



Causeway Community Garden Newsletter October 2023

We have had a lovely summer garden this year the Wildflower Garden display was amazing.



It has been lovely celebrating our recent URC Community Project Award with everyone. The profile of the garden and the work of our brilliant volunteers has really been raised and recognised as part of this. We have had a lot of coverage and this month we also had a zoom meeting with the editor of the Reform Magazine. There is a lovely article in the October '**Reform**' Magazine! I have circulated a copy with the newsletter.

Following on from this there has also been contact by another local United Reformed Church in Ellesmere Port who want to come along to talk to and visit our garden for ideas as they also want to set up a Community Garden. It is so great to see how important community gardens are becoming as a key element to support people in the local community in many ways – gardening, fun, friendship, reducing social isolation, and a place for wellbeing and reflection.

We have recently had a visit last month from Bernard who is our local judge for the RHS North West It's Your Neighbourhood Awards. We have not been able to get to the awards ceremony over the past few years, but we are hoping to get tickets and have a small number of the garden group attending on 18th October. We will be heading to Bolton Stadium Hotel, located at the Bolton Wanderers Football Stadium.....Watch this space for more news and information.



Gardening Top Tips for October



*Divide Herbaceous border plants and perennials this will help them stay healthy and grow each year.

*Collect and sow seed from Perennials and hardy annuals. It is a wonderful way to increase your garden plants for free!

*Pick you Autumn raspberries and cooking apples at this time of year.

*Dig up any remaining potatoes before the slugs damage them.

*Plant spring bulbs in the ground or pots for a great early display next year

*Plant Root Veg – Beetroot, radishes, turnips.

*Plant Leafy Greens- Lettuce and Spinach

*At end of October into November plant your Onions, shallots and Garlic. Lift parsnips after the first frosts, when their flavour will have sweetened.

*It is also a good time to tidy borders, start to turn over soil in unused beds and borders and mulch with bark chips, well rotted manure or leaf mold to insulate plants for winter and keep weed growth in check.

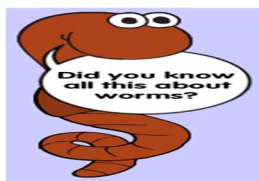
*Provide food and shelter for wildlife, now and in preparation for next year. Clean all your bird feeders to avoid the spread of disease to winter migrants and stock up on food through the autumn and winter months. Aim to provide a variety of different bird seeds, nuts, grains and fats to satisfy the needs of as wide a range of different species as you can.

*Put up a nest box well in advance of breeding season. A nest box could also prove a cosy spot for small birds to spend the night on particularly cold winter evenings ahead.

*Be mindful when clearing areas – there may be wildlife starting to look for nesting sites.

*Keep checking there is water for the birds throughout the autumn and winter months. Especially when there is frost and snow.

Wildlife Corner Feature



Do you know? An earthworm is a Gardener's Best Friend!

Some Wiggly Worm Fun Facts!

Earthworms have no arms, legs or eyes. They can grow up to 30cm.

They usually live in the soil's top few centimetres. When it is really cold outside in winter or baking hot in the summer, worms are able to survive by burrowing deep into the soil - at the same time escaping from light, which they hate.

Baby worms hatch from cocoons smaller than a grain of rice They are made up of many ridged segments. They are covered in minute hairs, which allow them to grip the soil and move.

An earthworm moves by using two different sets of muscles. Circular muscles loop around each segment, and longitudinal muscles run along the length of the body. When the circular muscles contract, the earthworm stretches, becoming longer and thinner.



Worm Poo helps to keep the garden soil healthy.

Worms eat their own weight in organic waste, soil and minerals and produce worm poo! which makes compost. They help improve drainage, brings nutrients to the surface which enriches and aerates the soil. They don't eat living plant tissue, and so don't hurt plants either. Worms can make them lots of lovely compost for their gardens.

In one acre of land, there can be more than a million earthworms.

Earthworms are an important source of food for plenty of creatures, including hedgehogs, foxes, moles, many birds, slow worms and amphibians.

The longest earthworm is the African giant earthworm, which can grow up to 6.7m (22ft) long.

ECO Tips: Green your home this Autumn.

Tackle climate change and reduce your heating bill by testing how draughty or leaky your home is. Find the gaps that let the cold air in and warm air out - think keyholes, letterboxes, gaps around the edges or bottoms of windows and doors, loft hatches, floorboards etc.) and fix these gaps using the correct materials: (there are lots of handy tutorials on how to do this online).

Now is also a very good time to prepare for winter by sticking tinfoil or radiator panels between the wall and radiator, as these will help reflect heat back into your room during the colder months.

And Finally.....

Our lovely Community Garden is also there for relaxation, quiet moments picnic, coffee and enjoyment. Even if you do not want to garden, please use the garden as a place for wellbeing, reflection and enjoyment. You are always welcome and why not bring a friend. Please email me if you have any gardening moments/photographs you want to share.

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