baildon horticultural society

www.baildonhort.co.uk

ALLOTMENT NEWSLETTER FEBRUARY 2021

Editor - Dawn Tinsley **newsletter@baildonhort.co.uk**

Message from the Chair

In writing this piece I was trying to think of something positive to say in these dark depressing weeks, well the nights are getting lighter!

The committee is coping with Avian Flu, the restrictions of the Pandemic, the gathering of rents and membership, financial matters. We are putting our development plans for the sites and Society on hold until later in the year when we have a clearer view of the future and, hopefully, we are all safely vaccinated.

The Allotment Officers are in the process of allocating plots to new members, at least ten at the last count, we welcome them to the world of allotment gardening, I hope your hard work in the next few months will bear fruit (pun!) as we move into summer and that you enjoy the friendship and camaraderie membership generates. I hope to have the pleasure of meeting you over the next few months. You will find most fellow gardeners are friendly types and happy to give advice and support to new plotholders. (The poultry keepers are a more idiosyncratic lot!) Please consider using our shops for your gardening needs,' Every Little Helps' and free compost is available at both sites.

We have two ongoing projects, the provision of solar electricity at both sites and the renovation of the redundant Telephone boxes. I hope to have more information next month.

Happy Gardening.

John Turner

Baildon Town Council have recently agreed to help with funding for solar panels to be installed at Thompson Lane and Charlestown allotment huts.

There have been problems at both sites recently with unauthorised visitors wandering around on both sites and causing damage at Thompson Lane. By having a power supply in the huts it will be possible to install CCTV, security lighting and internal LED lighting in the huts.

Various options for power were investigated but off grid solar photo voltaics (PV) has been chosen as the most cost effective power supply and will be able to meet the power needs at both huts. With off grid solar, power is stored in batteries for use at night. If more power is required the solar systems can be extended to produce extra power.

Current plans are to install the system at Thompson Lane this spring and then learn any lessons ahead of installing a similar system at Charlestown.

Richard Nottidge

Hall Cliffe Community Garden will have some more **free sleepers** available in the Spring. These would make brilliant raised beds or a path.

If you're interested then please message me at *newsletter@baildonhort.co.uk* and I will forward your details to Julia who will contact you with collection details.

ALLOTMENT NEWS

Well our shops have certainly been getting busier as people are planning their spring gardening, we have plenty of free seeds, magazines, plant pots, manure and woodchip at Charlestown, please do come and help yourself.

We're hoping to have a regular supply of horse manure too delivered to both sites in the spring.

We've had several volunteers come forward to help out at Charlestown sales hut next month and I'd like to take this opportunity in thanking Elisabete for all her hard work over the years. Elisabete has lots of plans this year so will no longer be available to help out.

If anyone has too much time on their hands, perhaps some of the woodchip at Charlestown could be used to resurface the muddy paths, there's some weeding that needs to be done at the entrance too!

Thompson Lane – we have rented out 7 plots in December after doing a bit of splitting of plots. We have 18 on the waiting list now.

Charlestown – we have 3 vacant plots due to be let shortly, 3 plots have been let this week, with 16 on the waiting list for garden plots; 3 of those have joined this week. We have 4 on the list for small holding plots.

Thank you so much to all who have contributed to the newsletter and to Robin for his hard work updating our website where you can find lots of information including all the committee minutes:

http://www.baildonhort.btck.co.uk/

Dawn Tinsley

WHY USE PEAT FREE COMPOST

We are now supplying PEAT FREE COMPOST in our Charlestown Sales Hut alongside our original products. **(If compost is not labelled as peat-free, then it likely comprises of between 60% to 90% peat).**

What is Peat?

Peat is a natural product which can't be grown in a laboratory and is made from partially composted mosses & plants in waterlogged acidic bogs. The formation of peat happens very slowly, over thousands of years, growing 1mm per year, which means 1 metre takes 1000 years to form. It's also the first stage of the natural formation of coal.

Why are Peat Bogs Important?

In the UK peat bogs are referred to as our rainforests, this is because of the delicate nature of their composition, but crucially because they absorb and store carbon. It's estimated they store a combined 500 metric gigatons of carbon. They also provide an important habitat for the plants, insects & wildlife which live there.

What's the Issue with Using Peat?

