



#Welcome to Transition Lostwithiel September 2010 e-newsletter .... Bumper edition ... loads going on ... all on the web site

Transition Lostwithiel will be at  
Lostwithiel Garden Produce Show  
Saturday September 4<sup>th</sup> ... come and  
find out more

### Sharing not Shopping

Lostwithiel could feed itself at this time of year when so many people have vegetables growing....

Got a glut of vegetables then how about swapping them with others? - see [www.lourish.com](http://www.lourish.com) and look for your local area and any swapping/giving away/exchanging which is already going on

- **LOST THREADS**

**Meet at Royal Talbot.. 10 until midday**

**Monday September 6<sup>th</sup>**

**Monday October 4th**

- **Next Hub Workshop**

**'Make a Marvelous Mosaic'**

**Saturday 25 September**

**Lostwithiel Church Rooms**

**10.30- 3.30**

- materials will all be supplied- but also bring any personal bits and bobs, like shells, stones ,own tiles, beads, beach glass etc.
  - .. design and make a mosaic item to take home
- Tickets £10 ring Lesley Bower 01208 873363 to reserve yours

➤ **Tales of Transition...** storytelling September 7<sup>th</sup>

- We are happy to be hosting Transition Tales wanderer and storyteller Steph Bradley who has been walking around the country for the last six months and will be flip flopping her way to Lostwithiel for the week from 6th to 11th September.

<http://www.transitionnetwork.org/blogs/steph-bradley?page=11>

<http://transitionnetworknews.wordpress.com/2010/01/21/transition-tales-2010-quest/>

There will be an informal storytelling where Steph will share some of her tales on Tuesday 7 September – by the old bridge in Lostwithiel from 6pm. Bring some food to share and your own plate, knife fork etc... We have an indoor venue to go to if the weather isn't great – this is Oak Tree, Terras Hill, PL22 OAP. All are welcome. Steph is also interested in walking with people in the area and sharing ideas if you would like to show her your favourite walk or share a story to add to her odyssey.

Please turn up on 7th September or contact Anne-Marie for more info :  
am@transitionlostwithiel or 07849073394

## ➤ Abundance Project

Transition Lostwithiel will be at Lostwithiel Garden Produce Show Saturday September 4<sup>th</sup>... come and find out more about this exciting new project

The fruit tree season is nearly here – let us know if you have an abundance of fruit which will soon be ripe and which you would like to see go to good use ... and receive the fruits of the harvest

contact 01208 871767 or [mail@amculhane.co.uk](mailto:mail@amculhane.co.uk)

**Recycling Ink Cartridges** – we have recently been asked to find out where these can be returned to ... there are quite a few companies and charities on the internet which will take them but some places wont take certain types ( especially Epson – Choice Stationery Supplies in Somerset may take this type) so if you would like to take up the challenge for Lostwithiel of finding out more and what we can do then let us know, meanwhile we will make a few enquiries and see what is out there and how we can make it happen

Choice Stationery, Unit 2A Mart Road Industrial Estate, Minehead, Somerset TA24 5BJ

- **RE-USE:**

All the garden fleece we were donated has found good homes.. and we still have some plant pots to give away for next season

Thanks to Gregory Distribution at Restormel Industrial Estate, we have on offer 5 large 45 gallon Sturdy Steel Oil Drums – they are completely cleaned out and are suitable for use as water butts, garden incinerators , BBQ's, steel drums or anything else you can think of...

£15 each for Lostwithiel in Bloom fundraising and delivered free within 5 mile radius of Lostwithiel..01208 873363

See photograph of them on [www.transitionlostwithiel.org](http://www.transitionlostwithiel.org)

***Many of the re-used cloches have gone to good homes and have generated more donations for our funds... We can still get them, so contact Lesley or Richard Bower 873363 if you want any for the next season... they are free as we can't officially sell them but a small donation is very welcome and will go towards funding some children-sized garden tools for the Childrens Community Garden at Mount Pleasant Lostwithiel***

THOUGHT OF THE MONTH . TELL OTHERS!

Pig's Snout, Manaccan Primrose and Cornish Gillyflower, are the wonderful evocative names of some of our local Cornish varieties of apples dating back 200 years.

Until recently, most farms in Cornwall would have had a mixed orchard of apple, cider apple, pear, plum, quince and medlar trees protected by hedges, where lambing could take place and bees could be kept. Production covered 1,000 acres, employing about 500 people.

But with changing lifestyles, orchard numbers have declined over many years. Renewed interest in apples and the restoration of traditional orchards through Stewardship schemes, though, has seen the acreage once more beginning to increase.

Jillie Dale, of Cornwall FWAG, commented: "Not only do they provide an abundant supply of apples, but in addition they act as a fantastic wildlife resource.

"The fruit provides food for bullfinches and mistle thrush, and once they are fallen, mammals also benefit.

"Pruning is vital to maintain a healthy and productive orchard. The dense canopy of an un-pruned tree creates a microclimate that encourages harmful pathogens and also results in smaller, lower quality fruit."

She said a traditional orchard would historically contain different varieties to provide apples to eat immediately and those classed as keepers that are sour and need to be stored for their flavour to mellow. These days, juicing can be used to preserve and store an abundant crop and equipment can be hired or surplus stock can be sold to various local businesses. The Cornwall Council Orchard Project holds a list of firms who can be contacted in regard to this.

Cornwall FWAG is hosting an Orchard Workshop on September 9 from 1.30pm to 4.30pm at Cusgarne Wollas, Cusgarne, near Redruth, the home of Greg and Tera Pascoe. The workshop will cover management of old orchards, establishment of new orchards, pruning techniques and methods of juice extraction and preservation. FWAG adviser Mary Combe will lead the day, along with guest speaker Colin Hawke from Cornwall Council Orchard Project.

More information is available from Mrs Dale on 01326 373823.

Taken from Article on This is Plymouth website – The Herald 19 August 2010

