

The HEDGEROW

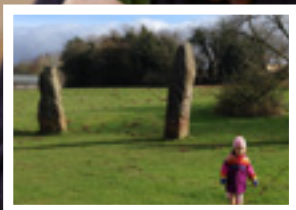
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Spring 2014 / Issue 02

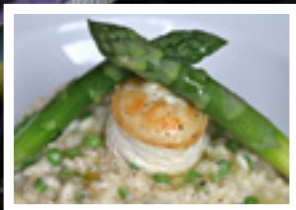
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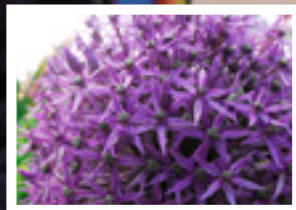
Discover Trellech

Have you discovered Harold's
Stones?



Chef Special

Delicious recipe by Katherine
Marland of Kather's Kitchen



Spring Gardening

Time to get out and
rejuvenate with John Sault

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Busy Bodies Playgroup

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*Thank you to everyone who has contributed
to the Spring edition of the Hedgerow, and to
all the businesses and individuals who have
kindly supported and given to Busy Bodies
Playgroup. All donations, raffle prizes and
offers of help are gratefully received.*

Cover photo by Martin Chainey



WARM WELCOME

Welcome to the Spring edition of The Hedgerow, a community publication created by friends and families of Busy Bodies playgroup in Trellech.

Spring has definitely sprung at Busy Bodies! The children are enjoying the play area, seeds are being planted and the sandpit is getting lots of use. Busy Bodies is a much loved playgroup, which has seen over 600 children go through its doors over the past 40 years. It aims to offer a safe, caring and stimulating environment for children to learn, develop and make friends. As with all charities, we rely on donations and public support, without which we could not continue to run. All advertising proceeds will be helping to raise essential funds.

The Hedgerow is hand delivered to approximately 2500 homes between Mitchel Troy and Devauden, 3 times a year. This edition is full of recipes, local information, Trellech history and much more.

I hope you enjoy!

Laura

Laura Sims, Chair of Busy Bodies Committee
laura.sims@busybodies.org.uk



Trellech – Harold's Stones!

by Nikki Godfrey

Situated on the left side of the road leaving Trellech towards Chepstow, stand three tall stones, known locally as Harold's Stones.

The name Trellech, apparently takes its name from the stones (Tri = three, llech = flat stone/slate/slab) and they were supposedly erected by Harold, last of the Saxon kings. However the date of these stones goes back much further than Harold, to the Bronze Age.

Made from a type of quartz conglomerate rock known as

'pudding stone', the purpose of the stones remains a mystery, but most likely for either seasonal information or use at religious ceremonies.

There is however a legend that the stones landed there

The purpose of the stones remains a mystery

after an argument between giant Jack O'Kent and the Devil. Jack is said to have sold his soul to the Devil when just a boy in exchange for the power to do whatever he set his hand to and the

pair were apparently always trying to outwit one another. Jack is said to have leapt from the Sugar Loaf to the Skirrid (where his heel print can still be seen) – when he saw that the Devil was not impressed, Jack, in his rage, threw 3 large stones 14 miles to Trellech.

Whatever the reason or the truth behind the stones, they are worth a visit in the village, there is a path on the opposite side of the road which is undoubtedly a safer route than walking along the road – enjoy!

The Parish of Penallt & Trellech Church Notices

Sunday 27th April Easter II

- 09.30 Old Church, Penallt
Holy Eucharist with Baptism.
- 11.00 St. Nicholas, Trellech
Holy Eucharist.



Photo: Philip Halling

Sunday 4th May Easter III

- 09.30 St. Nicholas, Trellech
Sung Matins.
- 11.00 Old Church, Penallt
Holy Eucharist.

Wednesday 7th May

- 19.30 St Thomas Hall:
Deanery Conference.

Thursday 8th May

- 10.30 Parish Coffee Morning,
Old Vicarage, Trellech
- 19.00 Wye/Usk Foundation:
Talk on flooding &
soil erosion:
Babington Centre.

