



SUSSEX AREA OF NAFAS

NATIONAL ASSOCIATION
OF FLOWER ARRANGEMENT
SOCIETIES

CHARITY No. 292377

www.SussexAreaNAFAS.org.uk

www.facebook.com/SussexAreaNAFAS/

Week 19 – It's all a bit Cheesy!

Dear Members,

With the green shoots of the new normal beginning to appear, this weekly communication will be coming to an end next month. Thank you for all your kind comments so far, but, you know, it's always best to leave on a high! I'm certainly a little busier and I hope you are cautiously venturing out to enjoy the sunshine if you feel comfortable doing so.

Our next Council Meeting will be on Monday, 10th August 2020. Any member is entitled to attend but only delegates can vote. If you'd like to be a part of this, please register with our lovely Lesley Etherton, Area Secretary, lesleyetherton@outlook.com, so she can send you the joining link (cut off is Tues 4th).

The Autumn edition of the Flower Arranger is out so look out for your copy. If you don't subscribe, take part in hard-working Nancy's draw below. Finally, don't forget to send your Summertime photo to fab Nina for the Area Photography competition.

Jilly

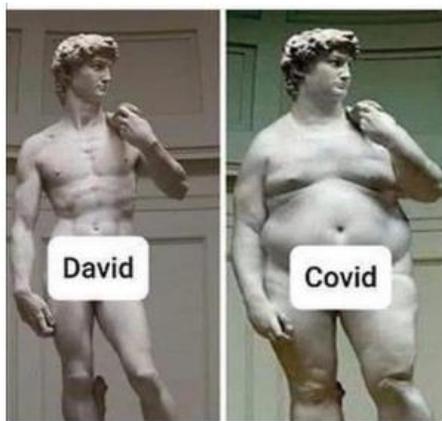
FREE FLOWER ARRANGER DRAW

DO YOU FEEL LUCKY?

The draw will take place at the 10th August Zoom Council meeting which anyone can attend. Top prize, a **2021 Flower Arranger subscription** (value £12.80), 2nd prize an **Autumn 2020 magazine**.

To enter, it is not necessary to attend the meeting, just send Nancy Hubbard your name, club and 'phone number or e-mail address by 7th August, by 'phone, 01403 264482 or by e-mail, nancy@hubbard3.plus.com

Nancy will contact the lucky winners for their addresses so that she can post a claim certificate to the 2021 Subscription winner, or the current magazine.



Reminder: Online photography competition

- Class title: "Summertime" What will you choose? Flowers, the garden, the beach, a summer dress, summery lunch, sunburn: so many interpretations!
- One image per person in jpeg format
- Send to Nina Tucknott at ninatucknott@gmail.com between 1st July and midday on 1st August 2020
- No entry fee; Prize of £30, £20 and £10 for the top three winners
- Judge: Lucas Tucknott (www.redoperator.co.uk).
- Don't forget to include your name and Flower Club with your entry.
- Check Nina's "How to be Snap Happy" in Week 4's newsletter.
- Good luck!

Lyn Constable's Garden in Barnham

Lyn invites you to have a quick peek at her garden.....



You would not believe she is addicted to white flowers but here to prove it are a few shots of her garden in June.

The roses on the fence are The Seagull. The white on the ground is not snow but a mass of white petals from the roses. The wind is cruel here as it blows from the south west and there is little to stop it.



When this virus is over,
I still want some of you to
stay away from me!

This plant is one of my prides and joy. It is the Manuka tree from New Zealand. It is the tree that is a source of that expensive honey. My tree is swarming with bees at present but I have no hives to cope with their bounty! The botanical name is *Leptospermum scoparium*.

I don't like the fact that my chances of survival seem to be linked to the common sense of others.

During the middle ages, they celebrated the end of the plague with wine and orgies. Does anyone know if they have anything like that planned when this one ends?

Asking for a friend.

The longer I stay at home,
the more homeless
I look.

