

# Garden Diary

## 1st September 2020

The garden definitely shifted a gear this week with crops like runner beans and sweetcorn starting to take centre stage which is a real sign that autumn is not far off. Now, with all the onions out, the beds were quickly replanted with leeks and our last batch of outdoor lettuce. It is important not to have the soil uncovered for too long, if possible, we like to replant right away after harvesting. Having things growing in the soil is so much better for it instead of leaving it bare. Soil left bare just leaches its nutrients away until the weeds take over!

Another sign autumn is near is wild mushrooms have started to appear again. Over the last couple of weeks, I found the most amazing crops of Chanterelle mushrooms.

One of the tastiest and most prized mushrooms you could find. They grow in partnership with old, mature trees over one hundred years old, usually beech or oak which makes Colebrooke an ideal spot, although I am sworn to secrecy on their exact location! Once you know a good Chantarelle spot, they keep coming back in the same place each year.

It's also deer stalking season again with the first of the stags shot at the weekend. From vegetables, wild mushrooms, fish in the river and lake and wild venison, there is a complete larder here in Colebrooke, it is hard to miss the summer too much when there is so much more to look forward to!

If I get my hands on any of that venison, a stew cooked with wild mushrooms, fresh onions, venison and Colebrooke cider is coming to mind. Local, seasonal produce is the best! I am making myself hungry just writing this. The Autumn is such a beautiful season and I hope to enjoy it.

Dougal Dorman, Head Gardener, Colebrooke Walled Garden



# POLLINATING SWEETCORN

Fresh sweetcorn harvested and eaten on the same day is a highlight to the year and a real moment to mark the transition from summer to autumn.



If growing sweetcorn in a polytunnel they may need a little help with pollination. Sweetcorn are pollinated by the wind instead of by insects. There doesn't tend to be much wind in the tunnel so giving each plant a little shake can do the same job.



All the pollen is on the seed heads on the top of the plant. By shaking the plant, the pollen drops to pollinate the corn by landing on fine hairs growing from their tips. This will help you to have nice and full sweet corn instead of shriveled, dry kernels.

# GRILLED COURGETTE WITH LEMON & GARLIC

By Vital  
Nutrition



## INGREDIENTS

- 150g peas (fresh or frozen)
- handful of feta
- 2 eggs
- 1/2 red onion, finely sliced
- handful of mint
- 2 tblsp spelt flour or plain flour
- Zest of half a lemon
- Black pepper

## METHOD

1. Whisk the eggs and fold in the onion, peas, mint and feta.
2. Add the lemon zest and flour and gently fold into the mixture. Season with black pepper.
3. Heat a little olive oil in non-stick frying pan.
4. Scoop about a tblsp of the mixture and pop it onto the pan to make your fritter. You will be able to fit 3 or 4 fritters on the pan at once and the mixture makes 6 fritters.
5. Cook over a medium heat for 2 or 3 minutes each side and serve with a big green salad.