1. **Annual General Meeting held on 20th April 2017**

The AGM was attended by 17 members and apologies were received from two people. Those present were given a report of the activities of the organisation over the past year - a copy of which is re-printed in this newsletter.

Simon, the membership secretary, reported that the current membership consists of 28 paid up members. Subscriptions, which are due now, are £6 and £3 for waged and unwaged/low income respectively.

Janet, the treasurer, reported that the organisation currently has £485.88 in the bank with £83.26 cash in hand. We learnt that the raffle raised £66.50 last year. The plant sale - our main fundraising event, made a net profit of £622 after
expenses were paid. Full accounts for the year were made available for all members to read.

All members of the committee expressed their willingness to continue for a further year. The meeting indicated that members present were happy for the committee to be re-elected. The composition of the committee for the coming year is:-

Co-ordinator - Sue Campbell  Treasurer - Janet Edwards  
Membership Secretary - Simon Robson  Newspaper Editor/Publicity - Sue Davies  
Brian Edwards - campaigns watchdog  Lis Rolls - horticultural advisor

Members were informed of a proposed visit to Barnsdale Gardens (founded by Geoff Hamilton) on Saturday 24th June. Details of this appear in this newsletter.

Matters raised under AOB were:

- Sue Davies gave details of the Garden Organic seed trials
- Sue Davies told members of Garden Organic’s AGM to be held on Thursday 18th May in Doddington, Lincolnshire
- Sue Campbell shared an email from Haven House Children’s Hospice who were enquiring whether anyone would be interested in opening their garden to support their fundraising. If anyone wishes to find out more details please look at their website: www.havenhouse.org.uk/Event/opengardensday

After the business part of the AGM was completed, members busily set to sowing seeds in preparation for the plant sale. Thank you to all who have taken trays home to nurture.  

Sue Campbell

2. Co-ordinator’s Report for AGM on 20th April 2017

Over the last year we have been pleased to welcome more new members to our group which has continued to hold monthly meetings at Compton Road Baptist Church on the first Thursday in the month.

In looking back over the year, our annual plant sale in May was again very well attended with a steady flow of people coming in during the morning and very little produce left at the end of the sale. Every year we worry about whether we will have enough plants to sell and if there will be people to buy them but it always seems to work out and is usually a happy, community event.

In June, we enjoyed practical session sharing ideas for sowing and planting flowers, fruit and vegetables under the title of “It’s not too late to plant in June”.

On the 18th June a group of us visited Ryton, the home of Garden Organic. We were made to feel very welcome and were allocated a room for our sole use. This
enabled us to eat our lunch in comfort and were also provided with tea, coffee and delicious cakes. We were given a very informative tour which opened up some new ideas as well as providing a very good introduction to the Head of Garden Organic, James Campbell, who was to be our invited guest in November.

On our return to the hall in September, we welcomed Bryan Hewitt, gardener and garden historian who works at Myddleton House. He gave a very informative, illustrated talk about the work of E.A. Bowles and the development of the garden up to the present day.

Our Harvest Festival was held on 6th October. This saw the second year of the Marco Pezarro Prize which we have set up in memory of Marco who had been a member of NLOG for over 30 years and generously shared his knowledge and plants with us, as well as writing the Newsletter for many years. His warm, kind, gentle manner made him many friends and he is still very much missed. It was therefore very pleasing to have an enthusiastic response with twelve entries as well as three verbal contributions about people’s gardening experiences over the year.

Janet made a beautiful ‘home pottered’ cup for the winner who was chosen by a secret vote after each entrant had spoken briefly about the story behind their choice. The clear winner was Ted with his display of Latin American veg and herbs. He was presented with the cup by Sue Davies who was last year’s winner. It was a very enjoyable evening and we aim to repeat the event this October.

In November, the Head of Garden Organic, James Campbell, gave a very interesting talk about the establishment of the gardens at Ryton and got us up to date with how the organic ‘message’ is being taken forward by working in co-operation with organisations such as Sustain and Capital Growth.

Our festive gathering was held in December at 48 Wellington Road where we enjoyed tackling a seasonal quiz planned by Janet, played a horticulturally themed Kim’s game and quaffed our wine from the Forty Hall vineyard. Thanks to everyone who contributed eatables and good humour.

