



Summer Show Special Edition 2016
Newsletter of the Cottonmill and Nunnery Allotment Association

YOUR SUMMER SHOW NEEDS YOU!

**JOIN US SUNDAY SEPTEMBER 4TH FOR FOOD AND DRINK, A RAFFLE,
LOTS OF LOVELY PRODUCE AND SOME GREAT PRIZES!
ENTRIES FROM 10.30-11.30am. MORE INSIDE...**

***Don't want to enter the show?
Just come along from 12.30,
view the entries and join us
for lunch and a drink!***

Also in this issue:

- Committee Q&A
- Notices
- Restoring the Ver – A Rare Chalk Stream
- Musings of a Horticultural Therapist
- Your Summer Show entry form

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If there's anything you'd like to see in the newsletter, or if you'd like to contribute an article related to allotments, growing your own, eating your own, or even the local area – or if you have something else to share or advertise – do email me at naomi.distill@gmail.com. Content submitted may be edited.

Many thanks to Paul Littlewood, Charlotte Antoniou and the committee for their contributions to this issue.

COMMITTEE Q&A

Here's what the committee said when I asked them...

"Do you ever feel discouraged or disheartened about your allotment, or feel it's too much like hard work or a chore? If so, what makes you feel that way, and what fires your enthusiasm up again? (And if not, tell us your secret!)"

"I regularly get disheartened with my plot! There's always a fresh new challenge out there. The long periods of dry weather for instance; that always takes its toll on my plot and plants quickly wilt. My soil needs a massive injection of organic matter. And while we are full steam ahead in depressive mode – allium leaf miner: where did they come from??? My onion/leek crops are decimated for the third year on the trot. I have now resorted to trying some leeks under mesh, something I always said I'd never do! Anyway, stand by for a lift in spirits if that works. If not, picking my sprouts on Christmas eve always produces the enthusiasm to get digging again, ready for a new spring next year!"

- Keith Reynolds, Chair

"We've always really struggled to keep on top of the weeds on our plot, and there's a time every summer (holidays, weddings and barbecue invitations make things worse!) when things get right out of control and the place looks a real mess. I often feel like a bit of a failure at this time of year, when bindweed takes over again and I see I've let weeds go to seed again. But of course, it's the produce that keeps us going. We're growing some absolutely brilliant cauliflowers this summer for the first time and every time we pick a new one it feels like bringing home a trophy, no matter how the allotment's looking! When I'm feeling discouraged I always think of one autumn several years ago when we'd been seriously neglecting our plot for months and we decided we didn't have what it takes and we should give up. We went to the plot "one last time" to collect our tools and harvest anything worth harvesting. To our amazement, despite the neglect, we filled the car with potatoes, pumpkins and root veg. We had done little more than put the seeds in, but even without any help from us, the plot had been amazingly productive. We decided to stick with it after all, and haven't looked back again since!"

- Naomi Distill, Newsletter Editor

"There are a few times each year that I feel a bit disheartened. Always at the beginning of the season when contemplating how much work needs to be done. All that digging and weeding before you can get to the nice bit of planting seeds. But once I get going and the plot starts to take shape again then I want to be down there as much as I can. Then comes the reward for all that work, when everything starts growing and the beds fill up with luscious green leaves, flowers and produce. Sometimes I just love to stand at the top of the plot and look at it. But, just as the plot is looking its best, it's holiday time. And while I'm away I can't help but worry how all our plants are faring. When I get back after a couple of weeks away the weeds are threatening to take over again and the whole plot needs a good tidy. But a bit of hard work and it's back on track again. And at least at this time of year I have a basket full of produce to take home after a day of hard work!"

- Michelle Mackenzie, Cottonmill Site Rep and Facebook Administrator

"It's my first year on the allotment so I wasn't expecting much, but it is still disheartening to see the efforts of your labours be eaten by slugs or pigeons or simply not do very well. I have been amazed by the intrepid advance of the couch grass, but more positively by the amount of strawberries harvested from plants left by my predecessor. I think having a mixture of perennials on the plot that need minimal interference, like rhubarb and strawberries, does make a big difference. All I can say is thank goodness my predecessor felt the same! I have planted some asparagus which should give me a little bit of excitement early in the season next year and for years to come."

