

Abundance Update

25th Oct 2013

The fruit picking is nearly at an end.

With your help, a total of 1355 kilos of fruit has been picked and turned into lots of jams, jellies and chutneys, bakes, eaten fresh or just put into the freezer. 356 kilos of fruit were passed to local good causes such as Merton & Morden Guild, Merton Vision, Merton Priory Homes, the Drop-In Centre for the homeless and Wimbledon Guild. The final figures will be put up on the Abundance Wimbledon website in a week or two.

In the meantime, why not take a look at Jean-Jacques's wonderful website <http://lesjardinsdici.wordpress.com> - with recipes for delights such as redcurrant & raspberry jam or pear and lemon jam. Also a step by step guide to making compote, using up ripe pears and what to do with damaged apples - and read why Jean-Jacques won't be picking elderberries again!

New Abundance Groups

We're very pleased that **Abundance Southfields** is now up and running. This started off with an invite from St Michael's school asking Abundance Wimbledon to take a stall at their summer fair. Jean-Jacques used the opportunity to get interested people to form a local group. They have now started picking and sharing fruit, there is a great website at <http://www.abundancesouthfields.com> and a newsletter sent out by project leader Richard Konig. If you would like to get involved or want to receive the newsletter, then please contact Richard on sharing@abundancesouthfields.com

We now have a group of people interested in setting up an **Abundance Mitcham**. The next step would be to get everyone together to discuss what to do. So if you would like to join this meeting or want to keep in touch with what's happening, then please contact joycepountain@virginmedia.com

Ageing Well Gardening Group

Gardens can be a pleasure as well as a source of lovely fresh

food. However, they can get out of hand, especially when people get older and are not in the best of health. The Wimbledon Guild is setting up a gardening taskforce to give gardens a one-off tidy up. So if you have a couple of hours to spare occasionally and would like to put your gardening skills to good use, then please get in touch with Ben at bmutonphillips@wimbledonguild.co.uk or tel. 0208 946 0735. To see what this would involve, have a look at the information [HERE](#)

Here are a few **events** coming up in the next few days, then some **useful links**.

Project Wild Thing - Sun 27th Oct at 2pm

If you have trouble getting the children to put down the technology and get outside, you'll appreciate the film this Sunday at Wimbledon's HMV Curzon, which covers a campaign to do just this. Find more information [HERE](#)

The Merton Fruit Orchard Project - Mon 28th Oct at 8pm

David Channon is giving an illustrated talk on his work. He is attempting to track down and cultivate as many of the John Innes plant varieties as possible. So far, he has managed to plant 25 of a possible 42 in a small orchard by the tram crossing off Dorset Road. This is a John Innes Society event and everyone is welcome to come along. It's at 8pm at the Coach House in Melrose Rd, Merton Park. Tickets £4 on the door.

London Orchards: Preserving sessions - Tuesdays from 29th Oct

A series of 5 evening preserving sessions at the Made in Hackney kitchen, Stoke Newington. The sessions will aim to be educational as well as productive, and volunteers will go away with a sample of the produce. These will run from 6.30-9pm every Tuesday commencing 29th October. Please contact lewis@thelondonorchardproject.org for details on how to get involved.

What to do with Green Tomatoes?

Sutton Community Farm suggests frying them up for breakfast - instructions for this and for green tomato chutney can be found [HERE](#).

Apple picking with schools in Chiswick

A video of the Abundance London project working with primary school in Chiswick. Find it here -

<http://www.bbc.co.uk/news/magazine-24446261> Great idea to get the children to do the work!

Growing apples in woodlands

'All about Apples' is a Woodlands TV article. Andy Howard imparts his knowledge about the origin of apples and growing apples in woodlands. See

<http://www.youtube.com/watch?v=X1pTzCtBLyl&feature=youtu.be>

London Orchards - tasks for your new fruit trees - Autumn

Useful information on preparing for autumn winds, feeding your tree and harvesting. See here -

<http://us1.campaign-archive2.com/?u=9c41d3e9e953d4e2c60609680&id=c9a74ca440&e=5a9c1252d3>

Best wishes

Joyce

Abundance Wimbledon

Read on for information about what else is happening in the Wimbledon area....

