



# CALENDAR 2013



Spring Blossom





Snowy view across the valley

### Spicy parsnip soup

serves 4

1 large onion, peeled & roughly chopped  
2 cloves of garlic, peeled & roughly chopped  
1" piece of fresh ginger, peeled & roughly chopped  
6 parsnips, peeled & chopped into chunks  
knob of butter & olive oil  
1 tbsp garam masala  
1 pt milk or coconut milk  
1¾ pts vegetable stock  
sea salt & freshly ground black pepper  
1 fresh red chilli, deseeded & finely sliced

**Optional:** a handful of fresh coriander leaves



Heat a splash of olive oil & the butter in a large pan. Add onion, garlic, ginger & garam masala. Gently fry for around 10 mins, until the onions are soft & sweet. Add chopped parsnip & stir together well. Pour in the milk & stock, season well & bring to the boil. Then simmer for 30 mins with a lid on. Once parsnips are cooked, carefully whiz up using a hand blender. Season to taste. Serve with a sprinkling of sliced red chilli, a few coriander leaves if you like & crusty bread.

### Chocolate beetroot cake

Serves 8-10

1 large cooked beetroot, about 6 oz, roughly chopped  
7 oz plain flour  
4 oz cocoa powder  
1 tbsp baking powder  
9 oz golden caster sugar  
3 eggs  
2 tsp vanilla extract  
7 fl oz sunflower oil  
4 oz dark chocolate (not too bitter), chopped into pieces  
2 oz chopped nuts

**Optional icing:** any dark chocolate icing recipe



Preheat oven to 190C/375F/Gas 5.

Finely chop beetroot. Add a pinch of salt & the rest of ingredients, except the oil, nuts & chocolate. When completely mixed, add the oil in a steady stream, as if making mayonnaise. Stir in the chocolate & nuts. Turn the mixture into a lined 2 lb loaf tin. Cook for 1 hr, until an inserted skewer comes out practically clean. Leave to cool on a rack. Serve in slices with crème fraîche or clotted cream.

Sunnyside Allotment Society

# JANUARY 2013



*A warm January, a cold May.*

*The smooth days of January will be paid for in February and March!*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
	New Year's Day					
7	8	9	10	11	12	13
						SAS working party
14	15	16	17	18	19	20
21	22	23	24	25	26	27
		SAS Committee meeting				
28	29	30	31			





Winter dug plots

### Leek pie

1 lb ready-rolled puff pastry

2 oz butter

1 lb leeks, trimmed, sliced, washed & drained

3 oz cream cheese

4 tbsp double cream

pinch grated nutmeg

1 tbsp chopped chives

1 tbsp grated Parmesan

1 egg yolk, beaten

Preheat the oven to 200C/400F/Gas 6 & place a flat baking tray on the middle shelf. Cut pastry into 2 equal parts, then gently roll into slightly thinner 25cm squares. Put one onto a lightly buttered baking sheet, cover with the plastic wrapping & put the other pastry square on top. Chill for 30 mins.

Melt the butter in pan, add leeks & cook for about 20 mins, or until soft. Mix together cream cheese, cream, nutmeg & chives in a bowl. Stir in leeks & leave to cool. Remove the pastry from the fridge & set aside the top sheet on the plastic wrapping. Spread the cooled leeks over the pastry base, leaving a 1" edge uncovered. Scatter with Parmesan & paint the edge with the egg yolk. Form a lid with the other square of pastry & allow the edge of this to flop down onto the bottom layer. Press together lightly. Brush the top with more beaten egg & press the edges together with a fork; trim the sides to neaten.

Make a few small cuts in the centre of the pie to allow steam to escape. Decorate with the point of a knife, in a criss-cross pattern. Slide the pie on the baking sheet into the oven on top of the pre-heated tray. Bake for around 35–40 mins or until golden brown, puffed & crisp. Allow to cool for 10 mins. Cut into wedges & serve.