We met back in the hall in February for an illustrated talk by Andrew Wood of the Hertfordshire and Middlesex Branch of Butterfly Conservation. He gave an illustrated talk on butterflies, moths and gardens.

At our last meeting on 2nd March, Susannah Hall, gardener and designer, gave a talk based on her work on permaculture.

The newsletter continues to provide a link to all members, some of whom are unable to attend meetings. The content has been informative and lively with photos of
speakers and events adding to the interest. I would like to say a big thank you to Sue Davies who has taken on this mantle from Simon. A number of people now receive the newsletter via email although we still send out hard copies to those people who do not access the internet easily.

I would also like to thank the other members of the committee for their efforts in helping to keep NLOG ‘alive’.

- Thanks especially to Janet for keeping track of our finances plus always being happy to share her wealth of gardening knowledge

- Sue Davies, who as well as taking on the newsletter, keeps our contact details up to date. She has continued to work hard over the past year in tracking down some interesting speakers, publicising our events and producing colourful, eye catching posters which have enticed in some new people.

- Thanks to Simon for keeping track of our membership, which includes liaising with Janet over subscriptions. Simon also provides the technical input in providing laptops/projectors/ wires for visiting speakers.

- Thanks also to Brian for his continued support - and keeping us up to date with regular GM and other related news. This past year we have continued to highlight, amongst other issues: continuing campaigns related to Genetically Modified Crops (GMOs), the work of the Heritage Seed Library, the campaign currently running and started by the Soil Association ‘Not in our Bread’ relating to the use of glyphosate in UK farming and the continuing campaign to Save our Bees.

- Lis joined the committee last year and has been very supportive in sharing her ideas and her knowledge of plants. *(She is an ambassador for the Kew initiative called Grow Wild - contact her for more information and advice especially if you have an unused area in mind for growing wild flowers)*

We have continued to explore new ways to swell our numbers. We have a regular ‘slot’ in the N21 newsletter which is emailed to many residents of Palmers Green. Our meetings now feature in the weekly Palmers Green Community newsletter, again an email publication. We also advertise in the Church’s newsletter. Details of our meetings can also be found on the Garden Organic website. If anyone has any suggestions about ways to increase our membership we would be pleased to hear them. Similarly, if anyone is interested in joining the committee they would be welcome.
We are planning a trip to Geoff Hamilton's Garden at Barnsdale on 24th June details of which will be in the newsletter.

Finally, I would like to thank all our regular attenders for their support, laughter, gardening tips and friendship. As ever, I still hope that we can continue to provide a forum where we can meet together to share our gardening enthusiasms.

Sue Campbell 20.4.17

INFORMATION FOR NLOG MEMBERS:
You can access the website of Garden Organic on their website by logging in to the Members Area using Sue Campbell’s email address and the password gardenorganic1
There are many advantages to being members including access to the Garden Organic Garden in Ryton, a discount on entry to other gardens, 10% discount with the Garden Organic catalogue, plus advice on all kinds of aspects of growing. For your visits you need to borrow our membership card (Sue Davies holds this at the moment)

3. 2nd February Meeting: ‘Butterflies, Moths and Gardens’

Andrew Wood, the author of a beautifully illustrated book on butterflies, is the Recording and Transect Coordinator of the Hertfordshire and Middlesex Branch of Butterfly Conservation. He gave us a very well-illustrated talk with photos of butterflies and moths that he has found in his garden.

Did you know that 47% of Greater London is green space? 33% of this is parks and public open spaces and the rest – 14% - is domestic gardens. This means that there is plenty of opportunity to provide plants to feed these wonderful creatures. Andrew mentioned throughout his talk the range of plants and trees that are so good for them. (see a list at the end to help you add good plants to your garden) It’s important to have gardens that provide flower throughout the year, especially early in the spring and later into the autumn such as Michaelmas daisies and sedums in the autumn.