Meetings

Thursday 1st May

- 14:30 CTIM Leaders
Meeting.

Wye / Usk Foundation: talk on Flooding & Soil Erosion

8th MAY, 7 - 9PM. TICKETS £10 INC MEAL
Trellech Village Hall (Babington centre)

A most timely debate – join Simon Evans (Deputy Director of The Wye and Usk Foundation) to explore the issues of soil erosion, its impact upon our river wildlife and its links with water management and flooding. Simon will talk about how the problem has arisen, what Wye and Usk Foundation is doing and what WE can do as a society to change it. Talk followed by open discussion, then a delicious locally sourced seasonal meal by Susan Flowers.

TICKETS: <http://parish.churchinwales.org.uk/m271/>

Local Events

Every Friday 2-4pm
Babington Centre, Trellech
Trellech teas

Sunday 27th April 2pm - 5pm St. Nicholas Church, Trellech

8th Annual Harp Tea Party. Come to play, listen or try out a harp. Refreshments available. For further information please contact Charlotte Swayne on 07881 805194.

Thurs. 8th May 10:30 - 12pm
Old Vicarage, Trellech
Coffee Morning, everyone welcome

Sat. 17th May - 1-4pm
St. Mary's Priory, Abergavenny
Family Fun Day meeting the Bishop. Free entry. Book in advance. Contact Lin Ward 01633 263510

Sat 7th June
Babington Centre, Trellech
Busy Bodies 40th Birthday Party – Put the date in your diary - a Fun day and night to be had!

Sat 21st June - 2pm onwards
Moorcroft, Penallt

Penallt Old Church Summer Fete at Moorcroft, Penallt (next to Pelham Hall)





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Patrick Smith joined RRK just under two years ago and he has brought with him a wealth of experience and a dedication to personal service. He works alongside Geraldine Jones who has been with RRK for more than 12 years. Geraldine has a sound financial background and deals with all the payments to our landlords/landladies, and organises the army of trades people that we use to maintain our portfolio of properties, promptly and to a high standard.

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I came out of the construction industry and set up RRK back in 1990 in a way that I would have liked as a vendor or purchaser, to achieve the highest price using the very best presentation in all media we use. I have an excellent team in the office, Margaret is in charge of admin, Monica deals with all our marketing, and Sally Rodney, who previously worked in this area for Knight Frank carries out the viewings along with myself and John Smith, a retired local policeman. They all live locally and take a real pride in all they do. We recognise that face book is an important selling networking tool so we keep our page both interesting and regularly updated. As far as internet advertising is concerned I use our own well established web-site as well as all the portals like Rightmove, Prime Location and just recently needaproperty.com. I retain a select portfolio of around just 70 properties to ensure that my vendors always receive an uncompromised personal service.

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**SOLD
PROPERTIES**



What we get up to..

Learning through play

As a parent it is so lovely to see your child feeling confident and happy, learning so many valuable lessons through simply exploring and playing. My son cannot wait to attend Busy Bodies in the morning. He is so excited by the morning activities, will he make a dinosaur world, or mix ingredients to make play dough, or maybe share a story in the outside circle time area. So much fun to be had!

What a wonderful introduction to education.

- Busy Bodies Parent, Laura T.



*“My son cannot wait to attend
Busy Bodies in the morning”*

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Eisteddfod Bardd 2014

Trellech Primary School

A rock wall gazes upon the land,
Ageing with each breath,
Only him and I know the legends,
Of love life and death;

I walk upon the oak bridge,
It whispers its soul to me,
She too holds secrets,
For only us to see;

Dancing through the Welsh bound trees,
They sing of songs so pure,
Daffodils lay among their roots,
A welsh man's only cure;

The angels blessing the flowing fall,
A gown of tranquil Wales,
Evermore an inspiration,
Of liquid legend veils;

In cold, cold winter time,
The daffodils are below few,
The angel's gown has frozen still,
But Welsh through and through.