Sunnyside Allotment Society

# FEBRUARY 2013



*If Candlemas Day be fair and bright, winter will have another flight,  
If Candlemas Day be cloud and rain, then winter will not come again.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
					Candlemas Day	SAS working party
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	Shrove Tuesday	Ash Wednesday	Valentine's Day			
18	19	20	21	22	23	24
25	26	27	28			





Allotment warming party



New path—before and after





### French onion soup

Serves 4-6

1½ lb onions, peeled & thinly sliced

1½ oz butter & olive oil

2 tbsp flour

3 pts litres beef stock

1 glass of white wine

baguette to toast

Gruyère or Emmenthal cheese



Leave onions to soften in butter & a small glug of olive oil over a low to medium heat. Stir regularly. They are ready when soft, sticky, sweet & deep gold in colour. A pinch of sugar may help onions caramelise. Stir in flour, cook for 3 - 4 mins, then pour in boiling beef stock & glass of white wine. Partially cover with a lid & leave to simmer for a good 45 mins.

Season, ladle into deep, heatproof bowls, place several thin slices of toasted baguette on to each, then cover with thinly sliced Gruyère or Emmenthal. Bake in a hot oven for 20 mins or grill until the bread is toasted & the cheese has melted but not browned.

*The onions could be roasted in the oven to give a more concentrated sweetness. Red onions produce the sweetest version of all, so you might like to add thyme & bay as a balance. Parmesan in place of Gruyère produces a less fatty but just as tasty crust.*

### Sunnyside apple traybake

1 lb dessert apples, cored, peeled & chopped

juice of ½ lemon

12 oz self raising flour

2 tsp baking powder

12oz caster sugar

4 size 3 eggs, beaten

1 tsp vanilla essence

8oz butter or margarine—melted & cooled



Set oven to 180 C/350 F/Gas 4. Grease & line the base of two 8x8" roasting tins with greaseproof paper. Sprinkle apples with lemon juice. Sift the flour & baking powder in a large bowl. Stir in sugar, beat in eggs, vanilla & fat. Add apples & stir to coat them all. Spoon mixture into tin. Cook for 1-1¼ hrs until golden. Serve in squares hot with custard/cream or cool, turn out, remove paper & sprinkle with sugar before cutting into squares.

## Sunnyside Allotment Society

# MARCH 2013



*When March comes in like a lion it goes out like a lamb,  
As it rains in March so it rains in June.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 SAS working party
4	5	6	7	8	9	10 Mothers Day
11	12	13	14	15	16	17
18	19	20 SAS Committee meeting	21	22	23	24
25	26	27	28	29	30	31 Good Friday Easter Sunday





Allotment sheds







# Vegetable bake au gratin

Serves 4

1 lb carrots, parsnips—peeled & diced

1½ oz butter or margarine

1 medium onion, sliced

2 leeks, washed & sliced into thin rings

4 oz button mushrooms

8 oz broad beans, butter beans, chick peas etc

2 tsp orange or lemon rind (optional)

1 tbsp wholewheat plain flour

5 tbsp veg stock

¼ pt cream (or milk)

## For the topping:

2 oz wholewheat breadcrumbs

4 tbsp sunflower seeds

3 oz cheddar cheese, grated

2 oz rolled porridge oats.

Bring root vegetables to the boil & cool for 5 mins, drain.

Melt the fat & fry the onions & leeks for 2-4 mins, add mushrooms & rind, & cook for a further minute. Add the beans or peas.

Stir in the flour, pour in stock & the cream/milk. Bring just to the boil, stirring to prevent cream from curdling. Season & turn the vegetables into a pie or casserole dish.

Mix together in a bowl the topping ingredients & sprinkle over the veg.

Bake in a preheated oven, 190C/375F/Gas 5 for 30 minutes, or until the cheese is brown & bubbling.

