

Previous newsletters and more articles can be found on our websites:
nhaha.org.uk
AND nnr-allotments.org.uk

**TRADING HUTS
OPEN
Sundays
10am to 12 noon**



REMINDER
Plants for sale at
New North Road.

Water Safety



During dry weather everyone will be busy watering their crops. The tanks on site are automatically refilled, but remember that the water in the tanks stands in the open for long periods. It is therefore susceptible to all sorts of contaminants. As well as not being safe to drink, it is advisable not to use the water from the dipping tanks to clean vegetables that are to be eaten without cooking – such as lettuce. Please think about how you use the water from the dipping tanks – in order to keep it as clean as possible. Do not wash your tools, pots, boots, hands or other dirty items in the tanks. Be careful too if you bring young children onto site – make sure they do not play around the tanks or use the water inappropriately.

Children at the Allotment

"My children don't want to come to the allotment, they find it boring."

Would you want to stand around watching your parents digging, planting or weeding? Children need to be 'doing' something so why not give them a patch on your allotment that is all their responsibility? Let them grow whatever they want on their piece of land. Are your children always attached to their phone, tablet or computer? Give them a very important task – can they find out the best way to grow tomatoes, what to do about slugs or which fertilisers to use to make your plants grow well? Set your children a challenge – give them some pumpkin seeds to grow their own Halloween decorations.

Visitors at Tomswood

On Wednesday 24th May 2017 two classes of 4 & 5 year olds from Mossford Green Primary came to visit the allotments at Tomswood. They are studying *Oliver's Vegetables*, a book by Vivian French and Alison Bartlett, so their teachers wanted them to see how vegetables are grown. Four plot-holders volunteered their time to show the children around. Everyone enjoyed themselves and the visit was a great success.



Did you know that active gardening is second only to weightlifting for helping maintain bone density? But do remember that allotment gardening can be heavy work – look after your back and lift safely. Do not try to do too much.

Research has proven that being out of doors and gardening can benefit anyone with stress, anxiety, depression, sleep disorders and chronic illness. The activities of gardening also help to maintain memory in people suffering from Alzheimer's and Dementia.

123456
78910

Numbers

Have you displayed your number on your plot?

Remember the stewards will be looking for the three most creative numbers.

Accidents

Accidents on site should be reported to the site stewards as soon as practicable for entry into the Site Accident Book. Be aware of the location of the "site" First Aid Kits (see site noticeboards). The Management Committee are working on a Health & Safety Policy for our Association.



MANURE

There are various stables nearby where you can collect manure free of charge. But do not be tempted to put it straight on the ground. For a variety of reasons, manure needs to be well-rotted before use, so put it in your compost bin!



Volunteers Always Needed
Can you spare some time to help?

Contact the Committee

Email:

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