

Meon Matters

*News, Views & Comment
from East Meon*




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Editorial

While we might not have Brad Pitt or quite as much drama the 1990s movie *A River Runs Through It* the title describes our village and valley exactly. In this issue we celebrate the Meon, which helped carve our landscape, defines our environment, and makes it beautiful. It also occasionally reminds us that nature is bigger and older than us, and should be treated with more respect than we sometimes give it. Those in the High St when the floods were raging last month will have witnessed the power of the stream that can seem so docile in the drier months. The river has coped, just, with one of the wettest autumns and winters for years. Let's hope it continues to do so as the ominous warnings about climate change set out in the nature article become real.

We take a look at those working on monitoring the river's health and well being, monitoring water voles, mink and river flies, and at the Meon's history, using an article written for Meon Matters in 2018 by the late Michael Blakstad, who contributed so much to East Meon. The successful local recovery of otters and water voles, sea eagles and red kites is followed by a new and exciting plan to bring in beavers. Its sometimes hard to reconcile the simultaneous and consistent good and bad news from different measures of ecological diversity, but - as we can no longer avoid, and the Nature Group article underlines, global warming is very real.

We hope that by the time this issue reaches you spring will have sprung, the rain will have given us a break from the endless mud of the wet and warm winters we can now regard as normal, and we can look forward to a stunning summer in the beautiful Meon valley.

Andrew Hughes

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History of the River in East Meon

Did the river originally follow its present course through the village, down the High Street, turning at right angles along The Cross and again to split Cross Keys and Vicarage Lodge? Or could it have flowed through the grounds of The Court House, then between the houses on The Hyde and the High Street, joining the present course at the northern end of the Cross?

There is no documentary evidence, and certainly no maps, to tell us the course of the river through the settlement of East Meon before the 18th century; early maps either left rivers out entirely or were very vague about their course.

We know from Domesday that there were seven mills in the Hundred of East Meon, which then included the tithings of Froxfield and Steep. Only three were on the River Meon, Southmill near the source of the Meon, Frogmore Mill and Shutts mill at Drayton. None were recorded in the actual settlement of East Meon (though not all mills were full-sized, and some farms used the flow of streams to power small mills; there may have been one such at Hill Hampton. A millstone was found in the river between Cross Keys and Vicarage Lodge.)



In the Middle Ages many great houses were either built on flowing rivers, such as the Priory at Mottisfont, or diverted streams to create ponds and channels. At St Cross, two streams were cut, parallel to the River Itchen, one for clean water (feeding the ponds, and providing drinking water for the community) and one for foul.

East Meon at the time of the Domesday Book, as envisaged by historians. In medieval times the Court House was a curia, the only farmyard in the tithing, with a pond probably fed by the river.

We know that Court Farm, now The Court House, had a pond in the 19th century; in the Middle Ages it had been a working curia, or farm headquarters, and would have needed running water: there is a curious anomaly at the northern end of what is now the garden of Glenthorne House; the level of the ground on the Glenthorne side of the wall is a metre higher than on the north side, suggesting the river may have split Glenthorne and The Court House. If so, the river might have divided to the east of the village with one branch flowing along its present course, along what is now the High Street, and the other through the farmyard at The Court House. The latter would have continued just south of the track which is now the West Meon road flowing into the section which still divides Cross Keys and Vicarage Lodge.

In the 14th century, the 'Tudor House' was an important two-and-a-half-bay farmhouse which might well have had a pond and service channels, suggesting that there may have been a southerly stream which continued to the north of what is now Workhouse Lane and joined the other branch to the west of the settlement (along the route of the present culvert).

What are now called Paupers and Kews Cottages were built in the early 17th century, and the village Workhouse was built between these cottages and the Tudor House in the 1730s (or converted from existing cottages). The southern branch of the river may have provided them with running water.

The first map to show clearly the course of the river through East Meon was Thomas Milne's map of Hampshire published in 1790. It shows only one stream, which leaves 'Wigmore Mill' (Frogmore Mill) and goes through Court Farm, splitting houses along the Hyde and the High Street, eventually going under the bridge on The Cross and continuing between Cross Keys and Vicarage Lodge. Granted, it is unlikely that Milne ever visited the village but will have relied on other cartographers, any of whom may have conjectured the course of the Meon, but there is logic to this route.

