

# The Allotment Harvester



The Allotment Harvester is a publication written directly for the plot holders of allotments and GIY groups in association with O` Briens Nurseries and plug plants.

Our Aim with this magazine is to work in partnership with allotment harvesters to provide a service, to best promote the use of allotments and grow your own produce and to help to maximize the potential of what can be grown from your plot.

The Allotment Harvester will be a bi-monthly publication that meets the needs of the people reading it.

O` Briens Nurseries and plug plants will be providing a service of not only editing this publication but also holding an all year round supply of vegetable plug plants directly to the allotments we are in association with, at a price which is only available to the plot holders of our associated allotments.

## In This Issue

First off we have a preview of what vegetables will be available during our next visit to you allotment of GIY group.

We have a bit more of an indepth look at some of the more unusual vegetables which we will have on sale , in regards how best to grow them, how to harvest them and what care is required for them, These vegetables cannot be found in the supermarkets and can only be found in a canned form in a few specialist shops in the republic and the UK. Although these vegetables are used wide spread through out the continent.

We have a look to what plug plants and plants will be available over the winter.

Recipes for the weird stuff, no point growing it if you don't know what to do with it in the kitchen department.

Time to start planning now for what you will grow through the autumn winter and into the spring all the plants needed are included in here to keep the best of veg on the table through-out the year.



You can order over the phone and we can organise delivery to you if you simply cannot wait till we are at a sale close to you.

We have started a temporary website and facebook page to keep everyone afresh with what we are up to

All our services to allotment holders are included in the magazine should you find yourself in need of some help.



# Foreword

*O`Briens Nurseries and Plug Plants has been set up by William O Brien with the help of his Father Kieran O Brien, we have a flair for doing and growing things a little out of the ordinary as well as being a normal vegetable growers and horticultural company. We have started with the growing of a full and comprehensive range of vegetables supplied to shops and independent supermarkets. Our Nurseries are based in Drakerath, Carlanstown , Kells in County Meath. After speaking to a friend of the family who has her own plot in Skerries allotments we decided a service could be offered to the plot holders of allotments. Weekly we start of a batch of our vegetables that we grow from seed in our polytunnels and grow them to the stage of being a plug plant. These plants are then put out for one to two weeks for a weathering period outside of tunnels and then put to cropping positions, Now we have increased our weekly sowing quantities to have a supply of vegetable plug plants for the plot holders of the allotments we supply to. This Magazine has been started to have a bi-monthly preview of the vegetables we have coming on, so to give the plot holders enough time to read up about the vegetables we will be supplying and to prepare and cultivate the ground suitably to make the best possible harvest. There will be a number of sections in this magazine every month.*

- *The Vegetables we have on a bi-monthly basis.*
- *The vegetables we will be bringing with us on the next visit.*
- *The vegetables that will be coming in the following months edition.*
- *We will have a section with a choice of some recipes to use with our vegetables.*
- *There will be a small advertising section with products and services which plot holders may find interesting or useful.*
- *Tips and tricks for different vegetables we are growing.*

*This magazine and vegetables are only available to the plot holders of the few allotments we visit. We are more than happy to be contacted with ideas of how to improve this magazine as it is for you. You can contact us directly should you have something in particular you would like to grow and we could start it for you getting it to the plug plant stage. Our suppliers of seed have a variety like no other and sourcing seed for our customers with a particular taste a little out of the ordinary is what we are all about.*

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### **Green Globe Artichokes**

Sold in a single pot as there quite a big plant for an allotment grower. Measuring at 1.8m in diameter (6 feet) and can grow as high as 2.2 meters (7 feet) usually a single plant is enough. You wont get a fast harvest either, you will usually and if grown correctly will have to wait maybe 2 years for your first real harvest. In the first year always cut off the buds as soon as they appear and discard them, doing thins will encourage the plant to grow to its full height in just 2 years instead of waiting many years



### **Violetto Di Chioggia Artichokes**

To be treated in the same manner as the green globe but with the plant growing to about 1.2 - 1.5 meters ( 4 - 5 feet) producing a violet coloured bed and again slightly smaller than the Green Globe Artichoke. Both Artichoke varieties sell in a single pot and for €1.50.



### **Broccoli Purple Sprouting**

A seriously Hardy Broccoli ideal for calling up to the allotment over the hardest of winter months and bringing some fresh shoots for the table. These are sold in a pack 12 for €3.00. The best thing with sprouting broccoli is not just one harvest and that's it, Cut off what shoots you need at the time and although will eventually stop you will have secondary shoots appearing.