Peat can't be grown in a laboratory and when extracted, the bog is drained so it's no longer waterlogged. Once the bog is drained, it begins to dry out & will eventually die. A dead peat bog will then begin to release its stored carbon into the atmosphere, which contributes to global warming.

So aside from damaging the habitats of the insects & plants which live in the peat bogs, it will also start to release its 500 metric gigatons of stored carbon into the atmosphere.

Dawn Tinsley

Compost **all** of your food waste

The Bokashi bin system

I read about bokashi composting online. With 2 kids who are fussy eaters we do generate quite a bit of food waste so I was really interested in this.

I ordered a starter kit via getcomposting.com which directs you to the products supplied by Bradford Council. It was very reasonably priced - £24.99 for all you need to get started.

What is the Bokashi Bin system.

An effective way of recycling kitchen organic waste. It is carried out in an air tight container using Bokashi as a compost activator.

The Bokashi is a bran-based material that has been inoculated with beneficial micro-organisms which help to speed up the composting process, suppress pathogens as well as preventing putrefaction and foul smells.

Benefits

No smells because friendly safe bacteria are used.

No fruit flies because the process does not require air.

Small & compact so can be kept in your kitchen.

Cooked and uncooked food maybe safely composted in a home compost bin when processed with the bokashi system.

Will re build the soil and will decontaminate soil from harmful pathogens and Pollutants.

Be part of an organic solution by directing food waste away from landfill.

What can be added?

Food scraps & left overs – fruit & veg, dairy products, meat & bones, fish.

Prepared foods – pizza, burgers, baked foods, cakes.

Other organic material – spent flowers, coffee grounds.

How to use it:

Material is added to the bokashi bin.

Bokashi bran is sprinkled on the top of the food material to cover it.

The food material is pressed down using the trowel provided to extract the air from the organic matter.

The lid must be kept shut at all times when not adding material. It is an anaerobic system so the less air the better.

Any excess liquid is drained off regularly using the tap at the base of the bokashi bucket. This allows the material to decompose at a quicker rate.

When the bucket if full leave for around 2 weeks – this allows the fermentation process to commence. Continue to drain off excess liquid.

In the meantime, start to fill the second bucket. When the second bucket is full empty the first and rinse before using again.

The resulting material can be added to a home composter. The material should be spread out and covered with soil/other compostable materials. Alternatively, it can be dug into a trench in the garden and covered over.

Liquid Feed.

The amount and colour of the liquid drained will depend on the types of food added. It should be used within a day or 2 of draining from the bucket. It is highly beneficial and can be used in the following ways:

In the garden – the liquid contains nutrients and is alive with beneficial microbes. Can be diluted and applied to the soil (a teaspoon per 5 litres of water).

In the home – the concentrated liquid can be poured directly into kitchen and bathroom sinks, toilets or a septic system. The bran will help to prevent algae build up and control odours.

I have set mine up & will share the progress with you!

Charlotte Martin

Compost mix for seed germination

Vermiculite is a mined mineral that's conditioned by heating until it expands into light particles. It's used to increase the porosity of potting soil mixes, increase the water-holding capacity and adds calcium and magnesium. **30p per litre.**

Perlite is a mined, sterile, lightweight volcanic rock. When it's heated, it expands making it's particles look like small, white balls of Styrofoam. It holds three to four times its weight in water, increases pore space, and improves drainage. **20p per litre.**

Vermiculite and perlite are both on sale at Charlestown and Thompson Lane and are 100% organic.

The perfect seed starting mix must not be too high in nutrients which can harm delicate seedlings and should not contain too much moisture. Wet conditions can rot seeds and encourage fungal diseases such as damping off. Light and fluffy compost will promote good drainage, strong growth and happy seedlings.

I mix half peat free compost to vermiculite, you may prefer perlite, either will both lighten the mix and improve its air content, the compost slowly releases nutrients into the mix, which will help to feed seedlings as they grow. You can use your own garden compost, leaf compost or purchase some from our sales hut.

Dawn Tinsley

10 remarkable Facts about Honeybees

Image courtesy of Anthony Calvert – Micklethwaite

The more we learn about honeybees the more fascinating they are. They live not as individuals but as a super-organism in a perfectly ordered society and they are in every way adapted to live purposeful and productive lives without wasting time, energy or natural resources. Here are a few glimpses into their complex world:

1. Of an estimated 25,000 known species of bee worldwide, only seven species are honeybees.

2. Honeybees have been on earth, making honey, for about 100 million years. (Modern humans have only been around for a fraction of that time – 200,000 years).