Thomas Milne's 1790 map of Hampshire, which shows a single stream to the north of the village.

So why and when might the southern course of the river have been created, or expanded, to flow along the High Street, then blocked and diverted down The Cross. When was the northern route removed? The first reliable map of East Meon was created in 1851 to support the Tithe Apportionments; it too shows houses along the West Meon road but only a pond at Court Farm remains of the northern branch of the river. New houses have appeared to the west of Paupers Cottages and that section of the southern branch has also disappeared. It is not impossible that these streams created marshy ground unsuited to housing and were removed. The early nineteenth century saw extensive civil engineering throughout the country, and the creation of such an unnatural route for the river, turning at right angles at each end of The Cross, was perhaps such a venture. If so, it created problems for future generations.

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Flooding in the main streets of East Meon became commonplace; heavy rainfalls caused the water to surge down the river; when it hit the barrier at The Cross, it flowed back along the High Street and Church Street. In the mid 1950s, engineering works were carried out to remedy the problem by creating an overflow culvert parallel with what was now named Workhouse Lane, following the route of the previous southern branch of the river but in a cement ditch which was presumably much straighter than the original stream.

Michael Blakstad for Meon Matters, December 2018

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Beavers on the Meon

Wilson Atkinson Farms (Meonside Beaver Project), in partnership with the South Downs National Park Authority, is proposing the exciting reintroduction of beavers to a tributary of the River Meon. These fascinating creatures are natural engineers, known for their ability to restore and revitalize riverine habitats.

Join us for an informative discussion at the East Meon Annual Parish Assembly on 22nd April at 19:00.

Or drop in to East Meon Village Hall on 26th April between 11.30am and 5pm to find out more.

Learn how beavers can:

- Improve water quality and manage flooding
- Increase biodiversity for plants and animals
- Create a healthier and more resilient ecosystem

Unable to attend? A survey will be available near to the public events for you to submit your thoughts and feedback.

Did you know? Beavers are vegetarian! During the summer they prefer pond weeds, grasses and leaves but in winter they eat the bark of trees, favouring willows and poplar.

Jake Barnes SDNPA





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The storms, the river, the floods

Were you in the village on that night just after the new year? When the rain visited? And was a deeply unnerving guest? It fell, and it fell, and it fell. And then fell some more. And a bit later, it carried on falling. The valley was under an armageddon rain assault. At first, on that day (4 January, by the way) it was, oh, OK, so we've got some bad weather going overhead. Then, it was a bit like, ha, it's not really going to stop... A bit further into the afternoon the residents of the High Street and Workhouse Lane began to frown and pace up and down and look out of their windows, checking their weather apps. And still it fell.

When the rain falls in this somewhat violent manner, we can feel quite cosy in our houses, as we look out into the gloom. But on this day and night, there was nothing cosy about having to phone Southern Water and request more sandbags (because they'd been requested a few weeks earlier in November, and a few months earlier, in January and February and April 2023) and wonder whether the walls of the River Meon were going to be breached.

The nervous, continuous checking of the weather apps didn't offer comfort. The spread of a thick rain cloud dominating the entire phone screen.

Water-water everywhere - from up near Butser and the hills on the way to Clanfield - it gallops downhill and finds its way into the river. The river fills up rapidly. The water then swells down through the village, spilling out of gutters, gushing out of drains, and literally exploding out of manholes. On this particular day and night as the rain didn't stop bombarding the valley, the river rose and rose and rose. And then, rose some more. The measuring stick beside The George was submerged at about number 6 (or at least 4 steps were submerged) by the raging (yes it was raging!) water. You wouldn't want to fall into that flow of water. It's a powerful thing to watch.

Then there are the floods. Frogmore. The High Street. The Cross. Workhouse Lane. Submerged. Water everywhere, over wellies, spewing out of the drains, swamping the allotments and backing up the sewage system. Particularly unpleasant is the "hydraulic overload" which takes place every single time there is heavy water fall over East Meon now, meaning that the sewage farm on the west of the village essentially cannot process the quantities of water and it then backs up. Did you hear your toilets and sinks gurgling? Did you see the "rags" (this is the polite word for toilet roll and 'content' from the sewage drains) on the roads? Hydraulic overload in action.