### **Brussels Sprouts Evesham Special**

Only this type of Brussels sprouts and one other called Dark mar loves the frost so much. As with all Brussels sprouts are said to have a better flavour if grown through frost, this Variety uses the frost to its benefit to its advantage. A half height Brussels sprouts so a very firm ground and caning would not be required. In a pack of 12 plants for €3.00



### **Chicory Witloof**

If people ever need this vegetable they usually go straight to the supermarket there is a lot more to this little plant, Not the easiest seed to propagate, and the part that you eat is the only part of the plant above the ground, the root is what the plant was originally harvested for and is said to have many medicinal uses. In a pack of 12 plants for €3.00



### **Savoy Winter King Cabbage.**

One of the hardiest over wintering of the Savoy family of cabbage, If you have a worry about this winter and that small chance of a winter like last year this is the cabbage for you. Sold in a pack of 12 plants for €3.00.



### **Carrot Autumn King**

Ideal Carrot for winter harvest, Would not be a good looking as the carrots you pick up in the supermarket but what they loose in looks they definitely make up in flavour. The Autumn King is a Big blunt carrot. Due to the amount of carrots sold in a pack in the super market and keeping things financially feasible these carrots are sold in a pack of 20 for €3.00.



### *January King Cabbage*

The traditional winter cabbage. This was the cabbage everyone would have been used to before all the Savoy and hybrid cabbages were developed for winter growing, A large ball head cabbage. If you like a strong flavoured green cabbage this fills the spot. Sold in a 12 pack for €3.00.



### *Red Drumhead Cabbage*

A red, medium sized, very tight drumhead cabbage. Sold in a pack of 12 for €3.00



### *Paris Market Carrots*

An odd type of carrot, as the name suggests originating in France , a little bigger than a golf ball. This carrot grows onto of the ground something similar to a turnip. Sold in a pack of 20 for €3.00.



### *All Year Round Cauliflower*

These are the original winter cauliflower with a large creamy curd. These cauliflowers take a little more attention to grow through out the winter than the hybrids available as the curd is not completely resistant to damage with frost. To ensure you get a good harvest through out the winter the method of protecting these cauliflowers are to rap/fold and tie back the large leaves of the plant around the curd protecting it. Sold in a 12 pack for €3.00



### *Cauliflower Violetta*

Ok the first thing you think is a cauliflower just is not supposed to be that colour. Do you have kids bored with veg, put this in front of them. Quicker to harvest than the all year round type of cabbage but advise able to lift as soon as possible . And no it dose not stain the pot, and yes the colour does fade slightly when you cook it. Sold in a pack of 12 for €3.00



### *Yuki Cabbage*

Pronounced "you key" is a Chinese cabbage. The leaves would be a lot lighter than our usual cabbages we harvest. Very fast to crop. If sowed direct can go from seed to harvest in 6 weeks. We extend there life making into a plug plant and would be expected to go from planting the plug plant to harvest in 3 to 4 weeks. Sold in a 12 pack for €3.00



### *Green Rocket Cabbage*

I can only imagine they get the name from the shape of the cabbage. Again a Chinese cabbage and a seriously big cabbage. Shaped like a cylinder with raveling leaves at the top this cabbage can exceed 5kg. Sold in a 12 pack for €3.00.



### **Cauliflower Alpha 7 Jumbo Hybrid F1**

This hybrid was developed for going straight through the winter and standing there. Don't worry too much about leaves it's a tough plant. One problem stock is very limited, they are a complete pain to get going from a seed and the seeds cost too much so get them while they are available I dough they will be for long and there wont be more. Sold in a 12 pack for €3.00



### **Fennel Perfection**

A large bulbing fennel specifically grown for its bulb. It would have a slightly stronger aniseed taste than most other fennels. The plant grows a couple of feet high and due to this we sell them in a single pot for €1.50 each.



### **Dwarf Curly Kale**

I have sold this in shops as a vegetable for cooking and I was amazed at how many people know nothing about it. In short it is a bulletproof substitute for cabbage. Slightly harder to cook. If boiling like cabbage be patient its worth it. Ideal for the harvester that likes to mind the radiator more in the winter than vegetables. Put it in the ground forget about it and walk away. Come back when you are ready to eat. Sold in a 12 pack for €3.00.