Ella de St Croix
Year 6





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An Insight to Local Business

Wye Valley Cheese from Lower Gockett Farm



Monmouthshire has not, in recent years, been known for its cheese, however there is a deep-seated tradition of cheese-making in this historic county and today the flag is being flown by Lydart based Wye Valley Cheese. It is very much a family business where locally sourced organic milk is used alongside some very traditional techniques to produce a variety of wonderful artisanal cheeses.

A rural idyll with far-

reaching views over the stunning Monmouthshire countryside, Lower Gockett Farm is the chocolate-box home of Wye Valley Cheese, artisanal cheese produced by the Ryder family who are as passionate about ecology as they are about cheese. Nestled amongst broad leaf woodland Lower Gockett Farm is home to a flock of Friesland cross Dorset Poll sheep whose milk is used to make one of the finest cheeses for miles. They started producing cheese about seven years

ago and have built up quite a reputation for themselves.

Lower Gockett Farm is very keen on sustainability and biodiversity and their farming techniques ensure the on-going nurture of this very beautiful area. Their flocks graze on the farm's lush pastures, which sit within the Wye Valley AONB (Area of Outstanding Natural Beauty) and as spring advances lambs gambol in the meadows whilst their mother's milk is put to excellent use.

Following a centuries old farmhouse cheese-making tradition Wye Valley Cheese produce their cheese in natural or smoked varieties. The Ewe's Milk cheese is made from unpasteurised milk, as many of the great cheeses are, and is matured for 60-90 days in a specially constructed room, built into a bank with an earth roof allowing the cheese to develop a natural rind.



For a deeper flavour, and a firmer cheese, some wheels are matured for a further 3-4 months. The resulting product is perfect with some good bread and local chutney, or my personal preference (stolen from the Basque Country) of Black Cherry jam. Ewe's milk creates a very easily digestible cheese, which is suitable for those who

are lactose intolerant. Of course, Ewe's milk is also packed with 'good-for-you' minerals which makes this a very easy indulgence. Field to plate has never been so tasty!

The cow's milk, which makes the cow's milk cheese, comes from a local organic farm. The rich and creamy unpasteurised milk produces a traditional farmhouse cheese which is a perfect all-rounder

ideal for everything from sandwiches and recipe additions, to a prime position on a well chosen cheeseboard. Matured for a minimum of 60 days this cheese becomes wonderfully creamy and as above, some is matured for a further 3-4 months producing a harder variety that's more concentrated in flavour.

Finally, both cheeses are also offered smoked; slivers are especially delicious accompanied by summer leaves, sourdough bread and Apple and Rosemary Jelly. Smoking cheese is a very old technique, which adds a delightful piquancy, an almost medieval depth of flavour, which enhances accompanying foods rather than overwhelming them. How about trying a nugget of smoked Wye Valley Cheese pressed between two locally sourced organic beef patties and then grilled on the barbecue - the ultimate cheeseburger?

As well as being available to buy directly from the farm, Wye Valley Cheese is available at various local outlets including Monmouth's Flavours Deli, Munday and Jones Veg shop, Brockweir Shop, Browns of Llandogo and Newhall Farm Shop near Chepstow. For those farmers market devotees Wye Valley Cheese can be found at Usk Farmers market.

Written by Hannah Freeman

www.lowergockettfarm.co.uk
Tel: 01600 860984

*Insert photo:
Emily Ryder of Wye Valley Cheese*

Wye Valley Cheese

Lower Gockett Farm
Tel: 01600 860 984



The HEDGEROW

Spring fashion.

with Rachel Ryder



Finally, the rain has stopped and spring has officially arrived. Its time to bear those arms, wax those legs & invest in a few key pieces of stylish clothing to see you through the next few months.

At The Hedgerow – we love fashion & living in the Monmouth area we are lucky enough to have some great local boutiques, fashion chains and of course – don't forget the charity shops!

This spring is all about Boho Luxe Styling – a look everyone can pull off. Think flowing silhouettes, romantic floral prints and shimmering tones.