What happens to the fish when the river is that full and fast? The two trout who live under the bridge on The Cross, do they get washed away? And then have to swim all the way back home? What about the voles and the egrets and moorhens?

It feels like with global warming we are in for more and more of these storms, sadly, and that we will have to learn to live with and adapt our homes, pipes, roofs and wellies so we can, like the trout, swim back upstream to home after the rain stops.

CdeL.



Mink Monitoring, Otters and Footprints in the Clay

The Meon matters to many of us, and - having freed some space in my diary last autumn - I was happy to see and respond to a South Downs National Park advert for volunteer river wardens at the end of last year. The job turned out to be helping a small team who monitor whether mink are lurking to eat the water voles that have been reintroduced to our river (as described by one of the rangers in this issue).

The monitoring is done by floating rafts in locations on the river with a tunnel structure in which a clay pad is set. The tunnels attract many inquisitive rodents and some larger animals, who leave footprints that can be identified by those more expert than me. Every fortnight the clay pads are inspected by our team to see who is around. This takes around six hours of driving, walking and wading to some delightful Meonside locations (and an adjacent ramble on the Rother, which has a couple of rafts). There are additional rafts monitored for mink and water vole droppings by landowners and volunteers.

Happily the Meon has been mink free for some years now, which is one reason why the vole population is thriving – though voles are fine food for owls and other predators. Proof of vole presence is everywhere in both footprints and droppings (you will be delighted to hear that I can now identify vole excreta). What I found exciting is that we have clear evidence of otters in the Meon, with probably three females between East Meon and Titchfield, where the river meets the sea.

My limited and non-expert research suggests that the non-native mink has been endemic in UK for many years, probably through escapes from the now banned mink farms. They are extremely destructive of native wildlife and significant progress is now being made in controlling them. A successful recent trial of a new cost effective trapping system in East Anglia has been declared a success and those running that program feel there is now a good case for extending that nationwide.

The challenges on the few trips I have made have been the exceptional rainfall, which can damage or beach the rafts, and certainly makes waders necessary for at least one of the team.

Andrew Hughes



Source of the Meon

The source of the Meon looks lovely on a bright March morning. Its spring is a deep hollow just beyond South Farm under Butser, tangled with trees, containing a deep large pool. The river emerges from this fully formed, ready for its 25 miles trip to Titchfield Haven through Frogmore, East Meon and on to West Meon where it turns south.



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River Fly Monitoring - Messing about on the Meon

In November last year four East Meon Nature Group volunteers attended a workshop run by The Riverfly Partnership. And lucky for us it was held just down the road in Warnford. The practical part of the workshop was held in the River Meon, which runs through the village.

The Riverfly Partnership is a network of organisations, representing anglers, conservationists, entomologists, scientists, water course managers and relevant authorities, working together to: assess and protect the water quality of our rivers; to further the understanding of river fly populations, and actively conserve river fly habitats. The amount and variety of species provides a useful insight into the health of a river. The recording schemes, established by the national recorders for caddisflies, mayflies and stoneflies, celebrate the common ground that exists between the three groups of insects.

The day of the workshop was attended by various groups, individuals who fish various rivers, amateur conservationists like us, but mostly by those who work on the land and manage rivers. The morning consisted of a very comprehensive overview of the methodology through short presentations and practical demonstrations from Richard and Matt, our very knowledgeable coordinators.

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After lunch came the most exciting part (not just the wearing of the wobbly waders and the use of a huge net), down to the river we went fully equipped to put our expert tutoring and guidance into action. As volunteers, we were proficiently trained to collect and recognise certain groups of river invertebrates that are easily identifiable at the bankside, before returning them to the river. We all found the discoveries both exciting and astonishing. Who would have thought we would come away from this experience with a fondness for the Cased Caddis?

After the recent weeks of rain, at times torrential, making the River Meon rise and run swiftly through the village, the perfect day dawned. On the first day of February, on a sunny and calm afternoon, the four of us made our way to our main testing site (with permission sought and kindly granted from the Bereleigh Estate). We were equipped with our waders, a large bucket, viewing tray and sampling net. The “kick method” to gather samples in the net, well remembered from our training, implemented and samples carefully taken.