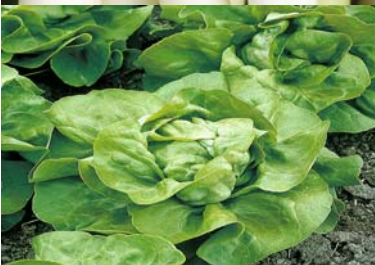
### **Kohlrabi Delicacy Purple**

A small Kohlrabi but said to have the best taste. Best to harvest at 4 inches in diameter. Do NOT let the kohlrabi get bigger than 5 inches or it will become woody. Out of all the kohlrabi available, this one looks the best in an allotment. Sold in a 12 pack for €3.00.



### **Musselburgh Leeks**

A big tough over winter leek for a early spring harvest. It would not look as good as some of the other types of leeks but these are sold to brave the hardest of winter weather, a nice big leek and great flavour. Sold in a 12 pack for €3.00



### **All Year Round Lettuce**

A general all rounder in the lettuce family, easy to grow and good resistance to frost. A medium size loose leafy head Sold in a pack of 12 for €3.00.



### **Butternut Lettuce**

Not a lettuce for the winter but with the very short time to harvest like most lettuce still plenty of time for these little gems. Harvest while young for best flavour. Sold in a pack of 12 for €3.00.



### *Onion Cipolla Rossa Di Toscana*

A red onion with the best flavour. Stock is limited as propagation rate is very low and usually be very rare to be seen as a plug plant. Sold in a 20 pack for €3.00.



### *Golden Bear Onions*

A show onion originally, but found to have excellent over wintering qualities. A large onion weighing in when fully matures in excess of 0.3 kg. Stock is limited as propagation rates are very low. Sold in a pack of 20 for €3.00.



### *Parsley*

Always handy to have a little bit growing in the corner of the allotment for weekly snips for cooking during the week. As only bits and pieces are used usually we sell them in a single pot for €1.50



### *Pak Choi*

A very famous Chinese vegetable with a very fast seed to harvest time of 6 weeks. Sold in a pack of 12 for €3.00.



### *Parsnip Gladiator*

A parsnip that loves hardship and will increase its creamy flavour the harder it gets it. Likes a well dug ground will not do well with a shallow rotavated topsoil with a hardpan close to the surface. Sold in a pack of 12 for €3.00.



### *Radish Mino Summer Cross F1*

Right were do I start, great in stir fry's, it's a radish yeas but it is a Chinese radish about the size of a parsnip with a mild radish taste. You would be taking this Vegetable on more of a personal project than quick cropping takes 2 years from seed to harvest. Sold in a 12 pack for €3.00.



### *Rhubarb Glaskin Perpetual*

Who ever heard of growing rebarb from a seed, well this is it, Stocks are limited so grab them while you can. This is still a plug plant so please do be disappointed when you are handed a little pot and not half of a big rubarb root. Sold in a single pot for €1.50



### *Cauliflower Romanesco*

There will be many a discussion if this is really a cauliflower or a broccoli I don't think anyone really knows. Bottom line treat it like a cauliflower and rap the flower with its own leaves when there is a treat of frost. Sold in a 12 pack for €3.00.



### *Scorzonera Giant Rooted Maxima*

I know what your thinking "im not eating that". In the salsify family of vegetables. More detail and what to do with this fantastic plant further on in the booklet. Sold in a 12 pack for €3.00.



### *Swede Marian*

As the supermarket has given it its adopted name of a turnip, not technically correct but you know what we are talking about. Most safest plant for winter growing. Will take anything you through at it. Sold in a 12 pack for €3.00.



### *Snowball Turnips*

A small milk white turnip fast growing for its family of vegetable 100 day from seed to harvest. Not the best for frost but enough time to get them in and out. Sold in a pack of 12 for €3.00.



### *Purple Top Milan Turnips*

A turnip with a particularly stronger peppery taste than other turnips. Usually harvested at about 5 inches in diameter but we have harvested them in excess of 8 inches with just as good a taste. Again not a fan of frost but enough time. Sold in a pack of 12 for €3.00.



### *Tuscany Kale*

Very similar to curd kale but a bigger plant that takes a little longer to grow. Is said to have a slightly peppery taste when cooked. Sold in a pack of 12 for €3.00.



### *Swiss Chard Fordhook Giant*

A Swiss Chard that has good resistance to frost and as the name suggests it's a hell of a lot bigger than the usual plant. Sold in a 12 pack for €3.00.



