – but it is important to choose the right type for your space. Strawberries are

a popular choice, and it is often the case that gardeners create a dedicated patch for this flavoursome fruit. Go for an area of the plot that is sheltered and receives ample amounts of sunshine.

Raspberries are another favourite, and some varieties (such as ‘Polka’) are perfect for small spaces, too. Look into the different types, as summer and autumn fruiting will affect the time of year you can harvest the tasty berries. Avoid soils which are chalky or waterlogged and choose a patch of well-drained earth to plant these edibles.

You might think if you plant a fruit bush in the garden it will grow well as long as it receives sunshine and it’s watered appropriately, but this isn’t always the case. This is because you are forgetting an important factor – soil. The conditions of the earth can influence whether a crop grows well or not. For example, blueberries favour acidic earth, so it is worth carrying out a simple soil pH test before planting. If you find the ground isn’t suitable, you can grow these fruits in containers and provide the conditions the plant desires this way, as you will have control over the growing matter.



Quality Fruit Suppliers

We at Ken Muir pride ourselves on providing the highest quality fruit trees and soft fruits. Take advantage of our Spring Discount and save 10 per cent on selected bush and Minarette® fruit trees, canes, soft fruit bushes, vines, hedging and strawberry plants. Visit kenmuir.co.uk for more details.

High Deluxe Fruit Cages from Hotbox Heaters

High Deluxe Fruit Cages are very strong but light enough to be moved from one site to another which increases their usefulness throughout the year. These are constructed from a tubular aluminium framework with a dark green, powder coated finish making these cages extremely durable. Black U/V stabilised nylon joints are used to connect the framework, producing a fruit cage that will last for years. Order yours from hotboxheaters.co.uk



Strulch

Strulch is made from wheat straw with added minerals. It helps protect your plants from frosts by reducing the chance of the ground freezing, as well as preventing germination of weed seedlings. Not only this, but it helps keep slugs and snails away from your fruit making it the perfect product for any time of the year. Available in small quantities and in bulk. Go to strulch.co.uk or call **01943 863 610**



Simple Solutions to Protect Your Crop

Knowle Nets have a fantastic range of fruit cages which are essential for any fruit growing gardener. These low steel cages are designed to deter birds from your precious fruit bushes. Visit knowlenets.co.uk to order yours, or call **01308 424342**

Cages Are a Great Way to Protect Your Fruit

William James & Co from Bridport Dorset are UK manufacturers of cages and garden netting. Their high and low fruit cages are available in a wide range of sizes or can be custom made to your specific requirements. All netting is rot proof, long lasting and UV stabilised while keeping pests off your crops. Visit wmjames.co.uk for the complete range.



Fruit Tree Edging by WoodBlocX

Frame fruit trees with a beautiful bespoke Tree Edging Kit from WoodBlocX. Choose from simple borders or add seating, the design possibilities are endless. WoodBlocX structures are quick and easy to build, long-lasting, with a reassuring 15 year guarantee, and are free of chemicals which is reassuring when growing edibles. Visit woodblocx.co.uk to find out more.



ADAM'S APPLES

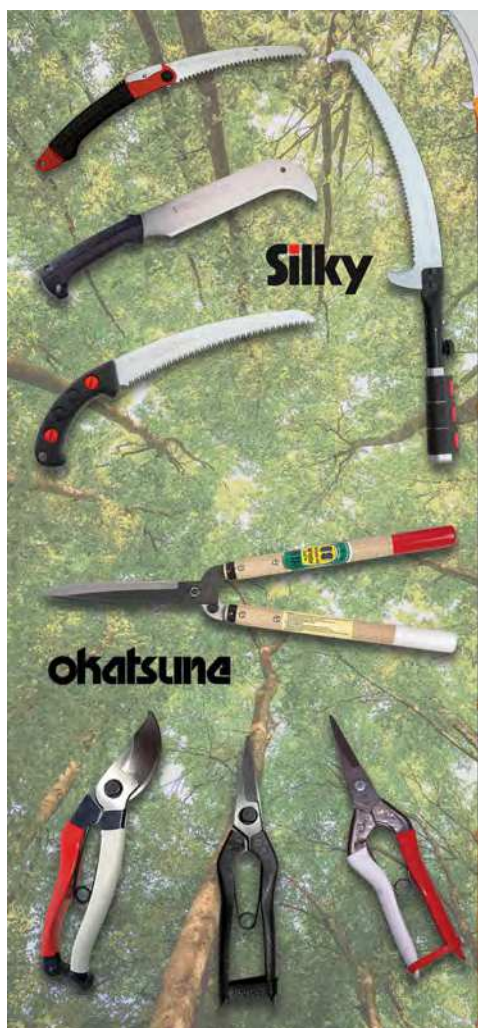
FRUIT TREE NURSERY



Over 100 varieties. Dessert, juicing, cider, cookers to suit your farm, smallholding or garden. Many other fruit trees and bushes. Advice and catalogues.

Tel: 01404 841166 Email: sales@adamsappletrees.co.uk

www.adamsappletrees.co.uk



Silky

Silky Fox Saws
Foxley Estate Office
Mansel Lacy
Hereford
HR4 7HQ

Tel. 01981 590224
Fax. 01981 590355

www.okatsune.co.uk
enquiries@silkyfox.co.uk

okatsuna



Best
Bulk Buy
www.strulch.co.uk

DUAL ACTION

Strulch®

The Mineralised Straw Mulch for Organic Gardening
with a slug & snail deterrent

As used by the RHS

www.strulch.co.uk Tel: 01943 863610



Read more

RHS Grow Your Own Veg & Fruit Bible by Carol Klein is published by Mitchel Beazley, £30.00, octopusbooks.co.uk. Photo Credits: Jane Sebire, Kim Sayer and Laurie Evans for location photography

Carol Klein: HOW TO TRAIN FRUIT TREES

Carol reveals her simple methods for training fruit trees like a total pro

A plant's fruiting habit dictates not only how it is to be pruned but also what sort of training system is needed both initially and when established.

Trellis training

Wooden trellis can be used to create quick impromptu screens, whether this is to prevent neighbours overlooking your back garden or to create smaller, intimate spaces within the garden. Trellis is also useful for dividing up long, narrow gardens. It comes in all shapes and sizes and is readily available. Alternatively, it can simply be made by nailing wooden battens together and attaching them to posts driven into the ground.



TRAIN VINE FRUIT, such as these kiwifruit, to scramble and climb over arches, trellis and tunnels to create attractive, eye-catching structures in the garden.



THIS OUTDOOR WINE GRAPEVINE has been trained using the guyot system on a set of wires. Training fruit horizontally like this encourages fruit bud formation.

Pergola training

Pergolas have a system of wires or wooden structures overhead, and create relaxing shady havens from which to shelter from the midday sun. Use a system of vine eyes and straining bolts to keep wires tight across the overheads.

Arches and tunnels

Apples, pears and grapevines are suitable for training up and over arches. By placing a series of arches in rows to form tunnels you can provide depth to any garden. Train these fruits initially as upright cordons, pruning new growth back to a couple of buds in late summer. Eventually, they can be bent over at the top. Hybrid berries can

also be trained up arches, but it is best to use thornless types (such as 'Oregon Thornless') because they will otherwise snag clothing when people walk past.

For a really authentic and rustic look, use hazel rods to form structures for growing. Embed thick, strong, upright supports into the ground and then nail or weave cross supports onto them. Weave young, whippy growth in among the main structure to provide additional support. Alternatively, secure trellis or wires to the uprights and cross supports.

Training against wires

Restricted tree and bush forms, as well as cane and vine fruit, usually need to be tied to a series of galvanized wires for support. These wires are typically attached to a wall or fence, or to wooden posts.

As a general rule, fans require horizontal wires to be trained about 15cm (6in) apart with a gap of about 10cm (4in) between the wall and vine eyes to allow for good air circulation. As the branches are usually equally distributed over a wide area, a 14-gauge galvanized fencing wire has sufficient strength to carry the weight.

Espaliers and cordons are based on developing tight spur systems and therefore require wires to be further apart (45-60cm/18-24in). However, they need a heavier gauge wire, such as gauge 12, because they will take more weight.

Secure wires firmly in place using vine eyes driven into a fence post or wall. Wooden batons can be attached to brick walls to make it easier to attach the vine eyes. It is important to be able to tighten the wire if it goes slack, and so a straining bolt should be slotted through the vine eye. Place straining bolts at both ends of the wire. For long lengths of wire that are stretched over a number of fence panels, space vine eyes at frequent intervals along the wall.



USE A SYSTEM OF WIRES for supporting restricted fruit trees and bushes such as fans, espaliers and cordons as well as vine fruit. Vine eyes with straining bolts such as seen here on this cherry fan mean that the wires can be tightened easily each year.



TOP 5 *Exotic fruits*

Add some unusual fruit crops to your plot next year – here are some of our favourites!

Now is the time to start thinking about the fruit you would like to add to your garden or allotment next year – and there is a lot more choice than you might think! As well as the commonly-grown apples, pears, plums, figs strawberries, raspberries, gooseberries, currants and much more, there are lots of fruits that you might never have even considered growing in UK climates that in actual fact, you can!

As with all crops (but particularly fruit trees, which will be in-situ for many years ahead) it is well worth researching any particular types of fruit you like the look of to find out their particular care requirements, as well as the size the tree will eventually reach. This helps you identify types that suit your garden, and the time you have to spend tending to them.

Here are some of our top unusual fruits to try – do let us know if you are growing any of them!



Loquat

These fruits grow on beautiful evergreen shrubs with a spreading habit. Glossy green leaves and white flowers make it a striking plant, and the leaves are an unusual and attractive shape. It enjoys full sun, and a sheltered spot to offer some protection from the elements. It is a bushy plant, and grows to a large size over the years. Fruits can be tricky to ripen in the UK, but given a long enough, warm enough season you can enjoy yellow fruits which are sweet, with a slightly tart flavour.



Where to buy

Gardening Express
gardeningexpress.co.uk

Passionfruit

This beautiful rambling plant clings well to surfaces and covers fences or trellises in its gorgeous, fragrant blooms. The plant likes fertile, well-drained soil in an ideal world, but is not fussy plants, so will grow well in most places. Not all varieties produce fruits that are good to eat, so if you will be growing them for the fruits, make sure you have chosen a suitable type. They flower particularly well if roots are restricted, so they are ideal for planting in containers.



Where to buy

Marshall's
marshallsgarden.com

Kumquat

Add a different type of citrus to your plot with this heavy-cropping tree. With dark green leaves and small white flowers, it looks much like other citrus trees that can produce plentiful fruits. It isn't fussy, but does prefer frost-free locations. It is slow to put on growth, but when it does, you will be well rewarded! The fruits are small, and it is advised to eat both the fruit and the skin for a nice sweet and sour balance. The branches can be thorny, so do be careful when tending to the tree.



Where to buy

Suttons
suttons.co.uk

Lychee

If you have a free-draining, sandy soil in a spot getting full sun, lychees could be for you! They are self-fertile, and can be restricted in height if grown in containers. It will likely take five years before you are getting fruit, but once it is fruiting, it is a generous plant. The tree bark is grey-black in colour, so makes a striking feature. It is wise to purchase a young plant from a reputable supplier, because growing from seed can be successful, but will take an extremely long time to bear fruit.



Where to buy

Victoriana Nursery
victoriananursery.co.uk

Yuzu

This upright, evergreen tree is extremely hardy, once established, but will not tolerate waterlogged soil, so make sure it is planted in a free-draining spot. These trees are self-fertile, so you are okay to only have one. The beautiful, small, white flowers are really fragrant, so will make you feel like you have escaped to warmer climes! The fruits are great used in baking, and are growing in popularity. They aren't just edible, however - in some cultures they are thought to be great treatments for skin conditions when added to a relaxing bath.



Where to buy

Suttons
suttons.co.uk



SIMON AKEROYD'S *Flavour Garden*

*Expert
advice*



Simon is training pear trees as espaliers in his flavour garden – and making deliciously fruity perry

Perhaps some of us from a more mature age category, may still remember the popular Babycham drink, when this fizzy perry was all the rage, and almost everybody was drinking it. Perry had seemed to have gone out of fashion since its heyday in the 80s and 90s. That is, until recently, with perry enjoying a huge revival as artisan cider and perry makers clamber to get their fruit-stained hands on these rare and delicately flavoured fruits and create a delicious craft beverage from them.

Perry pear trees are easy to grow in the garden, and there is a wide range of varieties to choose from, so you can have a go at making this delicious, aromatic drink yourself.

