



Magazine Issue 8
June 2026

Dear Fellow Allotmenteer,

June is a time of extremes. If you live in the northern hemisphere, then it's a time when summer is really starting to get into full swing! Every day lasts just that little bit longer, making breezy summer evenings a real treat.

The first day of [summer](#) in the northern hemisphere is June 21st.

If you were born in June, then you're one of two star signs. If you were born on or before [June 20th](#) then you're a Gemini. You are said to be passionate, adaptable, and smart. If you're born on or after the 21st of June, though, then you have the Cancer star sign. Those born under the Cancer sign are said to be loyal friends with great emotional depth.

The birth flowers of June are [honeysuckle and roses](#). Both of these flowers are symbols of all things relating to love, desire, generosity, and affection. If you were born in June, then there's a good chance you'll be a bit of a hopeless romantic!

June has three birthstones – alexandrite, moonstone, and pearl. Alexandrite is said to represent longevity and health. Moonstones on the other hand are said to bring good luck and are associated with love and passion. Finally, we have pearls, the main birthstones of June. Above all else, pearls represent purity and faith.

Thanks for reading

Gareth Richards (Treasurer)

Elizabeth Flats Allotments, Plot 14

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June Garden Checklist: Essential Tasks for a Thriving Summer Garden



June is a pivotal month in the gardening calendar. As the days grow longer and the temperatures rise, your garden demands more attention to ensure it thrives throughout the summer. Here's a comprehensive *June Planting Checklist* checklist to keep your garden in top shape this June.

1. Watering

- **Deep Watering** – Ensure plants receive a deep watering early in the morning to minimize evaporation and encourage strong root growth. Consider using soaker hoses or drip irrigation systems for efficient watering.
- **Monitor Soil Moisture** – Regularly check the soil moisture levels, especially during hot spells. Adjust your watering schedule based on weather conditions and plant needs.

2. Weeding

- **Regular Weeding** – Keep up with weeding to prevent competition for nutrients and water. Mulching can help suppress weed growth and retain soil moisture.
- **Mulch Application** – Apply a fresh layer of mulch around plants to help conserve moisture, regulate soil temperature, and reduce weed growth.

3. Pruning and Deadheading

- **Prune Spring Bloomers** – Trim back spring-flowering shrubs after they have finished blooming to maintain their shape and encourage new growth.
- **Deadhead Flowers** - Regularly remove spent flowers from annuals and perennials to encourage continuous blooming and maintain a tidy appearance.

4. Fertilizing

- **Feed Your Plants** – Apply a [balanced organic fertilizer](#) to support the rapid growth and flowering of plants. Consider using organic options like compost or fish emulsion for a gentle, long-lasting effect.
- **Special Attention to Vegetables** – Feed your vegetable plants with a high-phosphorus fertilizer to promote fruit and vegetable development.



June is a great time to add an organic scoop oof fertilizer as part of your checklist

5. **Pest and Disease Control**

- **Inspect Regularly** – Check plants frequently for signs of pests and diseases. Early detection can prevent major infestations and damage.
- **Natural Remedies** – Use natural or organic methods to control pests, such as neem oil, insecticidal soap, or introducing beneficial insects like ladybugs.

6. Harvesting

- **Harvest Early and Often** – Regularly harvest herbs, vegetables, and fruits to encourage more production and prevent overripe produce from attracting pests.
- **Staggered Harvesting** – For crops that mature at different times, plan for staggered harvesting to enjoy a continuous supply of fresh produce.

7. Planting

- **Succession Planting** – Keep your garden productive by planting fast-maturing crops like radishes, lettuce, and spinach after early spring crops are harvested.
- **Warm-Season Plants** – Plant heat-loving vegetables such as tomatoes, peppers, and squash if you haven't already.

8. General Maintenance

- **Support Plants** – Stake or cage tall or sprawling plants to keep them upright and prevent damage.
- **Clean Tools** – Regularly [clean and sharpen your garden tools](#) to keep them in good working condition and prevent the spread of diseases.

Tips for a Healthy June Garden (YOU!)

- **Stay Hydrated** – Just as your plants need water, remember to stay hydrated while working in the garden.
- **Use Sun Protection** – Wear a hat, sunscreen, and protective clothing to shield yourself from the sun's harmful rays.
- **Take Breaks** – Avoid working in the garden during the hottest part of the day. Take regular breaks in the shade to avoid heat exhaustion.

By following this June garden checklist, you can ensure your garden remains healthy, vibrant, and productive throughout the summer. Happy gardening!