### **Kohlrabi Superschmelz**

This is a monster. Up to 10kg weight, you would be best to keep this for someone who is miss behaving and then make them peel it. It has great over wintering qualities and has benefits that it does not go to seed and does not become stringy when it gets very big. Sold in a pack of 12 for €3.00.



### **Lettuce Marvel Of Four Seasons**

As it says on the tin, grow it anytime you want it. Great for a bet of colour through a salad. Sold in a 12 pack for €3.00.



### **Burdock Takinogawa**

Try saying that with a few pints on you. A Japanese vegetable used mainly in stir-fry's. Has a bitter sweet taste. Only needs 100 days from seed to Harvest. This is the root of the plant, roots can get as long as one meter in the right conditions. The plant above ground will if left for long enough can spread to 3 feet high and 3 feet in diameter. Sold in a 12 pack for €3.00.



### **Pain De Sucre**

A type of chicory but one of the biggest in its family of vegetables. Very rare to pick up I don't think any mainstream supermarket carries the vegetable. Sold in a pack of 12 for €3.00.



### **Wong Bok**

A Chinese cabbage coming close to the size and weight of the green rocket Chinese cabbage but a slightly different shape. The thickness of the cabbage leaf would be something similar to our native cabbage. Sold in a pack of 12 for €3.00



### **Lola Rossa Lettuce**

One of the most hardiest lettuce we carry great colour through out a salad and a mix of different texture. Sold in a 12 pack for €3.00.



### **Winter Density Lettuce**

A very large loose leafy head of lettuce which is much slower at going to seed than most other lettuce. Sold in a pack of 12 for €3.00.



### *Salsify Sandwich Island*

Did you ever hear the saying “ fell out of the ugly tree “ well this one hit every branch on the way down. But im told not to let this put you off. Then im told it is also called the oyster plant, because it tastes like oysters. Now I don't know about you but curiosity definitely got the better of me and im growing it to see, supposedly it is very popular across the continent and the taste of it cooked the right way is perfect. Sold in a 12 pack for €3.00.

### The Scorzonera Giant Rooted Maxima

The Scorzonera Giant Rooted Maxima is although they look very different are quite similar to the sandwich island has all the same characteristics of the sandwich island, shoots, blossoms but supposed to have a much nicer taste for eating. Instead of a wheelie bin like described on the sandwich island these would grow very well in lengths of pipe giving really long perfectly long roots.



## Salsify Sandwich Island.

Couple of things to bare in mind with this vegetable. It wouldn't really be a good starting project for a novice allotment harvester. Those of you that want to have a crack at it, couple of tips.



Salsify Sandwich Island is a vegetable that needs the deepest cultivated soil I have ever seen, Most of the time in Ireland we don't have soil like this in fact we have very cohesive clay as hard as the hob of hell, anyway, we have what we have and we have to work around it.

1: Like I have done you can grow the salsify in a deep container filled with compost or a mixture of compost and topsoil ( for example a wheelie bin type container or in my case a second hand plastic Barrel with drainage holes pierced into it.)

2: You can literally just plant it into the ground you have as best cultivated as you can, The worst that will happen is, it will get a little uglier

looking (if that were possible but not effecting its flavor), it may fork if it encounters stone which is no harm either and it might be only half its intended length. Its entirely up to you.



The plants itself is quite remarkable really there is no other plant quite like it. Salsify is a Bi-annual plant ( 2 year life span) The plant will more than likely die off completely in the depths of the winter, don't get disheartened with this the root in the ground is perfect and lies dormant until the spring (can still be harvested when ever required during the winter even if in a dormant stage) Here is the best bit, if you leave it that long and the spring comes the root will develop shoots these shoots can be taken off the plant and eaten the same way you would cook and eat asparagus, and if you leave the plant alone for even longer it will produce the nicest purple/violet flowers that are used in many recipes such as omelets. Then when you are finished with all that you have a load of root to harvest that is supposed to be better than all of stuff before.

I would not be put off by either the looks of it or the description of it that it tastes like oysters. There are many recipes on the net for this vegetable and how to use it , from making chips to using it as an ingredient in complex dishes. It is classed as a delicacy on the continent and is very popular. Only in a handful of specialized shops in Ireland and the UK you will be able to find a tinned version of the vegetable which would give you an Idea of the taste but not to be the bench mark for the quality of the taste of the vegetable.