Now here we have my *Crambe cordifolia*. It is a mass of white flowers and the plant is a joy to behold. After the flowers are over one will be left with a fantastic dried stalk which will be a source of food and fun for so many birds during the winter months. The leaves are massive and very crinkled and the stems stand at least six feet tall.



I enjoy my garden and I do have colour in it but I do tend to favour the whites. Many of the Clematis are sadly nearly over but here is just one that you may like to see and that is one of the herbaceous ones. It is '*Clematis integrifolia* 'Alba''. There are many white flowers in the garden but this plant is definitely, in my opinion, the whitest of all the white flowers.



Just another picture of a white border with Delphiniums, Gaura, white Centaurea and Sidalcea.

Today I noticed that the cover of
my ironing board was wrinkled,
and I laughed at the irony.

Then, I laughed again because of
the work 'irony'.

Strange new trend at the
office.

People putting names on
food in the company
fridge.

Today I had a tuna
sandwich named Linda.



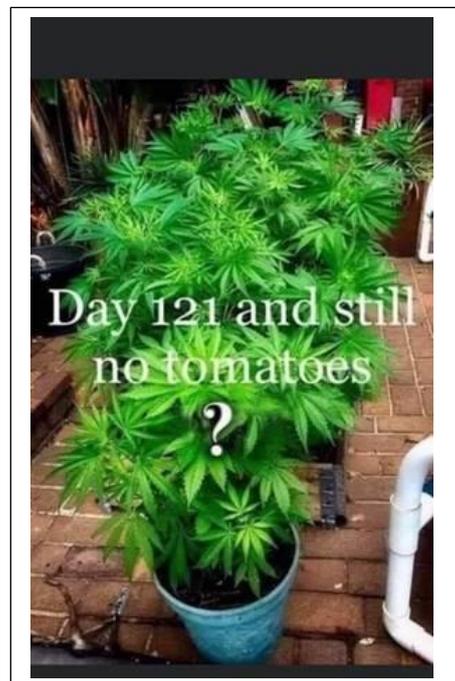
The Paeonies have had to come indoors. I desperately wanted to include them in my garden tour but I do not trust the weather. The variety is Shirley Temple. How I wish that they would last a little longer as they really are gorgeous.



Just to prove that I do appreciate 'colour', I will close with a couple of shots of the Pelargoniums and Petunias in the front of the house. At least being in 'lock down; they do get watered!



Thank you for joining me, I do hope you enjoyed this brief view of my garden.



It's all a bit Cheesy!

Last time I was on about booze. As if that's not fattening enough, this week I've researched Sussex cheeses. Over 750 cheeses are made in the UK and about 10% in Sussex. Let's support our locals.

Alsop & Walker in Mayfield: these are the boys for a one-stop shop. Soft, hard, semi-hard, mature, smoked and blue cheeses - such a range. Pre-order on 01825 831810 for collection (you can't just turn up) or buy from the delis in Mayfield or Heathfield.

<https://www.alsopandwalker.co.uk/products>

Bookham Harrison Farms: when I lived in Rudgwick, the milk from the cows in the field next to my house went to make Sussex Charmer - still a favourite. They also produce Twineham Grange (suitable for vegetarians; very much like that hard Italian cheese for grating on pasta - but you

Why can't you make clothes out of French cheese?

Because Fromage Frais!

can't mention it because its name is protected - shhhh (Parmesan) and South Downs Butter. Available from the Milk Churn Coffee Shop, Lynwick St in Rudgwick (next to the brickworks). They do a mean cheese on toast (that's mean as in great, not mean as in sparingly when you get burnt crusts). <https://www.bookhamharrison.co.uk>

High Weald Dairy, Horsted Keynes, makes sheep, cow and goat milk cheeses. They also run cheese-making courses if you fancy having a go yourself. <https://www.highwealddairy.co.uk> They have an online store.

Which cheese surrounds a mediaeval castle?