3. Honeybees are unique in storing honey to allow them to overwinter as a colony or to survive lean times. No other type of bee does this.

4. Honeybees pollinate a significant percentage of our vegetables, fruit and flowers. Efficient pollination leads to better cropping, feeding not just people but many animals birds and insects.

5. Honeybees evolved as tree-dwellers and still need to gather the majority of their forage from trees and shrubs rather than garden flowers or wild flowers.

6. Honeybees are vegetarians. They visit flowers to gather pollen (protein to feed their brood) and nectar (carbohydrate for energy) which they turn into honey to feed adult bees as well as to lay down as winter stores. Every year each hive needs to gather around 50kg (110 lb) of pollen and 200kg (440 lb) of nectar just to survive before any honey crop can be taken.

7. All worker bees are female. Male bees (drone) do no work in the hive; their sole purpose is to fertilise a queen.

8. Honeybees' antennae detect sound a vibration and give them an amazing sense of smell, allowing them to detect specific forage sources up to 1.5km (1 mile) away. They also use them as cats' whiskers as a physical gauge of space.

9. Honeybees tend to forage within 4.5km (3 mile) radius of their hive. They can fly farther afield but the energy requirement to do this leads to diminishing returns for the hive. They navigate using a variety of means, including physical land marks, the position of the sun (which their polarising eyes allow them to see even on cloudy days) and a magnetoreceptor in their abdomen that senses the Earth's magnetic field.

10. Scout bees locate sources of forage and return to the hive with samples to share. If the samples are good enough the scouts then communicate the source's whereabouts by "waggle dancing" the directions to their sisters.

Louise Mallinson

Use February to get yourself properly prepared for springtime. The following jobs will set you up for your best growing season yet:

Prepare your seed beds. As long as the ground isn't frozen, you can cultivate beds and start to warm up the soil, with fleece, polythene or cloches, in preparation for sowing in the coming months.

Organise this year's seeds by sowing date. Get hold of a box with dividers, and file your seed packets by the month they need to be sown in. You'll be so glad of this effort in the weeks to come.

Check your tools are sound and your garden machinery is working. Give your tools and equipment the once over and apply a little TLC to anything that needs it.

Blitz perennial weeds in your beds and kitchen garden. Dig them up, roots and all, to get a head start before the weather warms up.

In the flower garden

Cut back shrubs, such as cornus and salix cultivars (grown for their colourful winter stems), down to their bases this will keep the colour in the stems the following year.

Cut back the old foliage from ornamental grasses before growth begins. Clip them to within a few centimetres of the ground.

Prune overwintered fuchsias back to one or two buds on each shoot.

Prune winter-flowering jasmine after flowering, to encourage new growth for next year’s blooms. Cut back the previous year’s growth to 5cm from the old wood.

Trim winter-flowering heathers as the flowers disappear, to prevent plants becoming leggy.

Prune winter-flowering shrubs such as mahonia and viburnum once their colourful display has finished.

Remove faded flowers from winter pansies to stop them setting seed. This will encourage a flush of new flowers when the weather warms up.

Lift and divide snowdrops still 'in the green', if you want to move them or create more plants.

Move any deciduous trees or shrubs that need repositioning now, provided the soil is not frozen or waterlogged.

Remember to keep off the grass when there’s a frost, as the blades are more susceptible to damage.

In the vegetable garden

Start chitting early potatoes — stand them on end in a module tray or egg box and place them in a bright, cool, frost-free place.

Mulch perennial vegetables such as asparagus and artichokes with well-rotted manure or garden compost.

Build raised beds now, before the growing season gets underway. Raised beds allow you to make an early start in the garden; the soil warms up faster and raised beds drain quickly too, so they're a great way to deal with clay soils.

Prepare vegetable seed beds by removing all weeds and forking in plenty of compost. Cover prepared soil with sheets of black plastic to keep it drier and warmer in preparation for spring planting.

Rake lime into acid soils.

Continue controlling against slugs.

Remove yellowing leaves from brassicas, including Brussels sprouts, to prevent brassica downy mildew and grey mould from spreading.

Tidy up vegetable plots, removing any remaining debris.