Perry is simply fermented pear juice and is made in exactly the same way as cider. Culinary and dessert pears can be used for perry, but they generally tend to have a blander taste, whereas perry varieties are more tannic, provide a wider range of aromas and have a more interesting range of flavours.

I have purchased some perry pear trees and because I have a small garden, I am going to train them as espaliers against my wall in Devon. An espalier is simply a tree grown flat against a wall, fence, or system of wires, with pairs of horizontal branches

(tiers) at 30cm intervals opposite each other on either side of the trunks. It fruits from a series of spurs produced on the horizontal branches. Not only are espaliers very productive, but they make a beautiful ornamental feature in the garden, too.

Location

Pears prefer a warm, sheltered spot if their fruit is going to ripen fully and produce sugars high enough to convert into alcohol to make perry. Pears flower earlier than apples, and for this reason, their blossom can be prone to being damaged by frost, so try to avoid cold pockets where possible. Or be prepared to wrap up your tree with a fleece on cold evenings when flowering.

To train a maiden whip as an espalier takes a few years to get it into the right shape, and so requires patience. To produce a four tiered espalier, it will take at least four years and possibly more. Each year, the central trunk will need to be cut back to the height needed for the next tier of horizontal branches to develop from the central trunk. The first cut in year one looks very brutal as it is simply pruning back the young tree

to about 30cm above ground level. This will hopefully encourage three shoots, one to train left, one right, and one upwards to continue the growth of the central trunk. This process is then repeated each year, until the desired amount of tiers is reached. It is possible to cheat, by buying a feathered tree (feathered meaning, with branches) and select pairs of branches opposite each other at 40cm intervals up the central stem to create the tiers, and removing any other laterals, but this does depend on finding an original tree with suitably positioned branches in the first place.

Espalier trees

When selecting perry pears to train as an espalier, there are a couple of important considerations to make.

Firstly, select trees grafted or budded onto moderately dwarfing or semi vigorous rootstocks. Avoid very vigorous rootstocks, as they will be too large to train onto a wall as an espalier. If you aren't able to find any perry varieties on semi vigorous rootstocks, then you can ask a nurseryman at specialised fruit growing nurseries to do this for you, although it may mean waiting an extra year or two before you can plant it.

Secondly, choose spur bearing varieties, as opposed to tip bearing varieties. This is

**Top
tip!**

**Make sure you are choosing
suitable varieties – check out
Simon's list of suggestions**



because, when the tree is given its annual prune in late summer (called modified lorette system), the new growth is removed, meaning that it isn't possible for fruit to be produced in the tips.

The best pear varieties

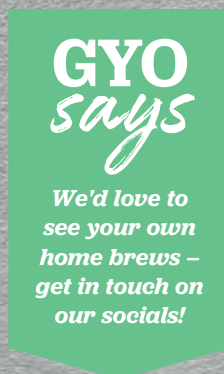
There are numerous perry varieties to choose from. Most perry pears will need another variety to pollinate it. In the case of triploid (sterile) varieties, it may be necessary to purchase two other varieties, to ensure all trees produce fruit. Here are four varieties worth trying due to their spur bearing habits.

- **'Moorcroft'** (perry pears) - spur bearer - ripens Sept
- **'Hellen's Early'** - spur bearer, although does have spreading habit - ripens Sept
- **'Thorn'** - spur bearer - ripens Sept
- **'Brandy'** - spur bearer - ripens Oct

How to make perry

If you know how to make cider, then you'll also know how to make perry, as it is made in the same way. You'll need an apple mill and press to squeeze the fruit, although if you leave the pears to go soft, it may be possible to dice up the pears with a knife, remove the core, pips and stalks and liquidize them in a blender.

Use a funnel to pour the liquid into a sterilised demi john and put a bung into the opening with an air lock fitted. Like cider, there should be no need to add yeast or sugar. The natural sugar from the pears, and the wild yeast on the pears should provide enough to create a fermentation. Simply leave the perry juice in a warm place, such as an airing cupboard to ferment slowly and naturally.



GYO
says

We'd love to see your own home brews – get in touch on our socials!



Regularly check to see if the airlock is bubbling, as this will mean the fermentation is working. If it isn't then it may be necessary to add a wine yeast and yeast nutrient, but natural, wild fermentation can take time to get going, so be patient.

Once the bubbles start to slow up in the airlock, probably after a few weeks, the perry can be 'racked' off into another sterilised demijohn, using a siphon tube. This is done to avoid the sediment or lees eventually spoiling the drink. Place the demijohn containing the existing perry at a higher level than the empty demijohn. Place the tube into the perry and lower it to near

the bottom taking care not to disturb the sediment. Suck the other end of the tube, and as the perry starts to move up the siphon tube, place it into the empty demijohn. All the liquid should move into the lower, empty demijohn, leaving just the sediment at the bottom of the original demijohn. Place it back in the air cupboard or somewhere warm for it to finish fermenting and maturing.

Perry can be drunk once it has finished fermenting, which can take a few months, depending on the temperature it is kept at. However, it will taste much better if kept for at least a year, if you think you can resist any temptation to drink it before then.

There are numerous perry varieties to choose from. Most will need another variety to pollinate



NOVEMBER UNDER COVER

Make the most of your greenhouse and polytunnel with these top tips and growing advice

WORDS: Sally Nex



Dos & Don'ts

● **DO** start picking winter greenhouse salads as soon as the young leaves reach about 10cm tall. Winter lettuces, annual herbs like chervil and oriental leaves like mizuna keep growing right through the winter months, especially in sunny spells. The growth is slower, though, so don't be too hard on them, picking sparingly leaf by leaf to leave them with plenty in reserve.

● **DON'T** heat your greenhouse. Heaters are costly to your wallet and to the environment, as greenhouses waste most of the heat by letting it straight out through the glass. If you keep their compost almost bone-dry, borderline-tender herbs including scented-leaf pelargoniums, French tarragon and lemongrass survive some frost perfectly well, making heating unnecessary. In really cold snaps, you can always bring them into the house for a few days.



Top tip! Turn to page 104 for two mouthwatering winter recipes from Amelia Freer

How to avoid: Unripe chillies

We're now definitely past the point of no return when it comes to ripening greenhouse vegetables. Anything still green will stay that way, and if it's a chilli, that's a shame as most of the heat and flavour arrives only once it's fully coloured up.

Chillies will continue to ripen off the plant, so you can simply pick green fruits and lay them on a sunny windowsill indoors, perhaps with a ripe

banana alongside for the ripening gas ethylene it gives off. If your chilli plant is growing in a pot, though, just bring the whole plant inside. Chillies hold on to their fruits for months, so as long as your pot plant is in your sunniest spot in a nice warm room its fruits will keep ripening right through winter.

Sow now: Shallots

The longer a growing season you can give to shallots, the bigger and fatter the clusters of bulbs will be when you come to harvest them next summer. The traditional way is to plant shallots on the shortest day and harvest them on the longest, but in practice, you can get your sets in the ground well before December 21st. In fact it's wise to do so, as by midwinter the ground is often either soggy with rain or frozen solid.

Shallots like a sunny spot in rich, free-draining but moisture-retentive soil. You can get around difficult soil types, like heavy clay, by adding a 5cm mulch of garden compost or municipal green waste on top and planting your sets into that. Space sets 10-15cm apart, sinking them in so the tips of the bulbs are just showing above ground.

They usually send up a sprout before winter sets in, then overwinter as sturdy seedlings before starting to grow in earnest from February onwards. Shallots are invaluable not just for their mild, sweet flavour but also because they store so well – lift the whole crop for drying in July and they'll keep for up to a year, as good as the day they were harvested.



3 VARIETIES TO TRY:

● **'Pikant'** has a particularly good flavour, with small, firm, mahogany red bulbs. It's early to mature and keeps exceptionally well, too (victoriananursery.co.uk)

● **'Yellow Moon'** is a relatively new arrival on the scene, often described as an improved Golden Gourmet, and super reliable with sturdy round, yellow-skinned bulbs (crocus.co.uk)

● **'Griselle'** makes a generous hand of spicy bulbs with the characteristic greyish skin and elongated shape of the true French gourmet shallot (dobies.co.uk)

Step by step: Cleaning pots and trays

Sorting out your pots and trays at the end of the season is one of those satisfying jobs that bookends the year. A good clean scrubs away any lurking bugs, too, setting you up for a pest-free spring.

1



After a busy season, garden workstations can look like a bomb's gone off. Start with a good tidy-up, rounding up your pots and seed trays and checking for breakages. You'll have to throw out broken plastic pots, but if you use biodegradable ones, just break them up and pop them on the compost heap.

3



You can stop there, but if you want to go for the belt and braces approach and guarantee your containers are infection-free, disinfect them as well. Mix up a solution of plant-friendly Citrox disinfectant (50ml disinfectant to a litre of water) and soak your pots and trays for at least 10 minutes.

2



Now take a stiff brush and briskly sweep out lingering compost and plant debris. You'll also be removing lots you can't see, like pest eggs and larvae, plus fungal spores lurking on dead leaves. Then get a bucket of warm soapy water and give them all a good scrub - including clay pots and wooden seed trays.

4



Dry your pots and trays out thoroughly in the sunshine, outdoors or inside a greenhouse. Stash them in the shed, stacked by size, so you can grab and go next spring. Looked after properly, wooden trays and biodegradable pots last for years; reusing plastic pots keeps them out of landfill, too.

TECHNIQUE



Fit greenhouse guttering

Greenhouses are often overlooked as rainwater harvesting opportunities, but they collect as much water as any shed.

Aluminium greenhouses usually come ready-fitted with gutters that cope with most downpours. If you're going to collect it, though, you'll need a rainwater kit (greenhouseshops.co.uk): these consist of a stop to block one end of the gutter, plus a diverter pipe which slots on to the other end and channels the water into a water butt. Every greenhouse is slightly different, though, so buy the kit that fits your brand.

If you have a wooden greenhouse, you can fit conventional guttering just like you would a shed. Cut the guttering to length, then screw brackets into the frame just beneath the roof eaves. Add an end stop at one end, and a downpipe at the other leading directly into a nearby water butt for free supplies.



Weekend Project: Build your own cloche

Leafy greens and annual herbs in the open garden relish the extra shelter provided by temporary row covers (long cloches). It means they don't have to hunker down and wait out the cold, blustery weather, but instead just carry on growing, so you get even more pickings from your plot.

At its simplest, you can make a cloche simply by leaning two old glass windows or patio doors against each other over the row in an A shape. If they're wooden-framed, you can screw them together at the top or bolt a piece of wood across the ends to keep them rigid and secure. Add pieces of glass to close up the cloche

completely from the elements and to keep your plants snug and cosy.

Alternatively, rig up a mini polytunnel out of blue plumbing pipe and clear polythene. Sink 30cm lengths of bamboo cane into the ground to half their height in pairs on each side of the row, at 60cm intervals. Then cut equal lengths of plumbing pipe and slot the ends over the canes to make hoops. Screw wooden roofing batten across the pipe hoops at the top and on each side to hold it all together. Throw the polythene over the top and weight down or bury the edges to keep your crops cosy all winter.





1 You will first need to decide on what pea variety you'd like to grow. The decision will be limited by the fact that only hardy pea varieties will survive overwintering. A few of the suitable varieties available include 'Douce Provence', 'Meteor' and 'Kelvedon Wonder'.



SIMPLE STEP-BY-STEP: SOWING PEAS

Get garden peas off to a racing start either in the soil outside or inside in guttering

Lots of gardeners sow broad beans in autumn for overwintering, but what about peas? Well, you can sow these at the same time, too! This is well-worth doing since your peas will have the chance to establish before the worst of the winter weather hits and you'll be harvesting pods a month or so before peas sown in the spring.

There are two ways to do this: outside, or inside in drainpipes.

The former is often successful but mice, who love to eat pea seeds, and chilly, wet weather, can result in significant losses. You can, of course, prevent against casualties caused by pests and cold conditions with fleeces and netting. However, if you're still worried about losing all of your crop, start seeds off inside in drainpipes. It's a simple, quick and fun sowing method!



2 You can sow peas straight into the soil outside in southern parts of the UK. Pick an open spot in full-sun that has fertile, moist and well-drained soil. To improve soil fertility, dig in a load of well-rotted organic matter such as a homemade compost several weeks prior to sowing.



3 Dig a flat-bottomed trench that is around 15-20cm wide and 5cm deep. If you're growing multiple rows, space these 45-60cm apart. The wide spacings should give you enough room to go between the rows to pick your peas. A draw hoe is the best tool for this job.



4 Sow seeds in the bottom of the trench in two parallel lines, spaced 7.5-10cm apart. Cover the peas with compost and water in to help them to settle. Label the row with the variety name and the date sown – if you don't, you might forget the location!



