



The Poetry Pharmacy, Bishop's Castle

The Poetry Pharmacy in Bishop's Castle has been declared the top independent bookshop by The Times Newspaper: *"The Poetry Pharmacy in Bishop's Castle is unique in that it specialises in poetry books. They stock a range of gifts including poetry prescriptions for different moods, as well as things like confusion and romance with little bottles with suitable poems and even poetry-themed jewellery."*

Why not pick up a love poem for your valentine.



The Clunton Scrumpters held an excellent Quiz Night



Congratulations to the winning team from Kempton:
Peter & Linda
Ed & Mary
Tom & Gis le



Group contact: Tom Wall walltom@hotmail.co.uk 01588 660561



Climate and Environment Group

On Whinberry Hill The felling of the larger Sitka spruce round the fringe of the site is now underway and should be finished before the end of the month. There will be a lot of branch-wood to clear up, but we should have a digger on site by March to help with this.

Parish Council's Biodiversity Duty We are seeking to help the Parish Council in carrying out its 'biodiversity duty'. Like all public authorities it is required under the Environment Act 2021 to consider what it can do to conserve and enhance biodiversity and to agree and deliver policies accordingly. We are suggesting that the Parish Council uses the Green Landscape Plan drafted by the Climate and Environment Group in 2022 and adopted by the Council as the basis for delivering this duty.

Ash die-back Some ash trees in our parish are showing signs of the fungal disease referred to as ash die-back. This is worrying because after oak, ash is the commonest tree in our hedgerows. Advice from government websites is as follows: 'There should be a general presumption against felling living ash trees whether infected or not as some ash trees may have genetic tolerance to ash dieback, meaning they may survive and reproduce to create the next generation. Felling diseased ash requires a felling licence from the Forestry Commission unless the trees are dead or pose a real and immediate danger.' We need to guard against the risk of denuding our countryside unnecessarily.

Water monitoring

This continues monthly.

Do come along to observe or participate.

Dates for December and January are:

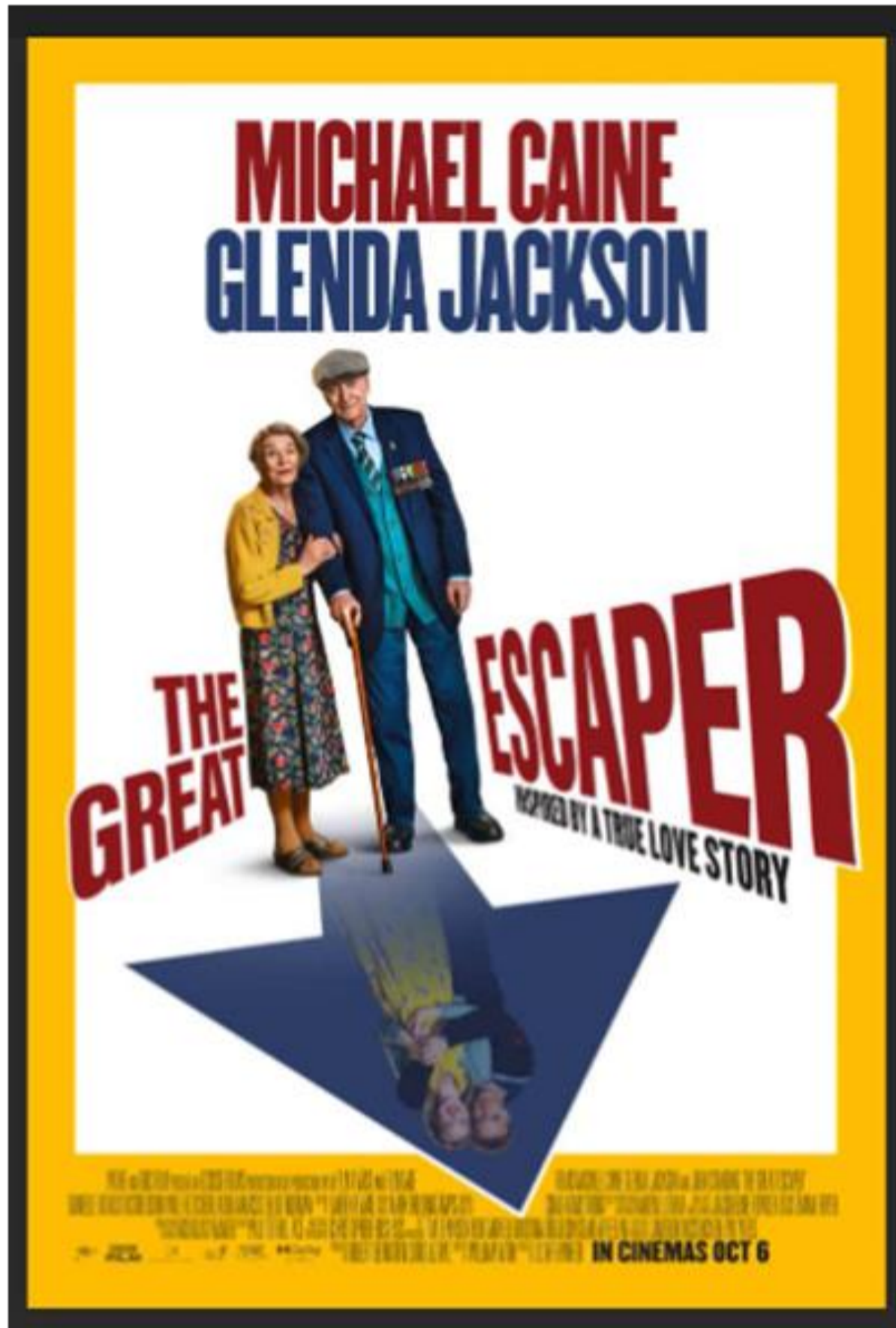
River Kemp at Kempton Ford: Friday 9 February, 2pm