It must have been a strange sight to anyone passing to see the four of us knelt over a tray armed with a teaspoon and a turkey baster (don't ask!), taking small sub samples and getting excited about being able to catch and identify the target groups. And yes! we found that the Cased Caddis was plentiful and still just as amazing, the tiny and vigorous freshwater shrimp always outnumber the rest of the target groups. This is where the turkey baster came in handy to sweep them up and allow us to catch and identify the remainder.

With our first recording sheet complete, and very happy with our findings, we headed home feeling very satisfied with our afternoon's achievements. Despite our aching backs and knees (must remember the picnic table next time!) and we won't mention the slip into the river and having to be pulled out of the muddy silt (waders came in handy), who said retirement can't be fun. We can't wait for next month!

Fran Lunn



Water voles on the Meon

Before taking up my new role with the Central Downs team, I wanted to reflect on some excellent work that was accomplished this past summer. In a five-year project launched in 2012, the South Downs National Park, alongside the Meon Valley Partnership, reintroduced over 2800 water voles into the Meon Valley. By 2018, they were successfully breeding at 30 locations. With continued surveying since 2019, we were able to confirm their ongoing presence and expansion along the river Meon.

Across the summer of 2023, our water vole contractor Rowenna Baker was commissioned as part of the monitoring program to survey 28 sites, with assistance from Western Downs volunteers and staff. Water vole signs were found at all but one of the surveyed sites, with breeding signs at a whopping 89% of these. Along with the recording of presence/absence of water vole signs, a qualitative description of the habitat for each site and an assessment of the habitat suitability of observed banks was undertaken, allowing us to present future management recommendations to landowners. The surveys concluded that water voles were present and breeding in sub-optimal habitat suggesting that the population along the Meon is doing well enough to be colonising less favourable habitat. In addition to regular American mink monitoring and the removal of other invasive species like Himalayan Balsam, these surveys contribute to the thriving populations of water voles on the Meon.

Jake Barnes, Central Downs Ranger





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Whitewool Stream

As you may know, the River Meon wends its way from East Meon through the beautiful Hampshire countryside to find its exit into The Solent at Hillhead. What you might not know is that there is a tributary joining the river at West Meon known as Whitewool Stream. It is this tributary that our farm (Whitewool Farm) surrounds.

The farm is a traditional dairy/arable farm supplying milk to Sainsbury's. Over the years our family have diversified the farms activities.

Way back, in the 1980's my father, being a forerunner of the diversification trend, developed Meon Springs Fly Fishery by re-establishing the lake that you see in the picture. This has become a haven for those seeking time out in the countryside pursuing the peaceful activity of fly fishing along with club banter and frequent cries of "That Big!" as they describe the size of the freshwater trout they have just caught.

On closing the intensively run pig unit in the late 1990's the farm converted a number of buildings to self storage, this being a low impact business that has served the local community for the past 20 years.

And over that time, the farm has also landed a number of Mongolian yurts and shepherd's huts in the valley to form Meon Springs Yurt Village and Shepherd's Huts. These have proved popular. With the yurts being a haven for those with young families, who wish to explore the countryside. And the shepherd's huts; – well, they are primarily for couples and we find that one partner generally spends most of their time catching fish on the lakes, whilst the other partner prefers to kick back and read a good novel, whilst relaxing inside or outside their hut. And when they're feeling really adventurous, they might wander over the hill to East Meon for a pint in one of the two local pubs.

And, of course there are challenges. Producing food to the requirements and volumes that the modern marketplace requires to be economically sustainable and matching that with the needs of nature and the environment is challenging. That said, we see it as a positive challenge and have taken great strides in integrating permaculture principles and regenerative farming practices in the way we run the farm. It seems to me that government have a lot of schemes for farmers to stop farming and much less support for creating good sustainable food systems. Yet as a society, we need food and we need nature. Finding ways to support both would be exemplary.