7 Water the length of the drainpipe until it's nice and moist but not sodden. You might also want to have a go at sowing other seeds in your guttering such as winter lettuces, herbs and other autumn-sown seedlings. They make for a great feature in the kitchen garden.



5 Unfortunately, mice love to nibble at pea seeds. You might therefore want to cover the peas with fleece or netting to prevent pests from getting at them. You can also stick some dried holly branches in the ground around your peas or grow several sacrifice seedlings.



8 Sow seeds 5cm deep in a double row down the length of the drainpipe. Cover the seeds with a 2.5-5cm sprinkling of compost and firm well. Make sure to keep the soil moist and you should see the seedlings start to appear within one-two weeks.



6 However, if you'd like to limit losses from mice as much as possible, and if the weather is extremely wet and wintry where you are, start seeds off inside in drainpipes. Drill a few holes into a length of guttering and part-fill with good multi-purpose compost.



9 Harden the peas off for 10-15 days before planting outside. Scoop out a space that has the exact same dimensions as the drainpipe and then slowly slide the peas into it. To prevent the whole thing from falling onto the floor, get another person to help you.

WHICH PEA?



You can sow pea 'Douce Provence' throughout spring, summer and autumn but it's also one of the best varieties for over-wintered sowings. Just like 'Meteor' and 'Kelvedon Wonder', it's a round type, so water cannot collect on it, causing it to rot. Wrinkled types, on the other hand, have crevices on the surface, where water can sit. For this reason, round peas can be sown outside in winter, whereas wrinkled peas such as 'Early Onward' should be sown in spring, when the weather is much drier. 'Douce Provence' grows up to 75cm high, doesn't require supporting, and produces a generous crop of sweet peas. Eat these straight from the plant or pick and prepare in the kitchen.

The two main culprits for late-night pea stealing are mice and birds, especially pigeons. Mice prefer pea seeds and will eat them straight out of the ground whereas pigeons will nab the seedlings. Unfortunately, both are a bother to keep out, which is why starting peas off inside in drainpipes is recommended. It saves them from the mice and allows the peas to grow strong before the pigeons swoop in to take their fill. But, if you don't have the space for this, grow them under netting, cloches or in fruit cages. Fruit cages tend to be more expensive but they're likely to last longer than the other two which can often rip. If you're looking for an almost free alternative, hang up CDs on string, make scarecrows or pretend birds. Yes, these are likely to be less effective, but they will provide short-lived respite from unwanted garden visitors.



Garden Organic masterclass: **THE NEED FOR SEED**

Catrina Fenton, Head of the Heritage Seed Library, talks us through saving seeds and the importance of preserving garden heritage

The unprecedented environment we found ourselves in earlier this year shone a spotlight on the nation's need for seed. As the lockdown took effect UK sales of horticultural seed rocketed by 300 per cent in the first three months, even more so more for organic seed. As toilet roll and hand wash disappeared off the shelves growers also found getting their hands on seed packets a challenge as availability and distribution struggled under the pressure of extraordinary demand.

The existence of all our food crops is testament to the generations of growers who have successfully saved and re-sown their own seed. None more so is the case than at the Heritage Seed Library where we manage a collection of 800, open-pollinated heritage vegetable varieties that might otherwise have disappeared. Each year we also re-introduce newly discovered heritage varieties that someone, somewhere has continued to value and carefully seed save, sometimes for many decades. It's really only in the last 80 years or so that we have lost that connection in our food chain, relying heavily on others to produce the seed for us.

As thoughts turn to planning next year's growing, why not factor in some seed saving too - it really needn't be difficult with a little know how. Very little vegetable seed is grown in the UK and most is produced abroad. Saving your own seed will not only put seed supply back into your hands but also help you select the best for your growing conditions, reduce seed miles and save you money - so there are plenty of great reasons to get started with saving your own seeds!

Knowing the basics

The first thing to note here is that seed saved from F1 hybrids will not 'come true' and seed grown often bears little resemblance to the parent plant. Open-pollinated varieties, on the other hand, will breed 'true to type' from one generation to the next. The seeds produced carry their parents' genetic material and plants grown will bear their characteristics. Open-pollinated varieties are inherently variable, each plant being slightly different from another, this advantage allows them to adapt to growing conditions over time.

Growing for seed requires methods that will preserve the distinctive features you want to keep. At the Heritage Seed Library that preservation involves two simple rules: prevent cross-pollination and remove any undesirable individuals along the way, ensuring that you save seed from only the very best and healthiest examples.

Start off simple

The easiest crops to start with are peas, French beans and tomatoes. If you can grow them to eat then you can grow them for seed. All crops benefit from a long season to ripen fully for seed so factor this into your sowing plans. All are self-pollinating crops with generally a low risk of cross-pollination, so that first rule is covered with no effort on your part. Leave pods on the vine to dry until they have hardened (beans) or are like parchment (peas). If there is a risk of frost to an almost mature crop, lift the entire plant and hang inside somewhere warm until the pods dry. Pick tomatoes when they are at their ripest, and you get to eat the fruit, too!



Store well

All seed of this type (known as orthodox) responds well to drying and cooling to keep seed viable for next year and beyond. An airtight jar or even a paper envelope kept cool and dry will help.

Want more of a challenge?

Cross-pollinating annuals and biennials take a little more care to keep 'true to type', including a range of pollination and selection methods, and often a larger population size for a healthy crop. So whether pepper or parsnip you can build up your expertise with our seed saving guidelines at gardenorganic.org.uk/seed-saving-guidelines

Garden Organic brings together thousands of people who share a common belief - that organic growing is essential for a sustainable world. Visit gardenorganic.org.uk to find out more.

Organic gardening



Tomato seed cleaning

You will need:

Chopping board
Knife
Jam jar
Water
Sieve

Instructions:

Cut and scoop out the seeds into a labelled jar. Cover with water and stir daily. After three or four days, good seed will settle at the bottom and you can tip the mouldy floating top away. Rinse and repeat until only good, clean seed remains. Transfer to a non-stick surface to dry for a couple of weeks, away from direct sunlight or high humidity.



For The Serious Gardener

Get ahead of the spring growing season



10 Year Guarantee Against UV Degradation

- Superior growing environment
- Unique bubble cladding giving excellent heat retention
- Resistant against extreme weather conditions
- Excellent light transmission
- Low Maintenance
- The strongest and warmest greenhouses for the serious gardener
- Can be extended as your gardening needs grow
- Available in a wide range of sizes

Keder Greenhouses Limited
Newtown, Offenham, Evesham, Worcestershire WR11 8RZ
t: +44 (0) 1386 49094 sales@kedergreenhouse.co.uk
www.kedergreenhouse.co.uk @KederGreenhouse

British Manufactured



HEAVY DUTY FRUIT PRESSES

Clarke

IDEAL FOR CIDER/WINE MAKING AND PRODUCING FRUIT JUICE

£79.98 EXC. VAT
£95.98 INC. VAT

£69.98 EXC. VAT
£83.98 INC. VAT

£49.98 EXC. VAT
£59.98 INC. VAT

VIDEO ON-LINE

FP6B

FP12

FP18

PRESS UP TO 12 LITRES OF FRUIT

PRESS UP TO 18 LITRES OF FRUIT

PRESS UP TO 6 LITRES OF FRUIT

- Easy to use
- Includes Mashing bag
- Strong hardwood pressing basket bound by steel hoops

3 EASY WAYS TO BUY...

IN-STORE 65 SUPERSTORES

ONLINE machine mart.co.uk

TELESALES 0115 956 5555

Machine Mart



65 SUPERSTORES NATIONWIDE

FREE CATALOGUE

GET YOUR COPY NOW!

ONLINE machine mart.co.uk

PHONE 0844 880 1265

IN STORES



30159



Vitopod
Heated Propagator



GreenhouseSensation.co.uk



We've got everything to help you 'Grow Your Own'!

- FSC Wooden Compost Bins • FSC Wooden Raised Beds
- Patio Growing, Planters, Grow Tables and Potting Benches
- Cold Frames • Wooden Wormeries and much more



Award winning designs
manufactured exclusively in the UK
by Gardening Works

www.gardeningworks.co.uk

10% off with code GWGYO10 Tel: 01254 820088



Gardening Heroes:

Hayat Takari

Michael Wale speaks to the inspiring Intensive Care Nurse who is finding solace at his allotment

A refugee from Afghanistan, who travelled halfway around the world in search of a permanent home and happiness has ended up as the occupant of that most British of institutions: an allotment.

Not only that but after years of travelling from country to country Hayatullah (Hayat) Takari is now not only happily married, with a lovely daughter Soraya, but was on the frontline of the Covid-19 pandemic in a London hospital as an Intensive Care Nurse.

With months of facing daily the most serious cases of the virus, Hayat is back where he loves during his time off: tending to his allotment. Currently he is building a polytunnel so that he can continue growing during the winter, and start his crops for next year.

He explains: "What I like about gardening is not only the challenge, but the chance to meet other people. They are amazing people here. During the lockdown even on my days off I felt I should not come here, because of the pressure we were in at work everyday, which would not look good to my colleagues, and also because I was facing seriously ill people with the virus everyday it would not have been right to come near anyone here.

"The amazing thing was that all sorts of people on the plot worked on my allotment for me, doing all the digging, planting potatoes and all sorts of other crops and generally keeping it in good order. When I first found out what they were doing it really moved me. They kept it a secret from me for so long."

Hayat's life started in the Takhar province of Afghanistan. Fittingly for what has happened to him in his recent past he was brought up within an agricultural background. His father owned a rice plantation, not only making the family's living from it, but frequently giving it away to people who needed it locally.

But this idyllic childhood in the countryside was not to last long. He was only four years old when his dad died, and sadly

two years later his mum was killed during the war. His sister took him to live in the capital Kabul. Being orphaned he qualified to be educated free in the Soviet Union, which he chose. He went to boarding school,

learned Russian and enjoyed his education and made many friends that he would meet again in Europe later in his life.

He lived in the Ukraine, where he studied and qualified as a physician's assistant, later



I made quite a few mistakes to start with, such as planting plants too close to each other, so that when they grew it was too late



working in a hospital in Donetsk. With the collapse of the Soviet Union in 1991 Ukraine became independent and salaries at the hospital stopped being paid. Hayat decided to leave Donetsk, moving to Moscow and working in a market. He says Moscow is not a place to be unless you are a tourist. He was not a tourist.

Meanwhile some of his friends from the boarding school where he had been in Russia rang him and said that they had political asylum in Europe, and he should join them. To get there he had to pay a succession of human traffickers various sums of money to get him across borders, as he had no official papers.

Gardening and the countryside he had enjoyed as a child seemed a long way in the past. Eventually he made it to the Netherlands, where several of his friends now lived and worked. Although he was to spend a year there he got there via Austria, which he recalls took him months on the road to reach.

At least he got back working with nature, when one of his friends got him a job picking apples. But the authorities said that if he wanted to get his European papers he would have to return to the country where he entered, which was Austria. That move was to lead directly to his London allotment. He went to German classes, where he met

Sylvia, who was to become his wife. She was Polish but worked in London and was in Austria on a project. She was to return frequently so they could be together. And, through her mother's influence, planted the seed for Hayat's interest in gardening.

He married Sylvia, and after years of being a refugee in Austria he flew legally into London, where he studied at Buckingham New University to become a nurse. By the time of the Covid outbreak he had worked his way up to the frontline. He admits: "It was hell."

Hayat enjoys talking about his allotment with his colleagues and his patients. He believes it is an amazing topic that connects people rather than divides them unlike, for example, Brexit and politics. "When I tell my patients that I have an allotment, they usually say 'you are one of us', and give me a lot of advice on gardening. There I was a refugee and now I am one of them."

"It was my wife who really taught me all about gardening, but now I have really

taken it up. I'm always talking about my allotment, it is something that has fascinated me. That is where I got all my advice, from other plot-holders. There was no lack of that, and I bought some gardening books. The great thing about an allotment is that there is always someone around you can ask about any problem. I made quite a few mistakes to start with, such as planting plants too close to each other, so that when they grew it was too late."

"My wife is still much better than I am. I do all the work that requires strength - such as digging. The main thing we have learned together on our allotment is to grow things so that the product spreads out through the season and does not all come at the same time, which we were often likely to do when we started."

For Hayat it has been a long journey to this point, but now he is embracing his new life in Britain, finding solace and a sense of belonging at his allotment.



Leading UK based
flower bulb
suppliers since 1961



call or visit us online...