- Juliet Foxwell, Website Administrator

"The slug problem this year did get to me a bit as I planted yet another load of bean seeds or plants (around 50) only to watch them devoured by the slimy critters. I persisted and now have quite a lot of beans, so that's one to me and nil to the slugs. Persistence rewarded."

- Janet Wyatt, Secretary

"Sometimes after a day's or a week's work I feel like sitting down with a cup of tea, relaxing and watching repeats on Dave. It is then which encourages me to get up get out and get some fresh air. I felt like that on Saturday last – it had been a long week and I was due to play golf at Batchwood 36 holes (i.e. TWICE). I was aware that I needed to keep on top of the allotment and was not paying much attention and my enthusiasm was diverted, and I was not motivated. Once I had my bacon roll and a cup of coffee and was limbering up ready for the tee off, I felt rejuvenated. More motivated and focussed on the day ahead."

So it is with my allotment. I applied for an allotment to get me out of the house, give me a project, and when I saw the plot, an opportunity to plan for at least two years ahead. One of the great elements of having any project is the opportunity to plan where in plotting your way round a golf course – or planning and design of the veggie patch – planning is the great motivator. It makes me think. Planning makes me look at various options. What do I want to achieve ?

The first was easy. I wanted a secure, watertight shed. I wanted some vegetables: potatoes, cabbages, cauliflowers, kale, beans, carrots, real turnips and little swedes. Unlike others the only beans I have had this year (until recently when my neighbour in the next plot gave me some) was of the Heinz variety. Too much sugar and not enough protein, vitamins, iron or fibre. To be frank it made my "pulses" race!

Once I get through the large metal gates it is like a different world. I look around at all the shapes and sizes, the plants over and through our Cottonmill allotment, and it just helps to remind us of what we have. Then looking at the plot to identify what is a priority: weeding, watering or soil enhancing. Digging for victory (over the weeds) or just digging to turn over the soil to improve, and help germinate the next generation of plants. Now going down to the allotment I can gorge on blackberries, chew on strawberries, nibble on lettuce. Take home a few tomatoes or watch lovingly as a cucumber forms and grows. I look with envy at other people's onions or pumpkins.

Our allotments are a quiet area considering their close proximity to the city. The volume of wildlife all around sometimes hinders but yet they bring with them their own contribution. All except that wee sparrow who keeps nibbling the heads off my carrots, the white cabbage butterfly or the slugs and snails who are most determined.

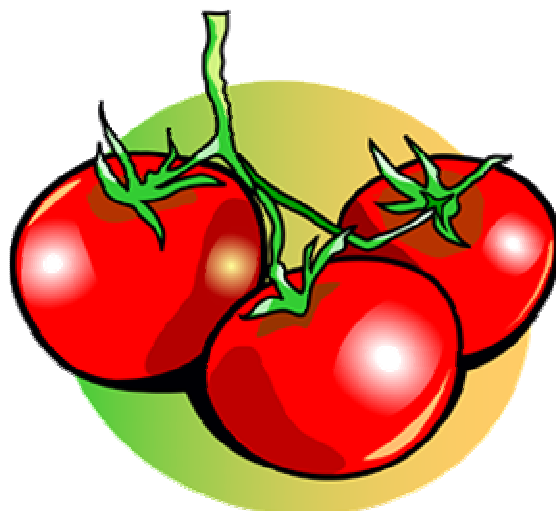
But once in the grounds I seem to get a new lease of life – perhaps I know I have so many things to do it keeps me occupied. Once on site I can work or chat or just get on with growing vegetables – or planning to win a competition in the autumn – or prepare for a barbeque – or just enjoy relaxing after a little work."

- Ian Lees, Treasurer

"I get disheartened when it's too cold and/or wet to go to the allotment, but otherwise I love being there; apart from the opportunities for exercise, fresh air and tasty food, I think it's a beautiful environment."

- Jane Ridge, Nunnery Site Representative

Do you have a question about growing your own that you'd like me to put to the committee? Please email it to naomi.distill@gmail.com.



NOTICES



Having problems coping with your allotment, or fancy more space?

