Marston Sicca

Parish Newsletter

November 2021



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Editor's Notes

Well, there is definitely a build up to Christmas in the shops and on the tv. We have a few Christmas articles included this month (so many more next month).

CHRISTMAS DRAWING COMPETITION

After last year's successful Christmas drawing competition (where the winner had their picture printed on the front cover), I thought why not do it again! So, let's get the crayons and paints out kids and draw a fun and festive poster/picture. I will leave a box in The Poppin for your magical masterpieces. Please make sure you put your name, age, address, and a contact number on the back. I loved receiving them last year, and I am very excited about what you will do this year. Closing date will be Saturday 20th November. Good luck!

Please remember that next month is the joint December/January edition, so please email your articles to marstoneditior@yahoo.com by Saturday November 20th if you wish them to be included in the magazine. Thank you.

Steph



Parish council comments

Speeding and traffic increase continues to be an ongoing issue for most villages with more traffic looking to avoid the B4632 and using rural roads as rat runs. The Parish Council reviewed a number of schemes in surrounding villages contacting other councils to check any data available and to reassess what options may be workable. Residents may recall the original intention for Long Marston was to erect 4 build outs but there were two key issues that resulted in only two being installed at the time.

Firstly, the costs for 4 were over £80k but in addition, the rules at the time dictated a 4 build out scheme would mean street lighting being installed almost along the entire length of the village. All options are being reviewed again with Highways along with Cllr. Pemberton assessing the lighting aspect as rules may have changed.

With speeding in mind, a traffic working group of three parish councils has been formed to share information

and ideas with particular focus on the B4632. As continuing development impacts on traffic along this major road, the respective parish councils felt a combined approach to SDC and other bodies would provide effective support to Parish Councils individual representation. The working group would assess all matters relating and refer to full council before decisions are made.

The ongoing matter of land to the rear of Perry Orchard was discussed at the recent Parish Council meeting. Final conditions relating to the open space have been discharged with the SDC enforcement officer actively engaged with the Parish Council. Solicitors representing Marston Sicca and Lagan Homes are in the final stages of organising land transfer documents by concluding on access. Given the enormity of this project and the three years it has taken to reach this point, the Parish Council are cautious but equally hopeful to have this concluded this year.

Residents may be away of the public consultation on the proposed South Warwickshire Council. Cllr. Pemberton advised the Parish Council of the efficiencies the merger would bring including the ability to retain essential services.

Cllr. Johnsey advised the council of a recent site visit from our ground maintenance contractor Thomas Fox. A full review of Barley Fields was conducted including work around the play area, weeding and the hedge to the main road. It was acknowledged some work was either missed or poorly executed but would be remedied in the short term.

The Parish Council were pleased to learn key funding had been awarded to us for use in the Pavilion Community Centre, aside from operating a community coffee shop, the centre also manages a number of community services supporting vulnerable families in our village and surrounding areas. The council also emphasised how we are managing our budget to not only support the residents of Meon Vale but also within Long Marston, including the enhanced children's play area to Barley Fields and planned schemes for the open space once transferred.

PLANNING MATTERS

21/02382/TPO Slinget, reduction of tree height and spread: *Approved*

21/02210/LDE St Modwyn, Tarmac area completed before 1st May 2021 which is within the 3-year approved permission start date given under 17/03795/REM for implementation of public house/ restaurant proposal: Lawful Development Certificate Existing Permitted.

21/02929/FUL, Marston House, installation of dropped kerb to the left of the property. *Decision: No Objection*

21/02218/LDP, Hopkins, re-roof of property. *Decision: No Objection*

Debbie Woodliffe
Parish Clerk

NEXT PARISH COUNCIL MEETING, MONDAY 15TH NOVEMBER 2021, LONG MARSTON VILLAGE HALL

Report from your District Councillor

Dear Residents



Hope you are all keeping well. Covid rates have increased dramatically in our district, so please take care and stay safe. Below follow some of the district matters which I hope you'll find useful:



Stratford District Council and Warwick District Council Merger
The Service integration between the two councils has progressed. As some of you might know, permission was given to start the work to identify shared civic and office accommodation. Subject to the consultation results, a final formal proposal for a submission to the Secretary of State is planned for Council in December 2021. The public consultation deadline is 24 October and you can find all the relevant documents and questionnaire here: www.southwarwickshire.org.uk Questionnaires on paper can be requested by emailing: swconsultation@stratford-dc.gov.uk or calling 01789 267575. I will update you on the proposals after the December Council meeting.