Robin Weedon

SOW ONION SEEDS IN POTS

Last year I grew exhibition onions from seed in anticipation of taking first prize at our annual show, unfortunately this was cancelled so I will take last year as a trial run and do so much better this this year!

I sow my seeds indoors around *the last week of January first week of February* and move them to my greenhouse once they have germinated.

Fill 8cm / 3in pots with compost (I use a mixture of either home made or peat free & vermiculite), 3cm /1in from the top then place two seeds, evenly spaced in each pot. Gently pat down the compost ensuring they are in good contact with the soil. Cover them with 1½cm / ½in of the compost mix.

Water the pots from below by placing them in a container of water for about 30 minutes.

Until the seedlings emerge they don't need light.

Place the pots in a warmish place, (I use an electric propagator), it will take somewhere between seven and fifteen days for the seeds to appear depending on the temperature. As soon as they appear I move the pots to my greenhouse.

They can withstand temperatures just above freezing but will be affected if the frost last more than a few days.

If more than one seedling appears, pull out the weaker one as soon as possible leaving just the strongest.

As they continue to grow keep the compost slightly moist which will require only occasional watering because the plants, at this stage of their life, absorb very little moisture.

The plants will require hardening off and will be ready to plant outdoors in April or May.

Dawn Tinsley

SOWING LEEKS UNDER GLASS/INDOORS

I sow my leeks indoors in *the second week of February*. I usually sow my seeds in pots because seed trays are not generally deep enough to allow the roots to grow to their full extent by the time they can be transplanted outside.

You need the pot to be 15cm /6in deep as the seedlings will be thinned out to 2.5cm / 1in apart. So if using a 10cm / 4in pot you will be able to thin the seedlings to four in a pot and 20cm / 8in pot thin to 8 and so on.

Fill each pot with compost to about 2cm (¾in) from the top and gently firm the compost down. (I use either my home made compost or peat free composts and vermiculite mixture). Water the pots by placing them in a shallow container of water.

Evenly sow the seeds on the surface of the compost and then sprinkle another 1cm (¼in) of compost over the top. I sow about twice the number of seeds as the pot will eventually accommodate. For example a 10cm / 4in wide pot will be thinned to four seedlings therefore you will need to sow about eight seeds.

Place the pots in a warmish place, (I use an electric propagator).

Until the seedlings emerge they don't need light.

Leek seedlings take from 10 to 14 days to germinate and will appear above the surface looking like blades of grass. You can expect most of the seeds to germinate.

As soon as the seedlings appear move the pots to a position with lots of light. At this stage of their life I move them to my greenhouse, a temperature range of 13°C to 18°C (55°F to 65°F) is ideal but leeks are very tolerant of temperature.

Keep the soil moist but not waterlogged. Every couple of weeks water with a general purpose liquid feed. When the seedlings are about 3cm / 1in high thin out so they are about 2.5cm / 1in apart.

Winter sown leeks should be ready for transplanting in the second week of May.

Dawn Tinsley

A few photos of my plot one year on from today - What a wonderful exploratory and adventurous year .....(for me !!) 13th January 2020 - 13th January 2021

Just a few more photos showing different generations seeing, a lot of hard work and a few seeds bring so much joy in lockdown.