There are many reasons why people occasionally have problems keeping their allotment in tip-top shape. Instead of worrying about it, receiving a non-cultivation order from the council or annoying your neighbours, we suggest that first of all you have a word with your friendly plot officer (Terry, Paul or Val – see front page for contact details) and discuss your situation. They will be happy to talk about your problems with you, and will bear this in mind when the council next inspects the plots. If you are having problems keeping up with things and would like to reduce the size of your plot, or if you're doing well and would like to apply for an additional half-plot, contact the council on 01727 819329 or at allotments@stalbans.gov.uk.



Our website administrator, Juliet, is currently working on a brand new website for us, and this will go live in the coming months. In the meantime, you can still access our old website at the addresss below, though it is no longer being updated.

www.stalbansallotments.co.uk

To access the members' area, enter the username **cnaa** and the password **parsley1415**

St Albans Wood Recycling, a not-for-profit social enterprise in St Albans, sells a wide range of reclaimed timber and wood products at very competitive prices. Find them at 11a Pickford Road, AL1 5JH, or at www.stalbanswoodrecycling.org.uk, or call them on 07880 528407.

MANURE AND SEED ORDERS!

Look out for your manure order forms and seed catalogues, coming soon by email and at events. By ordering in bulk together we get some great deals and save money, so don't miss out!

AUTUMN SOCIAL AND PUMPKIN-CARVING COMPETITION!

**Sunday 30th October 2016, 3pm-5pm
at St Albans Sub-Aqua Club, Cottonmill Lane**

We hope that your pumpkin seeds all germinated and are growing strongly, or if you picked plants up from the AGM that they are doing well! Our pumpkin-themed social will be a fun event for the whole family, so please save the date and start thinking out those designs for carving your pumpkins! More details will follow nearer the time.



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RESTORING THE VER - A RARE CHALK STREAM

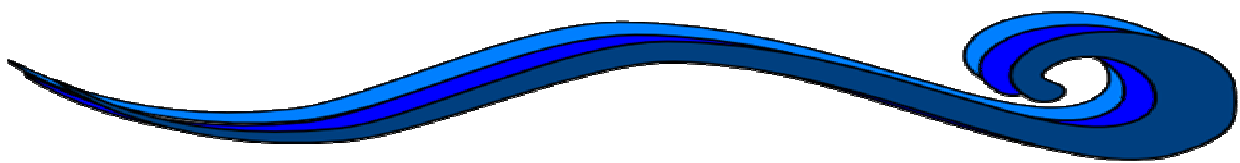
You may have heard that a scheme to improve the water quality, flow and habitat of the River Ver is to be examined and costed by the Environment Agency in association with Affinity water and St Albans City and District Council. It could eventually result in the river taking a different, meandering course through Verulamium park and the area around the Sopwell allotments, and may return parts of the river to its original course. It's early days yet, but it seems likely that these plans may affect our allotments, particularly at the Cottonmill site, so Keith, our chair, will be keeping in contact with the council about it to ensure we learn of any news as quickly as possible.



The Ver is a chalk stream, an internationally-rare type of river and ecosystem, and the scheme proposes to restore its original characteristics including crystal clear water, a clean gravel bed and strong flows, as well as improving the aquatic environment to support a wider range of wildlife common to chalk streams. The Ver currently flows through Verulamium Park along a straight, man-made channel elevated above the bottom of the valley on which it would naturally flow. As a result, it is sluggish, the bed is heavily silted and the surrounding habitat is of poor quality, and Verulamium Park's lakes have become silted and polluted, resulting in the deaths of a number of wild water birds.

The council's press release concerning the scheme can be found at <http://www.stalbans.gov.uk/council-and-democracy/press-room/>, under March 2016.

Below, association member Paul Littlewood tells us a bit about chalk streams and why they are so important.



CHALK STREAMS

Pristine chalk streams are beautiful natural features characterised by crystal clear waters and a biodiverse fauna and flora. Chalk is a soluble calcareous porous sedimentary rock which occurs in England, France, Belgium and New Zealand. Rivers rising from this rock are known as chalk streams and they are an important habitat both nationally and internationally. They have been identified as a key habitat in the UK Biodiversity Action Plan. Of the estimated 210 chalk streams in the world, 160 are found in England where they extend from Dorset, through Kent and Hertfordshire to Norfolk and North Humberside. The River Ver is a classic example of a chalk stream, extending from Kensworth Lynch north of Markyate, south via Redbourn, St Albans and Park Street to join the River Colne near Bricket Wood.

