

THE CLAYPOLE GROUP OF VILLAGES
CLAYPOLE, DRY DODDINGTON, FENTON, STUBTON, WESTBOROUGH

NEWSLETTER

OCTOBER 2026

He reckons it's the midnight watering that makes
all the difference in the drought....

Yes, I saw him at it!



LOCAL INFORMATION

CLAYPOLE

Priest in Charge: Jon Speirs-Davies email: jon.sd@lincoln.anglican.org

Mobile: 07766 486452

Churchwardens: John Padley, 9 The Cottage, School Lane, 01636 626510

Bridget Rosewell 2 Main Street Claypole 07836 215181

Parish Council Clerk: vacancy info needed

Parish Council website: <http://parishes.lincolnshire.gov.uk/claypole>;

www.facebook.com/claypoleparishcouncil; www.facebook.com/claypoleleisurepark

Claypole C of E School: 01636 626268 www.claypoleprimary.org

Claypole Brownies- Please register at girlguiding.org.uk/joinus or contact Sarah on 07765 791882 for further details

School Hall- contact Claypole School 01636 626268

Claypole Village Hall bookings: www.claypolevillagehall.org/onlinebooking

DRY DODDINGTON Churchwarden: Dick Loynes 07899 787057

richardloynes@btinternet.com

Parish Council Clerk: <https://westborough-dry-doddington.parish.lincolnshire.gov.uk/>

email: clerk@westborough-dry-doddington-pc.gov.uk

Village Hall bookings: Brian Beddows 07552 757242

Neighbourhood Watch Co-ordinator: Mike Hine, Hazelwood, Manor House Lane. 01400 282690 email- mikehine38@hotmail.com

STUBTON Churchwarden: Mike Libby tel - 01636 626028 mglibbyl4@gmail.com

Parish Council Clerk: stubtonclerk@gmail.com

Village Hall bookings: stubtonvh@gmail.com

WESTBOROUGH

Churchwardens: John Lawrence, Sandalwood. Town Street 01400 281850 (vacancy)

Village Hall Bookings: Jane Ford 01400 281206 jane.h.ford1@gmail.com

Neighbourhood Watch Co-ordinator: vacancy

FENTON

Parish Meeting Website www.fentonvillage.com. chair.fentonvillage@gmail.com

Chairman Parish Meeting

Clerk: Graham Doney, clerk.fentonvillage@gmail.com

Churchwarden: (vacancy)

DOCTORS: LONG BENNINGTON SURGERY 01400 281220

CAYTHORPE -SURGERY 01400 272215

L.I.V.E.S. Coordinator Linda Kingston 01400 272740 lfkingston@hotmail.co.uk

Treasurer - David Harvey david.l.harvey@btinternet.com

LOCAL POLICE: PC Mark Barr 07973 845128.

If you ring 999 state "Lincolnshire Police" or your NG postcode will get the Nottingham force and delay any response!

Letter from your Editor



Hello!

Now the rains have come, I am sure I am not the only one observing bright green grass growing almost at a visible rate springing forth again! Tough stuff grass! I am pleased that the yarrow flowers survived the drought and popped their little heads up around the lawn edges. I like my wild flowers and the only plant I would consider a pernicious weed in my garden is the bindweed! I firmly believe that a weed is only a plant in the wrong place. Most of my garden is the right place!

October is when we will need to start feeding our wild birds again. I have not supplied any sunflower seeds and the like at all across summer, but I shall have to go to the mill and get a sack of said sunflower seeds to feed the tits, finches, woodpeckers and everybody else over the winter. The seeds are in sprung feeders which close when the squirrels try to help themselves. The expression of thwarted fury on a squirrel's face is priceless! Followed by sliding down a Vaseline-greased pole back to the ground! Watching out of my kitchen window is better than much telly these days.

