

FEERING & KELVEDON GARDEN CLUB

DECEMBER 2024

WELCOME TO THE CHAIRMAN'S CHRISTMAS NEWSLETTER



**Wishing all our members a Merry
Christmas and a very
Happy and Prosperous New Year**

Last month we welcomed a new speaker to our Club – Cherry Mullins who gave a most interesting and informative talk about Monet's "Giverny" and the history of his life showing wonderful images of his paintings and of course his famous garden. It was just a shame that the numbers attending again were on the low side.

So, unbelievably our year of speakers has now ended and we look forward to a varied calendar for 2025 starting off as always with the AGM on the 4th February then followed in March with Roger Hance giving the second part of his talk on "Wildflowers of the Countryside". Next in May is Brian Cradwick talking about "Fuchsias" and June a new speaker – Peter Fielding all about Bonsais, Then in October we welcome back Brian Carline on "The Understanding of Plants then finally in November Mike Abel on "Beekeeping". Of course ,we have our two shows - Spring Show in April – and the Open Show in August and two outings to look forward to one in June on Sunday 8th to Gooderstone Water Gardens Nr Swaffham and then on 1st July to Feeringbury Manor – very close to home!



Now let's turn to jobs to do in the garden and allotment this month –

1. Plant shrubs for winter scent such as mahonia and witch hazel.
2. Apply a generous amount of mulching around borderline hardy plants.
3. Continue planting up containers with winter bedding and evergreens.
4. Nearer Christmas bring evergreen foliage and berries indoors for festive decorations.
5. Give apple and pear trees an annual prune to improve fruiting.
6. Harvest Brussels sprouts, leeks and parsnips.
7. Please don't forget to feed the birds and keep the birdbaths unfrozen



Roger Pitt our President has contributed a piece he has written about UPF (Ultra Processed Food)

Ultra processed food is something that is affecting all of us more, especially the young. We, the older generation have diets which to some extent is considered old-fashioned. By this I mean we cook basic food from ingredients such as potatoes, fruit and green vegetables, which for those of us who still grow veg in their gardens are ultra fresh. Basically UPF means too much sugar, fat and salt, which are all bad for us in our diet, causing us to be overweight or even obese. Although this is far removed from the Garden Club it's a subject about which I have very strong feelings indeed! Thank you, Roger for your thoughts. (Interestingly there was a TV programme on this subject last month)

MEMBERS' NEWS

Good wishes to all those with a birthday or Anniversary this month!

POET'S CORNER

A further extract from John Betjeman's "Christmas"

*And is it true? And is it true.
That most tremendous tale of all,
Seen in a stained-glass window's hue,
A baby in an ox's stall?
The maker of the stars and sea
Become a Child on earth for me?*

*And is it true? For if it is,
No loving fingers tying strings
Around those tissueed fripperies,
The sweet and silly Christmas things,
Bath salts and expensive scent
And hideous tie so kindly meant*

*No love that in a family dwells;
No carolling in frosty air;
Nor all the steeple-shaking bells
Can with this single truth compare –
That God was man in Palestine
And lives today in Bread and Wine,*

A Christmas themed DID YOU KNOW?

In ancient Roman times, 17th December was the beginning of the Saturnalia, in honour of the God of Agriculture. Elements of the festival later appeared in the Christmas, New Year and Twelfth Night celebrations in the UK. Presents were exchanged and it was usual to appoint a master of revels, a character that was recycled as the Lord of Misrule, who presided over the Christmas Festivities.

NOW WE TURN TO OUR OWN FESTIVITIES THE CHRISTMAS SOCIAL ON TUESDAY 3rd DECEMBER!

As all members know this celebration ends our year of events and for those attending an offer of a glass of bubbly on arrival will start off the evening which is hoped to be full of fun!

Please don't forget to bring along your own cutlery, crockery and glasses and a wrapped prize for the raffle! Also,

those who are making food it would be helpful to bring along serving equipment as well and a label describing the dish of food would be appreciated. **For those allergic to nuts this is most important.**

Please remember though to take everything home afterwards!!

RECIPE OF THE MONTH BANANA CAKE

Perfect for using up those very ripe bananas in the fruit bowl and incredibly easy to make! Serves 10

INGREDIENTS

125g butter
150g caster sugar
1 tsp vanilla extract
1 egg beaten
2 very ripe bananas – mashed
190g self-raising flour
60ml milk
tbs Demerara sugar (for topping)

METHOD

**Pre-heat the oven to 180c Gas Mark 4
Grease and line a 2lb loaf tin**

Melt butter, caster sugar and vanilla in a largish saucepan over a medium heat. Remove from heat and add the mashed banana, mix well. Next add the beaten egg and mix well then stir in the flour and the milk.

Pour into the prepared tin, sprinkle with the tbs of demerara sugar to give a crunchy topping if liked.

Bake in the pre-heated oven for 35 minutes or until a skewer comes out clean. Leave to cool and enjoy!

A NEW CHAPTER BEGINS IN 2025

The next newsletter in January will contain news about the upcoming **AGM** on Tuesday **February 4th** and arrangements for that but until then it just now remains to thank you all for supporting the Club this year and to wish everyone again a very Happy Christmas and a Prosperous New Year!

