

LOG

August 2014

Welcome to the LOG Newsletter for August 2014.

AGM

This will be held at our first meeting on Friday 12th September, 7.30pm, at Knighton Parish Centre, Brindsmead Road, followed by a short talk.

The programme for 2014/15 is nearly complete. If you have any ideas for speakers then please let us know.

LOG Visit and Farm Walk to Rectory Farm Great Easton Saturday 7th June. Report by Leon Marvell.

After an ominous weather forecast we were pleased that we arrived at the farm yard in glorious sunshine to be warmly greeted by Phil Johnson. We had already seen red legged partridge and now nesting swallows and house martins were flying in and out of the barns.

Phil chatted to us about the farm and then kindly gave us a detailed map of the farmland area with the fields, lanes and reservoir and even the best viewing points clearly marked, also a diversion to see the badger set.

So off we set map in hand with more red legged partridge scurrying for cover and Red Kite and Buzzard drifting overhead. The walk was about four miles long and took us alongside fields rich with flowers and butterflies. We saw rabbits and hares and many bird species.

We eventually walked along the edge of Eyebrook reservoir among the sheep and we stopped for a rest watching the swans and their cygnets and other water birds for a while and also the fishermen in their boats.

We then set off again and meandered back to the farm, still bathed in pleasant sunshine. We really enjoyed the afternoon spotting 35 different bird species and vowing to visit again as soon as possible to experience again the spectacular countryside views and distant villages.

WINTER PROGRAMME

Friday September 12th

AGM and... "Coffee and Colombia"
by Bob Haskins.

Friday October 10th

Annual Wholefood Supper

Friday November 14th

"Heritage apples and how the lost Leicestershire apples were found" (Leicestershire Apple Project).
Nigel and Alison Deacon

Friday December 12th

"My life and times hedge laying and farming"
Clive Matthews

2015 Dates

Friday January 9th

A home produced event

Friday February 13th

A potted history of The Red Hill Allotments, 1909 - 2014
Iris O'Toole

Friday March 13th

"Farming Practices in Kenya and Mongolia"
Dr Kate Moore

Friday April 10th

tba, on an organic topic

Volunteer With Garden Organic

Are you looking to make a valued contribution to a worthy cause? Are you in need of skills and experience to develop your CV? Gardener, teacher, administrator, carpenter or therapist; whatever your skills, experience or interests there is a place for you as a volunteer with Garden Organic.

Why Volunteer With Us?

Ryton Gardens lies at the heart of our work to promote organic gardening, offering volunteers the chance to make a real contribution in a beautiful and unique setting.

Our volunteers support the gardens and maintenance teams, helping to make Ryton an educational as well as a beautiful place to visit. They offer tours to the public, to school groups and to other gardening enthusiasts. They help to produce educational resources to support growing in schools and contribute to the work of our Heritage Seed Library. They offer administrative support to our finance, fundraising, membership and facilities teams and promote our work at events and talks around the country.

How can you help?

We are particularly looking to find 2-3 experienced volunteer organic gardeners and 3-4 volunteer Garden Guides amongst other roles. If you feel you have the right skills and like meeting people then please contact Jane Eite, Volunteer Coordinator; Ryton Gardens, Wolston Lane, Ryton-on-Dunsmore, Coventry, CV8 3LG, tel. 024 7621 8208, email jeite@gardenorganic.org.uk

Differences between organic and non-organic food

New findings – organic crops, such as fruit, vegetables and cereals, and crop-based foods are up to 60% higher in a number of key antioxidants than non-organic crops. The findings shatter the myth that how we farm does not affect the quality of the food we eat.

A landmark paper published in the *British Journal of Nutrition* on Tuesday 15 July, concludes there are significant differences in the nutritional content of organic and non-organic crops. The study, the largest of its kind carried out by an international team of experts, led by New-

castle University is the most extensive analysis of the nutrient content in organic vs non-organically produced foods ever undertaken.

More information is available at:

<http://www.soilassociation.org/organicsdifferent>

GARDEN ORGANIC AGM, 10TH MAY 2014

Three LOG members Bob, Arthur and Val attended the AGM of Garden Organic on 10th May 2014.

The AGM was chaired by Roger Key, the chairman of the Trustees, and annual report given by James Campbell, the relatively recently appointed Chief Executive. Although the organisation has been through some struggles and reorganisation, it is looking healthy. There are revised garden opening times and a new cafe on site. More details can be found at www.gardenorganic.org.uk

At the AGM, Bob Haskins retired as a Trustee after 25 years on the Council. In fact it was mentioned that organisation founder Lawrence Hills was still attending Council when Bob went to his first meetings.

Group Web Site

We have now produced a simple web site at:
www.leicsorganicgroup.org.uk

This will contain latest information about the programme and our newsletters. Please take a look and if you have any suggestions then contact us below or email info@leicsorganicgroup.org.uk

Follow us on Facebook at www.facebook.com/leicsorganicgroup

The next Newsletter will be produced in December 2014. Articles can be sent to info@leicsorganicgroup.org.uk

**Leicestershire Organic Group is a joint local group of
The Soil Association and Henry Doubleday Research Association
(Garden Organic)**

For further details contact group secretary, Bob Haskins, 01509 842449, or publicity officer, Leon Marvell, 0116 269 4978.