Butterflies generate plenty of interest as we often see them – especially the ones with attractive caterpillars and beautiful patterns on their wings. We were especially concerned about the lack of Peacock butterflies in 2016 but Andrew was able to give us some insight into this situation. Winters are important as a mild winter does not kill off infections – dampness is not so good either and a cold spell in spring can be disastrous.
Photos of the caterpillar and adult of the Peacock Butterfly

Certainly last year Peacock butterflies suffered and we saw very few of them. Different species favour different plants so that the Peacock favours nettles and the Painted Lady follows the flowering of thistles all the way from North Africa. This is quite a long journey to make but it is done in stages by successive generations of butterflies.

The Painted Lady usually arrives in May or June and returns at high altitude later in the year to Africa. You can find out more about their journey at http://butterfly-conservation.org/5183-2342/painted-lady-migration-secrets-revealed.html

Red Admirals also make similar journeys to reach the UK. Andrew was particularly interested to share his photos of moths with us as these are far more numerous than butterflies! These are less well known as many are rather dull in appearance. However to try and balance this report here are some pictures of the rather spectacular Jersey Tiger Moth which has now spread over SE England and the (eyed) Hawk Moth which is not so common:

Over the course of the evening Andrew mentioned a host of flowers and plants favoured by these butterflies and moths. Here are a few to remember – and to have in your garden:

- spring flowers, bluebells, lavender, pond weed, open daisy flowers, pansies, perennial wallflowers, aubretia, hebe, ice plant sedum, honesty, majoram (gate-keeper butterfly),
- other herbs of all types, fruit tree blossom, buddleia, autumn flowering ivy and lots of wild plants that may not be so popular in a garden such as buttercups, convolvulus, nettles, purple toadflax (brocade moth) and hogweed! And look out for an Elephant Hawk Moth on willowherb (above right).

For a very full list go to: http://butterfly-conservation.org and download a list

Sue Davies

4. March meeting on Permaculture

Susannah Hall, a gardener and designer, visited us on 3rd March to give an introduction to Permaculture. She designed and maintains the garden at Cecil Sharp House centre for folk music and dance. This garden has won Camden in Bloom Business Garden award.
Permaculture paradigm – Permaculture is an ‘Ecological Design System’ working with nature rather than against it. Humans have spent 6000 years trying to conquer nature. How can we change this? By considering the ‘Law of Return’ i.e. what we take out we must return, replant, recycle, compost etc., working with nature rather than against it. A single tea spoon of soil holds massive amounts of life. We need to become a useful part of the natural ecosystem designing in symbiotic relationships as opposed to dominance as was previously thought to be the more productive model.

‘Earth Care, Fair Share and People Care’. Three ethics that we should always hold in our minds.

‘The Problem is the Solution’ - for example slugs chew down matter which makes it easier for other creatures to eat and benefit such as hedgehogs, toads and thrushes.

Permaculture designs sustainable human habitats by following nature’s patterns working with, rather than against, nature. ‘The forest garden’ is a main feature of the Cecil Sharp House permaculture design. It incorporates the principle of stacking / succession - Susannah’s term for growing a sequence of plants from canopy trees through smaller trees, shrubs, ground cover plants and climbers all of which use different elements and so can live closely together.

‘The soil food web’ is the invisible social structure that keeps woodland alive. It means feed the soil not the plant by mulching to protect the soil, feeding with comfrey and nettle teas, using aerated compost teas and operating a no dig policy.

To make compost tea put your good compost in a bucket and fill with water. Then for 24 hours use an aerator to bubble air through the water, fermenting aerobic bacteria with great effect. Use this to inoculate the soil. If you don't aerate you will encourage anaerobic bacteria

‘Permaculture Guilds’ - ‘In Permaculture, a guild is a grouping a plants, trees, animals, insects, and other components that work together to help ensure their health and productivity’. They are plants that fulfil different roles and grow especially well together.

This is a development on companion planting within the ecosystem - an example is the now famous “Three Sisters” that was devised by Native Americans and is still used extensively. Corn, (maize) is planted, up which are grown climbing beans (nitrogen fixers) and squash plants provide protection of the soil (living mulch.) This is a perfect example that we could try at home. (but remember our corn does not grow as tall as American maize!)

The pea and bean family are not the only nitrogen fixers, another example is the alder tree which is often planted in damp ground.
'Dynamic mineral accumulators' have long tap roots bringing up minerals from deep within the soil to the surface – comfrey, plantain, mint, chicory, tansy, yarrow and evening primrose are some good choices.