River Clun at Clunbury: Sunday 11 February, 11.30am (meet at the footbridge in the centre of the village)

River Clun at Clunton: Tuesday 13 February, 10.30am at Clunton Bridge



BEDSTONE & HOPTON CASTLE VILLAGE HALL (in Bedstone)



FRIDAY 2nd

FEBRUARY

7.30pm

£5 cash on door.

Refreshments served.

BYO beer/wine.

www.artsalive.co.uk



🎲 BOARD GAME CLUB 🎲

WHEN?

1st & 3rd Tues of each month

WHAT TIME?

7pm - 9pm

WHERE?

**Hundred House, Purslow
SY7 0HJ**

STARTS TUESDAY 6th FEB!

Gardening in February

by Kimberly Cornish

With spring so close are you itching to get seeds sown? Or maybe you'd like to start growing your own food for the first time, this year. Mid-February sees the daylight hours increasing meaning that sowing seeds indoors is much easier without grow lights. Why not get the kids involved during the holidays?

Inside this month we can sow luffas, peppers, chilli's, aubergines, onions from seed, oriental vegetables, cauliflower, salads and tomatoes (for growing under cover). Outside later in the month (weather permitting) we can sow broad beans, carrots, parsnips and radish.

Now is also a great time to plant fruit trees, bushes and canes for years' worth of produce. Chitting your potatoes will give them a head start ready for planting out in the next month or two, simply place them in a bright frost free location.



If however, you're more inclined to hide from the cold weather and snuggle up in front of a fire, why not start planning your garden layout.

For support to start growing your own in 2024 why not join us on Facebook and Instagram, at Seedling success UK. We are doing community grow alongs and sharing lots of information and tips to get as many people growing as possible.



A Valentine's Supper

Courtesy of Judith Payling



To start - Mackerel pate

- 400g peppered smoked mackerel
- 200g cream cheese
- Juice of half a lemon
- 1tbsp chopped flat leaf parsley
- 1tbsp capers
- Tabasco sauce to taste or 1tsp horseradish sauce

"One cannot think well, love well, sleep well, if one has not dined well."