It seems to have been a rather poor year for all sorts of fruit. My Bramley trees discarded most of their crop at little more than a golfball size and few apples were left to ripen to a better shape. There weren't many plums either but what there were, were particularly sweet and delicious this year. Yes, I have eaten them all myself! I think the pears will do ok, so I had better alert my neighbours who eat them.

There's a lot going on now - just look at the calendar !See you around!

Best wishes, *Jane*

Info for NOVEMBER EDITION

By 16th OCTOBER please

The Ings, Town Street, Westborough NG23 5HJ
01400 281206 email jane.h.ford1@gmail.com

Events Calendar 2026

**Send your event dates as soon as available
Let's try to avoid clashes!**

October

- Fri 2** WI art & Craft in Westborough 9-12.00
- Fri 9** Talk on Archbishop's Palace Southwell Long Ben 7.30
- Fri 9** "Nobody" showing at Claypole
- Sat 10** Ann's Vinyl Quiz Dry Dodd village hall
- Tue 13** WI talk on Bletchley Park
- Sat 12** Claypole Village Hall Open Event
- Fri 16** Dry doddington Harvest Supper
- Sat 17** Claypole Book Fair in church
- Sun 18** What's On Claypole - see what's happening in the community
- Thur 29** Dry Dod Community cafe

November

- Thur 5** Westborough bonfire night
- Fri 6** WI art & Craft in Westborough 9-12.00
- Fri 6** "Hacksaw Ridge" showing at Claypole
- Sat 7** Pre-Loved sale Claypole village hall 11.0.30-1.30
- Tue 13** WI Games Evening
- Fri 20** "Wines for Christmas" at Dry Dod village hall
- Thur 26** Wreath making at Stubton Hall
- Thur 26** Dry Dod Community cafe
- Sat 28** St James Dry Dod Christmas Fair (cash only)

December

- Fri 4** "Last train to Christmas" film at Claypole
- Sat 5** Christmas afternoon tea Dry Doddington
- Sun 6** Stubton Hall Christmas market
- Sun 13** Christmas afternoon tea Stubton Hall
- Sat 19** "Prime Suspects" band Westborough village hall
- Sun 20** 5pm Carols on the Green, drink & nibbles in DD v hall
- Christmas Day** Open house at DD hall details TBA
- Thur 31** Dry Dod Community cafe

SAVE YOUR USED STAMPS FOR THE HORSES PLEASE



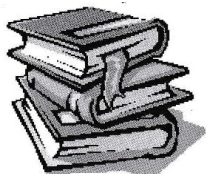
**Thank you to all the kind people
who have saved stamps for us this year**



Collecting used stamps

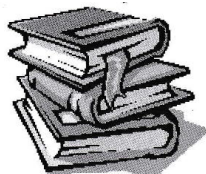
please leave half inch or 1cm border round if possible

**Please pass stamps to Mavis Arnold or Jane Ford or any WI member
Remember they raised over £10,100 for the rescue charity last year!**



Book Fair

in St Peter's Church Claypole



Saturday 17th October

10.00am-1.00pm

Any donations of Books, CD's, DVD's, Jigsaws, tombola items or items for our Christmas Stall please contact Gillian 01636626510.

Also anyone who would like to help set out the books etc on Thursday 15th from 9.15, or help on the rota on the day, please also contact Gillian

The Richard III Society presents



'Shining a Light on The Archbishops Palace Southwell'

An illustrated talk by Roger Blaney
a brilliant and knowledgeable speaker



This building was hugely important in the middle ages and it was visited by many of our medieval kings. It is surprising how few people know of its existence!

