

FORTHCOMING EVENTS

SEPTEMBER

Friday 9th & Saturday 10th September

DBHS Annual Show
 Held in Dalgety Bay Community Centre,
 Dalgety Parish New Church Hall, the
 Kabin and grounds.

A Farmers Market will be held in the church carpark on the Saturday morning and our regular show stall holders will be on the grassy area adjacent to the halls.

Please hand your entries for staging into Dalgety Bay Community Centre on Friday evening 7pm - 9.30pm and Saturday morning 8am - 9.45am. Halls must be cleared for judging by 10.00am.

*We're also open for donations of Home Baking for the Tearoom

CHAIRMAN'S UPDATE

The September Meeting is the DBHS Annual Show. This is the first physical show since 2019 and we are looking forward to a great day. Crossed fingers please for the weather and that everything goes well. There is a Farmers Market on

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7th October - Dalhias

4th November - Collecting Plants in China

2nd December - AGM



the same Saturday morning. I hoped we would have increased footfall between the two events but let's see. We may change the DBHS Show back to the first weekend in September next year again.

DBHS Annual Show:

If anyone should want another copy of the DBHS Annual Show Schedule, please contact me on 07790 182847 or email me at michaeljg@btinternet.com and I will ensure you get another copy. They will be available in the library from 12th August 2022.

DBHS Annual Show Stewards:

We have all the stewards for the show and they have been invited to a meeting about their duties at the show on Monday 29th August. Pauline has done all the recruitment of volunteers and for that we are grateful.

DBHS Annual Show Volunteers:

Those who have volunteered to help load the van and set up the show should be at the container at the west end of the allotments at around 12 noon on Friday 9th September. We gain access to the Community Centre at 12 noon and access to the church at 1:00pm.

If you need to ask anything about this contact me on 07792 182847 or email me at michaeljg@btinternet.com

In The Kabin

The Gala Week committee run a tearoom in the Kabin on the afternoon of the Annual Show and can take as much home baking as you can supply. Please hand it into the Community Centre either on the Friday evening or Saturday morning.

Schools and Nurseries Competition

Stop by in the afternoon for a cuppa and see the results of the Dalgety Bay nursery and Primary Schools competitions i.e., which nursery grew the most tatties/biggest tattie, which primary school kids grew the biggest sunflowers and the results of the handwriting competition.

Allotments News:

The Allotments were open in conjunction with Sybil's Garden at 17 Inchview Gardens Dalgety Bay on Saturday 23rd July 2022 and Sunday 24th July 2022 and we raised money for Marie Curie Cancer Research.

Visitors to the Allotments on the Saturday donated £50. Entry fees were being collected at Sybil's. We still await word from Sybil on the final amount raised.

Visitors to the Allotments Open Day are asked to vote on the "Nicest" plot. Saturday's winner was number 25, belonging to Mick and Trish, Wright and Kerr, and plot number 30, belonging to Jill and Neil Turnbull, won the on Sunday. Each plot won a £10 gift token. Well done.

Scotland's Garden Scheme

It would be good if we could open more gardens in Dalgety Bay or even neighbours in the same street opening together. This quite a community event in some villages and in parts of Edinburgh and is popular with visitors.

'Scotland's Gardens Scheme is calling for new gardens to open for charity in

2023. They're looking for all types of gardens of horticultural interest; large and small gardens, community gardens, allotments, kitchen gardens and seasonal interest such as snowdrops and autumn colour. You might also consider opening as a village or even as a group of local gardens.

Gardens opening through Scotland's Garden Scheme help to support the work of hundreds of charities and Garden Openers can choose to support a cause close to their heart, with 60% of funds raised going to their charity of choice. The remaining 40% goes to support Scotland's Garden Scheme with net proceeds going to their main beneficiaries, the Queen's Nursing Institute Scotland, Maggie's and Perennial.'

Please contact michaeljg@btinternet.com in the first instance.

Michael Gourlay
DBHS
Chairman

FLOWER OF THE MONTH SEPTEMBER



Ipomoea - Morning Glory

The month of September has two birth flowers the Aster or Michaelmas Daisy and

Ipomoea or Morning Glory. They symbolise Love, Wisdom, Faith and Affection.

These plants both flower from late summer into the Autumn as the summer flowers fade. Ideal for most gardens but not for owners of plant munching dogs. They are both poisonous.



Aster - Michaelmas Daisy

SEASONAL RECIPES

Fresh Zucchini Muffins



These tender, sweet muffins are the perfect way to use up all that summer zucchini!

Ingredients

- 1.5 cups self-raising flour
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 1.5 cups grated zucchini (about 2 small to medium-size zucchini)
- 1/2 tsp. salt
- 2 eggs
- 1/2 tsp. cinnamon

1/4 tsp. nutmeg
1 tsp. vanilla extract (or vanilla paste)
1/3 cup olive/sunflower oil
2 tsp. baking powder
Cinnamon and sugar for topping

Makes about 12 muffins

Method

1. Preheat oven to 375F/190C/Gas 5. In large bowl, whisk together flour, sugars, salt, baking powder, cinnamon, and nutmeg. Set aside.

2. In medium bowl, combine grated zucchini, eggs, vanilla, and oil. Stir well to combine, then gently stir into flour mixture. Be careful not to overwork this—it will lead to dense muffins!

3. Fill lined muffin tins about 3/4 of the way up with the batter and then sprinkle cinnamon and sugar on each. Bake for about 30 minutes or until golden.

Baked Zucchini Fries

If you're looking for a crispy, savoury snack, try making these Parmesan-encrusted zucchini fries.



The secret to their light, lean taste? These squash strips get breaded and baked, instead of thrown into a deep fryer. Use egg whites to lower the cholesterol.

Ingredients

1-2 medium Zucchini cut into 3 inch sticks
1 Egg
A little Milk
Parmesan
Seasoned Breadcrumbs

Method

Preheat oven to 425°/220C/Gas 7. Cut zucchini into 3-inch sticks. Whisk an egg in a small bowl, and add milk. Combine Parmesan and seasoned breadcrumbs in a separate bowl. Dip zucchini sticks into egg mixture, and then roll in breadcrumb mixture. Coat a baking sheet with cooking spray, and place zucchini on sheet. Bake for 25-30 minutes or until golden brown.

GRAPEVINE

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