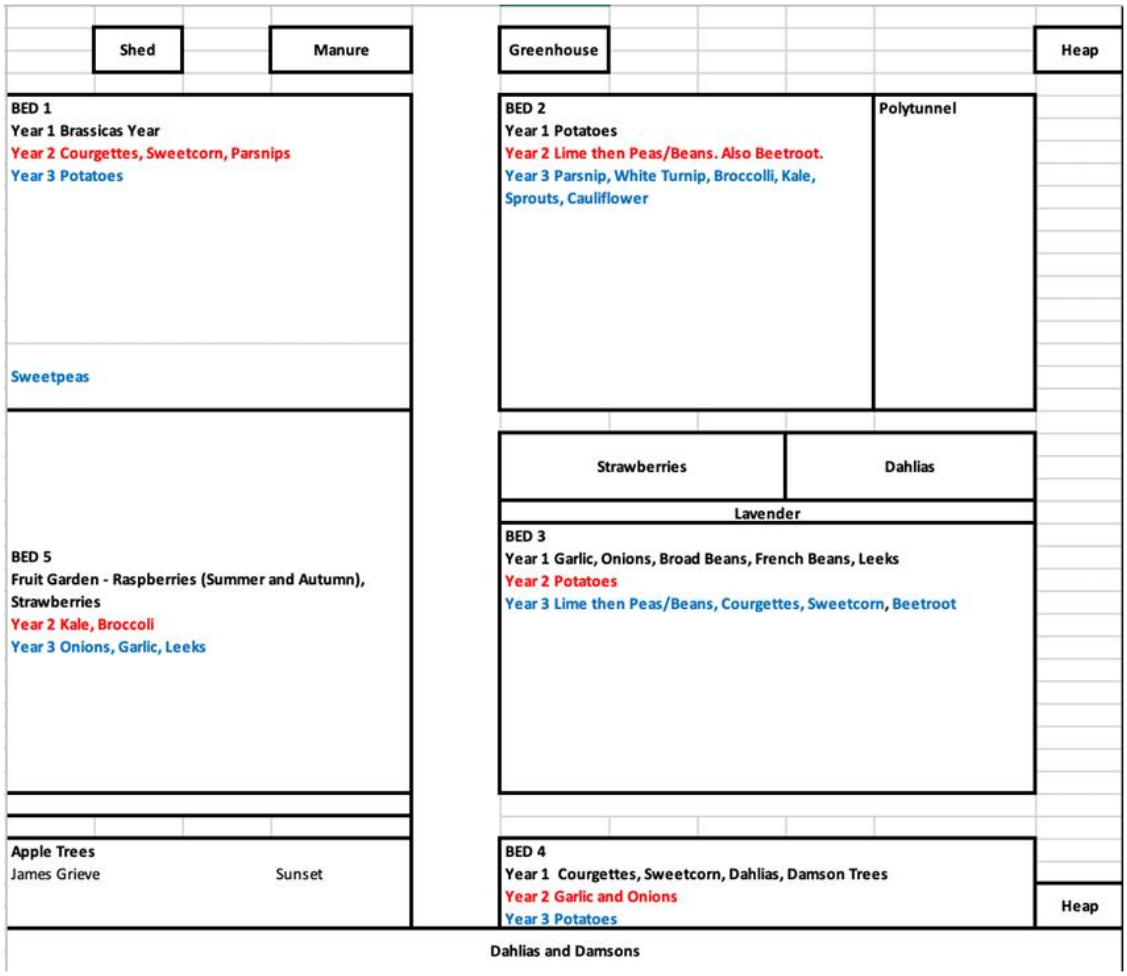
Maggie Melechi

January Notes... by Chris Dearnley

Hmmm… I am sitting in front of my computer, with snow falling outside and wondering what to write about this month! During the year, when there is so much activity, it is fairly easy to pick out something. In these long months of January and February, when there is much less to do on -site, I am going to have to put my thinking cap on! I'll keep dipping in over the next couple of weeks, as my ideas develop…

At this time of year, probably like most of you, my activity moves indoors, with just the occasional foray down to Thompson Lane to continue to harvest remaining Winter vegetables – leeks, parsnips, beetroot, swedes and some kale. In terms of crops - not much else(!) - 2020 has been a pretty good year. There have been some notable exceptions, my white turnips for one, where although the roots *looked* fabulous, inside lurked 'wriggly things', which rendered many of the roots, inedible! The garlic cloves hadn't stored as well as they might, meaning that there were fewer cloves to plant in 2020. This is one of my absolute favourite crops, so this was disappointing to say the least; and I don't know what it is with me & broad beans. I can grow loofahs and persimmons but the humble broad bean…? The least said the better! Oh…and the strawberries weren't too clever either, although I think a few others had a similar experience. Still, as the gardeners' motto says, "Ibi suus semper proximo anno ..." – a rough Latin translation of "There's always next year…" – well, according to Google Translate anyhow. I always think mottos look so much better in Latin…!

I have my new 2021 planting plan open at the moment, trying to work out where things will be



going! Like most plots, mine is still 'work in progress' (when are they not?!) so my rotation system is less easy than it should be! Last year I created a couple more planting spaces by clearing out some old fruit bushes. This left space for other things but interrupted the normal flow of rotation. In 2021, I really need to create a new strawberry bed, freeing up the old and tired bed I have currently. The new bed, which will consolidate my fruit into a more defined area, is where I grew onions and leeks in 2020, so the normal following on of potatoes in that bed, will need to go elsewhere; and so on…! Still, with 'allotmenting' being a 'Covid' approved activity, I and no doubt all of you, see this as a pretty good 'problem' to have. We are so fortunate to have the spaces we do, to keep us sane – well, sane-ish!