## Burdock Takinogawa,

One of only 2 types of the Burdock Vegetable family that you can eat. The roots can grow up to about 3 to 4 feet if they can penetrate the ground, for perfectly straight long roots plant the plug plant in a 1.3m length of waving pipe up right and let it grow away. This Burdock can be grown in the ground as well as in a pipe it



just takes a lot more digging. Burdock is very fast to grow considering the length of its roots. From seed to harvest burdock takinogawa needs approx 120 days. Has a bitter sweet taste that goes very well in stir-fry's. Burdock grows well in moist, well-drained soil in full sun. Avoid high nitrogen fertilizers and mulch plants heavily with organic matter. Harvest the roots for cooking uses when they are



30cm or longer. It is often used medicinally as a diuretic (helping rid the body of excess water), and as a topical remedy for skin problems such as acne, eczema and psoriasis. In Japan and some parts of Europe, burdock is eaten as vegetable. Burdock contains a natural dietary fiber which improves digestion. It is also popularly used in Europe as a hair strengthener and anti seborrheic. Others use it for the topical treatment of burns.



## Salsify Recipes

### Salsify fritters

A great brunch or lunch dish, and perfect served alongside a few crisp rashers and a fried or poached egg. Makes six fritters.

300g salsify  
45g unsalted butter  
1 garlic clove, minced  
1 small red chilli, finely diced  
3 tbsp finely chopped coriander  
1 egg, lightly beaten  
1 tbsp flour  
Salt and freshly ground black pepper  
2 tbsp olive oil

Peel and coarsely grate the salsify. Warm 20g of the butter in a frying pan over a medium heat and sauté the salsify until softened. Transfer to a bowl and mix with the garlic, chilli, coriander, egg and flour. Season generously, then form into six fritters. Warm the remaining butter and the olive oil in a frying pan over a medium heat, and cook the fritters until golden, about four minutes a side.

### Salsify tempura with a spicy dipping sauce

Crisp, battered salsify is delicious with this easy dipping sauce, but it's also great served simply with a little flaky sea salt and a few lemon wedges. Serves four as a starter.

3-4 salsify or scorzonera roots

For the batter  
125g plain flour  
½ tsp sea salt  
1 egg yolk  
175ml ice-cold sparkling water

For the dipping sauce  
2 medium red chillies, deseeded, membrane and seeds removed, and finely diced  
1 large garlic clove, grated  
2 tbsp caster sugar  
100ml cider vinegar  
2 tbsp water  
About 1 litre sunflower or groundnut oil for frying

First, make the dipping sauce. Put all the ingredients into a small saucepan, place over a low heat and stir until the sugar dissolves. Now raise the heat a little, bring up to a simmer and cook until reduced and syrupy, about five minutes. Pour into a small bowl and set to one side until you are ready to serve.

Fill a medium-large saucepan with water, bring to a boil and cook the salsify for five minutes. Drain, refresh in cold water, then rub off the skins and cut the salsify into 4cm pieces. Whisk the ingredients for the batter – don't worry if it turns out a bit lumpy.

Heat 10cm of oil in a deep, heavy-based saucepan until it registers 180C on a frying thermometer or a cube of bread goes brown in 30 seconds. Dip the salsify in the batter and deep-fry a few pieces at a time until crisp and golden, about a minute. Serve at once with the spicy dipping sauce, alongside.

### Salsify gratin

35g unsalted butter, softened, plus extra for greasing  
Juice of 1 lemon  
850g salsify (about 8 roots)  
1 litre vegetable stock  
150ml dry white wine  
60g kale (or cabbage), washed and finely shredded  
25g plain flour  
150ml double cream  
Salt and freshly ground black pepper  
75g grated cheddar or other hard, well-flavoured cheese  
50g coarse white breadcrumbs

Preheat the oven to 200C/400F/ gas mark 6 and butter a gratin dish about 26cm in length. Put the lemon juice into a large bowl along with some cold water. One by one, peel each salsify root, cut into 4cm x 1cm batons and drop straight into the lemon water to prevent discolouring. Repeat with all the roots.

When the salsify has been prepared, drain and transfer to a saucepan along with the stock and wine. Bring up to a simmer and cook for five minutes, until tender but still with a bit of bite.

While the salsify is cooking, put the kale in a large pan with a centimetre or two of water and cook for about three minutes, until wilted. Drain the salsify, reserving the stock, and set aside. Return the stock to the pan and simmer until reduced by half.

Meanwhile, mash together the butter and flour with a fork. When the stock has reduced, keep it simmering and add the flour paste in little nuggets, whisking all the time. Keep whisking until the sauce thickens to the consistency of single cream. Stir in the double cream and remove from the heat. Taste and adjust the seasoning.