01205 260412 www.gee-tee.co.uk

Gee Tee Bulb Company · Field Works · Common Road
Moulton Seas End · Spalding · Lincolnshire · PE12 6LF

Pennard Plants
GROWING THE DREAM

The Walled Gardens,
East Pennard, Somerset BA4 6TU



*"Grow vegetables
like we used to"*

Providing unusual Seeds with a
History, Individually Designed
Seed Packets, Hand Picked &
Hand Packed Seeds.

*Onions, garlic and shallots
available to order now for
Autumn planting*

Purchase online at:

www.pennardplants.com

Email: sales@pennardplants.com



Wire Anchor

Wire Anchors on Concrete Posts and Easy Trellising



Wire Anchor Fitted
with GrippleSystem

Quick & Easy Solution to fix wires to concrete posts
No drilling – simply clamp 2 halves together
Three sizes to fit most posts
Internal/External corners, End brackets, Pot Holders
Main stockist of Gripple Trellising System
FREE UK DELIVERY

Rivelin Glen Products

www.rivelinglenproducts.co.uk

info@rivelinglenproducts.co.uk | Tel: 01246 462666



Loch Ness



Loganberry (Thornless)



Buckingham Tayberry

Loch Ness Code: 138	This thornless blackberry has stout, erect canes which require the minimum of support. Considerable winter hardiness. Heavy yielding. Ripens late August and throughout September. The fruits are large and the flavour is good. Requires 1.8m (6ft) of wall space. <i>RHS Award of Garden Merit.</i>	NOW only £13.95*
Loganberry (Thornless) Code: 128	our most popular hybrid berry producing fruits that are medium-sized and dark red in colour and have quite a sharp flavour. The canes are only moderately vigorous. Requires 2.4m (8ft) of wall space. <i>RHS Award of Garden Merit.</i>	NOW only £13.95*
Buckingham Tayberry Code: 130B	Discovered in Buckingham, this is a natural thornless mutation of the Tayberry, producing large, aromatic dark red fruits.	NOW only £14.40*

FREE

'Grow Your Own Fruit'
handbook with your
order.



Please call for p&p charges to off-shore
islands, Scottish Highlands and Lowlands.

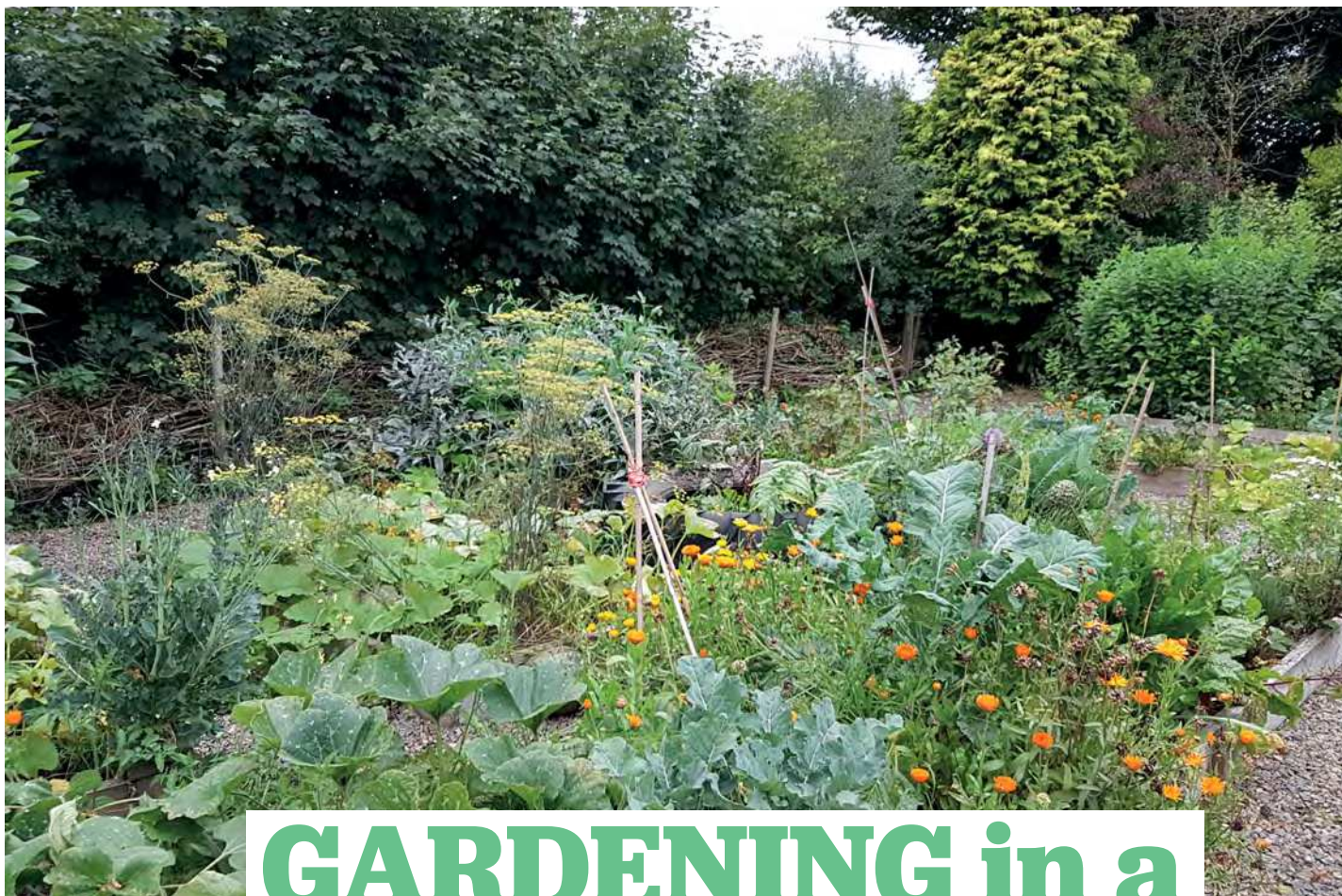
Please write to: KEN MUIR LTD, Dept GYO200C, Honeypot Farm,
Rectory Rd, Weeley Heath, Clacton-on-Sea, Essex, CO16 9BJ

Visit: www.kenmuir.co.uk

TO ORDER PHONE 01255 830181
Mon – Fri, 9am – 4pm



*Please
add £8.95
postage to
your total
order



GARDENING in a changing CLIMATE



Protect your plot by getting 'extreme weather' savvy this winter, with **Kim Stoddart's** pointers

I don't think I need to convince you that climate change is well and truly upon us. This year alone has seen us experience the wettest February on record, followed by the sunniest spring as we went into lockdown, dismal cold July and a heatwave in August.

Our weather is increasingly volatile with greater extremes - exactly what the experts predicted would happen, and we need to shore up our defences to help provide protection to our growing efforts for the future. It's no longer gardening as usual.

This isn't a bad thing when I tell you that actually nature holds a lot of the answers and the honing of a greater resilience means less work for the gardener overall. Rather than trying to so meticulously primp and polish our growing area, keeping it under control, if we kick back and allow the natural world in, then hardiness will set root and flourish.

The biggest threat over winter is nutrient leach away from your hard working soil caused by heavy rain washing the fertility well and truly away. It's easy however to provide protection - here's my lazy, natural gardener guide.

Don't pull spent crops out the ground

Rather than yanking produce out, roots and all when it has finished producing, either leave it to collapse down onto the soil, or at the very least, cut the plant away at the stem to allow the roots to remain in the ground intact. Soil structure is incredibly important as the more you have, the more innate ability there will be for your precious loam to absorb and maintain a greater volume of water.

Also when you pull roots out the soil you are removing some of that stability, which makes it more vulnerable. Additionally many plants have mycorrhizal fungi or

other beneficial microbes around their roots. When you remove them you are eliminating this precious, beneficial material from your plot. When you consider that such fungi have a symbiotic relationship with crops helping them to find water and nutrients you can see that this a soil superpower that you really want kept intact.

Leave seed heads

Again this helps with soil structure as well as providing a valuable source of food for birds, which will help keep pests under control on your veg patch. Sunflowers are the classic examples but anything that has flowered and set seed (e.g. bronze fennel) is useful. Fennel is a triple winner as it enables ladybirds and lacewings to overwinter so they can come to the natural pest control rescue come spring to dutifully gobble up loads of aphids on your plot.



Reader offer

You can bag yourself a copy of Kim's *Climate Change Garden* book at a specially discounted price of £13 included UK P&P (RRP £16.99) up until the end of November 2020. Just quote code CCG13 when ordering via climatechange garden.uk

Please don't dig

Honestly, digging over your soil right now (or anytime) is the single worst thing you can do, even though traditional advice often says the opposite. If you do turn your soil over to so called 'bed it down for winter', then you will be drastically eliminating the loam's ability to hold onto its fertility.

Turn plants perennial

Many plants in the ground right now can actually be left into their second year for much wider bountiful benefits. Many brassica in particular can actually be grown on successfully into their second, third or even fourth year for bumper resilient harvests. The



best contenders for this are purple sprouting broccoli, chard and flat leaf kale. Come spring their flowers will also attract pollinators onto your plot with gusto.

Perennials are great for the resilient veg patch so consider weaving more onto your plot next year. They are the ultimate in low-maintenance, super hardy planting and they help protect your garden from extreme rain through their ability to absorb a lot through their roots.

Let weeds grow

The worst thing you can do (alongside digging) is to allow vast bare patches of ground to dominate. Much better to have plants growing instead as they help to bind the soil together. Green manures are also a viable alternative for this. You just want something growing providing protection.

Plant a first line of defence

Another good tactic is the addition of fruit or soft fruit trees scattered around your plot. If your space is at risk of flooding then plant them at the top so they can provide a barrier. Otherwise, just fit them in where you can. They will help to soak up water and it's a great excuse if ever you need one for more edible loveliness. Willow is another fast (and easy growing) barrier defence which has many practical uses in the edible garden.



Top tips!

● Try to take a more natural approach with your plot this winter – both you and your garden wildlife will see the benefits!

GARDENING *for* **WELLBEING**



Ellen Mary is brightening up those dark autumn mornings with hearty *Amaranthus* porridge – straight from the kitchen garden



The darker mornings and evenings of November can often be tough on some of us and having less daylight hours and warmth to be outside can really slow us down. We need sunshine for our mind, body and soul otherwise we can quickly feel tired and run down. Make the most of every minute you can and go out into the garden for some fresh air and sunlight, especially if you are indoors a lot.

Even though there isn't an abundance of summer colour, there is so much to enjoy during the colder months. From the structure of deciduous trees to seed heads which are home to insects and food for birds. The breeze can make the most beautiful sounds through trees and leaves, so try to get outside and see the beauty of November. This time of year can be reflective and thoughtful – allow yourself some rest if needed.

What is Amaranthus?

Amaranthus has many common names from love-lies-bleeding to tassel flower and even pigweed – the latter because some species are toxic to livestock and they do seed freely. It has been cultivated as a grain for over 8,000 years, initially by the Aztecs and even before that it was cultivated in the wild. It was a staple crop for indigenous communities until it became prohibited after Spanish colonisation because of disagreements over its religious importance.

All these years later, we are realising its immense benefits from being both gluten free and high in fibre, protein and along with many other vitamins and minerals, amaranth is now rumoured to be a crop to watch for the future. Something the Aztecs knew all along.

Benefits of growing

Amaranth is a stunning plant for any garden or allotment. It is often used in fresh and dried bouquets with its trailing panicles of up to 60cm long, although depending on the variety some will also stand tall. Its long ruby-red coloured flowers are also loved by garden birds. It is used as an edible as well as for its beauty and more recently used as a substitute for rice and even buckwheat due to less carbohydrates. The seeds are used to make flour, or a porridge and as it's so easy to grow you can harvest plenty to store as

well. The leaves are similar to spinach and the younger the fresher and again, packed full of nutrition.

How to grow

Sow when the soil has warmed up, after the frosts or sow undercover until the temperature increases. Ideally amaranth needs full sun and a sheltered position but they do well in poor soil with a little more water in the dryer months. I've found it to be really quite tolerant. When the seedlings are large enough, thin them out and pot on if needed before planting





out if you haven't directly sown the seed. You can pinch out the tips to encourage growth but don't worry if not, they will be just fine. They need a good 30cm between each plant to give them plenty of room for growth and some feed during late spring to late summer will really give them a boost.

How to use

The seeds can be harvested by shaking the mature flower heads and they should fall into your hands or a pot in abundance from mid to late summer. Don't forget to harvest some of the young leaves throughout the season as well. The seeds should be cooked or they can actually inhibit nutrient absorption in the body although some do still eat them raw after grinding them down. I wouldn't recommend it as they taste horrible raw! But otherwise, when cooked it really is a superfood.