Attracting bees to your garden: they love lavender, calendula, geranium, honeysuckle and of course many others.

Diversity is more natural and wildlife will flourish on your plot. Pioneer plants are annuals which die down quickly and feed the soil - try strawberry, clover, pink purslane, and clover. Perennial plants and grasses grow into meadows and soon shrubs appear. As shrubs develop they create shade for young trees to start growing, forming the development of forests. Plants chosen with care can simulate this concept.

Conventional agriculture is based on oil products and is monocultural as it is dependent on grains. Farmers have a long way to go to embrace permaculture principles. However some farmers are trying to find solutions other than chemicals which are increasingly expensive and not ecologically sustainable.

Joel Williams gave a talk to a full house at Cecil Sharp House recently. He is particularly interested in sustainable agriculture and can be viewed on you-tube talking about the Soil Foodweb.

*Permablitz London* is a social experiment in reciprocity. Volunteer at 3 Permablitz sessions where you can learn and exchange gardening skills and you could then have the team come and Permablitz your own space to create an edible, wildlife friendly garden. Susannah organises these days from Cecil Sharp House.

We all enjoyed Susannah’s talk and have gone home to re-think our plots. We hope to be visiting Cecil Sharp House on its open day in the summer – July 30th.
For those of us who think our gardens are far too small to take notice of permaculture see below for two ideal plans.

Herb spirals add height and extra planting room for a small garden. They have north, east, south and west aspects with damp lovers at the base and draught tolerant herbs at the top. They are quick and easy to build. If any of us has made one do please let us know how it went and is it still doing well?

Ideas for a Forest Garden on a small plot

1. Plant an espalier fruit tree or multiple cordons against a wall or fence
2. Climber, perhaps beans
3. Currant bushes
4. Ground cover, low growing, deep rooted
5. Root crops
6. Herbs

Report by Jan Edwards and Jacqui Sesto.

Below is an advert for the Cecil Sharp House Festival:-
5. London Permaculture Festival

Sunday 30th July 2017 • 11am- 6pm

Cecil Sharp House, 2 Regent’s Park Road, London NW1 7AY

Tickets cost £6/£4 concessions • Under 18s free • Only available on the door

Come along for workshops (intro and advanced), ‘how-to’ sessions, music and song, films, a stalls market and a ‘families at the festival’ zone. Enjoy discussions, networking and learning about creative solutions for a sustainable, healthy future.

Workshops last year in 2016 included:

- Maddy Harland – Messages of Hope from the Permaculture Edge
- Joel Williams – Soil Management and the Soil Food Web
- Audley Genus, Kingston University – Research Project: Making a living through permaculture
- Nat Mady – Introduction to Permaculture
- Kevin Mascarenhas – Forest Gardening: Designing an Edible Landscape
- Amrita Bhoi & Michel Thill – Spiritual Ecology: a deeper response to the environmental crisis
- Maria Prieto – Cities as Resonant Bodies (workshop) – Design Through the Mind of the Body (film)
- Sue Amos – Composting for Urban Gardeners

6. Now for some good advice about watering

Brian and Janet have just been put on a water meter……..

One way or another we use lots of the stuff considering we are only two people and we have multiple water butts. So we have looked up some tips to conserve this precious element.

- Check the forecast. If it’s going to rain, then wait until it clears-up to, see how much if any you need to add.
- Try to water plants in the late afternoon or early evening, so they have a chance to have a good drink before sunrise.
- If you can, put pots under hanging baskets, to benefit from the overflow and stand flower pots in saucers to catch run off but remember to tip the excess somewhere else that needs it.
- Whatever you do, don’t water a plant in full sun. Either move it to the shade, or wait until the shade moves to it. Some plants wilt in full sun, this is not necessarily a cry for
a drink but a conservation effort by the plant.

