

## **Abundance Update**

### **27th Aug 2013**

The long cold spring did make us think there wouldn't be much fruit around this year. It's certainly been a poor year for the early plums (mirabelles and cherry plums, the damsons have been variable). But it's been an exceptional year for currants, we've picked mulberries for the first time, there were some cherries around and it looks like there will be a good crop of blackberries (although we'll have to wait a few days to pick after the bank holiday weekend).

So an amazing 104 kilos of mixed fruit has been picked, plus 90 kilos of apples picked since the apple harvest started last weekend. We've given some apples to the Faith in Action Centre in Kingston Rd, where homeless people can drop in for a meal. And also to Merton Priory Homes, the social housing group. The rest of the fruit has been shared amongst fruit pickers and given to people making jam, jellies and other things which we'll sell at Fruit Day on Sat 21st Sept. If you'd like to get involved in making things, then please get in touch. Following the late start to the season and the short time until Fruit Day, we need all the help we can get!

### **Thanks to pickers & donors**

All this fruit couldn't have been gathered without the kind help of the fruit pickers - and I'd like to thank Carole, Juliet, Alison, Lesley, Adam, Siobhan, Mary, Vanessa, Celeste, Maggie, Carolyn, Samantha, Zoe, Luca, Sam, Susan and Harriet for picking all that fruit. An especial thanks to Juliet and Paul for organising fruit picking trips. Also, we're very grateful to people who kindly donated fruit to Abundance or let us into their gardens to pick. These were Ann, Val, DeNica, Dorrie, Gillian, Sally, Diane, the Crown Kindergarten, Helen, Judith, Kim at the Polka Theatre, George & Joy, the All Saints Centre, Sonja, Andy & Helen and Barbara.

Last week we sent out details of Fruit Day and what help is needed for this. This week, we'd like to ask your help with a few other things.

## **Bottles for fruit juice**

We need empty glass or plastic bottles suitable for fruit juice - ideally 500 ml (but 750 ml would be ok too). They'll be used for fruit juice from the press on Fruit Day. Please can you keep (rinsed) bottles and caps and get in touch with Juliet, who is collecting them, by emailing [julietboyd@doctors.org.uk](mailto:julietboyd@doctors.org.uk).

## **Small Jam Jars & Making Jam**

If you have any small jam jars, then please get in touch. We have plenty of large jars, but there is a shortage of the smaller ones. Those used for jam or honey are best, as it can be impossible to get rid of the smell of pickles from other jars.

Ruth has put together some really helpful guidance on making jam, along with recipes for jams, jellies and chutneys - see [HERE](#). It includes some unusual recipes - so if you want to know how to make hedgerow jam or marrow chutney, or just plain apple jelly, take a look.

We have Abundance labels for jam jars - get in touch if you'd like some. On labelling, please think about the following:

- label jars clearly e.g. plum chutney
- say on the label if there is a short shelf life e.g. eat within 3 days
- if it contains nuts, put this on the label

## **Unripe figs**

Can you use unripe figs? A garden-owner in Earlsfield has some and we can put you in touch with her.

## **Put up a poster**

We need lots of people to come along to Fruit Day to buy the jams, cakes and juice. If you could put up a poster somewhere, then this would be a great help. You can download a poster [HERE](#) Or if you'd like a printed poster, then just let us know. Also, it's really important to get Fruit Day listed on events calendars, on websites, in newsletters and social media. If you can help to do any of that, then we'd be really grateful.

## **And finally .... would you like to use the fruit press?**

If your group has an event or you have loads of apples/pears in

your garden, why not make some lovely fresh juice (I'm told it freezes very well.) You can borrow the fruit press and crusher, for a donation to Abundance in return. They are expensive pieces of equipment so we do ask for a deposit, returnable when you give the equipment back to us.

For information about other things happening in Wimbledon and the surrounding area in June & July, please keep reading below.

Many thanks

Joyce

Abundance Wimbledon

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## What's on around Wimbledon?