Make into a rice dish, pop some into your meals as a rice substitute or when boiled it's much like porridge. You could even sow the seeds and grow to eat them like microgreens. Boil the seeds just like rice and you will find they have a distinctly and enjoyable nutty moreish flavour.

How to cook and recipe

Since it's a colder time of year, porridge is my go to for breakfast to warm up for the day ahead. I find it so

comforting but it does need jazzing up. If you haven't got any seed this year, they can be bought in health food stores and some supermarkets so give amaranth porridge a try. The flavour really might surprise you, I love it!



HOW TO MAKE AMARANTH AND FRUIT PORRIDGE

This easy-to-make breakfast porridge recipe will make two to three bowls

Ingredients

- 150g amaranth seed
- 500ml almond milk
- Fruit of your choice, plums and apples go well with this dish
- Nuts (walnut/almond/hazelnut)
- 1 tsp cinnamon

Step-by-step

1. Simmer for 20 minutes or so until most of the liquid is absorbed
2. Stir regularly because it can burn
3. Allow it to rest for a few minutes as it absorbs the remainder of the liquid off the heat
4. Give it a stir and if you want to add in some sugar, just a little!
5. Top with chopped plums or apples
6. Sprinkle your choice of nuts
7. Add the cinnamon on top

What a great start to the day! Enjoy it with a calming chamomile tea.

Stay up to date with Ellen Mary!
Visit ellenmarygardening.co.uk
and follow her on instagram
[@ellenmarygardening](https://www.instagram.com/ellenmarygardening)

TRIED & TESTED:

Cloches



As temperatures start to dip this month, **Simon Akeroyd** looks at cloches to provide protection for his plants over winter

The word cloche comes from the French word for 'bell', describing the shape of the original garden structures placed over plants to provide them with additional warmth and protection from the frost. Nowadays, the word cloche is a catch-all term for most coverings, smaller than polytunnels or greenhouses, that are used to temporarily protect plants from feeling the chill. They come in a range of shapes such as tunnels, domes, and bags, and also a range of materials including traditional glass, plastic and fleece. This month, I am putting a few different cloches through their paces.



Easy fleece tunnel (3m) (Agriframes) £18.50 for pack of three

The erratic British weather does certainly throw a few challenges our way, and this is why I love this Easy Tunnel. Made from fleece, this highly breathable fabric allows sunlight and moisture to filter through, meaning I don't have to worry too much about venting the cloche or watering the plants underneath, as opposed to when using glass or impermeable plastic. Another bonus is how easy it is to unfold the tunnel, and then pack it up again into its bag when I have finished with it. It can be stored totally flat, which is handy for anyone short of storage space either at home or in the shed. The Easy Tunnel is 3m long, or 3.6m if you include the additional draw string area at both ends. It is 45cm wide and 30cm high which is certainly large enough to cover most rows. There are also other materials to choose from - UV-stabilised polyethylene, fine micromesh or 5mm mesh. There is a larger tunnel size, too.



Victorian bell cloches (Haxnicks) £15.49

Bell jar-shaped cloches were very popular in the Victorian era, as the curvature of the glass meant the surface was always 90 degrees to the sun: maximising the penetration of light, and minimising the reflection, which created the optimum growing environment. This contrasts with flat glass which reflects most of the sun's light and warmth for most of the day. The only downside to the original Victorian bell cloches was that hand-blown glass was heavy and easily breakable. With this in mind, Haxnicks have created high-quality plastic Victorian bell cloches that are lightweight, durable and robust, yet look like the historic glass cloches. Perfect for placing over individual plants, there are three different sizes, enabling gardeners to choose the ones to best fit their plants. The pegging holes around the base mean it can be secured in windy weather, while the adjustable air vents at the top provide temperature and humidity control. The cloches look great, and are robust yet light enough to move around, and give a traditional and nostalgic feel to the kitchen garden or allotment.



Mini Greenhouse Cloche Tunnels (Harrod Horticultural) £19.95

These mini greenhouse cloche tunnels are made of thick, rigid plastic which provides protection from the worst of the elements, as well as keeping pests such as birds and squirrels at bay. One of the ingenious features of this cloche is the integral rainwater collection reservoirs on its roof. These collect the rainwater which then gradually drips inside to water the plants. There are both single cloche tunnels (104cm L x 38cm W x 30cm H) and double row cloche tunnels (80cm L x 60cm W x 50cm). The tunnels come as individual sections, so you just buy as many as you need to achieve the required length. They simply snap together and then buy the ends separately. The double cloche has the added advantage of a detachable hatch, making it easy to harvest the veggies or weed around the plants. The sides can easily be propped open for ventilation with fixed pegs (not supplied). All in all, this is a practical, robust cloche that should last for many years.



WHERE TO BUY

Agriframes

01179 341 790, agriframes.co.uk

Harrod Horticultural

03334 001 500, harrodhorticultural.com

Haxnicks

01179 341 795, haxnicks.co.uk

HOTBOX



Designed & Built
in Yorkshire



Elite 2.7kW Fan Heater
£212 inc vat



Shilton 3kW LPG or NG
£224 inc vat



Proheater 12kW LPG or NG
£422 inc vat



Heat panel 200 x 60cm
inc thermostat
£160 inc vat

01484 401134

www.hotboxheaters.co.uk

easynets
gardening covered

www.easynets.co.uk
Telephone 01429 420 743



Plants of Distinction

Flower & Vegetable Seed Collection 2021

Visit www.plantsofdistinction.co.uk
and order your **FREE** illustrated catalogue
or call our order hotline 01449 721720

SPECIAL ONLINE OFFER: 10% discount available using
promotional code GYO21 before 30th June 2021

Genus
GARDENWEAR

**YOU'RE TOTALLY DRY IN
TOTALLY WATERPROOF
TROUSERS,
THAT'S GENUS**

**WATERPROOF
GARDENING TROUSERS**

Designed by growers for
growers. Technical outdoor
clothing packed with special
gardening features:

- Totally waterproof
- Integrated, breathable kneepads
- Stab-proof pockets
- Showerproof fabric

www.GENUS.gs

Endorsed by



© The Royal Horticultural Society. Endorsed by the Royal Horticultural Society. Registered Charity No 222879/SC038262. rhs.org.uk



Join the National Allotment Society

and help us to
preserve
allotments for
future generations

**Membership
benefits include:**

- Initial legal advice
- Supportive regional network
- Discounted Allotment Association insurance
- Quarterly magazine and e-news
- Gardening advice
- Discounted quality seeds
- Free Allotmenters Liability Insurance



**The National
Allotment Society**

National Society of Allotment and Leisure Gardeners Ltd

Visit: www.nsalg.org.uk • Email: natsoc@nsalg.org.uk

2020 – our
90th
Anniversary Year!



MY TASKS THIS MONTH

Amy Shore is making leaf mould, planting garlic and having a good ol' tidy up on the November plot

"In November you'll find me in the garden with a bucket of tea, a fleecy gilet and a large wheelbarrow. This month is all about getting areas of the garden ready for a good rest and others ready to face the cold."

"With any brassicas I'm always checking and removing any yellowing leaves. This gives me a good chance to check for any pests or signs of disease. This time of year can be really damp and perfect conditions for mould. Remember anything showing disease shouldn't be put on your compost heap!

"Speaking of leaves, one of the regular jobs at this time is collecting fallen leaves and adding to our leaf mould heap. I put the leaves in a cage made from old chicken wire and damp them down. I start using my leaf mould on beds after a year to help the soil but the best stuff comes if you're more patient than me and you wait two years or more for it to properly rot down."

"It isn't a busy month for getting veg planted but I like to get some garlic in for overwintering. I just make sure to mark it clearly to avoid disturbing it - I've lost many crops being over enthusiastic when clearing the beds!

"On the fruit front however, now is the perfect time to get some bare root fruit trees in the ground. We're adding a cooking apple variety to our plot as well as some blackberries because who doesn't love a good crumble!

"November might be a bit cold and damp, but there's still plenty to harvest for some warming dishes over these chillier months of the year. Our hardy kale is still going strong and the winter spinach is coming into its own. Our turnips and cauliflowers seem content too, waiting in the ground until things really cool down. Enjoy the time and space to have a good clear up!"

To stay up to date with Amy's West Norfolk cottage garden, find her posting photos on Instagram [@chicksandveg](https://www.instagram.com/chicksandveg)



November's ALLOTMENT INSPIRATIONS



On the plot news and advice for the month ahead



Allotment shows go virtual

Di Appleyard is mentor co-ordinator for the National Allotment Society

Lockdown has seen the annual allotment show, usually a free for all with much mingling and friendly competition, move online. Using socially distanced judging and presentations or digital submissions, associations have made sure that allotment life was celebrated in its traditional fashion. These events are held to recognise good cultivation and encourage others to follow good practice; along with an excuse for a get together! The classes range from best plot, best newcomer to individual vegetable, flower or fruit classes and sections for children.

Other larger sites with the space and resources did hold socially distanced events. Kenilworth Allotments, for example,

held an incredibly well-attended (500 visitors) Open Day. They asked visitors to adhere to social distancing and extended the opening hours so that everyone got time to look around. Kenilworth did not ask for an admission fee, but many visitors made donations. They also had contactless payments set up but did take cash on the tea and coffee stall. The scarecrows in the annual competition were on display and visitors voted for "The Public Choice" winner.

Hopefully next year we will, once again, be encouraging more sites to hold Open Days and Events to celebrate National Allotments Week.

Visit nsalg.org.uk for allotment news, advice and much more.



The Papillon Project

The Papillon Project is an educational charity which creates, supports and develops school allotments using mainly recycled, reclaimed and upcyclable materials. The project promotes food growing as well as a sustainable, ethical and healthier lifestyle, and hopes to improve the mental health of those taking part, and engage local schools and colleges across Norfolk. 10 secondary schools are set to work with the project over the next academic year. You can learn more about The Papillon Project at thepapillonproject.com

Q&As

This month we asked you...

Q What piece of gardening advice would you pass on to other growers?



NOVEMBER JOBS

- There's not a huge amount that can be sown or planted out this month but broad beans, garlic and rhubarb, for instance, are a few of the things that can be started now. You can sow broad beans straight into the soil or into drainpipes or pots in the greenhouse, ready for planting out in the spring. For garlic, choose a sunny spot, and healthy, well-drained soil.
- Continue to be on pest watch this month. Rabbits, deer and squirrels

will be eating more of your plants now that the weather has turned colder. Erect fences around your woody plants to prevent them from doing too much damage.

- Birds struggle to find sustenance in winter so make sure to leave out food and water. Leave out fat blocks, sunflower hearts and over-ripe fruits such as apples as well as a general mix in order to encourage a wide range of allotment-visiting friends.



"Only grow what you like to eat as everything else is a waste. Also, keep a diary with the variety, date sown and how well it does. This will help you with planning the following year."
tingelbach, via Instagram

"Try not to compare your growing success to others. There are lots of different factors in place for different growing spaces. Everyone's garden grows at a different rate. You should just enjoy the process."
at the bottom of the garden, via Instagram

"Do not do everything at once. Do small steps at a time and the tasks will be done before you know it. It can feel overwhelming otherwise! If something doesn't work just try again. Finally, grow what you enjoy. Don't just grow something because everyone else is."
Pegsplot, via Instagram



Did you know?

Pears help to boost blood circulation?

GROWING THE COMMUNITY



Clitterhouse Farm Garden, London

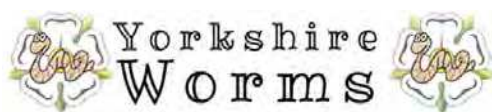
Clitterhouse Farm Garden began in 2017 in a neglected area of London with the help of a group of passionate people who wanted to encourage others to engage with nature and promote the positive impact that the engagement can have on mental and physical health. Each year, the garden has taken on huge transformations and is now a hugely beneficial part of the community, with a diverse group of volunteers who have one thing in common - their love for gardening.

The garden started out as an area of rubble covered in brambles, and once that was cleared, construction began. The first installations included 10 raised beds and a greenhouse. The team wanted the garden to be as inclusive as possible, so installed flower beds for those who were interested in flowers, not just growing food. During their first summer as a garden they held many workshops for out of school clubs to start sharing their knowledge of the gardening 'basics'. They constructed a path to make the garden fully wheelchair accessible and installed three arches and put benches within them to create seating and areas for people to relax and reflect.

They've worked together, laughed together, drank lots of tea, had lots of chats, and provided something hugely beneficial for the wider community. Unlike an allotment, there is no ownership of the beds, instead this is a shared community space where they are all working towards a common goal of bringing people together to foster a deep love and respect for nature.

