

# ALLOTMENTS



All plots are let on behalf of Ipswich Borough Council by the Field Secretaries. If you would like to rent an allotment please contact the appropriate Field Secretary from the list enclosed.

## A Really Productive Hobby

Having an allotment can mean a healthy outdoor life, cheaper and fresher foods than available in the shops, a place to meet friends, a place to relax.

## How can having an allotment mean a more healthy way of life?

Nothing is more important than your health. Having an allotment will help toward:

### A healthy diet

You only get dietary fibre from foods that grow in the ground. The peas, beans, vegetables and fruit will form an essential part of a healthy diet. Many fruits and vegetables are also good sources of essential vitamins and minerals.

### Exercise

Visiting and working on the allotment will provide valuable forms of exercise with the following benefits to your health:

**Your heart** pumps more efficiently, circulation improves

**Fitness**, muscle tone and stamina all improve

**Digestion and sleep** may improve through increased relaxation

**Weight control** is easier

**Emotional health** improves, you feel better and happier

**Suppleness** – bending stretching, twisting and turning

**Strength** – exertion, force, pushing, pulling and lifting

**Stamina** – a brisk walk or even cycling to the allotment will build stamina

**Rest and Relaxation** – As well as giving the opportunity for exercise, an allotment is a place to relax and make friends.

# YOUR GUIDE

There are more than 2100 allotment plots at 16 sites across the town. Most sites have a security fence, lockable gates, roadways, adequate water supply and communal shed; some fields have car parking facilities.

## The Ipswich Allotment Holders Association

The Association is responsible for the letting of plots on behalf of Ipswich Borough Council. It works very closely with council officers to represent the views of its members, enabling problems to be identified and improvements to be implemented as efficiently as possible. Meetings are held five times a year and foster excellent working relations.

The Annual General Meeting of allotment holders is held every spring at the Town Hall where plot-holders are invited to meet members of the Management Committee and council officers to have their 'say'.

The small joining fee enables members to take advantage of discounts on sundries with many local traders, and cut price items such as fertilisers etc purchased through the Association.

## Allotment Rents

The cost to rent a plot from 1st April 2019 is £4.20 per 25m square metres and multiples thereof (one rod is approximately 25 square metres).

There are discounts for OAPs and disadvantaged groups.

## Contact details:

Ipswich Borough Council, Parks & Cemeteries  
Grafton House  
15-17 Russell Road  
Ipswich IP1 2DE  
t: 01473 433512  
e: [park.services@ipswich.gov.uk](mailto:park.services@ipswich.gov.uk)  
[www.ipswich.gov.uk/services/allotments](http://www.ipswich.gov.uk/services/allotments)

## The Allotment Code

It is an offence to create smoke, which is a nuisance to neighbours and those living nearby.

Bonfires should be far away from buildings and in a position where the prevailing wind carries smoke away from buildings.

Only dry material should be burned. Green or moist material will create the greatest nuisance.

Composting will effectively convert most of your waste into valuable fertilisers and therefore eliminate the need for bonfires at all.

Damp, windless days are unsuitable for bonfires as smoke lingers at a low level.

Bonfires should **never** be left smouldering overnight.

Refuse may be disposed of free of charge at approved council sites.

Bonfires can be dangerous and care should be taken with children.

There is a 5mph speed limit for any vehicle on all fields.

Grass roadways should be used as little as possible from October to April.

Field gates must be locked at all times.



# COMPOST MAKING

The important factors in making a good compost are:

- air • moisture • nitrogen • source of bacteria lime

Any plant refuse can be used for making compost provided it is not infected with a virus, disease or other weedkillers.

Another exception is lawn mowings that have been treated with persistent 'hormone' or other weedkillers. There is an idea frequently expressed, that potato haulm, rhubarb leaves, brassicas infected with club root and tree prunings should not be used.

A properly managed compost heap will generate a temperature of 160°F and will destroy both weed seeds and the diseases.

The **initial layer** should be coarse, for example old pea sticks along the centre of the heap.

The **first layer** should be about six to nine inches of vegetable refuse. Dry material, straw or old, dead, herbaceous matter should be watered. Green and sappy vegetable refuse should be loosely laid, grass mowings need to be held open by mixing in coarser material.

The **next layer** should be about one inch thick garden soil, this will contain all the essential bacteria needed to break down the vegetable matter. Dust this layer with about a teacupful of ground limestone or half teacupful of Hydrated Lime. These layers should then be repeated until the bin is full or a height of three to five feet is reached.

Sulphate of Ammonia, Nitro Chalk or dried blood may be used as a dressing as these will not only hasten decomposition but will enrich the final product.

The heap should not be allowed to become too wet, all water added should be absorbed and not drain away. In a wet season a plastic cover may be placed over the top of the compost.

The compost should be turned when the heat has begun to decline, this may be three to six weeks after making. The outside of the heap must go to the middle and any dry material should be heavily wetted during the turning process. The final composting period may vary from one to six months. The whole heap should then be uniformly dark in colour and all material completely composted.

## Making a compost bin

The most convenient way of making compost is in a compost bin.

Bins should be situated in a shady corner but not under a tree or where tree roots may move into the compost. It must be protected from becoming dried out by the sun and wind.

Compost bins can be bought or made. The front of the bin should be easily movable so that the compost can be taken out.

There are two main materials bins can be made from:

A square cage of netting supported by four stout posts driven into the ground

or

alternatively, wooden slats can be used ensuring there is sufficient gap between slats to allow air circulation.

## For further information contact:

The National Allotment Society

<http://www.nsalg.org.uk/>



# VEGETABLES AND SALADS

## ALL YEAR ROUND

	Sow under glass	Sow in the open	Plant or transplant	Final distance between plants	Distance between rows	Season of use
Broad Bean	January	November-April	March	15-23cm	60-90cm	June-August
Dwarf French Bean	April	April-July	May	20-30cm	45cm	Summer & Autumn
Runner Bean	April	May-June	June	23-30cm	150cm	July-October
Beetroot		March-July	July-August	45cm	60cm	September-November
Broccoli		May-June	July-August	45cm	60cm	September-November
Brussel Sprouts	February	March-April	May-June	75cm	75cm	Feb-May September-March
Cabbage (Spring sown)	Late January-February	March-June	April-July	45-60cm	45-60cm	All year round
Carrot	November-February	March-July		10cm	30cm	All year round
Cauliflower (Winter sown)		May	July	60cm	60cm	January-May
Celery	March	April	May-June	15-23cm	120cm	August-February
Cucumber (House) (Ridge)	February-June April-May	May	May-June	60cm	90cm	Summer & Autumn August-September
Kale		April-May	June-July	60cm	60cm	November-April
Leek	January-February	March-September		23-30cm	30cm	October-March
Lettuce	August-March	March-September		23-30cm	30cm	All year round
Marrow	February-April	May	May-June	60cm	60-90cm	May-October
Melon	February-March					Summer & Autumn
Onion sets			February-March	10cm	30cm	August onwards
Parsley	February	March-July	April	15m	45cm	All year round
Parsnips		February-April		15cm	45cm	November-March
Peas Round seeded Wrinkled		November-February March-June		50-75mm 50-75cm	Dwarfs 60cm Tall 120cm	June-October June-October
Radish	October-February	March-September		13mm	30cm	All year round
Spinach		April-July		23cm	30cm	July-April
Swede		May		23cm	45cm	Autumn & Winter
Sweetcorn	April	April-May	May	38cm	75cm	July-September
Turnip	January-February	April-August		15cm	30cm	All year round