Chalk streams are typically wide, shallow and clear due to the filtering effect of the porous chalk rock from which they rise. Due to the solubility of chalk they are also alkaline. Rain falling on chalk

percolates through the rock to create a groundwater aquifer. As this rises and falls seasonally the water may emerge at the surface as a spring to form a chalk stream. These springs may be either perennial, which only dry out under exceptional circumstances, or they may be 'Winterbournes' if they naturally dry up in the summer months. The upper section of the River Ver has always been a winterbourne. The stretch that flows past the Cottonmill and Nunnery Allotments falls into the 'classic chalk stream classification' category; streams normally less than ten metres in width which never dry up. The River Ver in St Albans should naturally be alkaline and mineral rich with a generally stable flow and temperature of around 10°C. It should also be clear with a channel bed consisting of angular flint gravels with low amounts of clay and silt. This is unfortunately not the case for all of these natural characteristics at the present time!

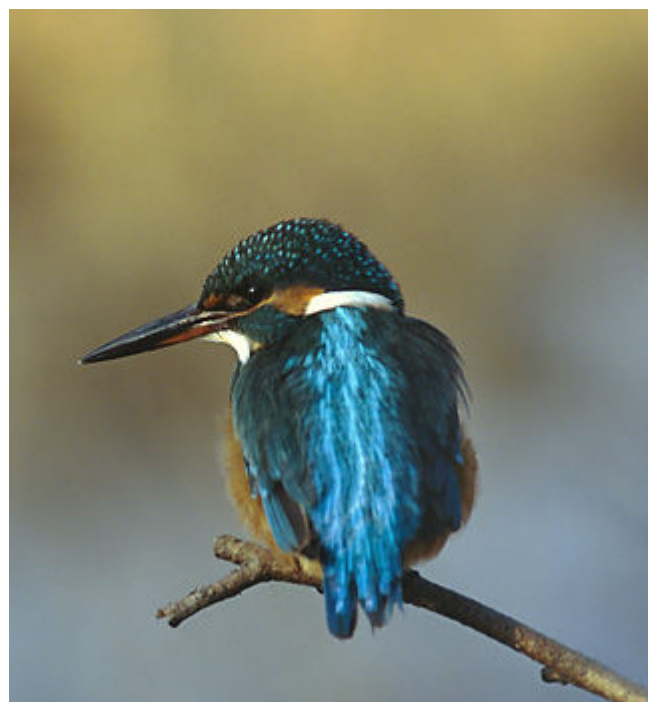
These geological and hydrological conditions create the unique characteristics of chalk stream ecology associated with a distinct fauna and flora. In particular, chalk streams are home to an abundant and diverse invertebrate community including mussels, mayflies and damselflies. The abundance of insects in a pristine chalk stream provides food for fish and well vegetated banks provide shelter from predators. Chalk streams are important habitats for brown trout, much favoured by fly fishermen. Other key animal species associated with chalk streams are otters (see footnote*), water voles, white-clawed crayfish and kingfishers. Many of these species are identified as key species in the UK Biodiversity Action Plan. Pipistrelle bats also have a strong affinity with chalk streams, especially when they are in close proximity to pipistrelle roost sites as is the case along the River Ver between Holywell Hill and Cottonmill lane (kingfishers are also to be seen flying fast and low along this stretch of the river). The plant communities include many species associated with chalk stream channels such as river water crowfoot and starworts, with plants such as watercress and lesser water-parsnip along the river margins. Disused watercress beds can be seen at various points along the River Ver: the entire Ver Valley was a national centre for the growing of watercress in the past.

Despite the fact that the natural beauty and ecological value of our chalk streams is well recognised, the County Wildlife Trusts state that they are the 'cinderella' rivers of the landscape and only 25% are estimated to be of 'good status'. Nationally they are affected by a long legacy of on-going damaging activities such as ground water abstraction for a variety of uses, water impoundment for milling purposes, pollution (from agricultural, industrial and domestic sources) and river catchment land use changes. Probably the greatest threat is the problems associated with over-abstraction of water which reduces natural flow levels and is consequently scenically and ecologically damaging.