Flowers

H	B	S	I	M	I	K	H	Y	D	R	A	N	G	E	A	L	A
Z	G	T	R	H	W	E	S	K	L	L	H	R	O	S	E	J	P
B	L	U	E	B	E	L	L	H	L	P	J	E	M	T	B	L	E
M	A	L	V	A	H	O	I	F	I	Y	O	B	R	E	S	M	N
A	B	I	A	V	M	I	J	L	P	R	Z	P	S	Y	U	O	D
G	C	P	F	V	S	T	B	G	A	O	Q	S	P	H	N	P	A
N	G	W	R	E	A	E	M	I	N	V	V	U	D	Y	F	A	I
O	H	Y	U	R	O	N	B	Z	S	G	E	H	E	D	L	Z	S
L	U	Q	I	B	A	S	D	S	Y	C	C	N	K	M	O	L	Y
I	T	U	B	E	R	O	S	E	E	P	U	L	D	R	W	U	N
A	Z	M	L	N	L	I	L	Y	A	M	I	S	A	E	E	R	T
S	V	D	Q	A	K	J	I	R	N	A	A	F	Q	V	R	D	O
J	L	U	E	L	O	R	C	H	I	D	E	L	P	T	E	H	N
K	Y	O	P	T	I	B	C	H	B	S	R	V	L	G	U	A	H
R	S	E	T	P	U	D	A	F	F	O	D	I	L	O	S	L	T
N	A	R	D	U	V	P	A	N	I	L	L	A	H	Z	W	I	M
L	D	S	F	V	S	C	A	R	N	A	T	I	O	N	S	A	E

DAHLIA

HYDRANGEA

MAGNOLIA

MALLOW

ORCHID

LAVENDER

PANSY

TUBEROSE

LOTUS

BLUEBELL

VERBENA

TULIP

CARNATION

POPPY

ROSE

DAFFODIL

DAISY

LILY

SUNFLOWER

HIBISCUS



Fruits

Q	B	U	O	F	C	E	K	Y	P	T	S	V
P	Y	A	G	J	P	G	R	A	P	E	S	Q
K	L	N	W	B	U	L	L	X	H	W	Y	L
L	Z	U	M	A	C	A	B	N	O	I	O	Z
Y	T	D	M	N	Y	S	Z	W	A	D	M	K
K	S	T	R	A	W	B	E	R	R	Y	T	B
S	E	V	B	N	T	J	H	V	G	F	K	A
K	U	P	E	A	C	H	E	R	C	H	P	P
I	F	E	G	O	X	K	C	R	M	M	N	P
W	B	A	V	T	R	S	D	X	B	A	U	L
I	S	R	X	G	Y	H	O	R	A	N	G	E
T	J	H	V	Y	C	E	K	W	Y	G	K	H
B	U	Z	W	C	H	E	R	R	Y	O	L	R
P	A	P	A	Y	A	K	I	O	E	R	W	I

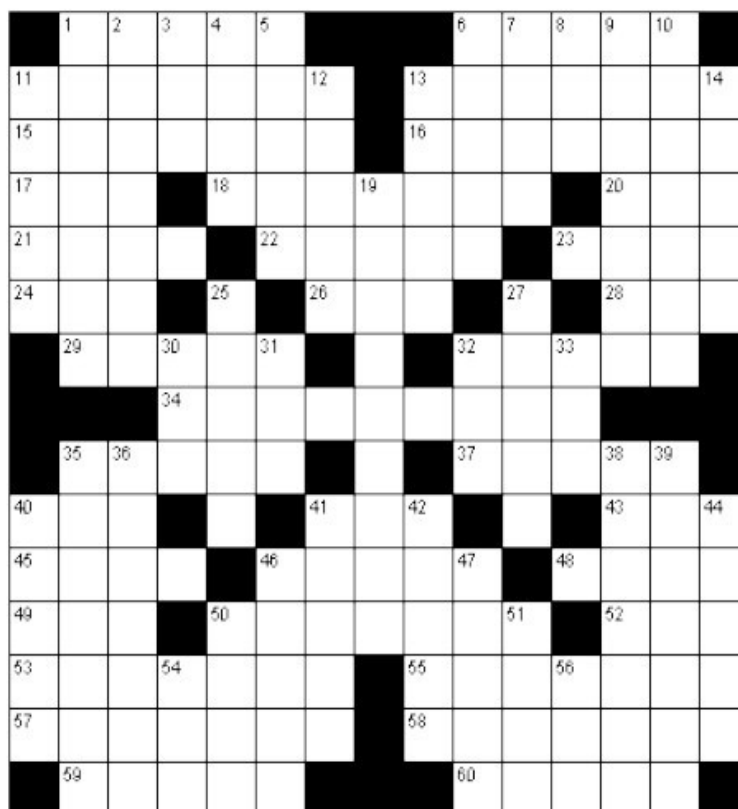
APPLE
PEAR
BANANA
PLUM

ORANGE
STRAWBERRY
GRAPES
PAPAYA

PEACH
CHERRY
KIWI
MANGO



Crossword no.1



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ACROSS

1. Pierces
6. Falsified
11. Pair
13. Illegitimate
15. Oxygenates
16. God of the sea (Roman mythology)
17. Chinese revolutionary
18. Bothers
20. Advice columnist ____ Landers
21. Sea eagle
22. Gardening tools
23. Mid-month days
24. Collection or series
26. So far
28. Mineral-bearing rock
29. Round wooden rod
32. Fortune tellers
34. Restate
35. Arab country in northeast Africa
37. Jaunty rhythms
40. Glass container
41. A measure equal to 16 feet
43. Gremlin
45. Fertilizer ingredient
46. Anagram of "Noted"
48. Whirlpool
49. Anger
50. Argumentative
52. Prefix indicating recent or new
53. Bastion
55. Give forth
57. Foes
58. Fails to fulfill a promise
59. Coarsely ground hulled corn
60. Stitched

