

THE LAND OF COMMON SENSE

No. 12

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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

Fresh ingredients from the field

The subtle tastes of the field courgette

This Courgette Slice from Pam was so tasty it didn't last long enough for her to take a photo—now there's a recommendation!

375 g of grated courgette, 1 large grated onion, 1 cup grated cheese, 2 rashers chopped bacon, 4 eggs, $\frac{1}{3}$ cup of oil, 1 cup self-raising flour, pepper, salt herbs.

Mix first four ingredients together in large mixing bowl. Mix the flour thoroughly into the four ingredients. Whisk together oil and eggs. Add to the ingredients in a large bowl and mix well and season.

Grease a baking dish, big enough but not too deep. Place ingredients into it and cook at 180° until lightly brown.

Slice into squares while still warm; can be eaten hot or cold with salad and new potatoes.



It looks like Helen took advantage of the 30°C in Louth on Sunday and was cooking up courgettes outside.

"Gently fry in butter and olive oil," she says, "with a touch of garlic and fresh chilli and a dash of soy sauce—yummy."

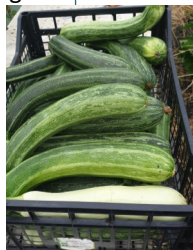


Broadbank, Louth



Thanks for the photo Alison

pesky customers had taken the lot before she had chance to pick up a couple for her tea.



A small sack of courgettes went to The Priory in Louth this week—they're the folks who set up the Neighbourhood Kitchen during the lockdowns—a project which has continued to run.

Cabbage White Butterfly

More romantically known as the Summer Snowflake, the Cabbage White Butterfly needs to live but it's hard not to want its caterpillars to take just a little less food, and leave a some for us. They can decimate a field of cabbage.

The female (2 black wing spots) can lay 600 eggs a year (are you scared yet?). Inter-cropping with onions or garlic, or planting herbs like rosemary, thyme, mint, marjoram, sage or dill can protect cabbages to a certain extent. Planting nasturtiums, which they love, can also attract the butterflies away from a crop, acting as a sacrificial plant. Gardeners can use bird-feeders in winter and nest boxes in spring to encourage insectivorous birds. All possible ideas for us for next year.

If you want to observe their behaviour, look out for its...

Continued overleaf

Get your veg before it disappears

Field fresh produce on both the Donnington and the Louth stalls is disappearing as soon as it goes out, according to Pam and Alison. Sally can also testify as much as she saw new potatoes on the roadside stall but those



Roadside, Donnington

(Above) Researching the best way to prevent wilting in the summer sun—standing in pots of water?

(Below) Rachel filling the stall: "Such a bountiful array of colours this year."



Thanks for the photo Rachel



Field Alert!

Cabbage White butterflies are now in the field.

FIELD REPORT

Frank's in a pickle



"I just lost my head with the pigeons and crows!" he sighs. "I should be more mindful."

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Cabbage White mating game

...fascinating spiral flight. When a female is not interested in a male, they circle each other, flying higher and higher until the male loses interest and drops to the ground.

Sources: www.horticulture.co.uk; www.bbc.co.uk/gardening; www.gardenswithwings.com; www.ukbutterflies.co.uk

WHO IS DOING WHAT ELSEWHERE?



This must be how they controlled the Cabbage White Butterfly at Wakelyns Farm, Norfolk. Kate and Alison went to learn how to bake sourdough bread with heritage wheats. The bakery had a community-supported agriculture project attached (with 3 full-time staff).

Squash / pumpkin

Dwarf sunflowers



Harriet and Alison have been lifting potatoes from a secret location...



A field map



Still going with the hoeing



Sunflowers speak for themselves.....



Go for it Jo!

Jo thought of us when she saw this painting hanging up in an art gallery in Ghent, Belgium, during her holiday. Two watering cans at a time, with plenty of gusto in his step —who's up for a watering can challenge?

CORRECTION from last issue

I lied! I wanted to be in the newsletter—but it was the tups in the field, not me!



WE'RE A PROJECT IN THE MAKING —COME AND CREATE THE FUTURE WITH US