For more information on Cultivation Street 2020 supported by Miracle Gro® visit the website cultivationstreet.com





GARDEN & COMPOST WORMS

Composting & Garden Worms Improve Your Soil 'The Natural Way'



Compost Worms



Earthworms



Wormery Starter Pack



Tiger Worms

Call: **07462 474223** Email: yorkshire-worms@live.co.uk
www.yorkshire-worms.co.uk
www.compostworms.co.uk

backdoorshoes®
British brilliance



Lightweight, Waterproof, Durable
outdoor garden shoes ideal for all!

Available in a great range of unique prints to include
Chillis-Meadow-Garden Veg-Tulips. Coming soon two new
designs Bees and Butterflies. Sizes UK 3-14.

Visit website for the full Ladies' and Men's range

www.backdoorshoes.co.uk

01202 232357



Grown with love,
By the Allingham family

**the really
garlicky company**

We grow our Porcelain Garlic unique to
the UK, on our farm in the Scottish
Highlands.

Doocot Hardneck Porcelain Garlic bulbs
for Autumn planting.
Perfect for growing in the UK

www.reallygarlicky.co.uk
01667452193
info@reallygarlicky.co.uk

FILCRIS

Recycled plastics for a better world

With over 25 years of experience,
Filcris is the largest stockist and fabricator
of recycled plastic wood products
in the South of England.



www.filcris.co.uk
01954 718327

Nicky's NURSERY

Quality Seeds and much much more



Grow beautiful plants and
flowers from quality seeds.

- All your favourites
- Rare and Unusual varieties
- Wild flowers, herbs etc.



Grow over 600 vegetables and
enjoy harvesting fresh produce.

- From salads to chilli peppers
- Tomatoes, carrots, beans
- Exotic fruit and vegetables



Also enjoy garden fun for
all the family with our range of:

- Lawn toys and Children's games
- Giant Chess and other favourites
- Re-discover your outdoor space

www.nickys-nursery.co.uk • 01843 600972 • 33 Fairfield Rd., Broadstairs, Kent

Amelia Freer

Nutritional therapist, food author and fruit and veg grower Amelia Freer chats to us about her fourth book and her kitchen garden

Congratulations on your new book *Simply Good For You*. What was the thought process behind it?

I became a mother, and that dramatically reduced the amount of free time and energy I had to cook from scratch. I realised I needed to find new ways of getting fast, nourishing and tasty food on our family table every day. I didn't want to have to compromise on any one of those areas, as they all felt equally important. While developing those recipes for my personal use, I figured I probably wasn't the only one out there who also wanted it all. So I put my favourite ideas down onto the pages of *Simply Good For You* and have been utterly delighted that it seems to have been such a helpful guide for busy cooks, particularly during this year's lockdown.

What inspired you to start growing your own fruit and vegetables?

I think it's really about the magic of watching something grow. It always seems so incredibly unlikely that this tiny speck of a seed can develop into a huge plant and abundant food - it never loses its excitement for me! I really enjoy being able to 'shop' in my own garden and eat vast quantities of fresh produce for next-to-nothing. I also grow a wider range of foods than are available in the shops and love the absolute lack of packaging (apart from, more-often-than-not, a thorough coating of mud!). I've been doing it for a lot longer than I've had my current vegetable garden; even in my first, tiny flat in London, I used to grow herbs in tin cans along my bedroom windowsill.

How do your homegrown fruit and vegetables play a part in your recipes, and do you think it's important to cook with seasonal produce?

Seasonality absolutely influences all of my cooking and my work. I think it's so incredibly important for many reasons. Firstly, eating seasonally tastes better; strawberries in December are frankly not worth eating, but in late June, are one of the most wonderful gastronomic pleasures I can think of. Secondly, it encourages us to eat a far wider variety of foods. Since we can now buy exactly the same few fruits and vegetables every day of the year in the supermarkets, it's easy enough to fall into this habit. But it



also limits our nutritional intake significantly. Eating with the seasons makes this limitation impossible, as certain foods are not available all year. We have to mix it up. Growing my own has simply helped to reinforce this point, because as gardeners, we have to understand those seasons very practically. There's a joy to be found in the waiting, too - delayed gratification is an excellent condiment!

How did you develop your kitchen garden, and learn to grow on such a big scale?

Well I feel I am still learning; it is a lot of trial and error and I have a huge amount of support. I am incredibly lucky that my sister-in-law, Alison Jenkins, is a brilliant edible garden designer. She has guided me and the garden enormously over the past few years and can weave magic with willow plant supports. We also have a wonderful gardener, Andy, who designed the garden from scratch more than 20 years ago.

I therefore cannot begin to take all the credit for what we are able to grow, but I do utterly love it and try to spend as much time as I possibly can in the kitchen garden.

What are you growing at the moment?

We're eating our way through the piles of apples and pumpkins we harvested and are now more heavily relying on the autumn/winter salads (things like mustards and

mizuna), spinach, Swiss chard and brassicas (kale, cabbages etc.) There's still a few beetroots to come out of the ground and a few leeks, too. We are also 'growing' the soil at the moment, by feeding it with masses of compost and organic manure.

If you had to pick, what are your favourite things to grow?

I love growing tomatoes, peppers and aubergines because they feel like such a treat. I read recently that eating these sorts of foods was like eating concentrated sunshine and thought that was about the most perfect description that I've ever heard.

We also grow masses of soft fruit, as some varieties are tricky to find in the shops (like gooseberries, redcurrants, blackcurrants and all the various berries) and are also quite expensive. I always have masses of cut-and-come again salad leaves, too, as we eat so many and I love to have them super-freshly picked.

Do you think growing our own fruit and vegetables can improve our health?

Yes. I really do. Of course, not everyone gets the opportunity to grow their own food, but I wish it was more widely available. Being outside in the garden is one of the most important things I've learned to do for my mental health. There is something so beautifully tangible about getting my hands deep into the soil, in a world that is increasingly digital and abstract. It does my soul good and I know that being in nature is increasingly evidence-based as a therapeutic tool to alleviate anxiety and other mood disorders.

A bit of vigorous digging, raking or carting leaves around definitely helps maintain my fitness, too. Of course, there's also the absolute satisfaction of a nourishing meal made with your own produce (and hard graft) and the potential nutritional benefits that come with it being so fresh, but to me, I think the most powerful health effect is definitely on my mind.

Lastly, if you've learned one thing in your time gardening that you would pass on, what would it be?

Take care of the soil and it will take care of almost everything else.

ONE-TRAY ROASTED WINTER SALAD

Roasted salads are a total game-changer for me. However sceptical you may be, just give it a go. The textures soften and the flavours enhance. It's really no more complicated than making a 'standard' salad. It is also delicious cold the next day.

Serves 2

Ingredients

- 1 small butternut squash, peeled, deseeded and cut into chunks
- 2 small red onions, peeled and cut into quarters
- 1 x 400g tin of chickpeas, drained and rinsed
- 2 handfuls of kale, tough stalks removed first, sliced into ribbons
- Small handful of hazelnuts (approx. 30g)
- 1 orange, peeled and torn or sliced into segments
- Sea salt and freshly ground black pepper

For the dressing:

- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 teaspoon Dijon mustard
- Pinch of sea salt

Step-by-step

1. Preheat the oven to 200°C/180°C fan/gas 6.
2. Whisk together all the dressing ingredients until emulsified and smooth.
3. Tumble the butternut squash chunks, red onions and chickpeas on to a roasting tray, and pour over half the dressing, turning it all over a few times to make sure everything is well coated. Roast for around 30 to 35 minutes, or until the squash is tender and cooked through.
4. Add the sliced kale to the roasting tray, along with the rest of the dressing, and mix well. Sprinkle with the hazelnuts. Roast for a further 5 to 7 minutes, until the kale is a little wilted. Take care it doesn't burn.
5. Divide between two bowls, allow to cool slightly, then top with the orange segments and season with salt and pepper to taste.

Pear



COCONUT & ALMOND PEAR CRUMBLE

You can use any fruit to make a crumble, so opt for what is available and in season at the time. Whilst this crumble topping differs from a traditional version, it is still a lovely option for a hassle free, mid-week pudding (or breakfast).

Serves 4

Ingredients

- 4 large, very ripe pears, washed, cored and diced (it's fine to leave the skins on)
- 2 teaspoons ground cinnamon
- 125g ground almonds
- 125g desiccated coconut
- 4 tablespoons maple syrup (or runny honey)
- 4 tablespoons light olive oil (avoid using your best extra virgin olive oil as it will taste too strong)

Step-by-step

1. Preheat the oven to 200°C/180°C fan / gas 6.
2. Put the diced pears into an ovenproof dish, sprinkle with 1 teaspoon of cinnamon and mix together.
3. Mix together the ground almonds, coconut, maple syrup and olive oil in a bowl with the remaining teaspoon of cinnamon. It should have the consistency of damp sand.
4. Top the pears with the crumble mixture - no need to firm or pat it down. Bake for 25 to 30 minutes, or until golden brown.

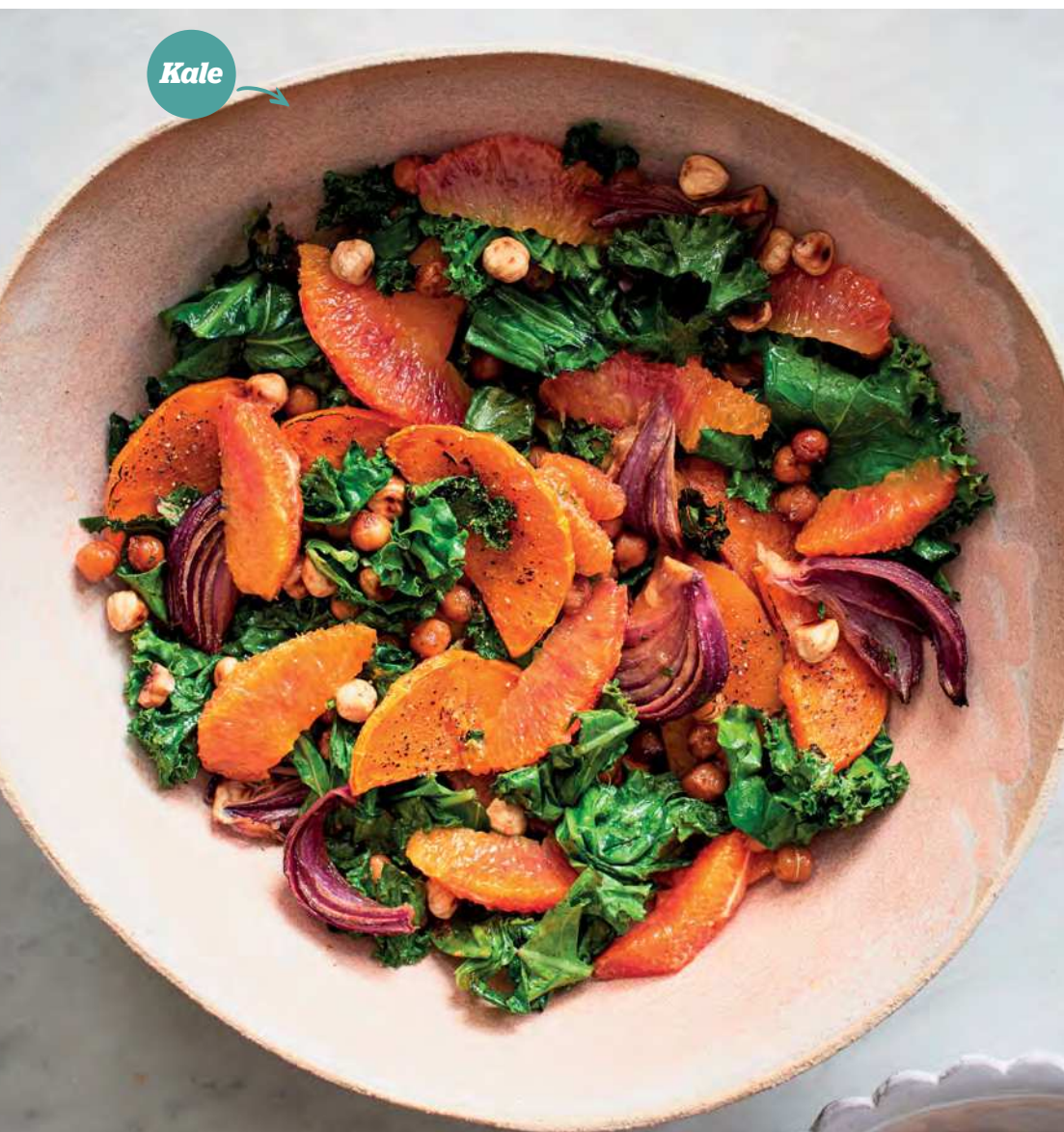
PEARS AT A GLANCE

- Plant: Nov-Feb
- Harvest: Aug-Nov

Recipes taken from *Simply Good For You* by Amelia Freer (Michael Joseph, £22) Photography by Susan Bell



Kale



Organic Plants
Vegetable, Salad, Strawberry
& Flower Plants

SOIL ASSOCIATION
ORGANIC

Organic garlic either by the bulb at
www.organicplants.co.uk
or by the box at www.delfland.co.uk

Delfland Nurseries Limited
Benwick Road - Doddington - March
Cambridgeshire PE15 0TU
01354 740553 info@organicplants.co.uk

Facebook @organicplantsuk

Walcot
ORGANIC NURSERY

Growers of a wide selection of fruit trees
for all situations

Fruit Trees

Detailed catalogue available
01905 841587

Lower Walcot Farm, Walcot Lane, Drakes Broughton,
Pershore, Worcs WR10 2AL

www.walcotnursery.co.uk

Order by
Phone, Post
or Online

PRONGCROFT

Prongcroft The Garden Prong Cultivate Your Garden.