The Planet and Stuff

ends on Sat 26th Oct at The Polka Theatre

New production about climate change for young people, ages 9 - 13. The show takes audiences on an interactive whistle-stop tour around the planet, covering everything from global inequality to your own recycling, from sweet wrappers to landfill, all navigated

by two actors and local children who have interviewed key players in the climate change debate as content for the show. Find more information [HERE](#).

Tree Walks – Great British Walks

Thurs 24th Oct 11am – 2pm at Snuff Mill, Morden Hall Park, Morden Hall Road, Morden SM4 5JD

Come along to this guided walk run by the National Trust and learn more about the different varieties of trees in the park. For more information contact Lisa Green

at lisa.green@nationaltrust.org.uk or on 0208 545 6852.

Hallowe'en in the Park

Wed 30th & Thurs 31st Oct 11am – 3pm at Snuff Mill, Morden Hall Park, Morden Hall Road, Morden SM4 5JD

Looking for some spooktacular fun for the children? Bring them down to Morden Hall Park this Hallowe'en for an event organised by the National Trust... Put on their spookiest outfits, bring a pumpkin to carve and be prepared to join a creepy crawly bug hunt in the park! £4 per child.

How Much is Tomorrow Worth?

Sun 10th Nov 6.30pm at Trinity United Reformed Church, Mansel Rd SW19 4AA

A lecture and discussion. The guest speaker is Dr Isabel Carter, Chair of Operation Noah a Christian organisation working for the complete decarbonisation of the British economy by 2030.

Everyone is welcome. Find more information [HERE](#)

Regular Events

Green Coffee

First Tuesdays - next one is 5th Nov at the Gooseberry Bush 115 Kingston Rd SW19 1LT

A get-together for people interested in what's happening in Wimbledon and beyond. It's an opportunity to exchange information about Abundance and other local green community projects. We normally meet up on the first Tuesday of the month and everyone is welcome. Please check the venue of future

events [HERE](#) (as we have been moving around).

NEW

Merton Green Parents

Every Thurs at 10.30am at Coffee in the Wood*, 99 High Street, Colliers Wood

How do you balance the demands of being a parent and leading a more sustainable life? It can sometimes be difficult. This is why Sustainable Merton has set up Merton Green Parents, a group that supports each other in their parenting and sustainable journeys. Also see the [Facebook group](#) . It's a great place to swap sustainable parenting tips and meet like-minded parents.

* Coffee in the Wood is a new cafe, providing cakes from local bakers, nice coffee and sometimes live music! It is also a Recycling Point for baby wipes and baby food packets.

Green Drinks

Third Wed, from 8pm at Hand & Racquet pub, 25-27 Wimbledon Hill, SW19 7NE

Everyone is welcome at Green Drinks, now in a central Wimbledon location. If you are interested in green and other sustainability issues, then this is an opportunity to exchange ideas, find out what's happening and just have a chat. The next Green Drinks is on 20th Nov. Find the venue [HERE](#).

John Innes Gardening Group

Second Fridays from 9.30am onwards

Bring secateurs and a trowel. To find out where to meet up, please contact info@wdc-cnd.org.uk

Phipp's Bridge Community Allotment every Wed morning

Contact the leader of the project if you would like to come and have a look or get involved - Gillian 07956 170141

Sow and Grow Local

First Thursdays at Salt & Pepper Café, 177 Replingham Rd SW18 5LY

Join Tim for a fun evening talking about how to plan growing fruit,

salads and vegetables in your garden or on your windowsill. Seed swap and lots of tips. Get in touch with your food chain ! Cost is £6 per session. Find out more by contacting Tim tel. 07836781498 or gbfoodcycle@gmail.com

Free Bicycle Surgeries

Last Sundays 10.30am - 12.30pm at Deen City Farm, 39 Windsor ave Merton Abbey SW19 2RR

No need to book, just pop into the garden for a free checkup for your bike. For more information, contact Louisa on louisa.loakes@deencityfarm.co.uk or tel. 8543 5300.

Rag Rug Making

new mid-week time

Learn how to use recycled materials to make beautiful bags and rugs. To find out when the next session is, call Thelma on 020 8540 2536 or email joycepountain@virginmedia.com.

Colliers Wood Community Garden

Fridays 10am - 12noon & 2.30-4.30 pm; Saturdays 10am-12noon

at the back of Christ Church Hall, in Colliers Wood

Join this friendly gardening group. For more information, contact keithaspears@hotmail.com