New Waste Collection Contract:
Following a procurement process Stratford-on-Avon and Warwick District Councils have awarded a joint refuse and recycling services contract to Biffa Waste Services Ltd. Starting in August 2022, the new South Warwickshire service will include the introduction of a 123+ system, with separate weekly food waste collections, fortnightly collection of recycling, and three-weekly residual waste collections. We have asked the Cabinet for a detailed communication plan to properly inform residents of this new waste strategy.

Electoral Boundary Review The closing date to respond to the Local Government Boundary Commission's proposal of changing District Council Boundaries closes 8 November. Long Marston together with Meon Vale and other villages would be placed – according to the draft recommendations – in the new ward of Long Marston. You can comment here: consultation.lgbce.org.uk/have-your-say/24993

Full Council meeting 18th October:
At the recent Council meeting, I'm moving a motion for the council to write to the government to reinstate the Universal Credit uplift and to look at the impact – if any - these cuts will have on district council services such as housing. My group has also proposed a motion on recognition of the importance of local government in addressing climate change, which was passed unanimously. A wide range of questions have been submitted. My question is about Shopmobility, an important inclusive, accessible form of transport for those

with long term or temporary mobility issues, and covers a wide number of uses. The Council is proposing to cut its funding next year. Other questions from our group include cuts to the Enforcement department, the SWRR, the empty and derelict shops in towns, the importance of Neighbourhood Development Plans. If you would like a copy of the questions with the Cabinet's answers let me know and I will send these to you.

Perry Orchard
During my recent surgery residents have inquired about the open space and its transfer to the parish council (and issues of access and maintenance). This has been a very long process, but it is important to get this right. I understand the Parish Council was waiting to hear from the developers and from Stratford District Council about all the outstanding queries, including issues of access. I have let the Parish Council know that I'm happy and ready to help in any way I can.

Funding available for community projects
In my last report I wrote I was going to write about funding and grants for community projects.

The second round of both the Greenshoots Funding and the County Councillor Grant should be announced soon. See www.warwickshire.gov.uk/grants and www.warwickshire.gov.uk/greenshootsfund

Severn Trent Trust Fund is for community projects, big and small: www.stwater.co.uk/about-us/severn-trent-community-fund

Another community grant is the national lottery small community grant: www.tnlcommunityfund.org.uk/funding/under10k

Finally, please don't hesitate to contact me with any query, issue or concern you might have.

Warmest best wishes

Cllr Manuela Perteghella
Manuela.perteghella@stratford-dc.gov.uk

Mob. 07870488071
Facebook: www.facebook.com/CllrManuelaPerteghellaWelford

Long Marston Gardening Club

Unfortunately, due to bad weather we had to cancel our visit to Evenly Garden to view trees turning colour. Probably a good thing as the autumn colour is a bit slow this year.

There was very poor uptake for this visit, and we will postpone to next year. We were so lucky with lovely weather but now visits for this year are over and I will organise a lunch during the winter and look forward to next spring.

Wiggy Taylor
wiggytaylor@gmail.com

Kid's Jokes

What do you call a man who can sing and drink lemonade at the same time?
A pop singer

What do you call a lady who doesn't like butter?
Marge

Doctor, Doctor I think I need glasses.
You certainly do, this is a fish and chip shop.



Lite Lunch

STARTERS

curried parsnip soup gf-v-ve
creamy garlic mushrooms gf-v
chicken liver paté
halloumi fries with chilli jam gf-v

MAINS

grilled turkey fillet with all the trimmings gf available
pan fried beef steak with all the trimmings gf available
pork & leek sausages, mash & buttered greens
veggie/vegan nut roast with all trimmings v-ve
plant based fish burger, fries & coleslaw v-ve
cod fillet with parsley sauce, veg & cubetti potatoes gf-v

DESSERTS

orange & chocolate pudding gf-v-ve
christmas pudding v
lemon meringue gf-v
sticky toffee pudding gf-v