Virginia Woolf

Mix all ingredients up together either in a processor or by hand.

Put in a pot and decorate with a little more chopped parsley, lemon zest and black pepper and serve with heart shaped toast.

Followed by -

Pheasant Breasts or Roasted Fennel

Pheasant Breasts

- 2 pheasant breasts
- 2 slices of smoked steaky bacon
- Salt and black pepper
- Sauce
- Juice of an orange
- 2 tbs redcurrant jelly
- 1tbsp cream

Season the pheasant and wrap each breast in a slice of bacon. Fry the parcels in butter plus a tbs oil for 3-4 minutes on each side until just golden, then put into a medium oven for a further 8-10 minutes. Take out of oven and put in a warm place. Add the juice of an orange to the pan and reduce to about a tablespoonful, add 2 tbs redcurrant and stir until melted then add the cream.

Serve on a bed of steamed and buttered white cabbage and pasta.





Roasted Fennel

A punnet of cherry tomatoes,
halved

Capers

Chopped parsley

Squeeze of lemon

Salt and pepper

Olive oil

To Finish - Apple Hearts

Packet of puff pastry

Whisked egg to glaze

2 eating apples, russets
are very good

2 tbsp demerara sugar

1 tsp ground cinnamon

1 oz butter



First cut the fennel bulbs in half, length ways and blanch in boiling water for about five minutes. Douse in cold water and pat dry.

Meanwhile put halved cherry tomatoes in a shallow oven proof dish, sprinkle on chopped parsley and capers.

Season and sprinkle with lemon juice and olive oil. Place the halves of fennel cut side down on top of the tomatoes. Drizzle with olive oil or use spray olive oil and season with salt and black pepper. Roast in the middle of a hot oven for about 30 mins until golden brown. Serve with pasta and a sprinkle of parmesan if desired.

Cut out a heart template from a piece of card. Place template on pastry sheet and cut round it and score an inner heart on pastry shape. You can probably get two hearts out of the sheet, (with scraps that can be used to make cheese straws, just add grated cheese and a bit of chilli before twisting the pastry into straws.) Glaze hearts with egg and sprinkle lightly with sugar, go around the edges with a knife knocking them up gently. Cook blind in the oven according to directions on pastry packet. To make apple filling, chop apples into cubes. Melt butter in a saucepan and add sugar and stir until bubbling. Add apple, cinnamon and cook gently for about 5 minutes until the apple is soft. Put aside to cool.

When the hearts are cooked, cool, and take out scored heart in one piece. Add a generous amount of the apple mixture in the centre, put lid back on, sprinkle with icing sugar and some flaked almonds if you have them. Serve with thick double cream or ice cream.

Parish Post Contacts

For article submissions – articles@theparishpost.org

General enquiries - info@theparishpost.org

Additional local information can be found on The Parish Post website

www.theparishpost.org

Follow The Parish Post on Facebook: www.facebook.com/theparishpost

Please submit articles and photos by 20th of each month. To ensure we can include as many articles as possible, we have revised the maximum word limit to **200 words**. The editorial team does not accept responsibility for any opinions expressed by contributors and reserves the right to edit contributions if deemed appropriate.

Calendar - February 2023

Date	Event	Venue
Sat 3 rd Feb 6.00pm for 6.30 pm	Quiz & Curry Night Tickets 07814 944368	Clunbury Village Hall
Wed 7 th Feb 10am- 12pm	Clunbury Craft & Social Group	Clunbury Village Hall
Thurs 8 th Feb 10.30am- 12pm	Clunbury Cafe	Clunbury Village Hall
Wed 21 st Feb 10am-12pm	Clunbury Craft & Social Group	Clunbury Village Hall
Thurs 22 nd Feb 10.30am-12pm	Clunbury Cafe	Clunbury Village Hall
Wed 28 th Feb	Plant Propagation - Kristin Hickson-Booth	Lydbury North Village Hall