For this look we recommend : A long cardigan - Like this one from H&M - very wearable

Wide Leg Trousers - These are fabulous & affordable from Next

Bold Printed Loose Fitting Tee - Check out Anthropologie

If you want to then go uber fash - team with SILVER - yes - SILVER shoes (sandals, pumps, trainers, heels, brogues) - anything goes - it's up to you.

Last but of course not least , never forget the importance of strong accessories - for the Boho Luxe look - you need big dangly earrings, long necklaces & ideally a fringed hand bag. Its spring, so go bright on your colour choice.

Style Tip For Spring!

Team navy blue trousers/skirt with white tops/shirt, instead of black. Blue & white gives a much more sophisticated look and avoids you being mistaken for a waitress!



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Incidentally
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From The Jam

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The Acoustic Tour
Thursday 1st May
at 7:30pm £20



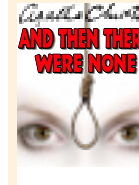
Cash - The Legend

Music of Johnny Cash
Friday 6th June
at 7:30pm £15



Simon Evans

Leashed
Friday 2nd May
ay 8pm £14



Agatha Christie's

And Then There Were None
Thurs 12th - Sat 14th June
at 7:30pm £8



Gypsy Fire

Acoustic Spectacular Tour
Friday 16th May
at 7:30pm £14



The Bad Shepherds

Featuring Adrian Edmondson
Friday 20th April
at 7:30pm £19.50 or £22 at door



Tea With Mozart

Virginia Blakey - Soprano
Sunday 18th May
at 3pm £9
or £12 with afternoon tea



Elio Pace

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Billy Joel Songbook
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Trellech Old Village School



Trellech Old School was built in 1880 with funds from a School Charity and Lectureship Charity set up by the Reverend Zachary Babington during the 18th century.

by Fiona McColgan

The Old School was built on the Clock House lands and was used as the village school for over 100 years until 1987 when Trellech Primary School opened next door.

Everyone I have spoken to has very fond memories of their school days at the Old School. Bill Sims is the second in four generations of

his family to attend both Trellech Old School and now Busy Bodies Playgroup. Bill started at Trellech School in 1946, Miss Stone was his teacher, the children were all sat at desks in the main Hall with a divide between the Infants and Juniors. Bill remembers the smell of the coke-fuelled fires and the cooked lunch every

day, Mrs Crockett from Warren Terrace was the school cook during his time there. Bill had a 25 minute walk to school every day from Cleddon except on a Friday when his Mum (Violet) would pay one penny for him to ride on the Monmouth Market bus. When Bill was feeling brave he would take a shortcut through the woods. To

a small boy the woods seemed big and very dark so Bill, on his own, would run as fast as he could! Bill left Trellech School in 1952.

Violet (nee Vaughan) had also attended Trellech Old School from 1917 to 1923 and Bill's son, David, spent three years there from 1977 to 1980. David remembers Mrs Roberts was the Head Teacher and also sitting on the rug in front of the cosy fire listening to story time. There were football matches against Llanishen Village School when the Trellech children would use the two trees growing in the middle of the pitch to their advantage. He once tried to escape Maths by running home but only got as far as the Monkey Puzzle Tree where some Junior boys cornered him having been sent out by the two older female teachers to retrieve him!



Left to right: Bill, Jack, George, Harry, David and Amelia

Three of David's children have attended Busy Bodies Playgroup, Jack, Harry and now George with baby Amelia yet to come. The Babington Centre continues to be instrumental in the education of children in the Trellech area. Busy Bodies Playgroup is based here and its Early Years education is second to none as it prepares the children for the transition to Main School (Trellech Primary School) situated just next door.



Above: Bill attending school

Main photo:
The Babington Centre
by Eirian Evans

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SAULT OF THE EARTH



Time to get out and rejuvenate

Spring is the busiest time of year in the garden calendar, trimming old growth tidying up from the elements that the last season has thrown at us! With a fresh start the board is wiped clean and it is time to think ahead to the long warm days of summer. It is good to have a plan on how and what is to be grown, whether this is a detailed drawn out plan or on a back of an envelope. It means that you have a record of your thoughts, and ideas to refer to, good or bad at a later stage.