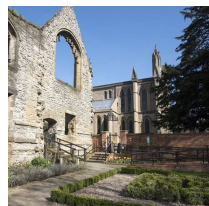
Friday October 9th 7.30pm

Long Bennington Village hall

Tickets visitors £5.00 to include light refreshments

On the door or from Niz Smith

niz.l.smith@gmail.com



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Sun: 8am to 5pm



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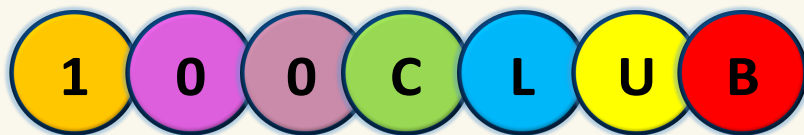
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Next Draw December

September Winners

K Hinder

G Everson

J Brothwell

Prizes of £150, £75, and £30

£15 PER QUARTER. QUARTERLY CASH PRIZES.



SCAN TO SIGN UP OR FOR MORE INFORMATION
OR CONTACT STEVE EVERSON ON claypolepcctreasurer@gmail.com

GET INVOLVED & SUPPORT YOUR VILLAGE CHURCH.



EVER THOUGHT ABOUT CHURCH BELL RINGING?

Do you ever hear the bells ringing and think 'I could do that'?

Then we would love to hear from you!

All ages welcome!

*If you're an experienced ringer, come along to St Peter's
church, Claypole at 6pm any Tuesday.*

*If you would like to 'learn the ropes' then please contact Gill
on 07419 902641 for details.*



*DD's Community Cafe
10am - 12pm
Last Thursday each month*

*£2 - Unlimited Tea/Coffee
Slice of cake*

Dry Doddington Village Hall, Main Street, Newark, NG23 5HU



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Daily Activities

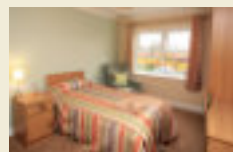
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Dry Doddington

Harvest Supper

Friday October 16th

in the village hall



Bar Opens at 7pm

Food will be served at 7.30pm

Bar available No BYO please



Tickets £10

From Lynda Loynes 07790679936

Mike Hine 01400 282690

Numbers limited! We sold out early last year
so don't delay if you want tickets!



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News from Claypole & District

Are you thinking of joining, or coming back?

We are a friendly group of all ages, with varied interests. Our WI is a great way of meeting people and making new friends, while learning about something that perhaps you knew little about, often with some lighthearted fun along the way.

We meet on the second Tuesday of each month from 7-9 pm in Westborough Village Hall NG 23 5HJ.

Our yearly programme includes Speakers and Demonstrations on interesting topics, outings, craft evenings, a social garden party in August and of course a Christmas party. Please see the following for future fixtures.

October 2nd Jane Ford's **Art & Craft Group** in Westborough Village Hall.
9 am to noon, at a time that suits you. (With coffee and cake!)

October 13th A talk on **Bletchley Park** by Keith Appleyard.

October 18th **Claypole Village Hall**. Find us at the Hall's "**Open Event**".

November 7th **Pre-Loved sale** in Claypole Village Hall. 10.30 am-1.30 pm
(See details in this magazine). Get ready for Christmas.

November 10th **Games evening**.

December 8th Christmas Party

Contact – Julie Greenberry (President) – telephone 01636 627079
Kathleen Thomas (Secretary) – telephone 01636 626860

Our WI is pleased to support local charities
Newark Women's Refuge and Bransbury Horses.

We support the Women's Refuge all year round. If you have anything, please contact secretary Kathleen to make arrangements

Please note: While we presently meet in Westborough Village Hall, we intend to use all four village halls next year on a rota basis.

HARVEST Festival

Family Service

St Peter's Church,
Claypole, NG23 5AD



18th October 2026



10.30am

Tinned or dried
food for
Grantham Passage
appreciated.