- Give everything a good water less often, e.g. once a week, rather than just a little every day. This is because the water needs to soak down to the roots of the plant.
- Use a hose with a trigger spray, and water below the foliage line.
- For really thirsty plants, crops like tomato, cucumber and melon for example, take an empty 2 litre bottle with no lid, cut the bottom off, and then invert it with the top end pointing toward the roots. Water into the chopped off end, to direct the water straight to the roots.
- Of course, the main tip is to mulch well after the rain has watered for you to keep all that precious liquid in the soil and available.

Jan and Brian

**The NLOG Committee**

**Co-ordinator:** Sue Campbell, 48 Wellington Road, Bush Hill Park, EN1 020 8363 3643 suecampbell4@btinternet.com

**Treasurer:** Janet Edwards, 24 Vineyards Road, Northaw, EN6 4PA 01707 642793 b.j.edwards1@btinternet.com

**Membership Secretary:** Simon Robson, 116 Wellington Road, Bush Hill Park, EN1 020 8360 9653 the_robson@btopenworld.com

**Committee Members:** Sue Davies, 111 Conway Road, London, N14 7BH 020 8886 5125 sue_davies@fastmail.fm

Brian Edwards, 24 Vineyards Road, Northaw, EN6 4PA 01707 642793 b.j.edwards1@btinternet.com

Lis Rolls, 15, The Mall, London N14 6LR 020 8245 8470 ejrolls@virginmedia.com

**TO OUR 'MEMBERS'** If you have failed to join NLOG this year, but still receive all its benefits, then please resolve to do it today!
The subs for 2016/17 are £6 for the waged, £3 for the unwaged. Please send your cheque, made out to NLOG or **North London Organic Gardeners ONLY to Simon Robson** at the address above.

---

**PLEASE EMAIL SUE CAMPBELL IF YOU CAN HELP AT THE PLANT SALE ON SATURDAY MAY 20th!**

We have access to the hall the night before on Friday 19th May so bring your plants then if you can, and help us set up the big hall after 7.30pm - there is back access from Orpington Road (Take 1st left past the church and look for the driveway in, on the left, before the corner). Otherwise come early on Saturday morning after 8.30am with your plants and maybe cakes(?) and help tag the pots for prices, as well as running a stall maybe.
Right now be potting up some perennial bits and pieces so they have time to settle in before selling:- Shrubs, small trees, vegetables, fruits and house plants are also very welcome!

**CAKES Too!**

PRINT AND DISPLAY THE POSTER TO SPREAD THE WORD
TRIP TO BARNSDALE GARDENS ON SATURDAY 24TH JUNE 2017

We have organised a coach outing to Barnsdale Gardens, created by Geoff Hamilton, near Oakham, Rutland. There is an opportunity to be included in a two hour tour of the gardens, conducted by the head gardener. There will also be ample time to wander around independently to explore the gardens, buy plants and indulge in cakes in the tea shop.

Please note: We have been advised that it is not permitted to eat picnics inside the gardens but light lunches, cakes etc are available from the restaurant and Barnsdale will be aware that we will want to use these facilities. As it is likely that our tour may start a short time after our arrival you may wish to bring a little snack to eat during our journey there to ‘keep you going’!

Pick up Point: We will be leaving by coach at 9am near our usual meeting place at Compton Road, Winchmore Hill. There will be an opportunity to use the toilet in the hall before boarding the coach if you wish!

We will leave Barnsdale at 5pm - the journey takes about 2 hours.

Tickets for the trip are £25 which will cover your seat on the coach, entry to the gardens and inclusion in the tour. NLOG is subsidising the trip from the profits of the last Plant Sale as the cost is much higher. Friends are very welcome to join us.

Please return your form and money as soon as possible to Sue Campbell, 48 Wellington Road, Enfield, EN1 2PG and make cheques payable to North London Organic Gardeners. (Or write your own with the following information if you have the online version of the newsletter)

We look forward to seeing you on 24th June!

..............................................................................................................................................................................«

Name(s).............................................................................................................................................................................

I would like ...................... ticket(s) for the trip to Barnsdale Gardens on 24th June 2017

I enclose a cheque to the value of ................................................
North London Organic Gardeners

PLANT SALE
Saturday 20th May
10.00am to 12.00 noon

Carey Hall
The Baptist Church
Compton Road,
Winchmore Hill,
N21 3PA

Tea, coffee and homemade cakes

Admission 30p