TWO COURSE £11

THREE COURSE £14

AVAILABLE MON - FRI 12PM - 3PM



CHRISTMAS DAY

SIX COURSES £55

ONLY A FEW TABLES REMAINING

01789 720586 TO BOOK

Death has been swallowed up in victory.
'Where, O death, is your victory?
Where, O death, is your sting?'
The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ

(1 Corinthians 15:54b – 57)

Saint Paul's words from the first letter to the Corinthians are often used as part of a Remembrance Service. Maybe you will hear them if you attend one this year. If honest though, at face value, I rather struggle with *'Where, O death, is your sting?'* This is simply because all of us experience the sting of death. No one is immune. It might be fair to say that those who fought in our two world wars, along with those serving in our arm forces today, may experience that sting more than most.

Of my two grandfathers only one was able to serve in the forces in the second world war. Carry Barber served in Burma, India and Malaysia fighting the Japanese and was even a POW for a period. Apart from his 'famous' ghost story, Grandpop (as we knew him) never spoke of the war. He'd buried the evil he'd seen committed by fellow human being upon fellow human being. The pain that it uprooted was too much to bear, but the sting was something he could never completely shrug off.

This is not uncommon, we will all know or have known those whose experience of war is something they've had to bury deep within themselves. A perhaps small blessing for those serving in the forces today is the progress in support offered to those with the physical and mental scares of serving in today's battle fields. In October I had the pleasure of spending some time with the chaplaincy team, and those they work with, at one of our RAF bases in Oxfordshire. It was humbling to spend time with those who had committed to serving and protecting our nation, but also heartening to hear of the mental health challenges many have struggled with, which have been further emphasized by COVID.

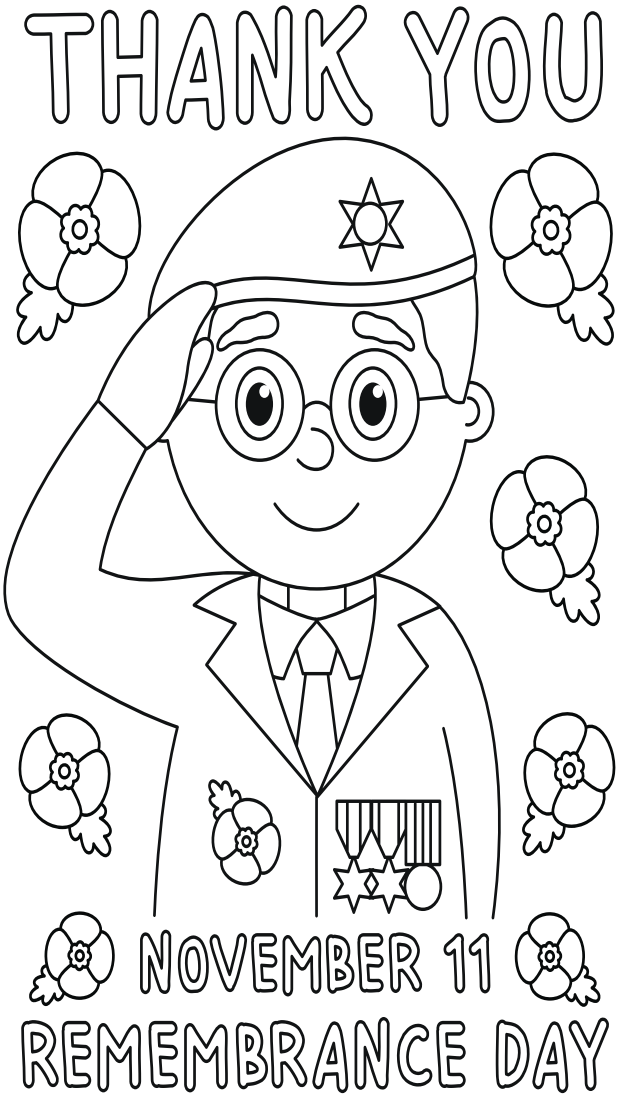
Where O death is your sting? The sting of Death is real for those left behind, let's not pretend it doesn't hurt, but there is a 'but', and it is a big 'but'! Paul tells us in verse 57 that sin and death are defeated, and it is this that is part of the Christian hope.