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Community Cuppa

At Claypole village Hall

Join us every **third Monday**

10.30—12.30

19 October, 16 November

Supported by Lincolnshire Coop





STUBTON VILLAGE HALL

HARVEST SUPPER

SATURDAY 10TH OCTOBER



ARRIVE FROM **6.30PM**



FOOD SERVED AT **7PM**



LIGHTHEARTED HARVEST
QUIZ AFTER SUPPER

TO RESERVE YOUR TICKETS,
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Full page colour £50

Quarter page colour £16

Full page b/w £38

Quarter page b/w £13

Half page colour £31

Eighth page colour £11

Half page b/w £21

For further information contact Tony Tucker
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Claypole Cinema Club

UPCOMING MOVIE NIGHTS

Everyone
welcome! ♥

FRI 9TH OCTOBER



Doors open
6:30pm
Film starts 7:30pm



Food van:
George is Cooking
(greek menu)

FRI 6TH NOVEMBER



Doors open
6:30pm
Film starts 7:30pm



Food van:
Koala Kitchen

FRI 4TH DECEMBER



Doors open
6:30pm
Film starts 7:30pm



Food van:
TBC



Claypole Cinema Club is a 'social cinema' – seated around tables, with beer, wine, soft drinks and snacks available to buy.

Membership costs just **£10** per individual or **£25** for a family of 4 for the year.

You can attend as many screenings as you like for that price.

Guest passes are also available.

JOIN CINEMA CLUB HERE:

bit.ly/ClaypoleCinema



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VILLAGE HALL



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Dry Doddington





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WHAT'S ON Claypole

YOUR VILLAGE,
YOUR COMMUNITY

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MEET LOCAL GROUPS
Find out who's active in our village



FIND ACTIVITIES FOR ALL AGES
Something for everyone!



CONNECT WITH YOUR COMMUNITY
Meet new people and build connections



BE INSPIRED & GET INVOLVED
Discover new opportunities



**SUNDAY
18TH OCTOBER**
2PM - 5PM
CLAYPOLE VILLAGE HALL



Refreshments available!
TEA • COFFEE • CAKES

EVERYONE WELCOME!
FREE ENTRY

Pop in for a while or stay for the afternoon.

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All materials provided

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SAT 5TH DEC
2PM

SUN 6TH DEC
10AM

COST INCLUDES:



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PER PERSON

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The 100 club winners;:

1st	Sue Coy
2nd	Shona McCallin
3rd	Tracy Clipsham-Brown



See <https://www.drydoddingtonvillagehall.co.uk/100-club> which has the details and joining form if you want to take part.

What's On in Dry Doddington!

We have got some fantastic events at the Village Hall over the next few months. Please support our events, volunteers put in lots of hard work to make them happen.

Saturday 10th October 7pm - late, Ann's Vinyl Quiz Night £5 pp.

Friday 16th October 7pm, St James, Dry Doddington Harvest Supper £10 pp.

Thursday 29th October DD's Community Cafe 10-12pm, unlimited tea/coffee and a cake £2.

Friday 20th November, "Wines for Christmas" selection of six wines, cheese and biscuits, quiz and raffle. £14pp.

Thursday 26th November DD's Community Cafe 10-12pm, unlimited tea/coffee and a cake £2.

Saturday 28th November, from 10am. St James' Christmas Fair. Free entry. (Cash only)

Saturday 5th December 12pm - 2pm, Christmas Afternoon Tea, £8pp.

Sunday 20th December, 5pm. Christmas Carols on the Green, followed by drinks and seasonal nibbles in the Village Hall. Free entry donations welcome.

Christmas Day, open house to wish everyone a happy Christmas. Times to be announced later.

Thursday 31st December DD's Community Cafe 10-12pm, unlimited tea/coffee and a cake £2.

Pre-loved Sale!



Earn extra cash for:



Baby items
Clothes, shoes & bags
Homeware (electrical
items must be PAT tested)
Unwanted items
Tools
Toys, Games, Books
and Jigsaws

Clear your clutter before Christmas
Saturday November 7th 2026
Claypole Village Hall
(free parking)

10.30am—1.30pm (set-up 10am)
Tables £10.00

To book your table please contact Jane on
07979 045192

In conjunction with



Claypole & District

Refreshments available



WESTBOROUGH BONFIRE NIGHT

THURSDAY 5TH NOVEMBER

Lighting at 6pm

Fireworks Start at 6:30pm

NO SPARKLERS PLEASE

BACK LANE,
WESTBOROUGH
The field will be signposted

FREE ENTRY,
DONATIONS WELCOME
All donations go towards next
years' fireworks.

