



Children having fun at the National Childbirth Trust event.

## Farmers' Market Here To Stay?

Daphne Chamberlain  
As Barnet's first farmers' market reaches the end of its 12-week trial period, the word is that it is here to stay. When I asked London Farmers' Markets about its future, I was told, "There is every likelihood it will be going ahead".

Certainly on each of my visits it has been obvious that the stalls are building up their individual fan bases. An unexpected pleasure for me has been the chance to try out different and very fresh food, and different ways of cooking old favourites. Take beetroot, for instance. I love it, but had never realised original untreated beet can be baked in the oven.

This kind of service is certainly on offer at some of our excellent local shops, which I see the market as supplementing rather than competing against.

### Fresh on Fridays

An improvement from the first day is that all products are now price-marked. Some people, though, have been disappointed by the market's size. The reply from London Farmers' Markets is that it has to fit into the space provided.

Speaking personally, as I trot off with my shopping bag (yes, I know it should be a basket), I feel that the market has added something to local life.

Try it out for yourself every Friday (11am-5pm) in Whetstone High Road, opposite Waitrose.

For more information or enquiries, or to offer suggestions, ring London Farmers' Markets on 020 7704 9659, e-mail [info@lfm.org.uk](mailto:info@lfm.org.uk), or look up the website at [www.lfm.org.uk](http://www.lfm.org.uk).

## A Load of Old Clothes....

The Haringey Branch (which incorporates East Finchley) of the National Childbirth Trust held a "Nearly New Sale" at the Green Man Community Centre, Strawberry Vale on Saturday 13 July.

The branch claimed it a huge success raising over £250 with which they will be able to sponsor training for more breastfeeding counsellors. Helen Drake, Chairperson of the Branch, highlighted the importance of such counsellors: "We feel it is quite important that those mothers who wish to breastfeed their newborn are given all the help, support and guidance that they need at what can be a particularly difficult time and with this money we hope to be able to provide that support".

### A family event

The Nearly New Sale was an event to which all were welcome and consisted of stalls selling good quality second-hand children's & baby clothes, toys, books, maternity wear and baby equipment. Nancy Baker, who co-organised the event, commented "It was a day where everyone

who came was able to benefit from it. Some of the stallholders made quite a bit of money back from selling off outgrown toys/clothes and the customers found some great bargains." A play area was organised outside and the children could have their faces painted inside. A delicious cake stall was also popular with all. "We wanted to make it a family event" commented Sarah Wilson, Editor of the NCT Newsletter for East Finchley, "and I think everyone had a good time".

The Haringey Branch hope to organise another Nearly New Sale next Spring which will be advertised in *THE ARCHER* beforehand so watch this space!!

If you would like the opportunity of meeting other mums in the area and want to join the NCT please contact Sophie Spence on 020 8444 1890.

## A Call to Query

By Daphne Chamberlain  
"Good evening, Madam. I'd like to burgle your home. Could you give me some hints how to set about it?"

Let me make it quite clear, that is not what the man on the other end of the telephone said to me a few weeks ago. He actually said he was checking on home security, and for example, were we more worried about the security of the back door or the front. He may have said he was carrying out a survey, but all I was hearing were alarm bells.

My caller had certainly named an organisation he said he was representing, but I didn't register that bit of information as I was in the middle of dishing out the dinner. As I told

him, I never respond to cold calling anyway, but afterwards I cursed myself for not getting more details from him.

For all I know, this call was absolutely genuine, and the man was a completely bona fide representative of the firm he named, but in case this was yet another sinister confidence trick, I rang the police.

The officer at Colindale said that nothing similar had been reported, but that - while the enquiry might well have been bona fide - it is certainly better not to answer such a call.

# Discovering Homoeopathy

By Erini Rodis

I used to understand homoeopathy to be about tiny phials with indecipherable names, left to gather dust in fancy chemists shops because nobody could work out how to use them!

But when all else had failed it seemed to cure the bowel cancer of one woman, which so impressed Hanna Amit Foulds that she decided to get trained!

In four years of study she learnt that Homoeopathy is a philosophy of perceiving health and disease, involving a holistic approach. It works not only physically, but also on an emotional and a spiritual level.

The practice has been around for as long as modern orthodox (or "allopathic") medicine, but differs in attitude, and is less invasive.

Remedies come in the trademark minimal doses derived from mostly plant, but also animal and mineral, sources. Extracts are powdered, macerated, and then dissolved into a 1 part extract per 100 parts water/alcohol base, then "succussed" (shaken with force) to make the solution more potent; this process is repeated up to 30 times to produce a minimal trace solution.

Though some extracts in their natural state would be quite poisonous (like snake venom!) the dilution process renders them curative, yet still effective. What baffles scientists of course, is that if

there's so little in there, then how does it work?

### Good vibrations

The secret to its success is in getting the right remedy to match the ailment. The idea is that by fighting like with like it then works on a vibrational level: a bit like if you strike a note on a guitar, then everything in the same room which resonates at the same pitch, will sound. Likewise if a remedy is correctly selected, it will cause a response from the diseased area, which then fights the remedy instead of the body it is in, hence bringing about a cure.

### It all sounds quite

#### logical really!

It could also of course be used (as it has been by the Royal family for many years, I'm told) as a way of simply maintaining good health, in accompaniment to orthodox medicine - keeping all options open!

So for all those people for whom orthodox medicine hasn't quite cut it, if you'll pardon the invasive pun, homoeopathy might just "bring them to a place where they have a choice"...

You can find Hanna Foulds at Andrew's chemist on Saturday afternoons.

## GARDENING

### A Walk on the Wild Side

By Zena Robson

As I write this in mid-July, I am wondering, like the rest of the country, exactly WHEN we will have a summer! For once, I don't have to worry about watering, except for the hanging baskets, which have been blown about and dry out quickly. The trouble with all this rain is that the weeds are having a wild time and my usual trusty hoe is not really suitable for wet soil, so it's digging or on hands and knees pulling them out.

Powdery mildew usually likes warm and dry conditions but doesn't seem to know this and has appeared over my petunias. It's fungal, and whilst it doesn't kill plants like *Botrytis* (grey mould) does, it is still disfiguring. Use a fungicidal spray or just pick off the worst infected leaves if you don't like spraying.

### Blackspot

Rose Blackspot is also doing its worst and can kill off whole stems. The way to deal with it is to pick off infected leaves before they drop to the ground where the spores will wait until next year to re-infect the plant. Spraying needs to be started early to protect the plant - too late now, I'm afraid. A good thick mulch applied over the soil surface around October should help to prevent any spores in the soil from re-infecting. If your roses always seem to have Blackspot, then it might be a good idea to hoik them out, plant something else and look for those lovely modern old roses (yes, sounds like a contradiction!) which have wonderful scent and are pretty disease resistant. Don't replant roses in the same soil, so find a different place to put them unless you want to dig out all the old soil and replace it with new.

Keep up the dead-heading, especially on herbaceous plants like delphiniums and get a second flush of flowers, albeit smaller. Cut back things like *Alchemilla mollis* so that they don't self-seed and you will get a fresh crop of those lovely scalloped leaves - and lastly, hope for some sun!