Lay the salsify and kale in the gratin dish, and pour over the creamy sauce. Combine the cheese with the breadcrumbs and sprinkle on top. Bake for 15-20 minutes, until golden.

## Scorzoneria Giant Rooted Maxima

What catches the eye here is the manner in which the sauce is thickened, with a kind of *beurre manié*. This method consists of kneading equal weights of butter and flour together, than adding this in small lumps to the boiling or hot liquid while beating the sauce with a whisk. The sauce will thicken very quickly.

Although the base (equal amounts of butter and flour) is the same, this method is different from thickening sauces with a *roux*. For a roux the butter is melted first, and the flour has to be heated together with the butter before adding liquid.

For 4 persons.



### Ingredients

450 gram (1 pound/4 cups) black salsify  
20 gram (1 1/2 Tbsp.) butter for cooking  
20 gram butter (1 1/2 Tbsp.) and 20 gram flour (2 1/2 Tbsp.) for the *beurre manié*  
1/4 litre (1 cup) of the liquid in which the black salsify was cooked (without the butter)  
grated nutmeg to taste  
pinch of salt  
optional pinch of freshly ground white pepper  
1 Tbsp. chopped parsley

### Preparation in advance

Clean the black salsify. Sounds simple, but actually doing it takes some work. Some suggest scraping the root like a carrot, others use a peeling knife. I prefer a combination of the two: after rinsing the roots under warm water from the tap, I first use a peeler. Then I scrape any remaining skin off. Then cut the root at once in the desired length, and plunge in cold water.

Knead butter (at room temperature) and flour to a paste.

### Preparation

Boil the black salsify in clean water with a lump of butter for fifteen to twenty minutes. Because the melting butter will form a layer of fat on the water, the black salsify will not be touched by air during boiling, keeping them white.

Drain the vegetables, but catch the cooking liquid.

Take a quarter litre of the cooking liquid, bring to the boil in a small saucepan. add small lumps of the *beurre manié* whilst beating with a whisk. Heat through for five more minutes on a slow fire, then finish it off with salt, pepper, nutmeg and parsley. Return the vegetables to the saucepan to heat them again.

### To serve

At once. I prefer boiled potatoes with this, and, because it is winter, some black pudding with fried apples

## Burdock Takinogawa

### OKARA

- 4-5 dried mushrooms
- 1/2 c. gobo
- 1/2 c. green beans
- 1 c. carrots
- 2 aburage
- 1/2 stick kamaboko
- 1/3 c. dried shrimp, chopped
- 3 tbsp. shoyu
- 2 tsp. salt
- 4 tsp. ajinomoto
- 5 c. okara
- 1 c. green onion, chopped in 1/2 inch length

Soak mushrooms in about 1 cup of water until soft. Save water. Remove stems and cut into thin strips. Clean gobo and cut into fine slivers. Parboil and drain. Cut other ingredients into fine strips. Cook all the vegetables, aburage, kamaboko and shredded dried shrimp in one cup of the mushroom water until soft.

The rest of the seasoning should be added and cooked for a few minutes longer. Heat oil in large skillet. Add okara, stirring constantly and gradually add the cooked vegetables until well blended. Constant stir-

### CHIKUWA (FISH CAKE) KIMPIRA

- 2 sticks chikuwa (fish cake with hole in center)
- 1 gobo (burdock root)
- 1/2 carrot, slivered
- 1 bamboo shoot, sliced
- 3 shitake (black mushrooms), soaked

Note: Cut all ingredients about same size. About 2 x 1/8 inch size. Cut fish cake into about 2-inch lengths lengthwise. Scrape skin off gobo. Cut into medium size slivers about 2 x 1/8 inch lengths. Soak in water to draw out acid.

- 2 tbsp. mirin
- 4 tbsp. shoyu
- 2 tsp. sugar

Cook over medium heat until all liquid is absorbed. May add a dribble of sesame oil just before taking off burner for flavor. Place in serving bowl and sprinkle with hichimi pepper.

# Beehive Compost Bins



One third of household waste and virtually all garden waste can be used to make compost. Whether you use the compost or not, this material continuously shrinks so that within a few weeks, it's a fraction of the size. Of course home made compost is one of the best fertilisers for your garden, and it's free - Beehive compost bins are attractive and designed to allow waste break down fast.



## Attractive Design

Built like a traditional Beehive - an attractive feature in any garden.