FOOD & REFRESHMENTS AVAILABLE

Please park respectfully in the village



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Thinking of hiring the hall?
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SUNDAY 18 OCTOBER
9:30 – 11:30AM



Have a look
around



Make plans



Meet our team



For more info on hiring the hall and to check availability, visit:

www.claypolevillagehall.org



The Green Page



It is a well known fact that we as humans produce so much waste in our daily lives, sometimes even unaware that we are doing it. A lot of environmental talk and awareness is based around the importance of recycling and doing all we can do to reduce our carbon footprint, but this is not the only aspect that we need to focus on.

Now more than ever technology has a grip on society, causing us unable to function without using it in some capacity. However, even though technology may make our day to day lives better with all the world's knowledge at our fingertips, the same does not go for our environment.

We have seen generative AI grow more and more advanced seemingly overnight. This is progress that nobody knows how to properly understand. Just to train AIs such as Chat GPT takes such a strain on electricity that it puts pressure on our environment, something that is not equipped with the resources needed to withstand this pressure.

Not to mention, this hardware that they use for training is using water to cool down which is straining finite supplies. Generative AI relies more on water than you would think, every time it "thinks" about your question it is draining water resources. Imagine if every time you got asked a question you had to drink a whole bottle of water before answering? Seems excessive, right? Now imagine that you had to answer 2.5 billion prompts a day. Could you imagine wasting that much water?

Generative AI gets its power from what is known as a data centre. Data centres have been propped up all around the world, with the highest statistic of data centres being the United States - 45% of the global total. This means that some people have the misfortune of living near one, in this situation you can clearly see the effect that this has on people. Overall bills are higher and in some cases these people have little to no access to water with the data centre using it all! Not to mention the continuous usage of generative AI will end up using up all our clean water, forcing us to live with dirty water.

As a society, to protect the environment and to help the lives of others we need to lessen our dependence on generative AI, whatever you are asking AI for can just be googled and viewed on websites! Even if the answer is harder to find on the internet, why not try and ask someone you know! This month is a great time to start, so why not make it your mission?

Elizabeth

Farmyard Tails

We've had rain ! Lovely, steady, grass growing rain. During the showers and deluges John nipped out with the tractor and fertiliser spreader. Applying just enough he hopes to get the grass growing and keep it growing well into the autumn and beyond. Within 2 weeks the animals were munching away on beautiful lush grass. As you are no doubt aware livestock farms rely heavily on grass in either its fresh or dried form.

As farms go, we are relatively small. We average 45 head of cattle and at the moment we have 75 sheep about the farm. During the hot and dry period which lasted about 2 months we had to feed the sheep as the grass had all disappeared. The adults were ok with hay and feed blocks but the growing lambs had to have a pellet food which they have in a special hopper called a creep feeder. It has moveable bars that you can slide along so that the lambs can get their heads in to eat the food but the ewes can't. To put it into some sort of perspective, the lambs munched through £1.200 worth of feed in those 2 months. The cows got through £800 worth of high sugar feed supplement blocks and between all of them they have eaten 40 of this seasons large round haylage bales at £40 a bale if we add on the cost of electricity to power all the cattle fans and the increase in water consumption we are probably looking at costs in excess of £4,000 for those two months. I've spoken many a time about farming being unpredictable and this is a good example. We can not simply increase the cost of the livestock we sell to recover this money. When the lambs go to market in a few months it will be the buyers that dictate what we get. If I overprice my heifer calves then my buyers may go elsewhere....we have no hay to sell as we need it all and will more than likely need to buy in as well. We have to absorb these costs and hope the money we make from the stock we sell comes somewhere near to what we've spent getting them there. There are also the vet bills, the cost of Aï'ing, Red diesel, machinery maintenance and lots of other things to throw into the bank balance as well.

