



The People's Community Garden Newsletter February 2010

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Check out our website: www.townandbridge.org.uk/garden

Dates for your Diary:

Saturday February 20, 10am to 3.30pm

Living Willow Weaving Workshop with Ric Staines. Cost £12.50/ £10 existing volunteers. **Free** to those on benefits. Dress up warm and bring secateurs to learn how to make original structures for your garden. Booking essential

Monday 1 March 2.00pm

Committee Meeting in Garden Cabin

Please join us in helping run this fantastic resource. Your garden needs you!

Fridays 23 April – 2 July, 10am-12.30pm

FREE Spring Gardening Course with Ric Staines **10-week OCN accredited**. This is a practical course on gardening basics, showing you how to get the most out of your plot/ garden, and grow your own food cheaply and easily. You will also gain a qualification to prove your skills gain. Booking essential.

Thursdays 22 April-27 May, 10.30am-12 noon

Garden HOE 2 with Lindsay Bennett. Our popular **FREE** Garden workouts restart. Including nutrition, garden circuits, power walking, pilates, how to lose body fat, flexibility and stress management, stretching, meditation and relaxation techniques.

Saturdays 24 April, 19 June and 18 September

Herbaculture with Dan Wheals: Growing and using herbs

Saturday 8 May: Clay oven building with Dan



Never mind the weather: 350 Stop Climate Chaos cyclists arrive at Garden for our Open Day on 24 October, to help launch our wind turbine and enjoy the fun

SIGN UP: If you would like to book your place on one of our **FREE courses**, please call **Susannah on 07530 407302**. For more information what's on in the community garden, visit www.townandbridge.org.uk/garden

Vegetable Games 2010 Saturday 24 July

This year we launch our fantastic growing championships, warming up to the Olympics in 2012. Get in touch to find out how you can join in and compete in traditional and **extraordinary** categories. Or grow a 5-a-day plate. Or try juggling turnips and beat the root in our community sports. Drop into the community garden to get your free packet of competitor seeds!

Ipswich and District Council For Voluntary Service

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Tulipmania! Committed volunteers Catharine Howard and Adrian Roper do a brisk trade at our seed stall on 24 October, while **below**, Dan sells bulbs to another **amazing** volunteer Roy and friend



Patchwork gardening

Would you like to garden but don't have space at home or time to keep on top of the weeds? Would you like to know your muck from your fertiliser, how to sow seeds, prick them out and pot them on? If so, we can help you. You can tend a patch of community garden – as much as you feel you can take on - and we can give advice, lend tools and offer a cuppa. You may be a young family with children, or an older person who needs a hand. **Please contact Susannah on 07530 407302 if you would like to join this growing project.**

Happy New Year

A rather belated greeting from the community garden, where we have battled all weathers to keep the poly-tunnel from collapsing under snow, and followed deer tracks to gaps in the hedge! It's been fun, but hard to keep warm without retreating to the cabin now and again for a cuppa and some of steaming soup – cream of brussels sprouts was the smelliest! We now have two new members of staff:

Steven Phipps is whipping the site into shape with some fantastic construction work – come along if you would like to help him make a wood store and build timber surrounds for our Patchwork Plots.

These are proving a great success, with several young mums signed up with their toddlers. **Becky Halls** is our new trainee gardener, who has bags of enthusiasm and is keeping you up to date with the garden via our **Blog – check it out on the website.** We extend **huge thanks** to all our trusty volunteers who help keep the project going. There is a real feeling of camaraderie and friendship developing - and a growing sense of optimism as spring bulbs peep through. Local lady **Linda Cleave deserves a special mention:** she helps in the garden twice a week, come rain or shine – a huge source of inspiration to us all. **Thank you Linda!**

Calling all teachers: join in **FREE RHS training** on 18/ 22 March for tips to take back to school.

Join in Ric's special willow tunnel repair day: Fri 12 February

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WE NEED MATERIALS: Timber, commercial kitchen sinks for hand/ tool wash, cover material (tarpaulin, sail etc) for our Welcome Space, plants cart – GET IN TOUCH IF YOU CAN HELP! Thank you

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