Alison Butler



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Parish Council Annual Report

Hampshire County Council needs to fill a £132 million budget gap and aims to cut back on virtually all non-statutory services. Similarly East Hampshire District Council plans to reduce the services it currently delivers. Meanwhile, parish councils are expected to continue to provide for their local areas and indeed to take on some of the responsibilities previously funded by the District and County.

As you are no doubt, aware, we receive an annual precept which is collected on our behalf by the District Council and is paid by residents in addition to the County and District taxes. You can see how this is spent by looking at the accounts online. None of your councillors is paid, our clerk receives remuneration for 10 hours a week (but often does more!) All the time given by your councillors in work they do to benefit the village is voluntary.

As the first tier of government, we can be the first point of contact for anyone concerned about a community issue. Our task is to do what we can to improve local services and amenities. But we can't do everything and are increasingly relying on volunteers within the community. We last year appointed a rights of way warden - Brian Biggs, who every two months produces, a detailed report on all the Byways Open to All Traffic (we have 11) in the parish which is sent to HCC for them to act on. In the autumn, our tree warden John MacKinlay stepped down, and we will remember with gratitude all his advice and hands-on work including planting trees (not least the Coronation Tree, and Platinum Jubilee Tree). His role has now been taken on by Richard Dampney who continues the tradition of looking after the parish's trees and advising the Council. Most notable of these is the ancient, Yew at Frogmore which we are told is very old and has been registered as a "Notable Tree" with The Woodland Trust.

Other volunteers come forward to help with litter picking and cutting of The Glebe Hedge and car park hedges. We greatly appreciate all the work carried out by Alastair Dudley Williams around The Green and allotments. We also have East Meon Nature diligently recording and protecting our toads, newts, river fly, hedgehogs and birds and TWiG (Tree Working Group) planting trees and hedges on Parish land. TWiG's focus in the past year has been keeping the newly planted nature hedges along The Green and the Recreation Ground healthy through watering, weeding and keeping down brambles. For the coming year, the South Downs National Park has provided 4 Elm saplings

(cloned from trees with a high resistance to Dutch Elm Disease), for which the TWiG team is looking at suitable planting sites, including possibly some areas around the football field.

For the first time The Hampshire Monday Group did some volunteering for us. We purchased all the materials needed and they sanded down and repainted all the railings in Frogmore and did a fantastic job. They also cut back some undergrowth along the footpath from Frogmore Lane to the Recreation Ground. Each year the SDNPA Volunteer Rangers come and clear the river of willow herb. This November was one of the wettest days of the year ... but still they came and over more than 4 hours removed all the excess weeds. We also have our Lengthsman who is paid by HCC to work for 40 hours a year in the village. He cuts back hedges and nettles on footpaths, cleans village signs and clears ditches and footpaths.

During the past 12 months we have been able to secure grants to contribute towards resurfacing the All Sports Court (total cost £14,300) and the purchase of two trees and stone plaques to commemorate Queen Elizabeth's Platinum Jubilee and The Coronation of King Charles III.

General maintenance consumes most of the precept, grass cutting, repairs to the 2 children's play areas and the football pavilion. As you may have heard the pavilion suffered a major leak last winter. This necessitated a mass of remedial work which was at last completed in the summer, funded largely thankfully by an insurance claim. We purchased new football nets for the pitch for the use of villagers. We have arranged for the path across The Green to be replaced with something flatter and wider to suit both old and young alike, with work scheduled to begin in the spring.

Sadly ash die back is rampant in the parish. We commissioned a detailed survey which identified trees which needed attention in the short and medium term and are in the process of getting the required work done. We are having to take down the Rowan on Washers Triangle and will be removing all the ivy and dead wood from the Frogmore Yew.

The allotments at both Frogmore and Workhouse Lane continue to be popular and are well cared for. We have introduced a new charging system so that now the cost of water consumed is shared by all allotment holders at each site.

Sadly Harvest FC have moved to a ground nearer where all the players live and we are actively looking for a new club to take up residence. We are hopeful that we have found the perfect team but need to sort out finances. We cannot run the pitch at a loss.

Although it may seem unimportant we have after 7 years of correspondence at last registered formal ownership of both the Recreation Ground and the Frogmore Allotments. We knew that they were owned by the village it just took time for the Land Registry to accept this!