Talking of Aï'ing, Pippa and Jess came back in season. I know I said last time we'd call it a day but the weather had just started to cool down a bit and a late calf to a slimmer cow is better than no calf and a fat cow so we gave it one last try.

I hope I'm not going to jinx this but as yet they have not come back into season and by the time I write the next article we should have had the pregnancy scan so fingers crossed because that's cost a lot of money as well.

We managed to get the muck pit emptied this year. There was 3 years of muck in there and we estimated it was over 220 tonnes worth of lovely, well rotted grass growing goodness that's been spread onto the main cropping field.

The barn owl failed to hatch the second clutch of eggs. It was perhaps for the best as there is a distinct lack of voles and shrews around the farm now so feeding them would have been such a task and may not have ended well with it being so late in the season.

See you soon,
Tracey



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Kathleen's Kitchen

As the weather seemed to be getting colder, it was making me think of something that we used to serve with minced beef & gravy when I was a young girl & yes I can still remember it well!. So I decided that it was time to give in & make the following. It can be served with any gravy dish. However I make it Vegetarian & it can be put with any dish.

Northumbrian All-in-One Leek Pudding

(All weights & measures are approximate)

Ingredients:

225g/8oz self-raising plus 2tsp baking powder (or plain flour with 2-4 tsp baking powder)

100-125g/4oz shredded vegetable suet (beef suet if preferred by non vegetarians).

Two pinches (quarter to half a tsp) of salt (more if preferred) and some ground black pepper as much as you would like to have.

2 leeks (450g-500g/1lb) finely chopped or shredded washed leeks (white and pale green parts) I softened them first, in a pan in some melted butter.

8–10 tablespoons of cold water.

Note: *This can be made into an Onion Pudding or if preferred use a smaller amount of leeks & add some chopped onion into it.*

Method:

Mix the dry flour, salt, and suet together first. Stir in the finely chopped raw or lightly butter-softened leeks directly into the dry mix so they distribute evenly throughout. Add the cold water gradually, using your hands or mixer to bring the mixture together into a firm, slightly sticky dough that holds the pieces of leek within the dough.

Place the mixture directly into a well-greased pudding basin (2pint/1.2ltr) & filling it about three-quarters full, cover tightly with pleated baking parchment/greaseproof paper and foil tied with string, and steam for roughly 2 hours. Anyone used to using a pudding cloth, then deal with it as you would normally do.

To Serve: Turn it out of the basin and slice it up & serve hot alongside a rich meat with gravy dish or vegetarian dish.

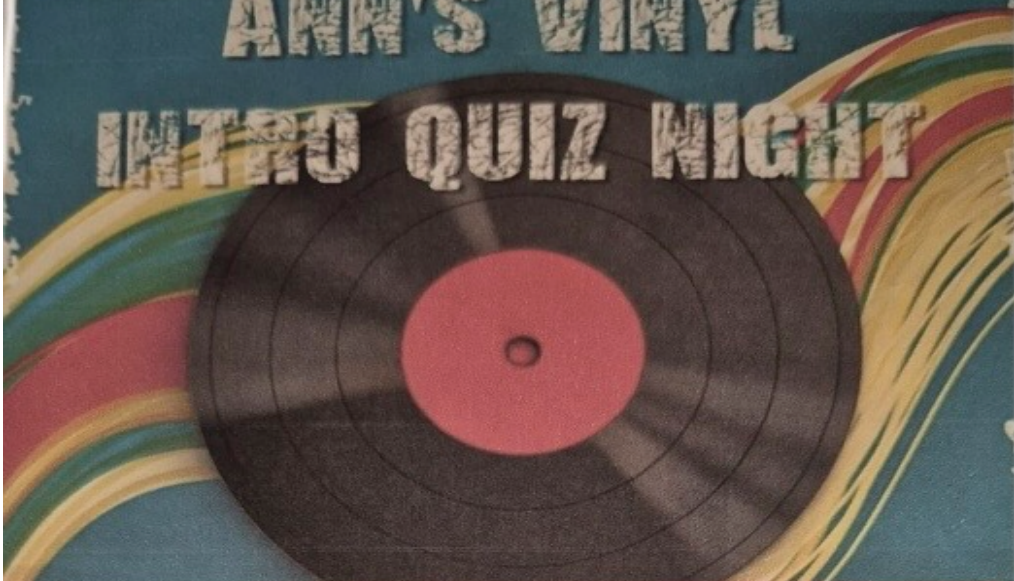
Note: *This is best served hot & fresh, but any leftovers you can slice & fry, like fried bread. Jane our Parish Mag Editor was my "Guinea Pig" at trying to heat up a cold piece in the microwave & said it would be better served hot & fresh.*