1. The excessive rain over the winter is likely to have a washed a lot of nutrients out of many soils. Start repairing the damage by spreading compost, rotted manure

and other soil improvers but don't dig unless you really must.

2. Protect new spring shoots from slugs Use nematodes for an effective organic control.

3. Plant shallots, onion sets and early potatoes.

4. Plant summer-flowering bulbs(Allium sphaerocephalon or Bearded Iris for example).

5. Sow beans and sweet peas on the window sills ready for early summer.

6. Lift and divide overgrown clumps of perennials.

7. Top dress containers with fresh compost providing food and nutrition.

8. Mow the lawn on dry days (if needed).

9. Cutback Cornus (Dogwood) and Salix (Willow) grown for colourful winter stems and try to create cuttings from the cut stems to give more impact next winter.

10. Deadhead Daffodils as the flowers finish and let the foliage die back natural.

Watch out for those late frosts and keep weeding!

John Sault
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Chef's special!

This versatile risotto recipe is the ideal base for any number of delicious, seasonal ingredients.

PEA & RICOTTA RISOTTO WITH GOAT'S CHEESE & ASPARAGUS

AN EASY RECIPE WHICH SERVES FOUR

- 400g Arborio rice
- 250ml dry white wine
- 1 litre hot vegetable stock
- 1 dash of white wine
- 200g podded fresh peas
- 100g ricotta cheese
- 30g fresh Parmesan, finely grated
- 8 British asparagus spears
- 2 tsp of fresh tarragon
- 2 x 100g soft-rind goat's cheeses
- 1 tbsp olive oil plus extra for drizzling
- a knob of butter
- 1 onion, finely chopped
- 1 garlic clove, grated

- 1** Prepare the asparagus spears by bending them until they snap then discard the woody ends. Use a vegetable peeler to neaten the snapped ends. Slice the goat's cheeses in half horizontally and place (rind side down) on a lightly oiled baking tray ready to grill.
- 2** To make the risotto, heat the oil and butter in a large pan then gently fry the onion and garlic until softened but not coloured.
- 3** Add the rice and stir well to coat in oil. Cook for 2 minutes, stirring frequently. Add the wine and simmer until nearly all the liquid has been absorbed.
- 4** Add the hot vegetable stock a ladleful at a time, stirring between each addition to allow the liquid to be fully absorbed. Keep adding the stock in batches until the rice is tender but still has some bite to it (you may not need to use all the stock) – this will take about 25 minutes.
- 5** Add the peas and continue to cook for a further 2-3 minutes, stirring continuously. Add the Parmesan and ricotta, stirring gently to combine. Season to taste with salt and freshly ground black pepper.
- 6** Steam the asparagus over boiling water for 3-5 minutes (depending on the thickness of the spears) until just tender. Place the goat's cheese slices under a hot grill until golden and bubbling on top.
- 7** To serve, spoon the risotto into warmed bowls. Place a slice of melted goat's cheese onto the risotto and lie the asparagus spears on top. Drizzle with a little olive oil and a sprinkling of freshly grated black pepper.



KATHER'S KITCHEN Pop-Up Dinners

KATHERINE MARLAND began her pop-up dinners in December 2012 and they've been a sell-out success ever since. She's not restricted to any one venue but her Monmouthshire dinners normally take place at Humble by Nature near Penallt.

Kather's dinners have a seasonal focus and her menus showcase a range of regional and artisan-produced foods including meat from local Monmouthshire farms, cheese from Neal's Yard Creamery and Wye Valley Cheese, fish from Severn & Wye Smokery and Rockfish, local delicacies from Flavours of Monmouth and many other traditional farmed and foraged ingredients from around the county.

Even the table decorations are British and seasonal, courtesy of talented local

florist, Catherine Gray Flowers. Kather's well-balanced, three course menus offer two choices per course, incorporating a carefully chosen range of options to suit all palates – from light and healthy to rich and decadent and everything in between.