DOWN

1. Uttered obscenities
2. A city in Ontario Canada
3. A king of Judah
4. The two of them
5. Smudge
6. Hurries away
7. Mountains in Europe
8. A set of tools
9. South American country
10. Main meals
11. Makes docile
12. An analytic literary composition
13. Cove
14. Taut or rigid
19. Body frames
25. Tearful
27. Abominable snowmen
30. Sardonic
31. Illuminated
32. Actor ____ Mineo
33. Snake-like fish
35. A piece of jewelry
36. One who welcomes
38. Adolescent
39. Precipitated as a mixture of rain and snow
40. Liquid from fruit
41. Boils
42. Dissuade
44. Flat masses of floating sea ice
46. Tall woody plants
47. 10 cent coins
50. Assemble or modify written material
51. Walking stick
54. French for "Friend"
56. Not old

Link to Brimsmore Garden Centre

We have a Gold Club discount deal with Brimsmore Garden Centre.

They offer all member's 25% discount on Spring bulbs for sale in October and then again a second deal for anything at the Centre that is not on special offer which can be used as many times as you want during January and February.

I have used it for compost in the past and the savings are quite good on your pocket. You can have the items delivered which is free within the Yeovil area or you can pick your items up at the Garden Centre.

Brimsmore Garden Centre website address :

<https://store.thegardensgroup.co.uk>

Email : brimsmore@thegardensgroup.co.uk

Telephone no. : 01935 411000

Address : Brimsmore Gardens
Tintinhull Road
Yeovil
Somerset
BA21 3NU

Where we meet

Johnson Park, Coronation Avenue, Yeovil. BA21 3DX

as well as

Brimsmore Gardens, Tintinhull Road, Yeovil, Somerset BA21 3NU

We generally meet twice a month. The last Thursday of the month is reserved for a committee meeting. We discuss all things related to the Association and deal with any matters arising.

We meet at 8pm on these nights in the lounge bar at Johnson Park Sports and Social Club. They have a car park

Minutes are recorded by our Secretary. The Chairman opens the meeting and directs us through the running order and as well as site supervisor's input there is a monthly Treasurer's report.

The other meeting night is a more social event and this takes place on the 1st Thursday of the month. We can invite a speaker, you can buy a drink at the bar and there is a raffle normally run by Phillip.

Three times a year on the 1st Wednesday of the month we meet at Brimsmore Garden Centre for our social. We meet in the Apple Tree restaurant at 6.30pm. Some tea and biscuits are available for free. We try to have a guest speaker at these events or a talk on a garden topic and a raffle run by Phillip's wife.

These three events replace our said Thursday social meetings at Johnson Park.

Your annual membership card gives you the time and dates of meetings for the year ahead. Our membership night for renewals is every March and again a discount night is offered for any garden centre items which are not on special offer.