You will find many recipes for leek pudding, but they are made in the same way as a steak & kidney one, with the leeks in the middle.



DRY DODDINGTON VILLAGE HALL

ANN'S VINYL INTRO QUIZ NIGHT



GET READY FOR A BLAST FROM THE PAST!

Guess the song from the first few
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Teams of 6 or less.

OCTOBER 10TH 2026

BYO Drinks & Nibbles!

Pay on the door, £5 per team member. All
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DOORS OPEN 7PM, FOR A 7:30PM START

Contact Ann for details: 07500 518883



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DRY DODDINGTON
VILLAGE HALL

SATURDAY 5TH DECEMBER

12-2pm

Cost £8 per person



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A FESTIVE SELECTION OF SANDWICHES, SAVOURIES & CAKES.
TEA/COFFEE

RAFFLE AND BINGO

FOR TICKETS, PLEASE CONTACT
LORRAINE YATES 07855 340895

(BOOK EARLY TO AVOID DISAPPOINTMENT AS WE HAVE LIMITED SPACES)

Sunday Worship Times October

Sunday 4th

Claypole	10 30	Holy Communion
Longbennington	10 30	Morning Worship
Allington	10 00	Holy Communion

Sunday 11th

Longbennington	10 30	Holy Communion
Stubton	18 00	Holy Communion

Sunday 18th

Claypole	10 30	Harvest Festival
Longbennington	10 30	Morning Worship
Foston	15 00	Holy Communion

Sunday 25th

Longbennington	10 30	Holy Communion
Allington	10 30	Morning Worship/HC

Join a Local Church Service on Zoom

Compline each Thursday at 7.15pm.

Login using:- Meeting ID: 810 6571 1379 Passcode:744328

<https://us02web.zoom.us/j/81065711379>



Lest we Forget



A Service of Remembrance

Sunday 8th November

10.30

St Peter Claypole



We will remember them



STUBTON HALL

LINCOLNSHIRE

A MAGICAL CHRISTMAS *at Stubton Hall*

A SEASON OF FESTIVE EXPERIENCES FOR EVERYONE

CHRISTMAS MARKET

SUNDAY 6TH DECEMBER 2026

A MAGICAL FESTIVE DAY OUT



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Enjoy a delicious festive
afternoon tea with seasonal
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Stubton Hall, Fenton Road,
Stubton, Newark, NG23 5DD

Environment Blog

Oats – not everything is equal



Although it is not to everyone's taste, eating a bowl of porridge every morning is assumed to be good for your health. I can also remember winter days as a youngster visiting relatives in Scotland when a warming bowl of porridge was served up as a means of insulating you from the cold and windy weather. It was always associated with healthiness. And because it is a cereal made from oats, most of them grown here in the UK, it is considered good for the planet too.