Sunnyside Allotment Society

APRIL 2013



*April showers bring forth May flowers,  
Till April's dead, change not a thread.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
Easter Monday						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					





Lovely spring colours



**Beetroot, yogurt & walnut soup**

Serves 4

2 oz butter

1 tbsp olive oil

1½ lb beetroot, peeled &amp; grated

1½ pt vegetable stock

walnuts

cumin seeds

golden caster sugar

plain yoghurt

olive oil



Melt butter & olive oil in a pan at a medium heat. When butter is foaming add beetroot, stir around over the heat then add stock. Bring to a simmer & cook for 5-10 mins until tender. Meanwhile, heat a dry pan over a medium heat & toast cumin seeds until fragrant. Grind in a pestle & mortar with a couple of pinches of salt, pepper & sugar. Heat the walnuts in same pan until toasted. Remove & toss in the spiced salt. Once beetroot is tender, puree the soup, return it to the pan & season to taste. Season the yoghurt with a drizzle of olive oil & salt & pepper. Serve the soup, hot or chilled, with a dollop of yogurt added at the last moment & the toasted spiced walnuts sprinkled on top.

**Rhubarb & date chutney**

1 lb eating apples, peeled &amp; finely chopped

2 oz fresh root ginger, grated

½ pt red wine vinegar

8 oz pitted dates, chopped

8 oz dried cranberries or raisins

1 tbsp mustard seeds

1 tbsp curry powder

14 oz light muscovado sugar

1½ lb rhubarb, sliced into 1" chunks

1 lb red onions, sliced



Put the onions in a large pan with the ginger & vinegar. Bring to the boil, then simmer for 10 mins. Add the rest of the ingredients, except the rhubarb, plus 2 tsp salt & bring to boil, stirring. Simmer, uncovered, for about 10 mins until the apples are tender.

Stir in the rhubarb & cook, uncovered for about 15-20 mins, until the chutney is thick & jammy. Stir to prevent sticking. Then spoon into warm, sterilised jars & seal.

## Sunnyside Allotment Society

## MAY 2013



*A wet May makes a big load of hay,  
A cold May is kindly and fills the barn finely.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
May Day Bank Holiday						
13	14	15	16	17	18	19
20	21	22	23	24	25	Whit Sunday
27	28	29	30	31		
Spring Bank Holiday						





Our Diamond Jubilee party





### Broad bean risotto

Serves 4

1 onion, finely chopped

1½ mugs of risotto rice

1 mug of white wine

1½ mugs of podded broad beans

4-5 mugs of chicken or veg stock, simmering

1 lemon, zest & juice

1 mug of mascarpone or goat's cheese

1 mug of Parmesan cheese, finely grated

a handful of herbs, roughly chopped (rosemary & mint work nicely)

olive oil



Place a large pot over medium heat. Add a splash of olive oil. Once hot, add the onion & gently sauté for 10-15 mins. Add risotto rice & let it crackle & pop in the pan for a few mins. Splash in the wine & let it bubble up until rice has guzzled it up.

Add a good grinding of pepper, a pinch of sea salt & your first ladle of stock & continue to feed in the stock.

Add the broad beans after 10 mins. Keep ladling the stock in & stir every few minutes. After further 10 mins fold in lemon juice & zest & mascarpone or goat's cheese. Taste. Season as needed. Serve with herbs & Parmesan dusted over the top.

### Summer fruits, elderflower & prosecco jelly

any berries from your allotment which will half fill a large loaf tin

5 leaves of gelatine

¼ pt elderflower cordial

2 heaped tbspcaster sugar

¾ pt chilled prosecco or any sparkling wine



Line your loaf tin with cling film. Put your berries into the tin & chill. Soak the gelatine leaves in a little cold water for a min then drain & place the softened gelatine in the elderflower cordial. Rest this above a pan of simmering water & stir until the gelatine is completely dissolved. Add sugar, stir until dissolved & then remove from the heat. Remove the tin from fridge. Add the prosecco carefully to the cordial/gelatine mixture. Pour this liquid slowly onto the fruit & push any floating fruit down. Put the tin back into the fridge for at least 24 hours. Delicious with shortbread & greek yoghurt. Also nice made with frozen berries.