Another file I have open at the moment is a performance record of each of my crops. It is so easy to forget, year on year, what did well and what didn't. Here are just some of my notes:

Aubergine	Black Beauty	Seed Ordered - 30.1.20	Delivered - 1.2.20	Sown - 18.2.20		Pretty good crop but not as good as last year. However, there were enough for us. Strangely, the fruit this year were more greeny mauve than black!
Sweetcorn	Swift F1	Seed Ordered - 30.1.20	Delivered - 4.2.20	Sown Blood, fish and bone on bed		Some nice cobs. Rats got to a few just before harvest but managed to freeze a good dozen.
Parsnip	Gladiator F1	Seed Ordered - 30.1.20	Delivered - 1.2.20	Sown 4.4.20		Ah ha...! Sown in the ground for the first time. Lovely, large parsnips!
Beetroot	Detroit	Seed Ordered - 30.1.20	Delivered - 1.2.20	Sown 25.3.20		Another good year for beetroot. The beets were much larger than last year, more like swedes!
Broccolli	Ironman	Seed ordered - 7.2.20		Sown - 29.2.20		Excellent, with side shoots continuing to grow well into October.
Kale	Dwarf Green Curled					Excellent yield
Sprouts	Crispus F1					4 planted. Very good yield.
Beans	Witkiem	Seed Ordered - 30.1.20	Delivered - 4.2.20	First 20 sown - 6.2.20	Second batc	Disappointing yield.
	Crimson Flowered	Seed Ordered - 30.1.20	Delivered - 4.2.20	First 20 sown - 6.2.20	Second batc	Disappointing yield.
	Climbing French Beans - Blue Lake	Seed Ordered - 30.1.20	Delivered - 1.2.20	Sown 25.3.20		Good yield. Unable to pick them all to freeze as there wa so much of everything else!
Peas	Sugar Snap - Delikett	Seed Ordered - 30.1.20	Delivered - 1.2.20	80 peas sown in trays - 20.	Second batc	Just a small number of seeds planted, so the number of pods was small. Need to plant in the hundreds for bigger yields!
Potatoes - First Early	Foremost			Chitting started 6.2.20	Planted - 4.	Great yield. Good sized tubers which lasted several months.
Potatoes - Second Early	Sarpo Una	Ordered - 30.1.20	Delivered - 7.2.20	Chitting started - 18.2.20	Planted - 8.	Good yield.
Potatoes - Main Crop	Sarpo Mira	Ordered - 30.1.20	Delivered - 7.2.21	Chitting started - 29.2.20. Plant mid Apr		Good yield.
	Setanta	Ordered - 30.1.20	Delivered - 7.2.22	Chitting started - 29.2.20. Plant mid Apr		Good yield.
	Desiree	Ordered - 7.2.20		Chitting started - 29.2.20. Plant mid Apr		Good yield.
Salad Leaves	Mixed Spicy	Seed Ordered - 30.1.20	Delivered - 1.2.20	Sow in succession Feb onwards		Did well in grow bags. Did not plant any in the ground. Should really have planted more in succession but there was so much else...!
	Lettuce - Robinson	Free Seed	Delivered - 4.2.20	Sow in succession Feb onwards		None planted.
Radish	Scarlet Globe			Sown - 20.3.20		Good yield with successive plantings.
Sunflower				Sown - 20.3.20		Great plants/flowers again.

I am an avid recorder of 'all things allotment' – you have probably noticed! – however, having my phone camera with me at all times, means that I can compare visually, progress (or otherwise) throughout the year, against similar crops in previous years. For example, I know that I need to prune the grape vines in January and my phone camera tells me I did this on 18th Jan in 2020. I could have noted this down somewhere but it's so easy just to take a pic which, as they say, "speaks a thousand words…"! It is amazing how useful this can be and is also a reminder how different weather conditions, in different years, can affect the same crop!

Similarly, taking a picture of an insect I spotted in the polytunnel one day – I thought it looked interesting(!) – enabled me to identify it as a vine weevil, which led me to various ways to tackle a creature that can wreak havoc, if not checked.