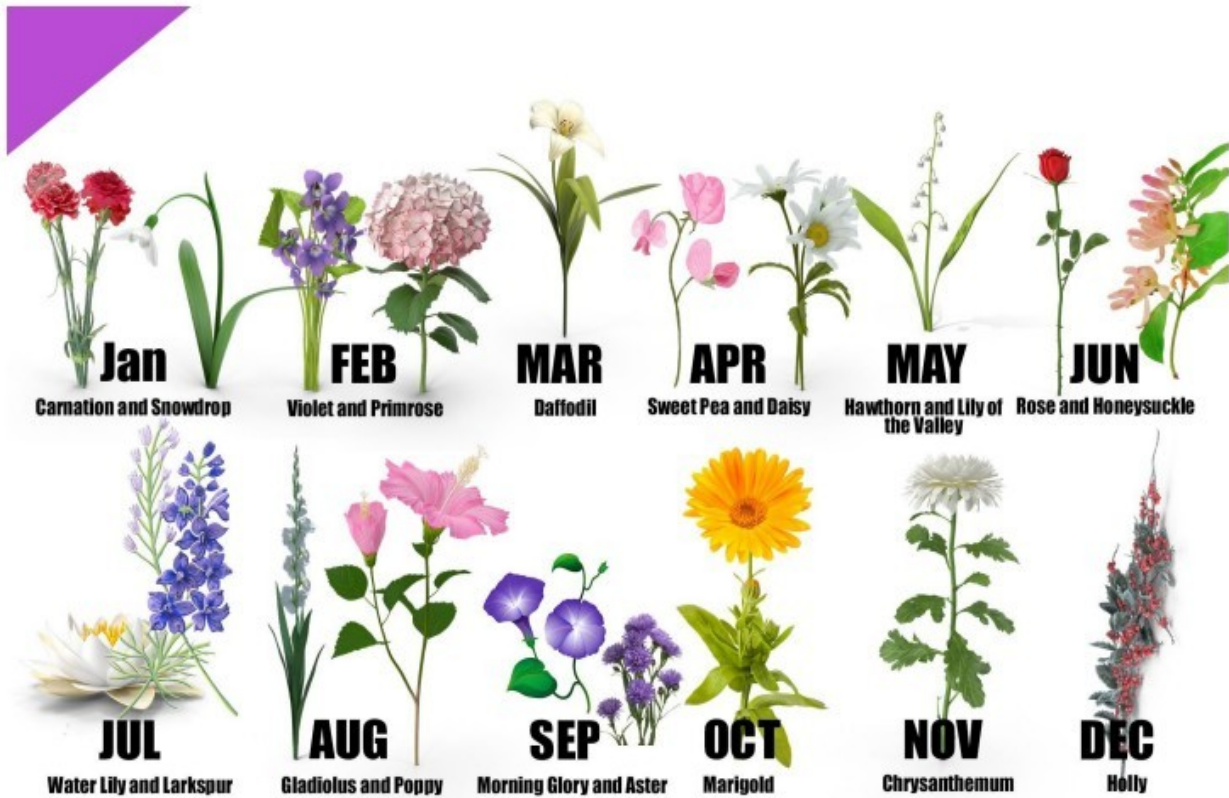
King Seeds - Top Tips for Seed Sowing

- Use seed sowing compost, not multi-purpose. Multi-purpose compost often contains too much feed which can damage or kill young seedlings before they grow.
- Water with fresh tap water. Avoid using saved rainwater for seeds and young seedlings, as pathogens can build up in water butts and containers which can affect germination. Rainwater is fine to use on established plants.
- Maintain the correct temperature. Ensure the seeds are kept at their ideal germination temperature.
- Monitor the water levels. Some composts may appear dry on the surface but are moist beneath. Certain seeds such as peas and beans tend to rot off if they are overwatered, yet if they are too dry, their seed coats may not break down properly, preventing germination.
- Water the drill directly when sowing outside during a dry spell. It is important when sowing seeds direct into the allotment soil when the soil is dry, to always water the seed drill first before sowing. Draw out the seed drill, then give a thorough watering so the base of the drill is really wet, then leave to drain for a few minutes before sowing the seed onto the wet soil. Once sown, the seed is then covered over with the dry soil, which traps the moisture below where the seeds need it to germinate. This is a far better method than constantly watering overhead with a rose on a can, which will evaporate with the sun or drying winds and put a hard cap over the soil, making it much harder for the seedlings to push through.

Solution

	S	T	A	B	S			F	A	K	E	D		
T	W	O	S	O	M	E		I	L	L	I	C	I	T
A	E	R	A	T	E	S		N	E	P	T	U	N	E
M	A	O		H	A	S	S	L	E	S		A	N	N
E	R	N	E		R	A	K	E	S		I	D	E	S
S	E	T		W		Y	E	T		Y		O	R	E
	D	O	W	E	L		L		S	E	E	R	S	
				R	E	I	T	E	R	A	T	E		
	E	G	Y	P	T		T		L	I	L	T	S	
J	A	R		Y		R	O	D		S		E	L	F
U	R	E	A		T	O	N	E	D		W	E	E	L
I	R	E		E	R	I	S	T	I	C		N	E	O
C	I	T	A	D	E	L		E	M	A	N	A	T	E
E	N	E	M	I	E	S		R	E	N	E	G	E	S
	G	R	I	T	S				S	E	W	E	D	

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12 Birth Month Flowers

The 12 Birth Month Flowers are something I have just found and I thought I would introduce it as a little homage to those associated to the birth of a baby. The Birth Flowers for June are the Rose and Honeysuckle. Although most Allotmenters grow fruit and vegetables, some of you will grow flowers as well.



Rose



Honeysuckle

Roses

Roses (*Rosa*) are a classic and instantly recognisable plant, ideal for almost every style of garden. They flower abundantly from early summer in a choice of colours including pastel shades of pink, peach, cream or snowy-white; vibrant yellow and gold; orange, crimson or red. Many roses are fragrant. Some types flower in one flush of blooms while others flower all summer long. Some have colourful fruits (hips). Plants come in a range of forms, from traditional shrubs and climbers to miniature plants for patio containers.

Roses have upright, arching, scrambling or trailing, usually prickly stems. Their leaves are glossy and mid to dark green but occasionally grey-green. Flowers vary in shape and include flat, cupped, rounded, urn-shaped, button-eye, pompon and rosette.

Roses grow best in moisture-retentive, fertile, well-drained soils in a sunny position. They are very responsive to mulching and feeding.

Roses won't thrive in dry, poor or waterlogged soil and few flowers are produced in shade.

Many modern roses are sold under two names. You can spot this on plant labels where the main 'selling name' is joined in brackets by the name which holds the official Plant Breeders Rights (PBR) name. An example is Gertrude Jekyll ('Ausbord'), which like all other roses is usually only referred to by the selling name - in this case Gertrude Jekyll.

More information and a key to rose classifications can be found on

Honeysuckle

Besides the much loved climbers, honeysuckles include a number of useful shrubs. Some of them are evergreen and ideal for hedging or topiary pieces, others are winter flowering and highly perfumed. The climbing honeysuckle is a classic addition to a romantic cottage garden or even a wildlife haven. Plus, don't forget honeyberry - the edible honeysuckle, which can be used to make a tasty homemade jam.

Shrubby honeysuckle

Botanical name: **Lonicera**

Shrubby honeysuckles (Lonicera) are well suited to a woodland garden, with their sometimes scented flowers, attractive autumn fruit and unkempt habit. Plant early-flowering bulbs under shrubby honeysuckles for a late winter pick-me-up. Evergreen forms are suitable for creating low-growing hedges.