Sunnyside Allotment Society

# JUNE 2013



*A leak in June brings harvest soon,  
A calm June puts the farmer in tune.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	Fathers Day 23
24	25	26	27	28	29	30





More of our Diamond Jubilee party





### Pavlova

4 egg whites  
8 oz caster sugar  
2 tsp cornflour  
1 tsp white vinegar  
1 tsp vanilla essence  
½ pt double cream



soft fruits of your choice in season to decorate

Preheat the oven to 150C/300F/Gas 2

Beat egg whites until very stiff, gradually add sugar & whip in between. Fold in the vanilla essence, cornflour & white vinegar (whip in between adding each ingredient).

Place mixture on 8" circle of parchment or non stick paper & bake for 1 hr.

Let it cool & decorate the top with whipped cream & fruits.

### Roasted garlic & courgette soup

serves 4 generously

2 lb courgettes deseeded & cut roughly into ½" chunks

1 large onion chopped

1 large bulb of garlic

**Optional:** one chilli may be added

Place courgettes on baking tray & season.

Cover & roast for 30 minutes or until tender. Alternatively boil until soft. Sweat the onion or roast it with a little olive oil until soft. Also roast the garlic.

Combine the cooked ingredients & puree the soup adding stock or water as required.

### Beetroot in raspberry jelly

2 lb beetroot

½ pt white wine vinegar

6 cloves

6 peppercorns

bay leaf

½ packet raspberry jelly



Cook beetroot until tender. Cool, skin, dice & pack in to sterilised jars. Boil vinegar, bay leaf & spices for 10 mins. Strain & use to make up raspberry jelly. Fill jars with spiced jelly liquid & leave to set. Store in the fridge.

## Sunnyside Allotment Society

# JULY 2013



*St. Swithin's Day, if thou dost rain, For forty days it will remain;  
St. Swithin's Day, if thou be fair, For forty days 'twill rain nae mair.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

St Swithins Day

SAS Committee  
meeting





Allotments Open Day





**Runner bean pickle**

2 lb runner beans prepared  
 1½ lb onions, chopped  
 1½ pints cider vinegar  
 1½ oz cornflour  
 1 heaped tbsp mustard powder  
 1 rounded tbsp turmeric  
 8 oz soft brown sugar  
 1 lb demerara sugar  
 salt



Put onions into a preserving pan with ½ pt of vinegar. Bring them up to boiling point & let them simmer gently for about 20 mins or until the onions are soft. Meanwhile cook sliced beans in boiling salted water for 5 mins, then strain them & add to the onions. Now in a small basin mix the cornflour, mustard & turmeric with a little of the remaining vinegar – enough to make a smooth paste – then add this paste to the onion mixture. Pour in the rest of the vinegar & simmer everything for 10 mins. After that stir in both quantities of sugar until they dissolve & continue to simmer for a further 15 mins. Then pot the pickle in warmed, sterilised jars & seal & label when cold. Keep for at least a month before eating.

**Marrow & carrot soup**

1 marrow cut into large pieces  
 1 lb carrots cut into chunks  
 1 onion sliced  
 garlic chopped  
 vegetable stock



Preheat oven to 180C/350F/Gas 4. Place marrow on foil or non-stick baking tray & season. Add oil or butter & roast for 30 mins or until tender. Heat oil in pan & add carrots, onion & garlic. Cover & sauté for 15-20 mins, stirring occasionally until carrots are soft. Add roasted marrow & stock. Cover & bring to the boil & simmer for 5 mins. Remove from heat & cool slightly. Puree the soup, season & reheat gently, adding more stock or boiling water for a thinner consistency if required.

Sunnyside Allotment Society

AUGUST 2013



*If a cold August follows a hot July,  
 It foretells a Winter hard and dry.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 <i>SAS Open Day</i>
19	20	21	22	23	24	25
26	27	28	29	30	31	
Late Summer Bank Holiday						





Pretty garden



**Beetroot & walnut hoummous**

2 oz walnuts  
 1 tbsp cumin seeds  
 8 oz beetroot, cut into cubes  
 1 large garlic clove, crushed  
 1 tbsp tahini or smooth peanut butter  
 1 oz stale bread, no crusts & torn into chunks  
 juice of a lemon  
 a little rapeseed oil



Preheat the oven to 180C/350F/Gas 4. Toast walnuts on baking tray in oven for 5-7 mins, until fragrant. Leave to cool.