Moatsarella

The Traditional Cheese Dairy in Stonegate. Just a look at their website <https://www.thetraditionalcheesedairy.co.uk> will have you salivating at their range of cheeses. Usually open Mon - Fri, call 01580 201610 before making a special journey.

Goodwood Home Farm PO18 0QF: <https://www.goodwood.com/stay-dine-relax/home-farm/home-farm-produce/> All made in their dedicated cheese room from the milk from cows on the farm, choose from creamy firm Charlton, creamy soft Levin Down, or the award-winning Molecomb Blue. Meat, milk and beer from their own brewery are also available from the farm shop. Check opening hours on 01243 755153.

During one of my walks last week, a child threw some Cheddar at me - which wasn't very mature.

I suggested he play with his Cheddy Bear instead.

Which cheese is made backwards?

Edam

How should you eat Welsh cheese?

Very Caerphilly

What does a cheese use to play tennis?

A raclette!

What do you call Cheddar without a cracker?

Cracker-Lackin'

Why was the
Cheesemaker lopsided?

He only had one
Stilton.

If you're in a hurry and want all your local cheeses in one place, then check out **The Cheese Hut**, Portslade, BN41 1WF, where you'll normally find around 50 Sussex cheeses on display!

Finally, this bit's for Gorgeous Gaenor to make up for calling her evil the other week. Gaenor's rather partial to a Magnum (the ice cream not the gun!). Here's some hand-made fare for those with a sweeter tooth:

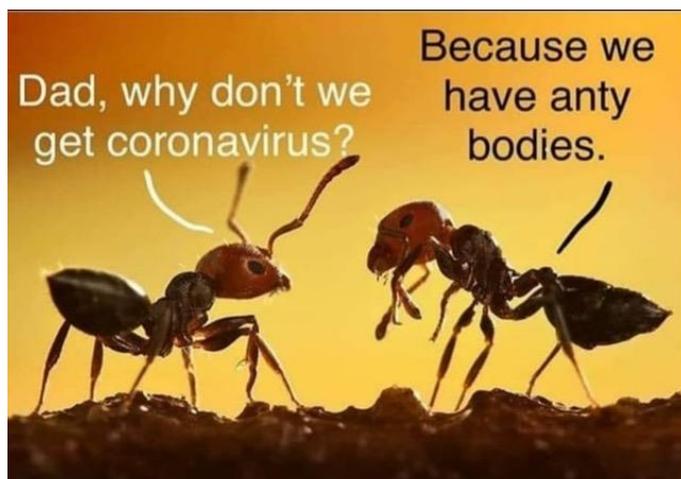
Caroline's Dairy, Chalder Farm, Chichester: they make seasonal flavoured ice cream, but I think the honey and ginger would do it for me! <https://carolinesdairy.co.uk> Check for opening hours: 01243 641001

Sussex Ice Cream Co from Worthing. Their range is now available at Waitrose. <https://www.sussexicecreamcompany.co.uk/locallymadesussexicecream/>

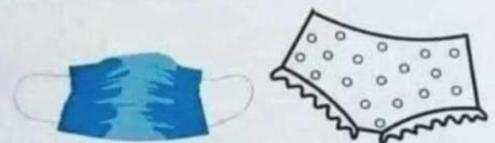
Downsview Farm, Ringmer have many outlets in East Sussex: <https://www.downsviewfarm.co.uk>

I'm sure you know where your local farm shop is. If you're looking for something special, homegrown, homemade or home raised in Sussex, have a look at the Sussex pages of Local Food Britain: <https://localfoodbritain.com/sussex/food/cheese/>. Enjoy.

Next year, instead of giving
all our MPs a pay rise,
let's all clap!



Treat your Mask like
Underwear



1. Do not touch or adjust (especially in public).
2. Do not borrow or lend.
3. Make sure fit is tight but comfortable.
4. Make sure it is clean (at least daily).
5. Wear the right side out.
6. If it is stained, throw it away.
7. If it is damp, change it.
8. Don't go commando!