



Josie Peterson at the Pure Nest Cafe in Fortis Green Road. Photo Mike Coles

## Cake and a cuppa... with a difference

By Thalia Pellegrini

**If you suffer from a food intolerance or allergy, or if you're vegan, your choice of where to indulge in a cup of tea and a slice of cake in and around N2 can be limited.**

For those yet to discover it, Pure Nest was opened in Muswell Hill in September 2016 by Josie Peterson and this year was shortlisted in the Allergy and Free-From Awards.

"It's a place for people to eat without worrying about gluten or dairy," Josie told me. Or eggs or sugar, or wheat or grains, if you so choose.

Josie's creations were born out of frustration. When her own food intolerances made eating out impossible, she began to create her own recipes. She began by selling her cakes on a stall in what was Tufnell Park Farmers' Market.

She focussed on gluten-free baked goods and was delighted by the response. Lots of experi-

menting led to what she felt was the perfect gluten-free taste. Buckwheat, coconut and gram flour are all used, with refined sugars given the heave-ho.

### Cakes plus

Pure Nest was opened initially as a cake shop. It now offers far more than allergen-free goodies to indulge in with a cuppa. Josie offers bespoke cake orders and catering for all occasions and is keen to stress that she can assure nut-free environments for those customers who require it.

Whether you eat dairy or gluten or not, Pure Nest is open to all and now also offers a breakfast and lunch menu, plus refreshing sorbets. Find out more at [www.purenestcafe.com](http://www.purenestcafe.com).

## Make sure you get your job

**With the annual influenza vaccination period rapidly approaching, Paresh Shah, pharmacist at CW Andrew, contacted *The Archer* to advise readers of the 2018/19 programme.**

It differs somewhat from previous years because there will be two vaccines available, one for the over-65 age group and the other for those below 65. This is because the previous one-fits-all vaccine has proved to be less beneficial for those in the older age group.

There will be phased deliveries of the vaccines to local pharmacies and general practices in September, October and November. It is possible that delays in this delivery system

could lead to people having to wait for their flu jab.

With the campaign starting in the latter part of this month, the objective is for everyone to be offered it by their doctor or pharmacist by the end of November, although it will still be available after this.

### Headscratcher

Solution from page 8: Paper, Paler, Pales, Bales, Balls, Bills. *Please note there may be more than one solution.*

## East Finchley Baptist Church

Just off the High Road in Creighton Avenue N2

**Sunday Mornings at 10.30 am**

Crèche and Sunday School during service  
Wheelchair access

For more information please contact the Church Office  
Tel: 8883 1544 (Minister: John Lowrie)  
[www.eastfinchleybc.org.uk](http://www.eastfinchleybc.org.uk)

**Visitors always welcome**

## Letters

### How can we recycle now?

Dear Editor,

I am most disappointed by Barnet Council's decision to remove the recycling bank from outside East Finchley station, as described in your article on page 5 of last month's *Archer*. I live in a block of flats that was built decades ago and there is no possibility of finding a suitable place on the site for a recycling collection point.

The only practical way for my neighbours and me to recycle our collected paper, glass and cans has been to take them down to the bank at the station, which we did regularly. I believe that there are large numbers of East Finchley residents in the same position as us, living in flat blocks with no provision for recycling.

The only problem was that the bins by the station were often full; they were simply not emptied often enough. Clearly this is why the council could say "the service only generated low levels of recycling tonnage" and it was necessary to "deploy resources on a regular basis to clear fly-tipped materials around the banks". If you turned up at the recycling bank and it was full, most people would just leave their waste by the side of the bins. It is not realistic to expect people to take it back home with them.

Now if we wish to recycle, we have to go to Summers Lane. For me, it is either a 30-minute walk

or two bus rides there and back. The only practical way to take a worthwhile volume of recycling there is to drive, so now there are frequent, massive queues on the approach road.

In any case it makes no environmental sense at all to use 50 car journeys to deliver what one recycling lorry journey could do. As far as I am concerned, materials that I formerly recycled will now go in the general waste and the blame for this lies with Barnet Council.

**Yours faithfully,  
Laurence Robinson,  
Address supplied.**

### Precious sightings

Dear Editor,

I am lucky enough to have a back bedroom facing north-west onto clear open skies, so see some amazing sunsets throughout the year.

Every late spring I am also treated to an aerial display surpassing anything RAF Duxford's Spitfires can offer, as four swifts arrive. Every morning they can be seen (albeit at 5am) wheeling, diving, turning, playing follow-the-leader, sometimes impossibly high, the next moment inches above the rooftops and between the buildings.

I think they must nest somewhere among the older buildings on Church Lane as this is where they seem to dive down, but I have never seen their nests.

One day there were only three swifts playing in the celestial blue. I

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Letters without verifiable contact addresses will not be printed. Contact details can be withheld on request at publication. We reserve the right to abridge letters for reasons of space.

hoped that the absentee was sitting on a nest rather than having met its fate at the talons of some raptor. Oh joy! Two days later I counted seven swifts and eventually eight were showing off their fantastically co-ordinated skills.

These same birds can be seen in the evening from the garden of the Windsor Castle public house. They have moved on now but it is something to look for and look forward to next summer. They give me such pleasure.

**Yours faithfully,  
Linda A. Dolata  
Leopold Road, N2.**

### Friends reunited

Dear Editor,

Just to let you know that I have had a response from my letter about Strawberry Vale Stables that you kindly published in *The Archer* in August. I have been in email contact with one of the 'girls' there I haven't seen for about 53 years! Thank you!

**Yours faithfully,  
Jill Gilbert,  
Address supplied.**

## Long-lost craftsmanship in our humble garden walls

By Ruth Brown

**Yorkshire might have dry-stone walls, but we have something just as good. As you wander down to Cherry Tree Wood, look out for a remnant of East Finchley's Georgian industrial heritage.**

In the Georgian era, Nevil Smart owned a big brickfield along the stretch of High Road where the Phoenix Cinema now stands. He built brick houses on his plot, literally made of the clay on which they stood.

By 1809, he had also built four Georgian villas on Fortis Green, which had lovely views over to Highgate, and around the 1820s he built two more villas near the working toll gate at the Old White Lion.

Nevil Smart made fine London bricks in a pure yellow, which you can admire on Valona House opposite the tube station, his last villa standing, though perhaps not for long, now there's permission to demolish it to make way for flats.

### The charm of clinkers

A by-product of all this brick making were blackened, fused-together bricks called clinkers. Newly-shaped bricks were piled up into a 'clamp' and a fire was made underneath. The bricks that were too close to the fire came out blackened and vitrified, each one a unique shape.

When the brickfield itself was eventually turned into Victorian streets - Park Hall,



A clinker wall near Cherry Tree Wood. Photo Emily Casimir-Brown

Baronsmere and Ingram Roads - their garden walls were made of clinkers. Victorian architects influenced by the Arts and Crafts movement of the time valued the use of local materials that were rough and irregular to give a rustic look.

So these walls were skilfully built up out of these misshapen pieces, and many of them are still standing over a century later. They can also be found in the County Roads, in some

roads in the Long Lane area, and in Muswell Hill.

Clinkers are not made in modern brick making, so they are now more rare. On our next trip out, perhaps we should stop a while to value our humble garden walls?

*Ruth has dedicated this article to the late Len Willcocks, a former Archer contributor who she describes as "a lovely neighbour and true gentleman".*