"Removes Weeds and
Aerates Soil with Efficiency
and Ease"



"Available in three sizes,
making it perfect for
everything,
from vegetable plots
to patio pots.

A Fresh Approach to Garden Care,
Always Leads to Revolutionary Ideas.

sales@prongcroft.co.uk 0115 983 0344
www.prongcroft.co.uk

giving nature a home
rspb

The ONLY
Cat Deterrent

tested and approved by the RSPB

Made in Britain

Protect birds
and gardens
from cats
all year round

For free brochure and
friendly impartial advice
01438 727183

2 YEAR
WARRANTY

Inaudible to
humans and
harmless to all species

CATWatch
ULTRASONIC

Additional deterrents available to
deter Foxes, Mice and Pine Martens
www.conceptresearch.co.uk

**BOOK
PUBLISHING**

Authors invited to submit
manuscripts all categories

New Authors welcome

A. H. STOCKWELL LTD,
Dept. 476, Ilfracombe,
Devon, EX34 8BA.
Tel 01271 862557
www.ahstockwell.co.uk
Publishers for over 100 years



This month's veg to **SOW & HARVEST**



Pick kohlrabi at around the size of a cricket ball



SOW

Broad beans: If sown in November seed germination can occur within a month, but you will need to protect young plants from harsh weather.

Cauliflower: Cultivars planted under cover can survive the unfavourable winter conditions.

Corn salad: This crop can be sown until the end of autumn at 1cm deep.

Winter lettuce: Despite the colder weather grow these under glass where conditions are warmer

PLANT

Garlic: Cloves can be placed slightly below the surface of the soil.

Fruit trees and bushes: If you would like to benefit from a tasty fruit harvest in the future, November is perfect for planting trees, such as apples, pears and apricots, as well as blueberries, raspberries, blackcurrants and cherries.

Onions: Preferring a sheltered sunny site, this month is the last opportunity to put out autumn onion sets.

Rhubarb: Plant in areas which are sunny and moist, but free from waterlogging problems and frost pockets.

HARVEST

Apples: Test ripeness by holding a fruit in your hand and twisting gently, if ready they will detach from the tree easily.

Brussels sprouts: Starting from the sprouts at the bottom of the plant, pick them when they are around walnut size.

Celeriac: Keep the soil moist and weed-free until harvest.

Chard: Take when relatively young and tender for the best texture.

Chicory: Continue to harvest yields this month, although overwintering protection may be needed for specimens that remain in the ground.

Grapes: Pick when deliciously sugary in taste and when they feel soft.

Kale: Take young leaves first and enjoy this superfood packed with antioxidants and vitamins.

Kohlrabi: Pick around the size of a cricket ball to appreciate the taste.

Leeks: Harvest for use in a variety of recipes, such as warming leek and potato soup.

Parsnips: Flavour is increased if roots have been subject to slight frost.

Spinach: Protect with cloches and fleece until picked.

Swede: Lift when ready or leave them in the ground until December.

NEVER MISS
AN EPISODE
OF GROW
YOUR OWN'S
PODCAST!



SUBSCRIBE TODAY FOR
FREE – DON'T MISS IT!

Aiming to take the fear out of gardening and showcasing that even the most successful of gardeners have failures and make mistakes, we will be dishing the dirt on a different gardener each week. We'll also be chatting about topical news stories, and rounding up weekly jobs on the plot.

Now in its second series, The Dirt is still sharing plenty of growing tips and advice in each episode, as well as discussions on hot horticulture topics, and an abundance of garden mishaps to make you chuckle while you work on your plot! Want to get involved? Get in touch - and you could be a guest!

Search 'The Dirt from Grow Your Own' and subscribe for free wherever you get your podcasts – remember to rate and review!



1

debut on the
Apple Podcasts
chart, on day one



November's Giveaways

Get your hands on some great garden goodies this month

HOW TO ENTER...

If you fancy getting your hands on one of the amazing prizes this month, follow the simple instructions on **page 113** or enter via our website which can be found at **growfruitandveg.co.uk/competitions** *Good luck!*



WIN! Gardeners Beehive

This is a system of natural beekeeping. Almost anyone can have one set up, even in most average gardens, with or with very little beekeeping experience and training. Everything you need to know is in the instructions, provided with the kit to help you get started.

Gardeners Beehive is a nest-box for Honey Bees.

The company is making the world a beautiful place, with beautiful products that are doing amazing things to help honey bees.

Imagine the wonder and beauty of Honey Bees living in your garden.

Buy direct from the website, or for more information, visit **gardenersbeehive.com**



WIN! Private tour of Kew for two

Buyagift are giving away an experience at Kew Gardens, for two lucky readers!

Recognised worldwide for 'housing the largest and most diverse botanical and mycological collections' around the globe, Kew Gardens is a spectacular sanctuary that lies just 30 minutes from Central London. Discover the UNESCO World Heritage Site for yourself with a private guided tour for two. Your guide will introduce you to the best bits of this striking attraction and will answer any questions you may have. Step inside the Princess of Wales Conservatory, leading you through a series of intriguing ecosystems, explore the magnificent Palm House and point out your favourite tropical plants or absorb the unique atmosphere of Kew Palace - George III's private retreat. Get closer to nature and discover so much more than just the sweet scent of flowers. Visit **buyagift.co.uk** to view the experience.



• NOVEMBER'S Discounts

Save money and make use of these exclusive offers for GYO readers

£££s SAVE £££s SAVE £££s SAVE £££s SAVE £££s SAVE £££s SAVE £££s SAVE £££s SAVE £££s SAVE £££s

WILDLIFE POND KIT

Adding a pond is the best thing you can do to make your garden or allotment wildlife friendly. They can attract frogs, toads, birds and dragonflies. These wildlife pond kits include pond liner, underlay fleece and a 150 litre solar oxygenator to help keep the water fresh. Available in 3 sizes: small (2000 litres) £92, medium (4500 litres) £126 and large (12000 litres) £192. UK delivery included. Enter discount code **GYOPONDKIT** at checkout for a 10 per cent discount. Order at

gardenis.co.uk. Offer is valid from September 24 to November 30, 2020.



Save
10%

10 PER CENT OFF FLOWERS FROM EFLORIST.CO.UK

Get an exclusive 10 per cent off the freshest bouquet of blooms delivered from **Eflorist.co.uk**! Eflorist has been delivering flowers since 1947 and offers a beautiful selection of bouquets, perfect for any occasion. The company offers a convenient way to send flowers across the UK, with same day and next day delivery available across the entire range. It couldn't be easier to surprise someone special to you with a delivery of fresh flowers, and there's nothing better than receiving a bunch to brighten the day. Send flowers from **Eflorist.co.uk** with your exclusive 10 per cent discount. Use code **GROW** at checkout at **Eflorist.co.uk** to get 10 per cent off flowers. Offer is valid from September 24 to November 26, 2020.



Save
10%

10 PER CENT OFF AEROBIN

The innovative new Aerobin Hot Composter can turn food and garden waste into a natural nutrient-rich compost and fertiliser in just 12 weeks. A traditional composting bin can take anything from six months to two years to transform waste into compost. The Aerobin Hot Composter can reach temperatures of 70°C to drastically speed up the process and can do it in as little as 12 weeks. The Aerobin is simple to use and, unlike other hot composters, there is no need to turn the composting waste. Simply fill with a combination of food and garden waste and leave the Aerobin to do the rest! Use code **GYOAerobin10** at checkout at **originalorganics.co.uk** to get 10 per cent off Aerobin. Offer is valid from September 24 to November 30, 2020.



Save
10%

10 PER CENT OFF AT PROPER GOOSE

If you are looking for gifts for gardening lovers, Proper Goose, a UK-based company, has a selection of products that can be personalised. From wooden plant markers and notepads, to planting rulers and specialised tins for those who love to grow their own. Prices start from £7 and *Grow your Own* readers can benefit from 10 per cent off using code **GROW10** at **propergoose.com**. Offer is valid from September 24 to November 30, 2020.



Save
10%

COMING NEXT Month

December issue on sale
29th October

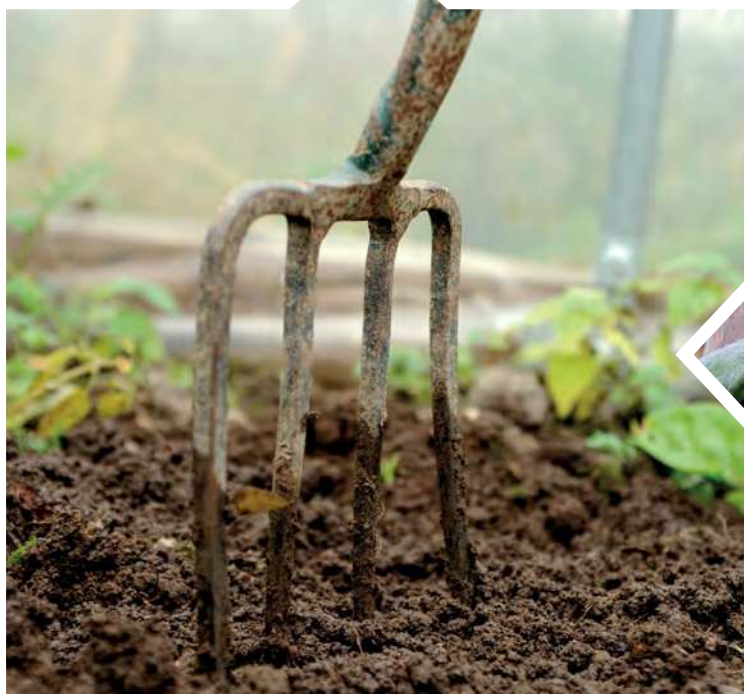
Sow your bonus seeds

Enjoy a seasonal selection of carrot, spinach, onion and more!



Apple tree

RHS experts explain how to prep for and plant an apple tree



Sharpen up!

Find out how to sharpen all your favourite gardens tools



Seasonal salads

We round-up our top five winter greens to grow this season

PLUS

- **Mandrake** The RHS explore this largely forgotten perennial
- **DIY** Help garden birds over winter with a bottle bird feeder
- **Rosemary** Ellen Mary takes a look at this useful remedial herb

It's Christmaaas...

TREAT YOURSELF OR SOMEONE SPECIAL

SAVE 44%



USE CODE: GSF20

Grow Your Own Try 3 issues for £9.99*

Grow Your Own magazine is the perfect resource for beginner and experienced gardeners alike. With simple plot-to-plate projects, detailed step-by-step growing guides, and fail-proof advice from the best gardening experts, you will be armed with everything you need for your most productive year yet!

SUBSCRIBE TODAY!

Visit giftstoyou.com/GSF20

Looking for more like this?

Check out all our Christmas offers online!



Stocking fillers and more from just £9.99!

Visit: giftstoyou.com/xmas

*T&C's apply - please refer online for details

Allotment Societies

National Society of Allotment & Leisure Gardeners Limited

The nationally recognised body for the allotment movement. From only £23 p.a

www.nsalg.org.uk
01536 266576

Bin Covers

ONLY £15.31 plus p&p **Wheelie Bin Covers**

YOUR INSTANT ALL YEAR ROUND GARDEN!

Four sheets of self-adhesive vinyl will provide the ultimate lazy gardeners solution. Twelve designs to choose from.

You can design your own wheelie bin panel! See website for more information.