**Green Coffee, on first Tuesdays - next one is 3rd Sept**  
**The Gooseberry Bush 115 Kingston Rd SW19 1LT**

This is a get-together for people interested in environmental and community issues. It's an opportunity to exchange ideas and plan how to make Wimbledon a healthier, happier and more sustainable place. 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.

**Sow and Grow Local, on first Thursdays - next one is 5th Sept**  
**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 swop 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](mailto:gbfoodcycle@gmail.com)

**Volunteer day - Tamworth Farm, on Sat 7th & Sun 8th Sept;**  
**also Sat 28th & Sun 29th Sept**  
**London Rd, opposite Figges Marsh**

Adult volunteers are needed to work with 60 young people from the Challenge Network. If you can help out for a couple of hours or for the whole day (10am-4pm), then please email [sustainablemerton@googlemail.com](mailto:sustainablemerton@googlemail.com) Find a map [HERE](#).

**Church Open Day, on Sat 7th September 10am-2pm  
Dundonald Congregational Church, 15 Dundonald  
Road SW19 3QH**

Following an upgrade of facilities, an Open Day is being held. If anyone would like a stall to sell homemade produce, please contact [pastornigel19@yahoo.co.uk](mailto:pastornigel19@yahoo.co.uk)

**Make a Difference on second Sundays - next one is Sun 8th  
Sept 10am - 12 noon**

This group meets up at a different Colliers Wood location once a month. The group plants, trims trees, tidies up plastic bags, does weeding - whatever is needed. For information on where to meet up, see [HERE](#).

**Local History Tour for Over 50s, on Tues 10th Sept from 2pm  
South Park Gardens**

Organised by Friends of South Park Gardens. Find more information, see [HERE](#)

**Table Top Sale, on Sat 14th Sept 2-4pm**

**The School Hall, Holy Trinity Primary School, Effra Road**

Sale of new and used goods e.g. baby and pre-schooler items, jewellery, cakes etc. This event is organised by Friends of Holy Trinity School. Free entry for kids and 50p for adults. All are welcome. If you would like a table (£6 for a table) or would like to volunteer, please contact Clare at [hotsemail@gmail.com](mailto:hotsemail@gmail.com) .

**The Windmill Market, on second Saturdays 10am - 2pm - next  
one is 14th Sept**

**at St Mark's Church, behind Wimbledon Library SW19 7ND**

This market in the centre of Wimbledon has local food & drink and craft stalls. Entry is £1. If you would like to book a stall or want more information, please contact [victoria@mumsonthego.co.uk](mailto:victoria@mumsonthego.co.uk)

**Green Drinks, on third Weds, from 8pm - next one is 18th**

## **Sept**

### **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 with like-minded people. Find the venue [HERE](#).

### **Abundance Fruit Day 2013, on Sat 21st Sept 11am-2pm**

#### **St Mark's Church hall and garden, behind Wimbledon Library**

Lots of jams, chutneys, fruit sweets & cakes, lovely fresh juice from the fruit press, make a fruit pie, 'Longest Peel' and other games for children and adults. Featuring the International Ukelele Orchestra. For more details see the website [abundancewimbledon.com](http://abundancewimbledon.com). Find the venue [HERE](#).

### **Free Bicycle Surgeries on last Sundays - next one is 29th**

**Sept 10.30am - 12.30pm**

#### **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](mailto:louisa.loakes@deencityfarm.co.uk) or tel. 8543 5300.

### **The Planet and Stuff, on Fri 27th Sept to Sat 26th Oct**

#### **The Polka Theatre**

New production about climate change for young people, ages 0 - 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](#).

### **Harvest Festival on Sat 28th Sept 11am - 4pm**

#### **Deen City Farm**

Stalls - Tea & Cake - Talks - Demonstrations - Competitions - Craft Activities - Film - massage -Animal parade with the marvelous magical wishing well - Music and much more! - Find out more **Error! Hyperlink reference not valid.**

### **Colliers Wood Community Garden on Fridays 10am - 12noon**

**& 2.30-4.30 pm; Saturdays 10am-12noon  
at the back of Christ Church Hall, in Colliers Wood**

Join Keith and friends for some gardening. For more information,  
contact [keithaspears@hotmail.com](mailto:keithaspears@hotmail.com)