

THE COMMUNITY ALLOTMENT HELP DESK

 June 2026 Edition 

The Community Allotment Help Desk- June 2026



- Text us on 07566294012
- Email: : info@womensculturalarena.org.uk

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The Great June Weather Plot Twist!

Hello and welcome to your June newsletter, fellow growers and green-fingered neighbours!

What a month it has already been. We all expected to be soaking up the summer sunshine by now, but mother nature had a proper plot twist in store for us: weeks of drastic, heavy downpours and soggy soil.

If your allotment or garden looks more like a swimming pool for ducks right now, please don't panic! You are definitely not alone. While the rain has been a bit of a dampener on our outdoor spirits, our community resilience is shining brighter than ever. In this edition, we are looking at how to help our plants bounce back, sharing two delicious and easy seasonal meal ideas, and inviting you to an amazing local community event happening right on our doorstep. Grab a warm cuppa, dry off, and let's dive in!

Weathering the Storm – Building Plot Resilience

All this heavy rain can take a toll on our hard work, but a few mindful actions can save your crops and keep your soil happy. Here is how we can stay resilient and protect our plots from the June damp:

 **Watch Out for Slugs:** These little critters absolutely love the wet weather. Keep an eye out under large leaves (like courgettes and pumpkins). Using organic wool pellets or beer traps can help protect tender young shoots.

 **Give Your Soil Some Air:** Heavy rain can squash the soil down until it forms a hard crust, making it tough for roots to breathe. Once it stops raining for a day or two, gently tickle the surface with a hand fork to let air back in.

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 **Support Top-Heavy Plants:** The mix of heavy rain and wind can easily snap tall plants. Check on your tomatoes, broad beans, and peas. Give them some extra backup with sturdy bamboo canes or soft string tied loosely.

 **Hold Off on Watering:** It sounds obvious, but let nature do the heavy lifting for a while! Check the soil a finger-length down before you even think about picking up a watering can.

Voices from the Plot

Nirosha from Plot 16:

"I was so disappointed when the downpour flattened my salad leaves. But I've learned to just sow small batches every couple of weeks instead of all at once. If one lot gets ruined by a storm, the next batch is already coming up right behind it. It's all about staying positive."



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Fresh, Healthy & Seasonal – What's on the Plate?

Eating seasonally is wonderful for your health, budget-friendly, and brilliant for the environment because it reduces food miles. June brings some of the tastiest crops of the year. Here are two incredibly easy, healthy, and fast ways to enjoy the current harvest.



Meal 1: The Quick June Garden Scramble

Perfect for a fast breakfast, lunch, or light tea. It uses fresh greens that thrive in the current damp weather.

Ingredients: 2 free-range eggs, a handful of fresh spinach or chard, a few chopped spring onions, and a tiny bit of butter or vegetable oil.

Easy Preparation: Rip the greens into small pieces. Heat the oil or butter in a pan over medium heat and cook the spring onions and greens for just 2 minutes until the leaves go soft. Whisk your eggs in a mug, pour them into the pan, and stir gently for 1 to 2 minutes until cooked through.

Healthy Fact: Spinach and chard are bursting with iron and essential vitamins that keep your energy levels up naturally!



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Meal 2: No-Bake Berry & Oat Energy Pots

June marks the beautiful start of the UK berry season! This sweet treat requires zero cooking and makes a great healthy dessert or breakfast.

Ingredients: A handful of fresh strawberries or raspberries, 3 tablespoons of rolled oats, and 4 tablespoons of plain or natural yogurt.

Easy Preparation: Mash half of the berries in the bottom of a glass or small bowl with a fork. Tip the oats on top, cover with the plain yogurt, and finish by scattering the rest of the whole berries on top. Leave it in the fridge for an hour (or overnight) so the oats soften up beautifully.

Healthy Fact: Berries are loaded with antioxidants, and oats give you slow-release energy to keep you going throughout the day without a sugar crash.

Tips for the Household – Embracing June's Bounty

You don't need an allotment to enjoy seasonal food! Here are some practical tips for everyone in the household to eat fresher, reduce waste, and embrace a greener lifestyle:

GB Look for UK Grown in the Shops: Next time you do the food shop, peek at the labels on veggies like asparagus, radishes, lettuce, and new potatoes. If it says "Origin: UK," it's fresh, in-season, and likely much cheaper!

 **Revive Tired Salad Leaves:** If the wet weather or a long stay in the fridge has made your lettuce go floppy, don't throw it out. Pop the leaves into a bowl of ice-cold water for 15 minutes. They will drink up the water and snap right back to being crunchy.

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 **Get the Kids Involved:** June fruits are bright, colourful, and fun. Let the children safely chop strawberries with a butter knife or help wash fresh peas. When children help prepare fresh food, they are much more likely to try it and enjoy it!

 **Keep Herbs on the Windowsill:** If you don't have outdoor space, a cheap pot of supermarket mint or basil on a bright kitchen windowsill will thrive. It adds instant fresh flavor to basic home-cooked meals without costing a fortune.

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Upcoming Events – Greener Friendly Community Growing!

We have an exciting opportunity to spruce up our local area, meet neighbors, and get some fresh air. We are hosting a community tidy-up and litter pick, proudly supported by fantastic volunteers from **Red Kite Housing!**

Please Join Us!

If you have some free time on Wednesday morning, please come along and lend a hand! Whether you can stay for 20 minutes or the whole morning, every single pair of hands makes a massive difference. It's a lovely, relaxed way to do something great for our local environment. We would absolutely love to see you there!



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 Event Details	 What to Expect
Date: Wednesday 24th June 2026	Activities: Litter picking, clearing overgrown paths, and tidying communal green areas.
Time: 9:30 AM to 12:00 Noon	Equipment: All litter pickers, gloves, and high-vis vests will be provided entirely for free.
Location: Surrounding the HP11 2PH area	Perks: Free refreshments, a chance to chat with your housing team, and a cleaner neighbourhood!

Summer Travel Tips & Staying Safe

Outdoors

As the weather shifts between rainy spells and warmer, brighter summer days, a lot of us will be heading outdoors or traveling to visit family. Here are a few handy tips to keep your travel eco-friendly and keep yourself safe while out in action:

 **Prep for Both Weathers:** June is highly unpredictable! If you are heading out for a walk or a day trip, pack a lightweight raincoat *and* your sunglasses. Getting caught out in a sudden downpour is never fun.

 **Travel Green:** Whenever you can, try to leave the car at home. Walking or cycling for short trips around High Wycombe keeps you active, and using the local bus routes helps cut down on air pollution in our lovely community.

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 **Stay Hydrated:** On warmer days, always carry a reusable water bottle with you. It saves you money, cuts down on single-use plastic waste, and stops you from getting dizzy when working hard outdoors.

 **Protect Your Skin:** Even when it looks cloudy, the June sun can be surprisingly strong. Pop on some sun cream if you are spending a few hours working on the allotment or walking in the park.

Thank you so much for reading, and happy growing! See you on the plots!

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Closing Thoughts & Keeping in Touch

Our Core Summer Community Message

"In the warmth of Summer, we celebrate the growth. We share the harvest, we support each other through every storm, and we flourish beautifully — together."

Stay Connected!

We love hearing from you. Whether you want to share a picture of your plot, ask a question, or find out more about our upcoming green events, get in touch:

-  **Text Us: 07566 294012**
-  **Email Us: info@womensculturalarena.org.uk**

Together, we aren't just letting Summer pass us by...

We are embracing every single moment of it — side by side.

Thank you so much for being a wonderful part of our community! 