Warm a small pan over a medium heat & dry fry the cumin seeds, shaking the pan, until they start to darken & release their aroma - less than a minute.

Crush with a pestle & mortar

Put the bread & toasted nuts into a food processor/blender & blitz to fine crumbs. Add beetroot, tahini, most of the garlic & cumin, juice of ½ lemon, ½ tbsp oil, seasoning. Blend to thick paste. Taste & adjust by adding a little more cumin, garlic, lemon, seasoning blending again. Loosen with a dash more oil if required. Refrigerate until required (will keep for a few days). Serve at room temperature.

**Crab apple jelly**

crab apples  
 sugar

Put apples (whole) into a pan with enough water to float them. Boil until they are soft but not pulpy. Put the mixture into a jelly bag & leave to drip through overnight.

Measure the juice & allow 1 lb of sugar to every pint. Put the juice & sugar into a pan, & letting the sugar dissolve first, bring to the boil. Keep stirring until setting point is reached. Pour into sterilised jars.



Sunnyside Allotment Society

SEPTEMBER 2013



*If St Michael brings many acorns,  
 Christmas will cover the fields with snow.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						Michaelmas Day

*SAS Committee  
 meeting*





Autumn produce





### Crusty pumpkin & mushrooms

1 lb pumpkin  
¼ pt olive oil  
salt & pepper  
½ tsp ground nutmeg  
3 oz breadcrumbs  
1 handful of mixed fresh herbs, finely chopped  
5 tbsp chopped pinenuts  
2 tbsp Parmesan, grated  
1 clove garlic  
4 portobello mushrooms, halved

Preheat oven to 200C/400F/Gas 6. Cut the pumpkin into wedges (1-2cm at thick end) & remove the seeds & peel if you wish. In a bowl, toss the pumpkin with 3 tbsp of olive oil, half a tsp salt & the nutmeg.

Mix together the breadcrumbs, herbs, pinenuts, Parmesan, garlic, salt & pepper. Add enough oil to bind everything loosely.

On a baking tray, lay the pumpkin wedges on their sides, using your hands, pat down most of the crust mix to cover the wedges, leaving the rest of the mix aside. Bake for about 12 mins. If the crust begins to brown, cover with foil until the pumpkin is softish.

Meanwhile, gently sear the mushrooms in plenty of olive oil & salt for a couple of minutes. Add the reserved breadcrumbs, cook for a few more seconds & remove from the heat.

To serve, pile the pumpkin & mushrooms onto a big shallow dish.



Sunnyside Allotment Society

# OCTOBER 2013



*Much rain in October,  
Much wind in December.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
						SAS working party
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





Red sky at night, shepherds' delight, Red sky in the morning, shepherds' warning





### Pumpkin & red pepper soup

serves 6

2 lb pumpkin or butternut squash, cut into big chunks

2 red peppers

olive oil

1 onion, finely chopped

1 large red chilli

vegetable stock/water as required

4 cloves garlic, skinned

salt & pepper

#### Optional:

4 tbsp low fat Greek yoghurt

4 tbsp finely chopped chives



Roast pumpkin & red peppers, tossed in olive oil for 45 minutes until soft in medium oven.

Wrap garlic cloves in foil & cook in oven for 15 mins until soft.

Cook onion & chilli with stock in a large pan, bring to boil & simmer for about 10 mins.

Scoop pumpkin flesh from skins & chop roughly. Add pumpkin, chopped peppers & garlic to pan, bring to boil & simmer for about 5 mins. Liquidise. Check seasoning & add more stock if required.

To serve, add a dollop of yoghurt & chives.