Let us hope that the River Ver is well managed and sensitively restored in the future so that we have a wonderful local example of a chalk stream for all to enjoy flowing through St Albans and past our allotments!

*The Ver Valley Society Newsletter July 2016 reported in the bailiff notes that 'recently a road kill otter was reported on the Redbourn Road and while this is sad it is very encouraging to know otters are using the Ver Valley corridor'.

*Paul Littlewood, Cottonmill plot 25
(Paul taught Physical Geography for 30+ years,
and has an MSc in Wildlife Conservation)*



MUSINGS OF A HORTICULTURAL THERAPIST

What's a horticultural therapist, I hear you ask? Well to put it simply, I use gardening and the outdoors as a form of therapy for different client groups.

For example, someone who has recently had a stroke could be helped by gardening tasks working on increasing their mobility on the weaker side of their body. Depending on their ability the simple task of sowing seeds at a table, whilst they can be sat down and use their weakest hand to do the task, might be the first step in their recovery.



There has been lots of research into mental health and the benefits of the outdoors. The charity Mind used research by the University of Essex which found that horticultural therapy, or ecotherapy as it can be called, has many benefits for mental wellbeing. "It has been proven to improve mental health, boost self esteem, help people with mental health problems return to work, improve physical health, and reduce social isolation." (*Mind.org.uk 2013*).

My background was working with adults with learning disabilities and it always led me to encourage my service users to take a look outside, whether that was walking groups, gardening groups or simply planting up a hanging basket for their garden area. I always tried to incorporate gardening.



My professional career also led me to move from the rural countryside of the Pennines and rolling fields of the Cheshire plains to urban London. I was quite worried about the concrete jungle and the green opportunities I might find. However I was pleasantly surprised that London is very green and has an amazing array of hidden green spaces. I found in Kings Cross the superb Skip Garden, created for community groups to grow their own. Bank roof-top gardens with wild meadows, bee hives and amazing wildlife in the gardens of the true East end of London, where woodpeckers could be found nesting in apple trees. I picked enough blackberries outside a council building to make the office some homemade jam, much to their surprise. I love finding these hidden green gems almost as much as I love introducing unsuspecting local people to the opportunities that are on their own doorstep to explore nature and their own environments.

I work as a freelance Horticultural Therapist, so am able to work my job around my family commitments as a mum to two girls, who are 6 & 4.

I tend a plot on Nunnery Allotments, working alongside students from St Albans Independent College, which has two sites in the town; one on Victoria road and the other on London Road. Both colleges are Victorian buildings so have little or no green space, and just the traditional yards turned into much-needed car parking spaces. As a St Albener you will know how valuable that is! Students come to the allotment as part of their curriculum of community based activities, and

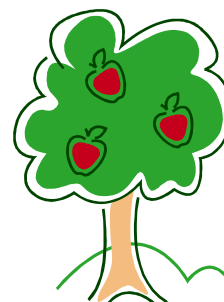
enjoy designing the plot's space as well as requesting what vegetables and flowers to grow. Often students find themselves under a lot of pressure, particularly in the build up to their exams. Anxiety and stress are most common during this time and the allotment gives them the opportunity to come and have their own space and a chance to air their worries or concerns for their learning. I often find that when someone is put into a safe and unpressured environment that they relax more and open up.

Since starting in March, they have enjoyed harvesting potatoes and soft fruits such as strawberries and raspberries which were in the plot from last year. We have also been plagued with ants and one of the students had the unfortunate experience of getting ants in their pants! Slugs have been a particular bone of contention this year, as I'm sure most of you have experienced. Next year I hope to build more raised beds and put a netting system in place so that it doesn't just feel like we are planting our vegetables to be a free feast for the slugs! We also hope to have a few more students coming down to the plot. So if you see us around on plot 25a then do say come and say hello.

Charlotte Antoniou, Nunnery plot 25a

ORCHARD AND COMMUNAL AREAS

The fruit in the orchard on Cottonmill will be ripening soon – do keep an eye out for it and help yourself. Please take only what you need for immediate use, so that everyone can get a fair share. Members from Sopwell and Nunnery are entitled to fruit from the orchard too; your key gives you access to all sites so don't be shy – come and help yourself! And don't forget there are picnic benches for your use in the communal areas of the Cottonmill and Nunnery sites. Please enjoy them!