Deciduous or evergreen, shrubby honeysuckles can be upright and sprawling or compact and low-growing. Small delicate flowers (often with fine fragrance) are mainly produced in winter or spring, and are generally creamy-white (some are pink, lilac or yellow).

Shrubby honeysuckles will grow in most soil types but ideally they prefer free draining soil, in sun or partial shade.

These shrubs will not thrive on very heavy, waterlogged ground or in soil that is excessively dry. They seldom flower in deep shade.

Edible honeysuckle (honeyberry)

Botanical name: **Lonicera**

Honeyberry is one of the common names for the edible form of honeysuckle (*Lonicera*). The most commonly planted is *Lonicera caerulea*. This versatile shrub can be grown for its ornamental value in summer as well as for a tasty supply of blueberry-like fruits.

A compact deciduous shrub with an upright habit. The sea-green leaves create a handsome backdrop for the small creamy-white flowers that appear in early summer. These are followed by tempting oblong, blue-black berries with a white bloom to their skin.

Outreach Project Update

Our third visit to Yeovil Library is under way. Please look at our website for dates.

I am still waiting on courses to help round the next stage. I have not heard from Yeovil College and will probably try the Hospital next year.

The schools will take a bit longer to organise. I will have to organise some tasks for this leg of our journey. Some sort of project activity to spread the message.

I have not had much feedback from our membership but our website is doing alright going by the download page. Please leave a comment if you have something to say on our window display.

Many thanks and Happy Allotmenting,

Gareth Richards
Treasurer
Eliz Flats Plot 14

Spotlight on Fruit and Vegetables

On these next few pages I will be spotlighting fruit and vegetables and with this in mind I have chosen two soft fruits. For this magazine issue, I have picked the Blackcurrant and Raspberry.

They can be eaten fresh or warmed up in a pie or turned into jam. Just to re-iterate all my work is taken off gardening websites and allotments magazines. I have only had an allotment for two and half years so bringing knowledge to the readers is wholly an exercise in already published work.

I have used a lot of the Gardener's World website and the RHS website and NAS magazines to bring all of their printed wisdom onto these pages.

The more experienced of you will probably already know the words written or will know their meaning in practice.

So let's start the ball rolling with the Blackcurrant and Raspberry.

Blackcurrant

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Plant	P	P	P							P	P	P
Flowers				FR	FR							
Fruits							FL	FL				
Prune									PR	PR		

Blackcurrants are delicious, easy to grow, and very good for you. The small dark purple berries are packed with vitamin C and other medicinal benefits. Although they have a sharp flavour, juicy [blackcurrants](#) can be eaten fresh or added to pies, jams and cordials. Blackcurrants are a versatile fruit bush, good for building up your stock of perennial home grown produce. Their flowers attract pollinators and work well both in pots and the ground. Once your blackcurrant bush has settled in, it will reward you with plenty of fruit for years to come.

How to grow blackcurrants

Grow blackcurrants in moist but well-drained soil in full sun to partial shade. Feed with a high potash fertiliser weekly during the growing season and mulch the soil around the plant with well-rotted manure, leaf mould or compost. You may consider netting the fruit against birds. Prune in autumn.

How to plant blackcurrants

Blackcurrants grow best in a sunny, sheltered spot where fruits can ripen into fat, juicy berries. Plant bare-root blackcurrant bushes in autumn and pot grown plants at any time of the year. If growing in a container choose a large tub or barrel.

Blackcurrants thrive in deep soil, so dig a generous planting hole and add plenty of well-rotted compost or manure and fertiliser to the soil. After planting, prune the bush right back.

How to care for blackcurrants

Blackcurrant bushes need plenty of watering and feeding – particularly if container grown. In spring, feed with pelleted chicken manure or other high potash fertiliser, and add a thick mulch. Keep weed-free during the growing season and when the fruits start to mature, net your plants to protect from the birds.

Prune blackcurrants in autumn and winter

Growing blackcurrants: problem solving

New varieties of Blackcurrant bushes have good resistance to common problems such as mildew and frost damage. However, Blackcurrant gall midge can cause leaves to dry and drop off. An insecticidal soap spray can help to control this. Remove any damage leaves. Birds love the berries as much as we do, so net your fruit bushes to protect them.

How to harvest blackcurrants

Blackcurrants are ready to pick when they are dark and shiny, but still firm. Pick currants on a dry day, as wet currants will quickly go mouldy. Harvest whole trusses, rather than individual berries. They can be eaten fresh and will keep for several days after picking.

Eating blackcurrants

Looking for inspiration on how to use your crop? Our friends at olive have curated a delicious collection of [blackcurrant recipes](#), including their inventive blackcurrant ripple ice cream.

Storing blackcurrants

You can store unwashed bunches of currants in the fridge for up to five days. If you have more fruit than you can use immediately, the berries freeze well and can be preserved in jams, sauces and cordials.

Blackcurrant varieties to try

[Blackcurrant 'Ebony'](#) – a good, disease-resistant variety, producing very sweet, large fruits from early to mid-July. Plants have a slightly open, spreading habit for easy picking.

- [Blackcurrant 'Ben Connan'](#) – a small bush variety of blackcurrant, with plenty of large, glossy black fruits ready to pick from early July. This variety has excellent mildew resistance and good tolerance to frost.