### Beetroot relish

1 lb raw beetroot

1 red onion, thinly sliced

½ pt red wine vinegar

2 oz light brown sugar

2 oz raisins

2 cooking apples, cored & sliced

2 tbsp horseradish relish (more if you like it hot)



Either boil or bake the beetroot until soft. Peel & chop finely. Meanwhile put the onions & apples in a preserving pan & add the vinegar. Bring to boil, then simmer for about 20 mins until they are tender. Add beetroot, along with horseradish relish, sugar & raisins. Stir until sugar is dissolved & simmer for about 10 mins, until relish has thickened.

Fill sterilised jars & store in a cool, dark place for 6 weeks before eating.

For a less chunky texture grate the beetroot & apples.

Sunnyside Allotment Society

# NOVEMBER 2013



*If there's ice in November to bear a duck  
There'll be nothing after but sludge and muck.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
						SAS working party
4	5	6	7	8	9	10
11	12	13	14	15	16	17
		SAS Committee meeting				
18	19	20	21	22	23	24
25	26	27	28	29	30	
					SAS AGM	





Misty December day



### Brussels sprouts & apple crunchy winter salad

6 oz fresh Brussels sprouts, trimmed of outer leaves  
one crisp eating apple  
lemon juice & olive oil  
a few leaves thyme or basil  
salt & pepper  
2 oz hazelnuts, pecans, almonds, or  
sunflower or pumpkin seeds (optional)



If using nuts or seeds, toast them under the grill (watch them or they will burn!)

Slice the sprouts from top to root thinly, place in a bowl with a good squeeze of lemon juice, plus the thyme or basil leaves. Quarter & core the apple (leave the skin on) & slice into the sprouts. Add the olive oil & salt & pepper, & toss together.

Serve straightaway, scattered with the nuts or seeds.

### Butternut squash soup

Serves 8

2 x 2 lb butternut squash  
2 oz butter  
1 large onion chopped  
2 tbsp fresh ginger chopped  
sea salt & black pepper  
1¾ pints vegetable or  
chicken stock  
6 oz crème fraîche  
nutmeg freshly grated



Deseed (peel if you wish) & coarsely chop the squash. Melt the butter in a large pan over a medium heat, add the squash, onion & ginger & fry for about 5 mins, stirring frequently, until glossy. Add the stock, submerging the squash; season generously, bring to the boil & simmer for 5-10 mins until tender. Liquidise in batches in a blender with the crème fraîche & a generous grating of nutmeg, then pass through a sieve. Gently reheat & serve scattered with croutons, if you like.

**Home-made croutons:** Cut 3 thin slices of crustless white bread into cubes. In a large frying pan, heat some vegetable oil for shallow frying (test by adding a bread cube: it should become immersed in bubbles). Fry the croutons, stirring frequently, until evenly golden. Remove, drain on double kitchen paper & leave to cool.

Sunnyside Allotment Society

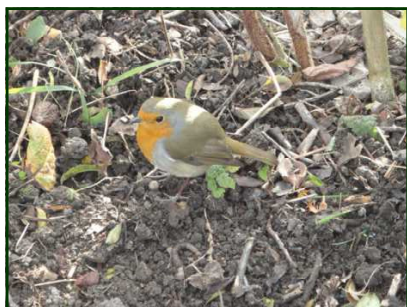
# DECEMBER 2013



*If Christmas day be bright and clear,  
There'll be two winters in the year.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	Christmas Eve	Christmas Day	Boxing Day			Xmas drinks
30	31					
	New Year's Eve					





Spotted on the allotments this year



Potato Tasting Event September 2012

**Many thanks to all the tenants who have contributed photographs and recipes for this calendar.**

To find out more about Sunnyside Allotment Society visit our website: [www.sunnysideallotments.org.uk](http://www.sunnysideallotments.org.uk)

If you feel tempted to take on an allotment please contact Berkhamsted Town Council on 01442 228945 to be put on the waiting list.

Printed by Strongs Printing Services, Bank Mill Lane, Berkhamsted, HP4 2NT - 01442 878592