



FULBOURN FORUM FOR COMMUNITY ACTION



NEWSLETTER - NOVEMBER 2023

Autumn Greetings from Fulbourn Forum!

Page 1 - Dates for your diary

Page 1,2 - Winter Community Market

Page 3 - Biodiversity progress at Lower Valley Farm; Apple Pressing Day

Page 4 - Community Herb Beds

DATES FOR YOUR DIARY

Fulbourn's Repair Cafe

Saturday 4 November, Townley Hall, Fulbourn Centre, Home End, 2.00 to 5.00pm.

All pre-bookable slots are now taken but it is still possible to turn up on the day. However you may have to wait or come back later. No guarantees, but we will do our best to fit you in.

NOVEMBER

Fulbourn Fen Nature Reserve Work Party

Sunday 12 November 1pm to 4pm

See our website for more details

Fulbourn Winter Community Market

Saturday 18 November, Townley Hall, Fulbourn Centre, Home End. 2.30 to 5.00pm.

DECEMBER Fulbourn Fen Nature Reserve Work Party

Sunday 3 December 1pm to 4pm



Fulbourn Winter Market

Handmade crafts, local food & produce

WI Café

Sat. 18 Nov 2023
Townley Hall
Fulbourn Centre
Fulbourn, CB21 5BS
2.30 to 5.00pm

01223 880616 / fulbournforum@gmail.com
www.fulbournforum.org.uk

Fulbourn Community Winter Market

Saturday 18 November, 2.30 to 5.00pm, in the Townley Hall, Fulbourn Centre

A great range of stalls with some new faces at our pre-Christmas market. The stalls with handmade crafts include several with original art, prints, T-shirts, and cards for all occasions, stalls with gemstones/silver/coloured glass jewellery, a range of leather goods including bags and wallets, a selection of fabric and knitted items, as well as patchwork quilts of different sizes, and cushions. And lots of hand-crafted wooden items both decorative and practical. Inner Lather will also be there with handmade natural soaps, essential oils, and lotions for face/body care. There is sure to be plenty with a Christmas theme.



A newcomer for sweet treats is Fulbourn's Paolo Cento with 'A taste of Italy' featuring a delicious range of Italian pastries and biscuits, plus some pizzette and bread - some pastries could be frozen for Christmas treats. Please ask when buying. The Cambridge Cheese Company will be with us again bringing a selection of good cheeses together with extra items such as olives, crackers and pies. Another newcomer is Waterland Organics from Willow Farm, Lode, with a range of winter organic veg including squash, potatoes, leeks, beetroot, cabbage (red and white) and kale.



Fulbourn Forum will bring vegetarian samosas, vegetarian sausage rolls, onion bhajis, jams, chutneys, and local honey and eggs, plus Fulbourn Apple Juice from the apple pressing event in September. Artistry in Cocoa will be there with its popular offering of handmade chocolates. And not forgetting fine ales and stout from Fulbourn's Moonshine Brewery.



The market cafe, as usual, will be run by the Fulbourn WI featuring a great section of homemade cakes to have with your tea or coffee.





View to NW with new hedgerow planting

New Grassland and Woodland at Lower Valley Farm

We reported in our February Newsletter on the Biodiversity Net Gain and carbon sequestration project by Cambridgeshire County Council whose County Farms own Lower Valley Farm.

This 60 hectares (148 acres) of land is all in the parish of Fulbourn and, on two sides, is bounded by the Roman Road (up as far as the A11) and, to the west, by the public footpath that runs between Balsham Road (starting opposite Hindloaders) and the Roman Road. Much of the sowing, tree planting, hedging and fencing is now in place, and a route now exists between the new meadows starting just south of Valley Farm and joining the



View south through Memory Wood, named by the pupils of Fulbourn Primary School. Existing public footpath from Balsham Road on the right.

Roman Road where it meets the A11.



On a visit in late August, skylarks were already to be seen, and there were lovely views across the chalkland hills. Just off where the path meets the Roman Road is a small mature nature reserve called Meg's Mount which was planted in 1985 by the County Council. An information board provides interesting details.

Apple Pressing Day



The Apple Pressing Day on Sunday 24 September was a great success with many helpers, both young and old, producing over 120 bottles of pasteurised juice. Apples were picked by volunteers from a number of trees, large and small, in the village, while others were brought along on the day.

Bottles will be available to buy at the 18 November Community Market.



washing and chopping



scratting



pressing



pasteurising and bottling

Fulbourn's Community Herb Beds



Poor Well

The new replacement herb bed at Poor Well, constructed from green oak sleepers, was installed on 8 June, with the construction and placement undertaken by volunteers. We are lucky to have the expertise in the village and very grateful for their help. The cost of the materials and the new plants was partly funded by a grant from the South Cambs Community Chest Fund, with the remainder funded by Fulbourn Forum.

Over the summer months volunteers lined and filled the new bed with compost and soil, and planted it up with herbs, some donated but mainly purchased. While this was being done, the other three herb beds, those at Pound Green, the Fulbourn Centre, and the Health Centre, were improved with additional planting. All four herb beds were regularly watered to help get the new plants established.



Pound Green



Health Centre

The plants used include several varieties of rosemary, sage, thyme and oregano, three types of mint, catmint, french tarragon, chives, bronze fennel, winter savoury, parsley, lavender, borage, lemon verbena, nasturtiums, and marigolds. Not all of the range are necessarily in every bed. Care has been taken to ensure that some of the plants are flowering ones, for the benefit of pollinators. We hope that villagers will feel free to use the herbs, but please, do pick carefully and sparingly, particularly from young or immature

plants, to enable them to become better established over time.

We are sorry to have to report that soon after planting, a lavender and a rosemary were taken from Poor Well, and a rosemary was taken from Pound Green. These will be replaced in due course.

Currently, all the above work has been undertaken by a very small number of people. If you would like to get involved with future maintenance and watering, please contact us to discuss.



Fulbourn Centre

Photos October 2023