TRIP TO RHS GARDEN, WISLEY

Thanks to our association's RHS membership, we can arrange one group visit per year to an RHS property for free. If you would be interested in a group visit to RHS Wisley this October, please email our treasurer Ian Lees at ian@westminsterwills.co.uk with the following information:

- 1) Your name
- 2) Your email address
- 3) Your telephone and mobile numbers
- 4) Confirmation of your membership of the CNA
- 5) Names of any additional family members/guests you would like to bring
- 6) Whether or not you would be available on a weekday

Please note that, though entry to the garden will be free, there is likely to be a charge to cover the hire of a coach or minibus.



SUMMER SHOW 2015

On **Sunday 4th September** we hold our Annual Summer Show in the Sub Aqua Club on Cottonmill Lane. Our show is just a bit of fun and is meant to be more social than competitive – Chelsea standards aren't expected! – so we hope that lots of you will come along and submit entries, and we can't wait to see lots of competition for the top prizes and Aylett's Cup.

Entering the show couldn't be easier and you may enter as many classes as you wish (one entry per class). Please read on for the categories, and some practical tips on how to select and prepare your exhibits for the best chances of show success.

Even if you don't want to enter the show, remember that all are welcome and we'd be glad to see you for food, a chat and a few drinks. If you're visiting your plot that day, why not pop in for lunch with us?



The order of the day will be:

10.30am – 11.30am: Entry submission

Please arrive in plenty of time, with the attached form filled in to clearly show which classes you would like to enter. Hand the form, your entry fee and your membership card to one of the committee members so that they can register your entries, then arrange your entries on the paper plates provided.

11.45am – 12.45pm: Judging

While the judges score entries, the bar will be open and everyone will be welcome to take part in the tasting and scoring for the produce classes.

12.30pm: Lunch! The committee will provide some basics, but please contribute a dish to share if you can. Entries may be viewed as soon as the judge has finished, so see how well you did and whether you won any prizes, or get some tips from the winners for next year's show! Members, non-members and the public are invited to view all entries once the judging is over, so please leave your exhibits on display until after the prize-giving.

1.00pm: Prize-giving. For each class, a certificate for 1st, 2nd and 3rd place will be awarded, and the overall prizes are calculated from each competitor's best eight results (with a first scoring 3 points, a second 2



points and a third place 1 point). The first overall prize is £30 and the Aylett's cup, the second prize is £20 and the third prize is £10. There are also prizes for the children's, fun and produce classes, and a chance for the 'best newcomer' to win free association membership for next year!

2.00pm: Close. Don't forget to take your entries home with you!

GOLDEN RULES FOR SUMMER SHOW SUCCESS

Here is some general advice from our judge, and previous winners, on how to choose which veg or fruit you enter into the show and how to prepare and present them.