Kather publishes the menus on her website the month before each pop-up and she always keeps a few surprises back for the night including homemade breads, canapés for special occasions and indulgent treats that she serves with coffee. Previous menu highlights have included Kather's home-cured gravad lax with dill sauce, sea bass and salmon ceviche, seared beef fillet with chicory and rocket, pork terrine with orange and juniper berries, wild garlic and wood sorrel tart, rolled leg of lamb stuffed with aubergine and chorizo, lemon fudge cake with lemon curd ice cream, stem ginger crème

brûlée and her truly wicked white chocolate cheesecake.

Dinner is served at 8.00pm and guests sit at long tables with groups of up to 12 on any one table. Kather contacts all of her dinner guests the week beforehand to get their menu choices as she sources all her ingredients to order.

From £29.50 for 3 courses - go to www.katherskitchen.co.uk for more details. Kather also runs a range of cookery courses from her cottage kitchen near Devauden. Courses cost from £75.00 for a full day including lunch and afternoon tea, a recipe pack and samples from the day to take home.

Kather's Kitchen
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Ways to keep in touch:



Competition Time

Enjoy the Flavours of Summer with M&S



We are all hoping for a long, hot summer and the chance to enjoy the company of those closest to us. What better way to do this than with a lovely barbecue, supplied by Monmouth M&S Simply Food Store, in this edition's prize draw.

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HOW TO ENTER

Simply count the rabbits within this Spring edition of The Hedgerow and email your answer to competition@thehedgerow.org.uk



One lucky winner will be selected from all the correct entries at random and announced on the 13th June 2014.

Gingerbread Chicks

Bake your own gingerbread chicks with this great recipe!

1. Mix the butter and sugar together in a bowl until light and fluffy. Separate the egg and carefully stir in the egg yolk. Add sieved bicarbonate of soda, ginger and flour, then mix well.
2. Add the syrup to form a dough and knead until smooth.
3. Grease the baking tray with a little margarine.
4. Put the dough onto a floured surface and gently roll it out using a rolling pin. Cut out two circles; one larger than the other for the chicks head and body. Re roll the rest of the gingerbread dough to make more chick biscuits.
5. Bake in the oven for 10-15 minutes, then let cool.
6. Put white chocolate into a heatproof bowl. Ask an adult to place the bowl over a pan of simmering water until melted. Once melted dunk the bottom of your chicks into the melted chocolate.
7. Ask an adult to cut out two shapes for the chicks eyes. Then cut the ready to roll icing into two pieces. Put a few drops of orange food colouring on to one piece and a few drops of blue colouring on to the other. Roll out both pieces separately until the colour is evenly spread. Ask an adult to use a knife to cut out shapes for the chicks feet, beak and pupils. Then stick them on the chick using the melted white chocolate to finish.



Spring baking

Ingredients

- 4 oz butter,
- 3 oz brown sugar
- 1 egg yolk
- 1 teaspoon bicarbonate of soda
- 4 teaspoons ground ginger
- 12 oz plain flour
- 2 tablespoons golden syrup
- Ready to roll icing
- Orange & lue food colouring
- white chocolate



wordsearch fun!

Sunflower
Bluebell
Primrose
Buttercup
Crocus
Snowdrop
Tulip
Lily
Daisy
Rose

T	N	A	O	E	B	A	T	R	P	B	T
H	O	H	L	A	T	E	E	U	A	L	B
P	U	T	A	R	S	W	C	R	E	U	H
T	D	E	I	U	O	R	L	M	G	E	O
C	P	R	C	L	E	S	E	Y	P	B	E
E	S	O	F	T	N	E	E	L	B	E	P
A	R	N	T	M	T	G	E	I	I	L	P
C	U	U	S	A	E	R	E	L	T	L	I
S	B	P	O	R	D	W	O	N	S	I	L
E	S	O	R	M	I	R	P	F	H	U	U
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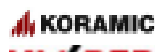
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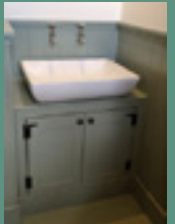


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