In October's Parish Magazine, I reflected on those who fought in the world wars and that they had passed on a baton of responsibility to us, and that we should also be passing on a world that is safe and secure. The threat (climate change) might be different, but we must still fight it for the benefit of future generations, but the Christian truth is that there is a greater hope, a hope not reliant on humanity. The Christian hope is that through the life, death and resurrection of Jesus, God has defeated sin and death. This is a victory for the whole of creation. This is what Saint Paul is reflecting upon. He can see beyond the misery of death to a future of renewal for the whole world, he has hope for a time when God *'will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more'* (Revelation 21:4). So, this Remembrance Day let's not pretend that the 'sting' isn't real, especially after the 20 month we have just had, but be assured that it also isn't a full stop. There is a greater hope. That hope is found in Jesus.

If you have any questions about the Christian faith or anything else, we are always happy to chat.

Every blessing

Jim
Assistant Curate of Quinton, Welford, Weston and Marston Sicca



Nosh n Natter Group

LUNCHEONS

November 10th
Bonfire celebrations, 11.30 – 2pm. Welford village Hall.

December 8th
Christmas Lunch with Father Christmas

12.30 – 3.00pm, plus children entertainment at Tudor Grange, Meon Vale Primary School.

Meals on Wheels available both days.

TRIPS4U

November 15th trip to Hereford

Unfortunately, cannot guarantee a lunch due to staff shortages, so price dropped to £25.

Thank you for all your support in these different times.

Please contact Barbara Craig for more information on 07771708151.

Long Marston W.I.

Claire gave us an in depth and moving talk about Autism and Autism Spectrum, with great knowledge as she has a child who lives with it. It is an isolating stigma and she made us aware of how kindness and understanding for parents can help them so much.

Our next Meeting is our General Meeting on Wednesday 10th November 7.30pm. After formal proceedings, the Members will have a Kurling Competition, equipment loaned to us from Warwickshire Federation.

Liz Marcuse



AUTUMN/WINTER MENU OUT NOW

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The Poppin Chat

This month we are doing something a bit different. Two reasons for this are, November is the month we remember all those who gave their lives for us. The second is that due to Covid and lockdown, we were unable to celebrate VE or VJ day. However, in preparation for the festivities, I had asked a wonderful customer of The Poppin, to write a short piece about his experiences during the second World War. With his permission, I would like to share his story with you.

Margaret Clarke

Memories of War and VE Day - by George Jenkins

We all love a party, we all give parties and invite our friends and we all go to parties. There is invariably a reason for giving a party, a birthday, a wedding, a christening.

The worldwide parties on the first VE day celebration on the 8th May 1945 was to celebrate Nazi Germanys unconditional surrender of its armed forces.

The second world war started on the 3rd September 1939, when I was a boy of 8 years of age. Life for us all changed on that day and for the next 6 years.

This is my personal story and my memories of that period.
My father was a builder and had just completed an estate. He fought in the first world war and was too old to join the forces. Most of his workers were conscripted so he had to close his business down. He bought a large house with several acres of land, a barn, stables, pig styes and orchard. He built an air raid shelter with an escape route to the orchard from the existing cellar.

Myself and my elder brother were expected to work one hour after school and four hours on a Saturday morning. We grew vegetables and fruit. Kept pigs, geese, and poultry, both free range and batteries.

When the British EF were evacuated from Dunkirk which began on 26th May, there was insufficient military barrack to house gallant heroes, so our junior school was taken over and we moved to be taught in a Methodist Chapel.

Rationing for petrol started in 1939 and was followed by coupons for just about everything, except for vegetables and fruit. There was no imported fruit like bananas and oranges until 1950, when most things came off rationing.

Every home had to have their windows fitted out with black out material, so that enemy bombers could not spot towns or cities. Air raid wardens patrolled the streets and knocked on anyone showing light. Even car headlights were fitted with covers to throw the light down. We were issued with gas mask and had to carry them with us at all times. We were all given registration numbers which we had to remember. Dad gave us a way to remember ours - think of Royal Navy Jack Barnes (a family friend), 4th house on the lane and the 5th member of the family. I still remember mine, RNJB45.

Air raid shelters were built and there was regular rehearsing to make sure that there was no panic, just an orderly movement from classroom to shelter.

