

Harvest

Spreading the Growing Bug



Newsletter November 2011

2011 was a fabulous year for fruit—plums, apples and pears were abundant. For some Exeter householders this was a problem as they couldn't use their fruit themselves and a lot of it might have gone to waste. Fruit is also expensive, so not everyone can afford to eat as much of it as they might like for a healthy diet.

City Fruit Harvest addressed these issues. Tree owners let us know they had a surplus, and our teams of volunteers came along and picked the fruit, and delivered it to Exeter organisations that work with disadvantaged people. Fruit went to homeless charities, children's centres, older people's groups and supported housing projects. Anything unfit for distribution was turned into juice, jam or chutney.

City Fruit Harvest has now finished for 2011 – and it's been a roaring success! Since August the project has...

- collected over 650kg of damsons, plums, apples, pears and walnuts from Exeter trees that would otherwise have gone to waste;
- redistributed over half of that fruit to 18 different organisations in Exeter who work with disadvantaged or vulnerable people;
- made 197 jars of jam and chutney and 112 bottles of pasteurised apple juice which are being sold to raise funds to run the project again next year.

None of this would have been possible without the 20 volunteers and their families who gave their time to pick, process and distribute the fruit, or the 18 householders who donated their produce. Thank you to all of you! Also the lovely folk of Newtown Community Association are owed a massive thanks for generously letting us use Belmont Hut for chutney and juice making, and to Greg Towning for his expertise and the use of his apple pressing gear.

If you'd like to be involved as a volunteer in 2012, please get in touch. We'll be looking for people to join the picking and processing teams, as well as people who can take on some of the co-ordination of the project. You can give as much or as little time as you are able.

We'd also like to hear from you if:

- you have a tree you can't harvest
- you represent an organisation working with people who'd benefit from free, fresh fruit
- you'd like to buy some of our delicious preserves and juice

Contact the Harvest Team if you'd like to buy any of the following:

Apple & Ginger Conserve - £2.50/340g
Pear & Ginger Jam - £2.50/340g
Damson or Plum Jam - £2.80/454g
Mincemeat - £3/340gBelmont

Apple, Date & Chilli Chutney - £2.50/340g
Apple & Walnut Chutney - £2.50/340g
Latimer Apple Chutney - £2.50/340g
Apple Juice - £3/75cl bottle

City Fruit Harvest produce will be available at the Christmas Craft Fair in Belmont Park on Sunday 20th November in the afternoon.



Seed, Plant and Produce Swaps 2012

In 2011, Harvest ran monthly "Seedy Sundays" in Belmont Park, where growers had the chance to swap seeds, plants and produce as well as growing tips and experiences.

Next year we're going to do things slightly differently; rather than small, regular events we'll be holding three seasonal swap extravaganzas – as well as seeds, plants and produce to swap there'll be children's activities, a delicious seasonal café from Love Local Food, Men in Sheds with their beautiful reconditioned garden tools, Bookcycle, local produce stalls and music...

Saturday 11th February 2012 11am - 2pm
Kicking off with Seedy Saturday – get ready for spring with a mass Seed Swap and Potato Day

Saturday 19th May 2012 11am – 2pm (TBC)
Spring Plant Swap – bring along any seedlings you don't have room for, and learn how to pot on and transplant those tender young plants.

Saturday 15th September 2012 11am – 2pm (TBC)
Harvest Bumper Produce Swap – celebrate the seasonal bounty! Bring along your surpluses – anything you've grown, baked or preserved, and have a go at pressing juice from local apples.

All at St Matthews Church Hall, Lower Summerlands, Exeter EX1 2LJ

Get Growing!

with  Harvest



The first of Harvest's 'Get Growing' sessions was a big success and loads of fun—we learned how to make raised beds and compost bins, using recycled materials and a bit of ingenuity.

There are still a couple of places left on the next session on 26th November, where we will be looking at the importance of taking care of the soil, and different ways of building fertility.

Workshops are FREE if you meet certain criteria, otherwise it's £5 per session. You can attend as many as you like - for more details and to book please contact Harvest on 01392 205800 or email ellie@eci.org.uk

Saturdays 10 am - 3pm at Cowick Lane Allotments

26th November 2011

Caring for the Soil:

Green manures, composting and know-how for healthy, fertile organic soil

12th May 2012

Caring for your Garden:

Pest control, allotment maintenance and what to plant now

17th March 2012

Starting from Seed:

Early sowing and planting out techniques for successful food growing

21st July 2012

Harvesting & Feasting:

Last but not least - how to enjoy the fruits of your labour!



Would you like to join our team volunteers in 2012? Harvest is always on the look-out for people with enthusiasm for growing to

help us "spread the growing bug" in their community.

Opportunities include mentoring a community growing scheme, planning and holding events, delivering workshops, helping to distribute Incredible Edible Mini Gardens, maintaining our training allotment, joining City Fruit Harvest...and more! We are a very friendly team of people of all ages and backgrounds, and you don't need to be an expert to join in. Training is available to volunteers who make a regular commitment.

Why not get in touch to arrange an informal chat about your interests and availability—we look forward to hearing from you!

Harvest How to get in touch

Harvest project workers:

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Phone 01392 205800

Harvest is a project of
Exeter Community Initiatives

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Find Harvest Project on