- Study the entry form enclosed, and these guidelines, and be sure to enter the correct number of items in each class.
- The entry fee is 30p per class for adults and 10p per class for children.
- All entries must have been grown by yourself on your allotment, and should be mature and ready to be harvested.
- In all groups of vegetables, aim for even-sized, uniform and symmetrical items. Small or overly large produce will lose points, unless that is what is asked for.
- Try to enter veg in the best possible condition and without any blemishes or signs of disease. The judge won't consider vegetables with signs of pest or disease if there are other entries without these signs.
- Clean your veg by carefully washing them, but don't use any form of cosmetic treatment - you'll lose points!
- **Onions, shallots and garlic:** You should remove the roots, but don't cut them too close. Make sure they are lifted and dried in time so that you get a nice clean brown skin. You may fold the tops over and tie neatly with cord, twine or raffia; this is optional but does look better and is an advantage. Elastic bands are frowned upon by the judge.
- **Beans:** Should be as straight and uniform as possible. They shouldn't have obvious signs of seed, should snap cleanly and should have the little stalk still attached.
- **Cabbage and lettuce:** Cut the roots off neatly. Lettuces should have a good 'heart'. Cabbages should be firm and have a short length of stalk.
- **Beetroot and carrots:** Cut the tops cleanly 8cm above the top of the root. The best roots will have a single tap root at the bottom, with no extra roots coming from the sides.
- **Tomatoes:** Present fruits individually but leave the calyx (stalk) attached. Matched round tomatoes will always score higher than irregular shaped tomatoes such as beefsteak - sad but true!
- **Cherry tomatoes:** Enter a complete truss of at least 6 tomatoes, on the vine.
- Courgettes: Bigger isn't always better! Courgettes should be no longer than 8"/20cm.
- **Sweetcorn:** Peel the cob 1/3 of the way down to show the kernels. The corn should be of good colour and have nice and plump kernels (no dimples) as far up the cob as possible, in straight rows with no gaps. Kernels should exude a milky liquid when your fingernail is pushed into them.
- **Raspberries and any other fruit:** Enter 1 large fruit (melon) or 6 small fruit (strawberries, blackberries, etc), or 3 sticks of rhubarb. The soft fruit should have the little stalk left on, and rhubarb should be untrimmed at the bottom and trimmed to 1-2" of green at the top.
- **Arrangements of vegetables, fruit and herbs:** Display an attractive arrangement of whatever veg, fruit and herbs you think will look good together in a standard-sized seed tray.
- **Longest weed:** Yes, we want children to dig up the longest weed, from leaf tip to root, that they can!
- **Newcomers Class:** This class, with its own special prize, is especially for those of you who are new to this vegetable growing lark – to qualify you must have taken over your plot since September 2014. Of course, you may also enter any other classes if you wish.
- **Produce Categories:** Bring along any produce you have made from your allotment grown fruit and veg. These are intended as fun classes, so you may enter as many times as you wish. The points won't count towards your overall total, but there will be special prizes awarded for each category. Please feel free to bring along things to make your entry more attractive or easier to taste, for example display it in a nice dish, or bring crackers for chutneys, scones for jam, etc. Produce categories will be judged by you, the members who come along to the show. We hope that everyone will sample all the entries and fill out a simple questionnaire allowing us to determine the winners.

Pictures of entries from previous shows are available on our website: www.stalbansallotments.co.uk

GOOD LUCK!

ENTRY FORM

CNAА SUMMER PRODUCE SHOW, 4th SEPTEMBER 2016

Member's name:..... Site & plot no:.....

No.	Name of category	No. of veg required	Tick to enter
1	Beetroot (with top cut to 8cm)	3	
2	French bean	6	
3	Runner bean	6	
4	Cabbage	1	
5	Carrot (with top cut to 8cm)	3	
6	Cucumber	1	
7	Lettuce	1	
8	Onion	3	
9	Red onion	3	
10	Shallot	5	
11	Garlic	3 bulbs	
12	White potatoes	3	
13	Red potatoes	3	
14	Other potatoes (inc. white with red eyes)	3	
15	Large harvest marrow (size matters)	1	
16	Pumpkin/gourd/winter squash (size matters)	1	
17	Group of squash (same variety)	3	
18	Decorative squash (may be different varieties)	3	
19	Courgettes (all round or all straight)	3	
20	Sweetcorn (peeled 1/3 of the way down)	1	
21	Tomatoes (with calyx but no stems)	6	
22	Truss of cherry tomatoes (at least six tomatoes on the vine)	1 truss	
23	Peppers (chilli or capsicum)	3	
24	Any other vegetable	matching pair	
25	Raspberries	6	
26	Any other fruit	1 large, 6 small, 3 rhubarb, 3 tree fruit	
27	Bunch of flowers (in a vase)	1 bunch	
28	Arrangement of veg, fruit and herbs in a standard seed tray	1 tray	
29	NEWCOMERS' CLASS: Arrangement of fruit, veg, flowers and herbs in a standard seed tray	1 tray	
30	FUN CLASS: Rudest-looking vegetable!	1	
31	CHILDREN'S CLASS: Any vegetable, fruit or herb grown from seed	1	
32	CHILDREN'S CLASS: Vegetable face (made from one or any number of vegetables)	1	
33	CHILDREN'S CLASS: Vegetable animal (made from one or any number of vegetables)	1	
34	CHILDREN'S CLASS: Longest weed!	1	
35	PRODUCE: Sweet produce (jam, cake, etc.)		
36	PRODUCE: Savoury produce (chutney, pickle, bread, etc.)		
37	PRODUCE: Liquid produce (wine, beer, cordial, etc.)		

Entry fee: 30p per category for adults, 10p per category for children