I passed the entrance exam and went to Queen Elizabeth school for boys. We were

given cooked lunches. At harvest time we had packed lunches and were taken by bus to pick potatoes or stack sheaths. This was before the coming of combine harvesters. Farmers were short of labour. One of my brothers and myself went sugar beet singling, and also hay stooking. We hated barley, it was like handling bundles of razor blades!

Mansfield in the Nottingham and Derby coal fields was particularly fortunate as the Germans concentrated the bombing on cities and large towns. The Blitz caused havoc's it was indiscriminate. 60,595 civilians and 86,182 seriously injured.

Children were evacuated to safer areas. We suddenly found ourselves sharing our school, on a revised timetable, with pupils from Southend-on-Sea in Essex.

When the Allies had gained supremacy in the air, the cities had to face renewed attacks by flying bombs and rockets. The death rate of the armed forces continued to rise and it is estimated that the total worldwide casualties by the end of the warfare between 70 and 80 million.

Every household item was in short supply or unavailable. You had to join a queue and hope that something was left by the time it was your turn to be served.

The result of all the problems faced by everyone was a great and genuine community spirit, class, wealth and occupation were ignored for the common effort. VE day found Britain exhausted, drab and in poor shape but justly proud of its unique roll in gaining allied victory.

It is not surprising that that on the 8th May 1945 the whole nation wanted to celebrate. The war was not over but it was no longer "on our doorstep". The war in Europe was over, the States, Australia and in all the allied nations. I was amused to read that the Board of Trade relaxed rationing on cloth "Until the 8th of May you may buy bunting without coupons, as long as it is red, white or blue, and does not cost more than 1 shilling and threepence a yard". It was reckoned that 1 million enjoyed a party in the street, on the roads, in the pubs. In London crowds massed in Trafalgar Square and up the Mall to Buckingham Palace. King George VI, Queen Elizabeth, Princess Elizabeth, Princess Margaret and Winston Churchill appeared on the balcony of Buckingham Palace. The order forbidding bonfires was relaxed and 100's of bonfires and beacons were liras dusk fell. The Princesses were allowed to leave the Palace and mingle without escort amongst the thousands celebrating round the Palace.Street. Parties were held all-round the country.

As a 14 year old in May 1945, the fact that we had a bonfire, to which one and all were invited and the relief we all felt, I will never forget.

The celebrations did not last one day. 13,000 British prisoners of war were released and sent back home, men and women serving in the Navy, Army and Airforce returned from overseas. They were given leave and later demobbed, calling for more parties.

Rationing continued due to short supply. In fact, bread was not rationed during the war but started in 1946.

But the bulldog spirit prevailed, no more members of the armed forces were being killed or wounded. No more bombs or rockets were killing civilians, as well as demolishing whole streets of houses.

No wonder it was one of the biggest celebrations the world had ever known!

Macmillan Coffee Morning

Thank you to everyone who supported our Macmillan Coffee Morning. It was the first real chance for villagers to meet together and share coffee and cake. We raised £331.60p which has been sent off to this very worthy charity.

Shoebox Packing

SATURDAY 13TH NOVEMBER.

8.30am until about 12.

LONG MARSTON VILLAGE HALL.

Please come along to pack a box..... everything provided! Just call in!

We hope to pack 300 boxes so need lots of help.

Donations of all sorts still welcome.

Children's Shoebox Packing

We love to have children packing our boxes but know that Saturdays can get hectic for families.

This year we are opening the hall on FRIDAY 12TH NOVEMBER from 3.30pm to 5pm so children can come straight off the bus to pack a box. Teenagers can come alone but younger children will need an adult to accompany them.



Lauren Bennett – 6th Dec

Nico Houghton – 6th Dec

Mollie Bluck – 9th Dec

Zoe Hancock – 26th Dec

Please email any children's birthday dates to marstoneditor@yahoo.com.

Shoebox Coffee and Croissant Morning

Firstly, a big thank you to Le Petit Croissant Bakery at Lower Clopton for donating the delicious croissants.

Thank you also to everyone who supported us...we raised £383.23p which will go towards the cost of transporting our boxes to their destination.

