

**Plumpton
Voluntary Driving Scheme**



**A door-to-door transport service to
Doctors, Hospitals, etc**

**Just call
07855 213 947**

**A Scheme run by local Volunteers
for local people**

A small charge per mile

Please remember that the scheme is being run by a Voluntary group of drivers and will not be able to promise a service all the time – but they will do their best to help.

if you think that you may be able to offer help as a driver please email Gill Medhurst on geoff.medhurst@sky.com or ring her on 01273 890055.

**INFORMATION BOOKLET
NEW RESIDENTS
WELCOME TO PLUMPTON**

The Village Action Plan Communications Team has produced an Information Booklet that you may find particularly helpful as it contains a considerable number of local details and contacts.

Copies are available, free of charge, from the Post Office and Stores.

Please pop in and collect a copy.

**FOOD FOR THOUGHT
SWEDE**

Winter vegetables such as swede and parsnip are vital staples to get us through the cold months. Swedes in particular have a long season, from autumn through to early spring – though by this time of the year you may be in need of some new recipes. As their name implies, they are native to Sweden and were introduced to the UK via Scotland, where they survive the cold winters well, and are a key ingredient of neeps and tatties, traditionally served on Burns Night. Swede and parsnip also make a delicious, filling winter soup.

The least labour-intensive and possibly the nicest thing to do with swede is just to roast it: chopped and roasted for around 45 minutes, it makes a sweet, caramelised winter treat. Or mix with carrot and potato for a colourful side dish.

Roasted root vegetables, honey and cumin

3 onions, quartered
3 large carrots, halved, cut to 10cm(4") lengths
4 large parsnips, halved, cut to 10cm (4") lengths
1 swede, peeled and cut into batons, a finger's width and length
8 cloves garlic, unpeeled
60ml olive oil
1 tablespoon honey
1 teaspoon whole cumin seeds
Salt and pepper to taste
Sprinkling of chopped fresh parsley to serve

Place the vegetables and the unpeeled garlic in a large baking dish, drizzle with the oil and honey, sprinkle with the cumin seeds, season with salt and pepper and toss to make sure they're coated. Bake in a 190°C, 375°F, Gas mark 5 oven for about 40 minutes, until they are tender inside and golden brown.

Swede, carrot and potato mash (serves 4)

1 medium / large swede
3-4 medium potatoes
4-6 medium carrots
generous knob of butter (optional)
3 tablespoons milk (dairy or soya)
1 level teaspoon freshly ground black pepper

Peel the swede with a potato peeler. Cut into 2cm (1 inch) chunks. Peel or scrub the potatoes and carrots. Cut into chunks. Boil the vegetables for up to 20 minutes, until soft. Drain most of the water, leaving a few tablespoons in the pan. Add the milk and butter (if using). Mash well. Mix in the pepper.

STATION PARTNERSHIP SCHEME

Station Library

If you haven't seen the library at the station, then do drop in any weekday morning.

There are lots of books for you; please bring a replacement (novels are preferred please) and we ask you to make a small donation to the charity box there.

The more people using this facility, the greater the variety of reading material there will be on offer.

We are also delighted to report that the donations generously given in the first six months of operation of the scheme added up to a massive £69 for St Peter & St James Hospice.

Thank you!

Station Clean-up

Hopefully those people using the North bound platform will have noticed how much tidier the station is looking.

On a chilly, damp Saturday in February, eight hardy souls cleared several tons of rubble from the north bound station platforms – we guess some of it dated back to when the station was first built around 150 years ago!

This should allow the wildflower seeds planted last year to grow through this summer.

PLUMPTON WILDLIFE & HABITAT GROUP

Climate change and wildlife "Nature's Calendar"

We know that there are other initiatives happening in the village during Climate Week, and we wanted to remind people of the impact Climate Change is having on habitats and wildlife.

Ever since 1684, people have been noting down dates of first sightings of the year: of birds nesting, of flowers opening, trees coming into leaf and insects seen in flight.

This hobby has evolved into a much more systematic exercise today (the science of phenology), the aim of which is to collect evidence to how our wildlife is responding to climate change. Thousands of volunteers are involved across the country, recording signs of the seasons.

The Plumpton Wildlife and Habitat Group has just registered as a recorder and we would welcome input from Plumpton and East Chiltington residents. This spring we will be

recording a number of events, from bud burst and first leaf of some trees and shrubs, appearance of the first bluebells, wood anemones and other spring flowers, the first flights of insects such as brimstone butterflies and red-tailed bumblebees, and the first records of frog spawn.

We will be contributing to Nature's Calendar on the Woodland Trust's website. If you would like more information on what and how to record please let us know – we would really welcome your help. Contact Jacqui on jacqueline.hutson@btinternet.com or by phone: 890341.

BUY A BIRD BOX AND GET A FREE STILE!



These lovely bird boxes are made by Jim Edwards, a member of The Monday Group. The Monday Group is a band of local volunteers who meet every Monday morning to repair and replace stiles and footbridges and clear our footpaths and bridleways across Ditchling, Plumpton and East Chiltington.

The Monday Group is completely voluntary and independent. It relies on donations, fundraising and grants to cover the costs of tools and materials – it makes all its stiles and bridges out of seasoned oak, so they really last.

Jim also makes and sells lovely bird, bat and hedgehog boxes to raise money for the group.

Buy a hedgehog box and you not only get a happy hog, you buy a bit of a stile as well.

If you'd like to buy a box they are available at the shop, or ring Catherine Jackson on 01273 890219 or email footpaths@plumptonvap.co.uk and we'll forward your request to Jim. Look at the VAP website for price details www.plumptonvap.co.uk