- [Blackcurrant 'Baldwin'](#) – an older variety, used in the blackcurrant industry for many years, this has a mild flavour, but it is susceptible to mildew and frosts.

- Blackcurrant 'Ben Sarek' – a compact variety with plenty of large, juicy fruits in July. Good resistance to mildew, frost and leaf-curling midge

- Blackcurrant 'Ben Hope' – a late-maturing variety with good resistance to mildew.

Blackcurrant 'Ben Nevis' – resistant to frost and mildew, the fruits are ready to pick in late July

Raspberries

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Plant	P	P	P	P						P	P	P
Harvest						H	H	H	H	H		

Raspberries are easy and cheap to grow, providing you with sweet and delicious fruit that tastes so much better when picked fresh on a warm summer's day. Raspberries are categorised into 'summer-fruiting' and 'autumn-fruiting' types:

- summer-fruiting raspberries fruit on the previous year's growth and are typically tall plants that require staking
- autumn-fruiting raspberries are shorter and usually less vigorous, and fruit on the current season's growth

Growing both types means you could be successionaly harvesting your own delicious raspberries from late June through to October.

Grown on canes (upright woody stems), raspberries are a great investment, often fruiting for 10 years or more. They require annual pruning and taller, summer-fruiting varieties need support, so they are not as low-maintenance as some other soft fruit. However, they are usually considered worth the effort, and will taste even sweeter when you think about how much you'd pay for a punnet in the supermarket.

How to grow raspberries

Plant raspberry canes 45cm apart, with 1.8m between rows, in moist but free-draining, fertile soil. An open, sunny site is best. Firm in and water well. Tie in summer-fruiting canes to supports as they grow, cutting back weak stems (autumn-fruiting varieties usually don't need support).

In spring, feed with a general fertiliser and mulch around plants to keep their roots slightly moist and to suppress weeds. Keep the plants well watered during dry spells.

Harvest raspberries as and when they ripen. Cut autumn-fruiting canes back to the ground after fruiting, but only cut back the old canes of summer-fruiting varieties, leaving the new canes for next year's crop. Also thin out the weaker of the new canes if they are too dense – aim for a spacing of about 15cm in the row.

Where to grow raspberries

Grow raspberries in moist but free-draining, fertile soil in full sun to partial shade. Raspberries are more tolerant of shade than other fruits, but their fruit will taste sweeter in a sunny location.

Some raspberry varieties, such as the dwarf variety Ruby Beauty, can be grown in pots, but you will get a smaller harvest from this raspberry bush than from those grown in the ground.

How to plant raspberries

Plant in autumn or spring. Before planting raspberries, give the roots a good soak in water. You may also want to add well-rotted [manure](#) or homemade compost to the soil to aid fertility. Space canes 45cm apart with 1.8m between rows. Cover the roots with about 5cm of soil and firm around them gently. Canes are usually pre-pruned, ready to plant. If not, cut them down to 15-22cm.

For summer-fruiting raspberries, you will need to add supports, which you can tie the canes to as they grow. Put up strong 2m wooden posts at either end of your row of raspberry canes and run wires between them. Tie the canes to these as they grow. Fix a wooden T-piece to the top of each post to support bird netting over the top.

How to care for raspberries

In spring, feed raspberries with an organic, general fertiliser, and mulch around the base of the plants to keep their roots slightly moist and to suppress weeds. Keep the plants well watered during dry spells.

How to prune raspberries

Summer-fruiting raspberries fruit on one-year-old canes. Tie in new canes to support them as they develop, but prune out weak shoots. Aim for a spacing of 15cm between new canes, removing extras to avoid overcrowding. After fruiting, cut to soil level all canes that have carried fruit, leaving the new canes to develop fruit the following year.

Pests and diseases

Birds such as blackbirds may take the fruit. Many gardeners are happy to share their harvest. If you don't want to, you can net the fruit, but check your netting daily, as birds, small mammals and reptiles can become trapped.

In summer, raspberries can suffer from [raspberry nutrient deficiency](#). Feed with a high-nitrogen fertiliser and mulch annually with well-rotted [manure](#) or compost to prevent the problem.

You may spot [green shield bugs](#) and other shield bugs on your raspberry plants. These are harmless bugs and will not damage your crop.

How to harvest raspberries

Take care when picking raspberries, as the fruits are easily crushed. With the gentlest tug, ripe fruits should just tumble into your hands.

Growing raspberries: preparation and uses

Eat raspberries fresh, freeze them or use them to make purées, jams and smoothies.

Storing raspberries

Raspberries are best picked and eaten on the same day, although you can store unwashed fruits (moisture encourages [grey mould](#)) in a single layer in the fridge for a

few days. Most raspberries freeze well – spread them out on a dish to open-freeze, then store in a box or bag for up to two months.