Bob James from Teams4U came to talk to us. He was able to tell us first-hand how it felt to travel out with the boxes and give them directly to the children. The first lorry load from Evesham this year will go to Georgia in Eastern Europe, an area they have not distributed to before. He also told us that sadly they have lost an elderly lady, who over the years, has wrapped 93,000 shoe boxes for the depot. They are desperately short of wrapped boxes this year, so if you can let us have any boxes, we can pass them on.

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Harvest Supper

Wow – **£548.29p** profit from The Harvest Supper towards the ongoing maintenance of our beautiful church, St James the Great.

A heart-warming thank you to all who supported this wonderful event.

John Cooper Foundation

John Cooper a resident of Long Marston in the 17th Century started the foundation to provide education for the boys of the five local parishes.

The foundation now provides grants for all students attending university and applications for the Autumn term need to be with the Clerk to the Governors by Email before the cut off date of 31st of December.

johncoopersfoundation@gmail.com

Bridge

Any bridge players. We have a small friendly club who meet every Wednesday 7pm at Binton Social Club. Everyone welcome. Contact June Beazley on 720294, or Jackie Johnson on 720328.



Village Hall

DIARY FOR NOVEMBER

Zumba
9.20am – 10.20am
Every Tuesday from 2nd November.

Art Class
10.30am – 12.30am
Every Tuesday from 2nd November.

Long Marston Ladies
7.30pm onwards
Wednesday 3rd November.

Line Dancing
6pm – 7pm
Every Thursday from 4th November.

Coffee and library
10.30am – 11.45am
Thursday 9th and Thursday 30th Nov.

WI
7.30pm onwards
Wednesday 10th November.

Shoebox Packing
8.30am onwards
Saturday 13th November.

Parish Council Meeting
7.30pm onwards
Monday 15th November.

Save the date in your 2022 diary

Saturday 22nd January

Magic evening with Paul Ray, comedy magician and entertainer

Long Marston Village Hall

More details to follow next month.

CHRISTMAS PUDDING PARTY

Join us at Quinton Village Hall on Friday 19th November 7 - 9.30 p.m.

to make your Christmas Pudding.

All ingredients are provided plus mince pies, mulled wine and entertainment.

Tickets £10 to be booked in advance from Jane Spooner 07365 517962



Our Baby and Toddler Group runs every Thursday morning during term time from 10am to 11am in the Village Hall. The group is free and there is no longer any need to book in advance. The group is a great place to meet new people and lots of fun for little ones – why not pop in and join us? For more details visit the Meon Vale Baby and Toddler Group Facebook page.

Remembrance and Thanksgiving service for the Covid-19 Pandemic

As life begins to return to normal, we would like to offer the opportunity to pause and reflect upon the significance of the last 18 months. It is a time during which many of us will have experienced grief and loss; many of us have lost loved ones, while others have lost employment, opportunities, time with family or suffered ill physical or mental health. It is also a time that has been marked by kindness and self-sacrifice and many of us will be deeply grateful to key workers, neighbours, community figures and others who have helped us during this time.

To mark this, we would like to invite you to a special service of Remembrance and Thanksgiving at St. Swithin's Church, Lower Quinton on Sunday 31 October at 10:30am.

As part of the service, we are inviting people to bring flowers that they will be able to lay at the foot of a cross in the churchyard in tribute to those who have lost their life during the Covid-19 Pandemic.

All details of the service will be published on our Facebook page.

Remembrance Sunday

In addition to the above service, our traditional services of Remembrance will take place on Remembrance Sunday (14 November), where we particularly remember the sacrifices made by our armed forces.

Services will be taking place at 10:45am at both St. Swithin's Church, Lower Quinton and the Church of St. James the Great, Long Marston. All are welcome.

THE PAVILION AT MEON VALE
Coffee Shop and Community Space

The Pavilion coffee shop, situated on the edge of the recreational fields at Meon Vale is a not-for-profit coffee house, selling mainly local produce; the coffee is roasted locally by origin Eden situated halfway up Meon Hill, and the cakes and pastries are made by local bakers at Meon Vale and neighbouring villages. So, by supporting us you truly are supporting small local businesses.

With the colder weather approaching we are looking to expand our menu from hot and cold drinks, cakes, and pastries, to some hot savoury snacks. Watch this space!