## Pressure Treated

Maintenance free, treated for life. Preservative is fixed through all timber at high pressure.

## Modular Construction

Built in 6 completely detachable layers allowing easy access for removal or cultivation of compost.

## Effective Air Circulation

Efficient air circulation through every layer - essential for fast breakdown of organic material, minimising risk of odours.

## Large Capacity

Each bin can hold up to 300 litres of organic or garden waste. External Dimensions : (Height) 93cm x (Front) 69cm x (Side) 65cm.

## An Irish Product

Hand made using timber from renewable Irish forests.



**Cost :** € 180

(inc. composting fact sheet & delivery within the Dublin area.)

**Contact :** David Shortall / Peter FitzPatrick, Landscape Discovery Garden Design.

**E-mail :** info@gardencompost.ie  
design@landscapediscovery.ie

**Phone :** 01 4525674 ,  
086 6037893, 085 7299736.

## Beehive Garden Compost Bins

I first went past one of these bins and didn't realise it was a compost bin, From travelling around the different allotments around the country you will always see the pallets strapped or nailed together and the allotment litter fired into a heap. These bins have a very pleasing astetic look to them in a well maintained plot .

They are hand built which so many things now a days just role off an assembly line there is a little bit of personality hand crafted into every one.

These people can tell exactly how best to carry out your composting and how not to carry out your composting.

# How to make good Compost -

Beehive Compost Bins @ [www.gardencompost.ie](http://www.gardencompost.ie)

## 1. Where to site your compost bin ...

A sunny spot, on well drained, open soil is best. Level & then fork the soil before placing the bottom layer into position. Make sure the location is easy to access.

If you're short on space, consider clearing a spot within a planting border.

## 2. How it works

Before you read on, don't be put off by all the text below. The following are just guidelines to achieve best results & speed up the process.

Both garden & kitchen waste can be composted.

There are two types of waste, known as 'Green' & 'Brown' waste, which need to be added in roughly equal amounts. Greens are high in nitrogen, browns high in carbon.

'Browns' are dry and dead plant materials such as straw, autumn leaves, dry brown weeds, wood chips & sawdust.

'Greens' are fresh (and often green) plant materials such as foliage cuttings, grass clippings, kitchen fruit & vegetable scraps, coffee grounds, tea bags etc.

Too much of any one material will slow down the break down process, so avoid adding layer upon layer of grass clippings without adding a layer of some other material in between.

If the material is quite dry, water it a little as the compost heap should be slightly moist throughout.

Good aeration is an essential part of the process and will ensure odours do not develop as the material breaks down. The beehive compost bin is designed to allow air circulate through all its layers. Adding varied materials will allow air pockets to develop also. Ideally, forking the compost every couple of weeks will add a fresh supply of air to the system, boosting the rotting process.

You can also add a few handfuls of soil, some well rotted compost from another heap or some horse manure if you have access to any. This will encourage the helpful micro-organisms to colonise your new heap very quickly.

A good heap will start to heat up as the rotting process takes place. The hotter it is, the faster it rots.

So how long does it take ? The length of time can vary considerably depending on the materials and the way in which they are layered. During the summer the process is much faster than the winter months. You should see your waste break down fully to compost within the summer period.

Compost is ready when it becomes dark, crumbly and uniform in texture.

## 3. Garden Waste - What to compost

Grass clippings.  
Hedge trimmings.  
Dead flowers.  
Cut flowers.  
General foliage cuttings.  
Weeds (foliage only, avoid weed flower, roots or seed heads).  
Leaves.  
Old bedding plants.  
BBQ / Wood fire ash in small amounts, when cold.  
Pond weed.  
Branches & twigs, cut into pieces.  
Fresh Horse manure (works as a great activator).

### What not to compost

Diseased plant material.  
Timbers, over woody stems, thick branches.  
Weed seeds.  
Garden waste recently sprayed with pesticide.  
Excessive amounts of evergreen foliage.

## 4. Household / Kitchen Waste - What to compost

Vegetable / Fruit Peelings.  
Apple cores, banana skins.  
Bread, in small amounts.  
Tea bags, tea leaves, coffee grinds.  
Egg shells.  
Paper egg boxes, ripped into small pieces.  
Newspaper, needs to be shredded or very finely cut.  
Pasta & Rice.  
Saw dust & wood shavings.

