THE LAND OF COMMON SENSE



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Braised red cabbage

Recipes that work there is nothing more warming and seasonal than braised red cabbage.

Thanks to Rachel for sharing her recipe here. Last year she preserved a load in hot sterilised jars "and it lasted for a good three months," she says. "But I'm making it again this year-the whole family ove

1 small red cabbage 1 onion chopped 1 oz. butter 1/4 pint red wine 2 tblsp balsamic vinegar 3 tblsp soft brown sugar 2-4 eating apples peeled, cored & chopped A strip of orange peel 1 teasp cinnamon Salt & pepper (Optional – 1 garlic crushed, 1/4 teasp ground cloves.)

That beautiful colour of red cabbage contains anti



-oxidants that could protect you against developing cardiovascular disease, cancer, neurological disorders and diabetes. The fibre is also great for gut health, including encouraging beneficial bacteria.

Source: www.bbcgoodfood.com



What to do?

Soften onion in butter. Shred the cabbage, discarding the white core. Put cabbage, onion and all other ingredients into a fire-proof casserole.

Stir to mix & cover tightly - foil + lid. Bake in oven at 160° for 2 hours.

Check half way through cooking and if dry add a little wine or water.

Don't forget-a fun day planned in the polytunnels

26th October—it's a Tuesday-we're going for a final harvest and a good clean out!

Saturday's Meeting

Eighteen people filled the field this week at the Saturday Morning meet-up—it must have been the mild weather or everyone just following the cyclists as a lot of lycra seemed to be going right towards our roadside stall! Either way, it was our biggest turnout for a while—and included representatives of the younger generation. Yay!

See abundance in the wheelbarrow, below.



Suggestions Box

Tidy stall-growing compost

Several people have been suggesting stripping off yellowing leaves and outer cabbage leaves (caterpillar parties evident) for produce going on the stall—and using it to build up the compost pile on the inside of the hedge. Seems like a win-win situation as we will be needing compost soon through the winter. for the Great Return (to the original field) and it will help keep the roadside tidy.

Which leaves to pick?

Several of the 'greens' in the field are still growing from the central growing tip. If the plant is on its last legs pick what you can, but if you think there is life in the old dog yet, please pick lower leaves only and we'll see if that little growing tip can take us

The judgement is yours!

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Luscious leeks—
the new season is upon us.
(Look out for Jude's leek recipe
in the next issue!)



Hens Report



Our 19 hens are laying 13 eggs a day, and earning their keep @ £1.50 dozen. Thanks to Josh for all the strimming work so we can now see the hens (no more hiding in the long grass at bedtime!). We are sure the girls would also like to thank Pam and Sally for their new waterproof roof. Mickey their sheep bestie remains photo-shy—but we'll get him next time.

A market stall in town?

The roadside stall has gone from strength to strength but what about the abundance of crops still in the field—and those residents in town who have no transport (or time) to drive out to the Wolds in search of fresh organic produce?

Jude has been looking into the possibility of having a market stall—and it could be feasible if enough of us were interested.

This was how the Wolds Market Towns originally emerged afterall, local food being sold to local people....

ELDC market stall regula-

tions are:

- Farmers' Markets
 (Horncastle, Louth,
 Spilsby) are on week-days—which might not work for us?
- Louth and Horncastle have Saturday markets.
- 'Casual' traders do not need to have a stand every week.
- £15 per stall/pitch for the first 3 months then £18

Would we like a brand image if we had a market stall—or do we already have one?



- Trading hours at Louth are 9.00 to 4.00.
- Casual traders book and pay for pitches on the Friday of the preceding week and can only book and pay for one week at a time.
- Casual traders are required to purchase a standard stall cover.
- All traders need Public Liability/Indemnity Insurance approx. £50 per year (need to check this)

"Let's hope they have similar offers next year!" says Jude.

What do we want to grow in the field in 2022?

Instead of discussing round a table with someone on the computer taking notes we continued as we meant to go on last Saturday—talking and planning on a glorious October morning with the earth under our feet, breathing in the freshest organic air in the Wolds!

As we forked up the carrots, snapped off crisp kale leaves, and loaded Sally's wheelbarrow with chard, leeks and beetroot, our wishlist for 2022 began to take shape:

"Potatoes, I'd like potatoes."

"Yes, new potatoes!"

"Swiss chard..."

"More carrots and parsnips than this year."

"French beans and broccoli. Spinach, I don't remember spinach this year."

"Cavalero Nero kale, leeks, beetroot, cabbage, courgette, pumpkin—and artichokes!"

"Sweet potatoes..."

"Hhhmm, they might need a polytunnel..."

"Red onions and rhubarb"

"Ooh rhubarb!"

"Oh yes, some perennials and what about flowers?"
"Does anyone know how we can use those gladioli again? They were amazing."

"Sunflowers! They were glorious last year, and the birds loved them."

"Lavender, marjoram, curry plant..."

"Parsley. Celery?"

"We should see what seed the Seed Cooperative might like us to grow..."

The Rota





Send any changes to the rota to: Doncomfarm@gmail.com

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Refresh stall	An- drew	Pam/ Sal	Jo	Rach	Ali (Wed. night)	Lee	Every- one!
Hens	Pam	Pam	Pam	Pam	Pam	Pam	Pam