I moved plots in 2018 and once again took some initial photos, so that I could remember what things had looked like at the beginning. I would never have remembered how things had been, otherwise! As the plot develops, I try to take photos from roughly the same place, so the changes can be seen.






I went down to the polytunnel yesterday (14th Jan) to check on a few things and to gather some more veg. I gave the potted fruit trees a tickle of water as they were looking quite dry on top. I didn't want to give them a lot, particularly as there have been some freezing temperatures recently but when the sun does come out, it is amazing how warm it can get in there. It's always a tricky balance! The peach tree is already showing the early signs of budding – last year it was in blossom at the end of February (I have a pic to prove it!) – so I will need some protection around this over the next few days. In 2019, it suffered from a really bad attack of red spider mite, which decimated the fruiting wood for 2020. As a result, only 5 peaches set last year, from the limited amount of blossom; but plenty of new growth emerged. This new growth will be the fruiting wood for 2021 and as at now, it looks as though there will be a lot more blossom than last year – a good sign, although I mustn't count my blossoms…!

I planted a lot of strawberry runners in 2019, using the spent grow bags from the previous year's tomatoes. These fruited well in 2020, even though it was their first year. As I mentioned earlier, the outside crop was very poor, so having the ability to

better control the environment inside, certainly helps! I will bring plants inside again the next time I am down, to try to get another early crop. I am hopeful that as this will be their second year, there will be more strawberries per plant – and bigger ones too! There is already some new growth showing. The runners planted in 2020, are still in pots, waiting to be transferred into the spent grow bags from last year until I have sorted the new strawberry bed.

As well as the new growth showing on some strawberries in the polytunnel, there are other signs in there of the coming Spring – albeit a way off yet! The fig trees are all starting to push out new shoots and here and there can be seen tiny, embryo figs, which will swell through much of the year until harvest time. In November, I brought my potted plum tree, (var. 'Opal') into the polytunnel for some protection and the number of shoots showing, suggests that this year might just be the year for a good crop! The potted cherry also looks to be carrying a lot of fruiting buds. I am also excited for the newer potted trees, the persimmon, which had 4 good sized fruits on it in 2020 – probably 4 more than I was expecting from a tree common in the South of France…but in Baildon?! The kiwi vine (var. 'Jenny') and the 'bite-sized' kiwi (var. 'Issai'), both new last year, should look to fruit in another 3 years or so.

I started the garlic in large cells this year, as I wasn't sure where in the plot this was going go and it is now more than ready for planting out. As I was really pleased with the size of the cloves in 2020, I have gone for the same 'hardneck' varieties as last year – 'Carcassonne Wight' and 'Lautrec Wight', both good croppers and really flavourful.

With the snowfall in the middle of the month, I was expecting the ground to be a lot more waterlogged than it turned out to be, once the melt was under way. However, although the ground still looks heavy, I have no standing water and with the days lengthening, I can't wait to get going once again!

Chris Dearnley, Thompson Lane, Plot 11E/W

READERS RECIPES

Roasted Leek and Carrot

Ingredients

6 carrots
3 leeks
15g (½ oz) unsalted butter
100ml (3½ fl oz) dry white wine
1 tbsp honey
4 sprigs fresh thyme
Salt and pepper, to season

Method

Preheat the oven to 180°C (350°F, gas mark 4). Peel the carrots and leeks. Cut into big chunks and place in a large baking tray.

Cut the butter into small pieces and scatter over the vegetables. Add the dry white wine, honey and 4 sprigs fresh thyme. Season with salt and black pepper, then stir well to combine.

Roast for 40 minutes, stirring occasionally, until the vegetables are tender and charred around the edges.

Julie Pickard

Roasted Broccoli with Parmesan

Ingredients

Broccoli, cut into florets of even size
Olive oil
Lemon juice (optional)
Salt
Garlic, minced
Freshly ground black pepper
Parmesan cheese, or to taste

Method

Preheat oven: Preheat oven to 425°F (220°C).
Toss broccoli and garlic with olive oil, lemon juice and salt, arrange in a single layer on baking sheet and roast for 16-20 minutes.
Toss with Parmesan and black pepper.

Rebekah Pawlowycz

Have you seen these two cats at Charlestown?

They appear to be intimidating plotholders for food!