### What not to compost

Dog & Cat Waste.  
Meat & bones.  
Fish remains.  
Plastic, Glass - any non-biodegradeable materials.  
Dairy Products.  
Glossy papers & magazines.  
Greasy, oily food such as mayonnaise or butter.  
Saw dust & wood shavings from treated woods.



# Fingal Garden Sheds

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## *Fingal Garden Sheds*

These sheds are a real shed. You can pick up cheap sheds in hardware shops for sure, but these sheds come from the people that run and operate Fingal Allotments and they know what a plot holder needs in regards space and security. When you see the more common garden sheds both for a very premium rate in most garden centres if you give it a good hard slap you can usually see it move, these sheds if you give them a slap you a generally just going to hurt your hand. The timber used in the construction is proper sturdy timber planks machines for looks as well as durability and strength. And they don't have a silly steel roof either. All galvanised sheeting for the longest lasting shed you will ever buy.

Fingal garden sheds also manufacture raised bed timber boarders as well. Their construction is the same quality timber and don't use flimsy hinges to piece it together, The joinery experience shows when you see the dovetailed joints carved into the timber to make a sturdy solid construction.

Fingal allotments also make to order Kennels, picnic tables and pretty much anything you could think of that could be used on an allotment and made from timber.

## Coming up next.

We will be selling vegetable plug plants until The end of October. In November just to keep everyone that little bit active when the cold weather really sets in we are putting together a variety of herbs for the real chefs out there. We will have as follows.

Balm	Basil Cinnamon	Basil Bush	Basil Lemon
Basil Lime	Burnet	Caraway	Celery Leaf
Chamomile (matricaria chamomille)		Bergamot Lemon	Bergamot Wild
Borage	Chives Garlic	Chives	Cumin
Fennel Sweet Florence		Dill Mammoth	Coriander
Echinacea Angustifolia		Lavender Stoechas	Fennel Bronze
Sage	Strawberry Sticks	Marjoram Pot	Oregano Greek
Russian Tarragon	Thyme	Peppermint	Spearmint
Roasemary			

In December and January We have secured supplies for the supply of soft fruit trees and bushes. As these fruit trees will be completely dormant at this time there could not be a better time to plant these trees and bushes. We have put a lot of effort into sourcing these trees and bushes as some of them are not a very easy thing to come by. If you want any soft fruit for the summer and during next year you should mark this down in your diary. We will have as follows.

Strawberries	Raspberries	Blackberries	Gooseberries
Redcurrants	Blackcurrants	Whitecurrants	Lingon
Berries	Blueberries	Cranberries	Apple Trees
Plum Trees	Damson Trees	Pear Trees	Cherry trees
Mulberries	Tayberries	Logan Berries	Tummel Berries
Sunberries	Boyesenberries	Josterberries	Worcester Berries

And then there will be a small break in the end of January and early february by the end of Febuary you know what it is then!

## Silly Season Starts

Just to give you a little taste of what to expect and for putting in an order as I will be expecting to run out of stock repeatedly over the spring when we start selling.

We intend to have a full range of tomato plants, we will have red ones, yellow ones, big ones little ones black ones , funny shaped ones hanging ones at present we have prepared a list up onto 28 types of tomatoes at present.

We intend to have a range of peppers, chillies and aubergines.

From the people with not protected crop facilities we will have on offer, pumpkins, squashes, courgettes.

As for the veg plugs we have at the minute 43 types of winter plug plants it is going to be frightening how much veg plugs we will have.

I am going to get a full range of seeds from seed savers and have them available to be bought in plug form.

I have organised from my supplier a full range of onion sets and garlic sets .

We have invested into an extra much larger van for the supply of allotment equipment supplies which we will bring with us on the day incase anyone is in need of any supplies or equipment.

### A couple of tips and tricks to try and see if they work

Cauliflower: All cauliflower can be damaged with frost weather they are a traditional or a hybrid the best way in saving the curds is to use the leaves as an insulation and fold them over the curds and with an elastic band tie the leaves in that position until the weather picks up a bit .

Kohl rabi: As they are originally from Russia they are fairly bullet proof but if we get a winter anything like last winter we are really gonna have to batten down the hatches. Kohl rabi can be mounded up with earth something like potatoes to protect them from a very heavy frost.

Leeks: Ever wonder how the leeks in competitions can grow so long. When you put the plugs in the ground let them bed in for 2 weeks then place a pipe over the leek inserting the leek into the middle of the pipe. Stack the pipe with 4 canes to insure stability and the leek will grow towards the pipe for the light leaving in the pipe really long white section of leeks in the pipe.