FOR DETAILS CALL: 0161 703 8189
www.wheelie-bin-covers.co.uk

Garden Accessories

Two Wests & Elliott
Quality Equipment for Greenhouse and Garden
Established since 1975

Our massive range of products means you can buy everything from one place, including **Greenhouse Shading** • **Automatic Vent Openers** • **Louvre Kits** • **Fruit & Vegetable Cages** • **Pest Control** • **Water Butts** • **Weeping Hose** • **Garden Hose** • **Water Timers** • **Automatic Drip Systems** • **Compost Bins** • **Wormeries** • **Weed Burners** • **Plant Supports** • **Arches** • **Obelisks**

call **01246 451077** for a **free catalogue**
www.twowests.co.uk

Two Wests & Elliott (Gt) Unit 4
Carrwood Road, Sheepbridge Ind Estate,
Chesterfield, Derbyshire S41 9RH

Garden Tools

Soil Blockers
small and large - the easy way to start your seeds and plant them out with no transplant shock

No need for flower pots!
Making soil blocks from 17 mm to 100 mm to suit all gardens - and gardeners!

Other special tools include Swiss Wheelhoes and Oscillating Hoes, Ho-Mi, BroadForks and more...

Phone or email for more info and free catalogue or buy online at **www.blackberrylane.co.uk**
blackberrylane.co.uk@gmail.com
07792 592068

... unique garden tools which really make a difference ...

Fruit Cages

KN KNOWLE NETS

Fruit & Vegetable Cages • Cloches • Poly tunnels
Pond Nets • Poultry Nets • Garden Netting

www.knowlenets.co.uk

William James & Co
Est. 1954

Fruit & Vegetable Cages & Netting
Polytunnels, Raised Beds & Planters, Garden Tools & Accessories

The Garden Netting Experts

Call: 0800 1032800 or Email: **sales@wmjames.co.uk**
Buy online 24/7 at **www.wmjames.co.uk**

Garden Tools

OVERTHROW
Traditional Sieve & Riddle Makers
Somerset - England
EST. 2019

www.sievesandriddles.co.uk
Great Western House, Westover, Langport, Somerset, TA10 9RB - 07564478503

Secateurs, hedgeshears and the world's finest pruning saws in superb, tempered Japanese steel

ohatsuna

Silky

Silky Fox Saws
Foxley Estate Office,
Mansel Lacy,
Hereford HR4 7HQ
Tel: 01981 590224
Fax: 01981 590355
enquiries@silkyfox.co.uk

Visit **silkyfox.co.uk** to find your local stockist

Greenhouses

GREENHOUSES
Factory Direct Prices

Ring now for a FREE Greenhouse Buyer's Guide
www.thegreenhousepeople.co.uk

0800 093 3295

The Greenhouse People Ltd
Blythe Park, Cresswell,
Stoke-on-Trent, ST11 9RD

Greenhouses

The largest range of greenhouses

Nationwide installation service available

the incredibly sensible greenhouse company

Please call **01761 463102** for expert advice
www.isgreenhouses.co.uk enquiries@isgreenhouses.co.uk
Plaisters Green North Somerset BS40 8BH

Seeds

Nicky's NURSERY

Looking for quality and service for your growing season?

We have one of the UK's largest collection of chilli and tomato seeds, vegetable seeds, wild flower mixes, garden games, oriental veg, flower seeds, herbs seeds, grass mixes and much more. we stock some of the worlds hottest chillies including Carolina Reaper, Moruga Scorpion and Butch T. **Call or order online.**

www.nickys-nursery.co.uk Tel/fax 01843 600972



For vegetables that work

VEGETABLE SEEDS

We sell seed of a great selection of chillies (very mild to superhot), sweet peppers, tomatoes, cucumbers, salad crops ... and much more

Breeders and specialists in chillies

All varieties trialled by us for flavour, quality and yield

PLUG PLANTS

Chilli and sweet peppers

Over 40 varieties to choose from

Order now
- delivery April/May 2020

www.seaspringseeds.co.uk
(Home of the Dorset Naga)

Trugs

THOMAS SMITH'S GENUINE SUSSEX TRUGS
190 years of Making Genuine Sussex Trugs



Sussex Trugs are timeless gardening baskets used all around the world. Smith's are the original makers dating back to 1829 and our Trugs are all guaranteed for five years. Lots of styles and sizes from which to choose!

Tel: **01323-871640**
sales@sussextrugs.com
www.sussextrugs.com

Website Directory

Cold Frames & Mini greenhouses



Toughened safety glass 25 year framework guarantee

0800 298 6284 www.garden-products.co.uk
Access Garden Products, Dept GYO2039, Crick, NORTHAMPTON NN6 7XS

GOOD ROOTS BARN 



Online retailer of plastic free gardening alternatives and gardening tips
goodrootsbarn.co.uk

Haygrove www.gardentunnels.co.uk

Fruit trees – Bush fruit – Edibles
Forest gardening specialists
www.agroforestry.co.uk

National Society of Allotment & Leisure Gardeners Limited



Benefits include: • Discounted quality seed scheme • Quarterly magazine • Specialist insurance scheme • Guidance and advice relating to legal matters

The nationally recognised body for the allotment movement. From only £23 p.a.
www.nsalg.org.uk 01536 266576

THE ALLOTMENTS AND GARDENS COUNCIL (UK)



Societies join for just £1.00 per member. Individuals £10.00 p.a. Members across the UK, Ireland & the Channel Isles.

Seed scheme, legal help and assistance, Insurance scheme tailored to your needs e.g. Public and product liability (£5m cover) £67.20 p.a. This cover is for societies of any size. For further details about the A. & G.C. (UK) And all other benefits contact Mr Knowles
Tel/Fax: 0115 9276860
Email: rknowles.ndac@gmail.com | www.theallotmentsandgardenscounciluk.org.uk

Gardening..... Naturally




www.thenaturalgardener.co.uk

Organic Plants Delfland Nurseries Ltd



Organic peat-free vegetable plants
www.organicplants.co.uk

Catalogue available ~ phone 01354 740553
Vegetable, Salad, Strawberry & Flowers ~ Mail Order, Nursery Shop & Wholesale



Pennard Plants



Heritage and heirloom seeds and edible plants
E-mail: sales@pennardplants.com www.pennardplants.com

Compost Toilets for Allotment Sites



Eco-loos established in 2011 builds eco-friendly compost loos for allotment sites, community gardens and off grid locations. These loos are ideal for sites with no mains water or sewage. Self contained, easy maintenance and with great eco credentials. Available in kit form as well.

www.eco-loos.com Tel: 01269 871774



wormsdirect




Worms for composting, green waste recycling and soil improvement
Visit www.wormsdirect.co.uk or call 01245 381933

YORKSHIRE WORMS



Composting & Garden Worms
Improve Your Soil
'The Natural Way'
www.yorkshire-worms.co.uk 07462 474 223 www.compostworms.co.uk

Garden Worms to improve soil
Organic Compost Worms

COMPETITION FORM

To be in with a chance of winning one of our fantastic prizes, correctly answer the question below by ticking the corresponding box then send us your completed form. You must also tick the boxes to indicate which giveaways you wish to enter. You may tick as many as you wish, but entries must be received by 12th November, 2020. One photocopied or handwritten form per person is acceptable. Alternatively, you can enter online at growfruitandveg.co.uk

Which crop features on page 22? of the March issue of *Grow Your Own*?

☐ Apples ☐ Grapes ☐ Brussel Sprouts
(Please tick).

Send your entries to: Grow Your Own, PO Box 443, Ipswich, Suffolk IP2 8WG

- ☐ GARDENER'S BEEHIVE
☐ PRIVATE TOUR OF KEW

Title _____ Forename _____ Surname _____

Address _____

Postcode _____

Telephone* _____ Email _____

Favourite feature this issue _____

Male ☐ Female ☐ * To receive deliveries entrants must provide a daytime contact telephone number

Date of birth DD/MM/YY _____

By entering this competition, you agree to your details being processed by Aceville Publications Ltd (publishers of Grow Your Own Magazine) in full accordance with data protection legislation. At Aceville we don't do spam. We want to keep in touch, but only if you want to hear from us. So we can let you know about what's going on, including our great offers and special deals, please agree to receiving emails from us by ticking this box ☐

We promise we won't share your information with anyone else and you can manage what we send you at any time by following the link to our preference centre at the bottom of any of our emails.

TERMS AND CONDITIONS

This competition is open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per person. The prizes detailed in each competition cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be on the coupon provided or online at growfruitandveg.co.uk/competitions. It cannot be exchanged for cash, or replaced if lost or damaged. Illegible entries and those that do not abide by these terms and conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. CLOSING DATE: 12th November, 2020. Winners will be notified by post, a list of winners will be available in writing on request from Sophie Whitcomb, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex. CO2 8Y



WASTE NOT, WANT NOT

We speak to three RHS students about their innovative ideas for tackling food waste in the kitchen garden

After months of hard work to produce a good yield of crops, many of us have been successful but are now faced with a glut of fruit and veg. RHS Garden Wisley Diploma Students Alex Law and Elizabeth Mooney and RHS Garden Rosemoor apprentice Giselle Silvester share their tips on how to avoid food waste.

Raspberries

If you are lucky enough to have an abundance of raspberries, an easy solution is to freeze them. Alex Law recommends freezing raspberries in single layers before adding them to a suitable container in order to avoid them all sticking together. He also suggests reducing them into a coulis first to save on freezer space; simply take as many raspberries as you like, a little lemon juice and icing sugar to taste, blitz these together and pass through a sieve. This can be drizzled on cakes, added to drinks (e.g. lemonade, prosecco) or swirled through ice cream.

Elizabeth Mooney warns that frozen raspberries may be less sweet when defrosted and advises that a little added sugar might be a good idea.

Chillies

If you love growing chillies but aren't planning a curry banquet any time soon, Giselle Silvester suggests creating a

string, known as a ristra, which is a highly decorative way to dry them out for later use. You can do this using a large needle and a piece of string knotted at one end.

Apples

Apples, and other fruits such as pears, can be stored without freezing. Elizabeth advises checking the fruits to ensure they are unblemished, as damaged fruit will not keep, before storing them in a dark environment with some humidity to prevent shrivelling, and ventilation to prevent rot.

Alex recommends wrapping apples individually in newspaper, and using up any blemished fruit by making a spiced apple cake, puree, sauce, coulis or juice and makes plenty as all of these will store in the freezer.

Potatoes

Potatoes are easily stored in something breathable like a hessian sack, to prevent condensation. They should be kept in the dark somewhere frost-free such as the shed. Elizabeth notes that maincrop potatoes store for longer than new but if you have a glut of new then it is worth trying.

Cabbages

Autumn and winter cabbages and winter radish can be fermented and stored in airtight jars for several months, try either

the sauerkraut way (shredded, salted and seasoned with caraway seeds and peppercorns) or a kimchi-inspired way (seasoned with chilli, garlic, onion and ginger), both are lovely served on the side of a stew or stir fry.

Baking

Alex and Giselle both recommend baking courgettes into a cake as they create a light and moist texture, similar to a carrot cake. Alex also suggests trying your hand at a pumpkin tea loaf or deep and intense beetroot chocolate brownies.

For those lucky enough to have done all of this and still have produce leftover, think about sharing the rest with neighbours.



Do you have any innovative ideas for using up fruit and vegetable produce from the garden? Get in touch on our social media channels now to let us know! We'd love to hear from you.

“

Looking forward to doing more courses. Highly recommend if like me, you want to learn from some very inspirational leaders in their field.

- Anthony

Learning with experts

Online courses to feed your passion

Whether you've got the veg-growing bug or you want to make the most of nature's bounty, Learning with Experts courses offer an unrivalled level of expertise.

Taught in our friendly and private online classroom where you can chat to and get direct feedback from the course tutor.

Book your place at:
learningwithexperts.com



Sally Nex
**Self-Sufficient
Veg Gardening**

This course teaches you to make the most of your garden so you can enjoy the superb flavours and freshness of home grown fruit and vegetables, no matter what the season.



Miles Irving
Foraging

Join Miles Irving, an internationally renowned wild foods expert and author, as he demonstrates the richness and diversity of edible plant life available on your doorstep.



Robinsons
ALUMINIUM GREENHOUSES

More aluminium, less plastic.

Over-engineered and extra-strong, with more aluminium and less plastic, our greenhouses are built to last a lifetime. Manufactured in the UK, Robinsons Greenhouses have been making quality greenhouses for over half a century.

Request your free brochure today | 100 Show sites throughout the UK
t: 01782 385 409 | robinsonsgreenhouses.co.uk