The Pavilion is much more than a coffee shop, it is your local community space.

Some of you may not be aware that it is also our local base for our Community FoodShare*, a scheme where we collect fresh produce from local large retailers working alongside Neighbourly and FareShare in their charitable food redistribution scheme which would otherwise go to waste, and distribute it to those that need it in the surrounding villages.

We are also working hard to utilise the spaces inside the pavilion for community-use like space for health visitors, Citizens Advice, Job Clubs, Sewing clubs, film afternoons, a meeting place for friends as well as local businesses, clubs, and the like.

The building is in the process of applying for charitable status so it can continue and indeed expand its charitable functions serving your local community.

We also organise and contribute to and take part in local events, celebrations, tabletop weekend sales, summer fares including FunFest, Mad Hare cycling event, pumpkin carving at Halloween, Christmas



and other festive and bank holiday celebrations, and of course **we are always here for coffee, tea and snacks** 🙂

The Pavilion and community space is staffed by volunteers working for the community, that means all of us benefit, please show your support for this important local amenity so it can continue to grow these good causes.

***Community FoodShare**
Like many other charities, we support the good cause of reducing food waste, through our FoodShare initiative, which means good food for good causes. We collect 'surplus' food from local retailers twice a week, nutritious food which cannot be sold and we deliver to charitable causes throughout the local area for those that need it most and the vulnerable in our society.

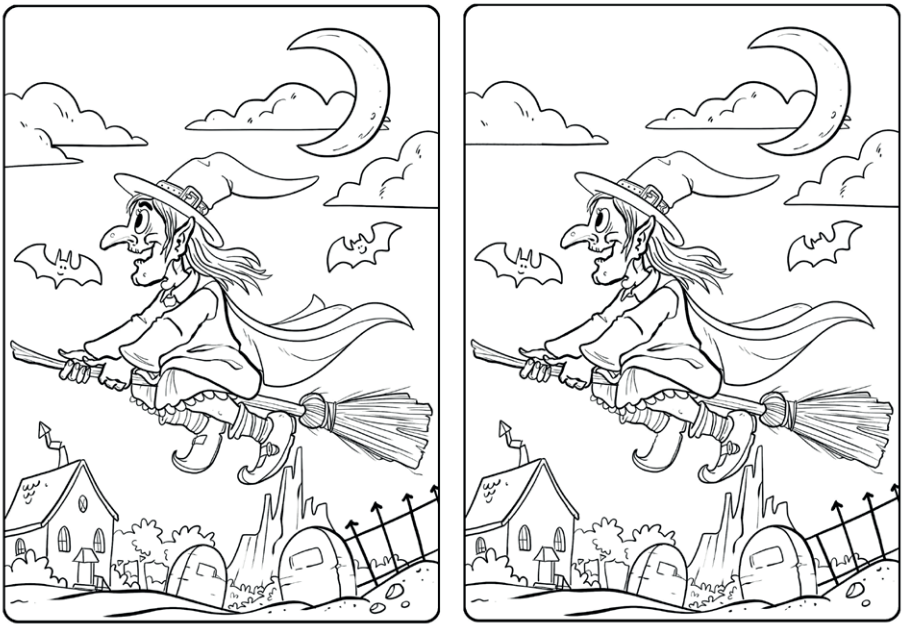
For all lour latest news please follow us on **fb @thepavilioncoffeeshop**

Instagram - thepavilionatmeon

If you seek any further information, please call Stephenie Hillier on 07720 975023, or email marstoneditor@yahoo.com or Jane Bachelor on 07522 559865.

SPOT THE DIFFERENCE

Can you spot the 10 differences between these two pictures?



COMMUNITY FOOD SHARE/CARE

Community Food Share – Operated by a small team who distribute food to those who require that extra help.

Please contact **Stephenie Hillier (07720 975023) or Jane Batchelor (07522 559865). All inquiries and conversations are strictly confidential.**

If you would like to donate food towards **The Community Food Share there will be a collection box outside The Poppin, Long Marston. Thank you.**



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Halloween Pumpkin Waste



In the UK, 8 million pumpkins are binned after Halloween, the equivalent of enough pumpkin pie to feed the nation

- 58% of consumers buy pumpkins for Halloween
- 51% bin the flesh when hollowing out for carving.

