THE LAND OF COMMON SENSE



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An occasional newsletter from the Community Farm at Donington-on-Bain Contact us at Doncomfarm@gmail.com or text 07388 671264

Ever wondered what to do with a green tomato?

We did promise Jude's leek recipe this issue but because of a conversation in the polytunnel (where strong green tomatoes were the only vibrant life amongst the wilting 'everything else') we decided this delicious green tomato chutney recipe is not only quite timely, it could help you with your Christmas presents!

2½ lbs green tomatoes (cored & chopped) 1¼ cups brown sugar 1 cup chopped red onion 1 cup golden raisins 1 cup cider vinegar 2 tblsp chopped/candied ginger 1 tblsp mustard seeds 1 tspn each: chili pepper flakes, fennel seeds, salt ½ tspn ground allspice



What to do?

Sterilise the jars. Put all ingredients into one pot and cook 45 mins. Bring to boil, cover and simmer 45 mins. Taste and adjust seasonings. Fill jars to ½" from rim and add lids. Put jars in pot and cover with 1" hot water. Boil for 15 mins. Cool and store. Easy peasy.





1/8 ground cloves

1 cinnamon stick Pinch ground nutmeg

Did you know, green tomatoes are good for varicose veins?! They are also rich in Vit A (combats free radicals), C (strengthens antibodies), K (against cancer cells), B6 (immunity and preventing bad bacteria) and other things like copper and potassium). Source: https://www.healthbenefits times.com/green-tomatoes/

Action research yields results

Pam, Jude and Alison had a go at active research in October—would local small businesses like our veg? Looking at the abundance of beetroot, cabbage and

leek mid-October, they decided to approach some local greengrocers in Louth and Market Rasen.

In Louth, outlets already had their suppliers and they were informed the market for organic was too small, although Pam generated some interest in local hostelries.



She also had more luck in Market Rasen where there was interest from the grocer even though he already had a one-stop wholesale market for all his needs.



An idea has taken off, however, with The Green Pantry in Market Rasen. If anyone wants a veg box, they can order on a Friday and pick up at the shop on the following Monday.

Thanks to Pam for delivering. If you want to help please call or email.

Picture of Alison with nutritious samples—on a fun but unsuccessful mission. (We all have to be in photos from time to time in the spirit of community, so I hope this one comes out OK, Ed....)







Hens Report

Hens laying well.

We did promise a photo of Friend of the Hens, Mickey the sheep, in the last newsletter. Unfortunately this will not be possible because she has moved onto greener pastures (couldn't resist that one! Ed.)



The Great Clean Out

Way back in October a team of intrepids began to clear out the polytunnels. It had not been a good year for aubergines—until Pam found her future moussaka in the jungle of aubergine undergrowth!

Thanks to Gemma, Jo, Harriet, Sally and Pam for their hard work. There is still more to do though so send a text to the Farm Fone 07388671264 if you want to offer help for the second polytunnel clearout.



The field in 2022 and beyond

Incorporating ideas from members of the Community Farm, a possible field design has emerged but it is far from finalised so suggestions welcome....

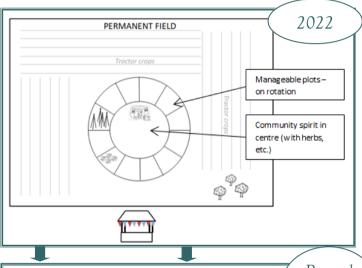
We expect it to evolve with the years as both a happy place to be and a great place to grow (and possibly cook) a variety of healthy food.

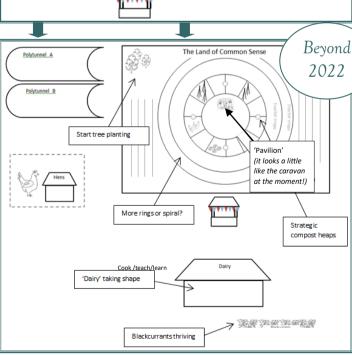
Later, perhaps a pond and wildlife area, maybe bees?

The first step is to find a day when we can all take a stick and go to our future field to identify the centre and mark out the first circle.

Gather your ideas, reflect on what you see. This plan is not written in stone, but the idea at the moment is for it to develop radially as the years go by. All thoughts and people will be needed.

We hope to get a better image that is easier on the eye than a computer-generated one any volunteers?





Seed wish list (put together from individuals who were in the field that day...). Do you want to add to it?

Artichokes Beetroot Broccoli Cabbage Cavalero Nero Celeriac Celerv Courgette Curry plant French beans Gladioli Kale Lavender Leeks Marjoram Onions (red)

Parsnips Parsley Potatoes Pumpkin Rhubarb

Spinach Sunflowers Sweet potatoes

Swiss chard Perennials / flowers

This is the wishlist for 2022. We hope to complement but not duplicate whatever is grown on the Estate.



The Rota

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Refresh stall	Andrew	Pam/Sal	Jo	Rachel	Ali (Wed. night)	Lee	Everyone!
Hens	Pam	Pam	Pam	Pam	Pam	Pam	Pam