

Cuttings Quarterly

Autumn 2018

Hello and happy autumn-time! For me autumn is where all the hard work pays off in the kitchen garden. If you've had a successful crop sometimes it's hard to eat it all – "not runner beans again". But I can't bear waste so all that fruit and veg needs processing – either freezing or preserving. I'm still enjoying my bumper plum crop from last year – I invented a plum pudding made with sponge and plums from the freezer. I made three batches of jam and two of chutney. The last of the rhubarb was also made into chutney – the recipe is a firm favourite and proved very popular when we shared it on Bake of the Day at the Harrogate Autumn Flower Show last year. (See over for recipe) Julia Lewis @Bishwife

My garden in autumn by Martin Fish

Autumn is always a busy time for us in the garden. I try to get as much clearing and tidying done as possible before winter really sets in. Although it's the end of the growing season it's still an interesting time when some plants are at their best. The autumn foliage on the trees, shrubs and perennials in the garden is usually at its most colourful in late October and through November. Some of my favourite plants for autumn colour are the Dogwoods and Birch with their butter yellow foliage, Cotinus that turns bright red, Rhus that turns orange and of course the Katsura tree (*Cercidiphyllum*) that has foliage in shades of orange and red. Working out in the garden on a frosty autumn day with blue skies is a real pleasure and a great time to think and plan the garden for the following year.

Meet the team: Join us live at the Harrogate Autumn Flower Show on Sunday 16th September. We'll be at the Yorkshire Showground from 9am. Try some Bake of the Day and ask a question at our gardening forum.

NAME THAT PLANT: rearrange the letters to find a plant **RIBCHERVILS**

My garden in autumn by Julia Lewis

My garden used to be done and dusted by mid-August and it would just be a tidying-up job, but we have worked at introducing plants that look good in autumn and I'm now enjoying those gorgeous autumn colours in my grandly titled "Autumn border". The *Helianthus* is particularly colourful. We now don't feel back-endish until November.

My garden in autumn by Nigel Harrison

For me autumn has to be the season when we benefit from all the planning, growing and, of course, harvesting. Autumn is the most rewarding of seasons. The colour in my garden comes mainly from the Asters, Cosmos, *Caryopteris*, *Salvias*, *Nerines* and summer bedding. My favourite Aster is called *Aster frikartii* 'Monch', it grows around two feet tall and is covered with masses of pale violet blue flowers, which the butterflies and bees absolutely love! It usually starts flowering in August and goes on until October. The other hassle free plant I constantly talk about is cosmos. It is grown as a hardy annual and so can be sown directly in the flower bed in April. Like the Asters, they attract insects and flower well into October.

Autumn at Stillingfleet Lodge Gardens by Vanessa Cook

We are lucky that the garden is full of trees and shrubs which not only have wonderful autumn colours but many also have interesting hips and berries. Being an organic wildlife garden we like to preserve seed heads to add structure to the borders as well as giving protection to the insect population and helping feed the birds during the winter. Michaelmas Daisies, Heleniums and Veronicastrums fill the long borders while Trycervis flower in shady beds - so there's much of interest to see in the autumn.

www.stillingfleetlodgenurseries.co.uk

Coming up on Sunday Gardening:

9th September: Autumn at Stillingfleet Lodge Gardens

16th September: Harrogate Autumn Flower Show

23rd September: a new feature starts from the BBC Radio York kitchen - "Toast" – what do you have on yours?

SILVER BIRCH

The answer to Name That Plant:

Bake of the Day favourite – Rhubarb & Coriander Chutney

INGREDIENTS:

1½ lb onions, peeled & finely chopped
3 lb rhubarb, trimmed & cut into small lengths
1 pint vinegar
2 teaspoons salt
1 lb sultanas
2 teaspoons mild curry powder
8 oz granulated sugar
1 oz coriander seeds, whizzed in a food processor



METHOD:

1. Put all the ingredients in a large jam pan
2. Gently bring to the boil & simmer for 1 ½ to 2 hours, until nicely thick
3. Pour into sterilised jars.

You can listen to Sunday Gardening 9am-12pm on BBC Radio York on FM 103.7, 104.3 or 95.5, on AM 666 and 1260 Khz, on DAB digital radio or online at BBC.co.uk/RadioYork