While nearly 75% dispose of the flesh in an environmentally friendly way - composting or food waste collection - 25% throw it in the general waste bin and only 33% actually eat them. **What a waste!**

Keeping Halloween Green

Here is a list of the top ways to ensure your Halloween is glowing green this year:

1. Don't carve a pumpkin at all, if you aren't planning to eat it. It's the top answer for being environmentally friendly but won't be the most popular as carving a pumpkin is now firmly part of the Halloween culture in the UK.
2. Buy a vegetable you are more likely to eat. Turnips are the traditional vegetable for carving at Halloween in the UK, but are quite difficult to carve. Why not try a butternut squash which is just as nutritious, doesn't require as much water as a pumpkin when grown and is cheaper to buy?
3. If you buy a pumpkin, eat the flesh. Hollow out the pumpkin as much as possible to create a thin shell - this will help the pumpkin glow more brightly and you will have more flesh to eat. Don't forget to eat the seeds too. The health benefits of eating pumpkins are listed below and follow us on Facebook and Twitter for pumpkin recipes.
4. Use as a food caddy. Once the pumpkin has done its job and scared away any bad spirits, use it as a temporary caddy to collect food scraps ready for composting. You can compost a pumpkin at home with or without a compost bin - see 'Compost Your Pumpkin' below for more details.
5. Use the food waste collection. Simply place it in the green wheeled bin ready to be composted at an Invessel Composter (IVC) in Warwickshire.
6. Please don't buy a plastic pumpkin. Plastic pumpkins don't biodegrade or compost down and are a waste of precious resources.

Benefits of eating pumpkins

Pumpkin flesh and seeds are tasty and packed full of vitamins and minerals.

1. Pumpkin is a great source of potassium and beta-carotene, which is a carotenoid that converts to vitamin A. It also contains some minerals including calcium and magnesium, as well as vitamins E, C and some B vitamins.
2. Pumpkin seeds are a great source of protein and unsaturated fats, including omega-3. They also contain a good range of nutrients including iron,

selenium, calcium, B vitamins and beta-carotene, which the body converts into vitamin A, zinc and magnesium. Seeds can be soaked in salt water to remove the skins and then roasted in the oven for a healthy snack.

Anything that can't be eaten such as the hard skin and stem, should be composted at home or placed in the green wheeled bin for recycling.

How to carve a pumpkin

- Cut a hole in the top or bottom of the pumpkin. The top is best if you are planning to use it as a food caddy later on but a hole in the bottom is easier for accessing the LED light.
- Remove seeds - these can be eaten. Soak the seeds overnight in salted water or leave the outer husks on for extra crunch, season (salt is good but Worcestershire Sauce is better) and roast for 20 - 30 minutes at 180c until golden for a deliciously healthy snack.
- Remove as much flesh as possible - thinner walls will help the pumpkin glow and will make it easier to carve. The flesh can be stored in the fridge for up to 3 days or frozen for up to 6 months.
- Use a template readily available on-line. Our favourite is the Recycle Now swish.
- Please be careful of your fingers when carving. Pumpkins are pretty tough and slippery little devils at the best of times.

Compost your pumpkin

There are two ways to compost your pumpkin at home - with and without a bin. Pumpkins are 100% biodegradable which will happen pretty quickly wherever you leave it. However, a large decaying berry (yes, it is actually a berry) isn't great to have hanging around so here are our tips for composting it.

Without a compost bin

1. Smash the pumpkin into pieces or use a spade to chop it up.
2. Find a shady spot in your garden and dig a hole big enough to fit the pieces.
3. Place pumpkin into the hole and cover with soil. Nature will now take over and rot it down nicely, fertilising the soil.

With a compost bin

1. Smash up the pumpkin or use a spade to chop it up.
2. Place the pumpkin pieces in the bin.
3. The pumpkin has a high water content so you will need to balance this out with some dry materials. Leaves are great and might be plentiful but if you are without leaves you can substitute with cardboard, egg boxes or scrunched up newspaper.
4. Let nature do its work and rot the pumpkin down to some great home compost to be used in the Spring.



Contacts

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This is located outside the Poppin shop. A 999 call giving the location will provide a code and method of use.

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