However, oats come in various shapes and sizes:

Steel cut oatmeal are oat groats cut into two to four pieces with a sharp metal blade. They take around 15 minutes to cook. Steel cut oats are the least processed form of oat cereal and when cooked have a nutty flavour with a good texture. They taste great as porridge or can be used in home baking.

Stoneground oatmeal is made from oat groats that have been ground into small flat pieces. When made into porridge, it is creamier than steel cut oatmeal and can be cooked on the hob in around 10 minutes, or in a microwave. Stoneground oatmeal can also be used as a coating for fish or meat, stuffings and crumble toppings.

Most porridge oats we come across in the shops are **rolled oats**, also called **old-fashioned oats**. These are oat groats, softened by steaming and then rolled into flakes. They absorb liquid quickly so the cooking time is reduced to 5-10 minutes when making porridge or they can be eaten without cooking for more texture.

Instant oats are oat groats which have been finely rolled and chopped so they cook quickly. They are often sold in individual sachets or pots. Although convenient, they may not keep you satisfied for as long because they are quickly digested compared to rolled oats and oatmeal. They often include lots of added sugar.

Oat flour is simply rolled or stoneground oats, finely ground into powder. It is often used in baked goods and can be used as a thickening agent.

Oat bran is the outer layer of the oat groats. It is not a wholegrain but it does contain plenty of fibre and antioxidants, and is a particularly good source of beta-glucan. You can add it to your breakfast cereal for extra fibre or use it in baking for a nutritional upgrade.

Oats to avoid

Oats are considered as a good nutritional option because they: (1) are high in fibre and therefore great for gut health, (2) are a good source of protein, (3) contain many essential minerals and vitamins, and (4) contain antioxidants that are also beneficial for health. Although most oats have great health benefits, it is best to avoid instant oats because of their added sugar content. Because they are more highly shredded they digest very quickly, providing little benefit to the body's gut biome. Unfortunately, as a result of high pressure marketing that stresses speed and convenience, instant oats sold in sachets and pots have become very popular (25% of market share across Europe). If you want the best health benefits then avoid instant oats.

The glyphosate question

However, there is a big question mark hanging over all types of oats, except those grown organically. In a practice called desiccation, **glyphosate** in the UK is sprayed directly on to crops in the weeks before harvest, not to kill weeds, but to kill the crop itself. By chemically accelerating the dying of the crop, farmers can harvest two weeks earlier, standardise the drying of the grain, and improve the consistency of the yield. Oats (and wheat) consistently show higher levels of glyphosate residues – these being allegedly carcinogenic – than in other cereal crops. So, despite having a 'good' reputation for their healthiness, oats in the way they are grown and harvested are surrounded by controversy. At present, glyphosate in the UK is fully approved for professional and agricultural use, including as a pre-harvest desiccant (it was banned in this regard in the EU in 2023). The debate about the safety of glyphosate continues.

Desiccation does not appear on product labels

A further word of warning. Because desiccation is classified as an agricultural pesticide application rather than an ingredient, companies are not legally obliged to list it on packaging. As a result we never know when we are consuming potentially harmful pesticide residues or not! This applies to some other crops too.

'Oats so simple' may be the popular marketing catchphrase, but not all oats are equal.



FOOD TRUCK

Pop Up Nights

GREAT FOOD | LOCAL VANS | GOOD TIMES



UPCOMING DATES

FRIDAY

9
OCT



GEORGE
IS COOKING

FRIDAY

23
OCT



THE PEEL
Wood Fired Pizza

FRIDAY

6
NOV



KOALA KITCHEN
Asian Street Food

WEDNESDAY

11
NOV



NATHAN'S
KITCHEN CO

FRIDAY

20
NOV



GEORGE
IS COOKING



TIMINGS
TYPICALLY
5-8PM



MENU DETAILS & HOW TO ORDER
Shared online the week before each visit



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BRING FRIENDS
ENJOY!

*See you
there!*