Advice on buying raspberries

- If you have the space, aim for a selection of varieties that gives you a long season of harvest, including summer- and autumn-fruiting types
- If buying summer-fruiting raspberries, ensure you have a sturdy support frame in place to tie them to
- Always buy from a reputable supplier and shop around – there are often bargains to be had

Raspberry varieties to grow

Early summer

‘Glen Moy’ – large, firm berries, with spine-free stems; good disease resistance

‘Malling Jewel’ – good flavour, reliable and an early cropper on compact plants

Mid-summer

‘Glen Ample’ – a heavy cropper with spine-free canes; disease resistant

‘Glen Rosa’ – produces small, aromatic fruits on spine-free stems; disease resistant

‘Valentina’ – unusual apricot-pink berries on spine-free stems; disease resistant

‘Zeva’ – for growing in cooler, more northerly climates; produces a large crop

Summer is Here: Now What? Your Essential Guide to a Thriving Summer Garden



The Summer Garden Checklist

Hello, gardening people!

The joyous warmth of summer has finally arrived, blanketing our landscapes with longer days and an abundance of sunlight.

However, this season isn't just about basking in the sun. It also brings specific challenges to our beloved gardens. So, as we welcome this sunny season, the question on every gardener's mind is: "Summer is here: Now what?"

No need to worry. We've got you covered with tips and a checklist to keep your garden and landscape thriving throughout these hot summer months.

Water Wisely

Summer heat can be hard on plants, and proper watering is crucial. However, watering isn't a one-size-fits-all task. The watering needs of your plants will depend on their type, size, and location. As a general rule, deep, infrequent watering encourages plants to grow deeper roots, making them more drought-resistant. Water in the early morning to reduce evaporation, and focus on the base of the plant to avoid wetting the leaves, which can lead to fungal diseases. Using a [high quality soil moisture meter](#) can help.

Mulch Matters

Mulch is the superhero of the summer garden. A 2-3 inch layer of mulch conserves moisture, keeps roots cool, and reduces weed growth. Organic mulches, like compost, bark chips, or straw, also improve soil quality as they decompose.

Prune for Health

Pruning improves the health and productivity of your plants. Regularly deadhead flowering plants to encourage more blooms. For shrubs and trees, prune any dead or damaged branches to prevent disease and pest infestations.

Don't Forget to Feed

The growing season is when your plants need the most nutrients. An all-purpose garden fertilizer can do wonders for your plants, but make sure to follow the instructions on the label. Over-fertilization can do more harm than good. Use [compost](#) for an eco-friendly garden.

Bug Watch

Summer is prime time for pests and diseases. Regularly inspect your plants for signs of trouble, like spots, discoloration, or holes in leaves. Use environmentally friendly treatments whenever possible, and remember that the best defence is a healthy plant.

Summer Gardening Checklist

Here's a handy checklist to help you navigate your summer gardening duties:

1. **Water plants deeply and regularly**, focusing on the base of the plants.
2. **Spread mulch** to conserve moisture and control weeds.
3. **Prune and deadhead** plants to encourage healthy growth and more blooms.
4. **Fertilize plants** to give them the nutrients they need to thrive.
5. **Inspect plants** for pests and diseases regularly.
6. **Harvest fruits and vegetables** frequently to encourage further production.
7. **Plan for fall** by ordering bulbs and seeds for autumn planting.

Remember, every garden is unique, and it's the care, time, and attention you put into it that truly makes it flourish. Summer may bring its challenges, but with these tips and this handy checklist, you'll be well on your way to a thriving, vibrant summer garden.

Happy gardening, and enjoy the sun!

Pasta sauce recipes



For every bowl of pasta there's a great sauce. A classic, rich homemade tomato sauce - great with pasta, meatballs or mixed with creamy mascarpone. This recipe makes a big batch and freezes well so you can whip up quick weekday meals. You'll never buy shop-bought jars again!

Prepare

less than 30 mins

Cook

less than 10 mins

Serve

Serves 2–3

Ingredients

- 2 tbsp oil, ideally olive oil
- 1 **onion**, finely chopped
- 1 garlic clove, finely grated or crushed
- 400g tin chopped tomatoes
- ½ tsp dried oregano, basil or mixed herbs
- ½ tsp caster sugar

Method

1. Heat the oil in a frying pan and fry the onion over a low heat for 5 minutes, stirring regularly with a wooden spoon.
2. Add the garlic and cook for a few seconds more.
3. Add the tomatoes, herbs and sugar and cook for 5 minutes, stirring regularly.
4. Stir in a splash of water to loosen the sauce, if needed, and season to taste.

Recipe tips

You can vary this pasta sauce so to suit your taste. For a spicy pasta sauce, add 1–2 pinches of dried chilli flakes with the tomatoes.

For a creamy tomato sauce, stir in 2–3 tablespoons of single or

double cream, crème fraîche, soft cheese or mascarpone at the end of the cooking time and heat through gently.

For a meaty flavour, fry chopped bacon, chorizo, salami or ham when cooking the onion. Or add at the end if you need to keep some of the sauce vegetarian.

This tomato sauce can be kept in the fridge for a week, or frozen for up to 2 months.

Foraging for Superfoods: Your Backyard Pharmacy

The Unseen Pharmacy – A Backyard Awakening

Beneath your feet and between the cracks of the patio lies a forgotten world of ***natural medicine***. Your own backyard may already be home to a hidden pharmacy — filled with powerful plants most of us dismiss as weeds. These resilient, nutrient-dense greens are nature’s original superfoods, offering nourishment and vitality long before supplements lined store shelves.

Before grocery stores and packaged nutrition, our ancestors turned to these wild edibles for food and healing. Dandelions aided digestion, plantain soothed skin irritations, and purslane provided a plant-based omega-3 boost. Yet today, we often pull them without a second thought. It’s time to rediscover what’s growing all around us — and turn these neglected greens into nourishing allies.

Identifying Your Green Gold

*******Before you start foraging, follow this golden rule: When in doubt, leave it out. Misidentifying plants can be dangerous, so always verify with multiple reputable sources like field guides, plant ID apps, or local native plant databases. Consult cooperative extensions for regional specifics.***

Here are three common backyard superfoods to start with:



Dandelion (*Taraxacum officinale*) – Known for its sunny yellow flower, jagged lion-tooth leaves, hollow stem, and milky sap, this plant is edible from root to flower. Spring-harvested young leaves make a mild, bitter green for salads, while roasted roots brew into a caffeine-free coffee alternative with a rich, earthy flavor. Watch for look-alikes like cat's ear, which has hairy leaves.



Plantain (*Plantago major*) – Often mistaken for a lawn weed, its broad, ribbed leaves grow low to the ground. When crushed and applied topically, plantain leaves soothe insect bites and minor burns, making it a go-to for backyard first aid. Look for its distinctive parallel leaf veins.



Purslane (*Portulaca oleracea*) – A low-growing succulent with reddish stems and paddle-shaped leaves, purslane thrives in sunny, dry areas, especially in summer. It's a plant-based source of omega-3 fatty acids, plus vitamins A and C, with a tangy, lemony flavor perfect for salads. Check for its smooth, fleshy leaves to avoid similar-looking spurge, which has milky sap and is toxic.

When identifying plants, note **leaf shape, flower color, stem texture,** and **growth habit.** Take your time — details matter.

Harvesting & Preparing Your Wild Edibles

Responsible foraging ensures plants thrive for pollinators and future growth. Harvest lightly, taking no more than 10–20% of a plant population. Rinse thoroughly in cool water to remove dust or insects. Avoid foraging near roadsides, pesticide-treated lawns, industrial sites, or areas with runoff, as plants may absorb harmful chemicals.

Quick Recipes from Your Backyard Pharmacy

- **Dandelion Pesto** – Swap dandelion greens for basil in your favorite pesto recipe for a nutrient-packed, pleasantly bitter twist.
- **Plantain Tea** – Steep crushed plantain leaves in hot water for a soothing tea traditionally used to support digestion or respiratory health.
- **Purslane Salad** – Toss purslane leaves with cherry tomatoes, cucumber, lemon juice, and olive oil for a refreshing summer salad.

Beyond the Basics – Advanced Foraging & Medicinal Uses

Once you've mastered these greens, explore other powerful backyard edibles:



Chickweed (*Stellaria media*) – A delicate groundcover with tiny, star-shaped flowers, rich in vitamins and minerals. Traditionally used to ease inflammation or skin irritations, it's great in salads or lightly cooked as a mild green. Look for its single line of hairs along the stem.



Violet (*Viola sororia*) – Its heart-shaped leaves and purple blossoms are more than pretty. Violet leaves, high in vitamins A and C, can be steeped in teas traditionally used to calm coughs or soothe sore throats. Check for its five-petaled flowers to avoid confusion with other low-growing plants.

For those exploring natural remedies, try simple herbal preparations at home (consult a healthcare professional before medicinal use):

- **Infusions** – Herbal teas that extract gentle plant compounds.
- **Poultices** – Mashed fresh leaves applied to the skin to reduce swelling or irritation.
- **Tinctures** – Alcohol- or glycerin-based extracts that preserve plant medicine for long-term use.

Always research dosage and safety before experimenting with medicinal applications.

Embracing Your Personal Pharmacy

Backyard foraging reconnects us to the land — transforming how we see our gardens and ourselves. By adding these edible weeds to your diet, you can boost nutrition, reduce food waste, and rediscover traditional plant wisdom.

A few reminders:

- Cross-reference plant identifications with multiple reputable sources.
- Avoid harvesting from polluted or chemically treated areas.
- Start small, and learn as you go — nature rewards patience and curiosity.

Disclaimer: Consult a healthcare professional before using plants for medicinal purposes, as some may cause reactions or interact with medications.

Your garden isn't just a space to grow — it's a living pharmacy waiting to be rediscovered. Step outside today and look again at the so-called weeds beneath your feet. The most powerful nourishment may have been there all along.

Master Gardener Tip

Start with one plant at a time. Study it, harvest it, taste it, and learn its life cycle. Foraging isn't just about collecting — it's about building a relationship with the plants that sustain us.

How to Contact the Editor

If you have comments or you know I have given wrong advice then please contact me by email at

gareth.richards@yeovil-allotments-association.co.uk

If you have something to contribute or have a say on allotment life, then please use my email to send your contributions.

I am going to process the magazine issue once a month, so if there are comments you would like to make they can be answered in future editions.

I would like to add that most of the articles are taken off the web and some well known gardening and allotments magazines have been read in the making of our magazine content.

We also have our own website at :

www.yeovil-allotments-association.co.uk

where you can find this magazine as well as a catalogue

Happy Allotmenting and best wishes,

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