And now on to sewage which continues to be a major problem, bubbling up from manhole covers on Workhouse Lane and in residents' gardens whenever we have heavy rain. Southern Water has at last started to take our complaints seriously. I have already written about the issue of FOG (Fat, Oil and Grease) blocking the main sewer and now have SW regularly jetting the whole stretch to the Water Treatment Plant. Here I need to pay tribute to Mike Critchley who in all weathers is out recording videos of sewage as it leaks onto the street so that these can be sent to SW.

2023 saw more planning applications than the previous year, mostly due to an increase in changes to dwellings. 2023's applications are broken down as follows :

2023	No objection	No objection with comments	Objection	Total	Total last year
Dwellings	16	18	0	34	27
Trees	10	1	0	11	9
Farms	0	0	0	0	2
Other	3	0	2	5	3
Total	29	19	2	50	41

The Planning Committee visited the sites of all applications, no matter how large or small, before submitting a response. Details of the Parish Council's comments on all East Meon planning applications can be accessed via the SDNPA planning website : <https://planningpublicaccess.southdowns.gov.uk/online-applications/>

The 2 objections were to an application to erect a storage building and other facilities on a plot of land on Westbury Park (not related to Westbury House), and to an application to install a 60m communications tower near the reservoirs by Wether Down Lane (both applications are still 'in progress').

Building work on the development of 12 new homes on Coombe Road is almost complete (at last!). We were very disappointed that no affordable homes provider was interested in taking on 6 of the dwellings for social rent. This raises questions about how continuing to require new homes in small villages such as East Meon can support the SDNPA's (and Government's) objective of providing more social rented housing. The Parish Council has worked with SDNPA planners to insist that conditions placed on the development are met, especially with respect to drainage, landscaping and land set aside for nitrate mitigation.

The SDNPA asked Parish Councils to prepare a Parish Priorities Statement (PPS) as part of the evidence base for the review of the South Downs Local Plan. The Parish Council prepared and submitted its PPS, with great support and input from our community (thank you!). Our clear message was that our infrastructure (sewerage and roads) and protection of the River Meon need to be given priority over yet more housing development, at least in the medium term.

In addition we have given feedback to East Hampshire's Local Plan as part of their consultation. Although we are outside the scope of this Local Plan regarding housing, we are impacted by, for example, increased traffic resulting from development in areas south of East Meon.

Finally I would like to record my thanks to all the Councillors for their work over the past year. My especial thanks go to David Cooke and Sharon Sillence who stepped down after, in Sharon's case 8 years and in David's an astounding 23 years on the Parish Council. They will both be much missed. Their places have been filled by Trudie Lang and ?????????????? both of whom will, I am confident, prove to be equally capable and dedicated members of the team.

Last but not least my thanks go to our very efficient and patient clerk, Sam for going above and beyond in everything she does for us!

Susan Davenport
Chair East Meon Parish Council



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Parish council



Annual Parish Assembly

Monday 22 April 2024

7.00pm in East Meon Village Hall

Come along to hear the Parish Council, District Council and County Council reports for East Meon Parish

Questions are welcome from residents.

Guest Speakers

David Pepper on the Village Hall Plans

and

Will Atkinson and Jake Barnes (SDNP Ranger)

'The Meonside Beaver Project'

All Welcome

Cheese and Wine will be served after the meeting.



Forbes Almshouses Vacancy Church Street, East Meon

A vacancy has arisen in the Forbes Almshouses. No. 2 consists of living room and kitchen downstairs and bedroom and bathroom with WC upstairs. Residents pay a monthly maintenance charge but occupy as beneficiaries of the charity, not as tenants, and accordingly pay no rent.

The almshouse will be available for occupation in April.

Anyone applying for residence will be considered for suitability on grounds of age, health, character and resources, and should have lived continuously for the past two years in the parishes of East Meon or Langrish.

Anyone interested in applying for residence should contact the clerk to the trustees, Mrs Geraldine Lacey, on 823451 or email geraldine.lacey@talk21.com for more details and an application form. Applications should be received by 15th March 2024.

The Trustees 2024

EAST MEON GARDEN CLUB

The East Meon Garden Club kicked off its year of events with the Annual General Meeting on Monday, 5th February 2024.

The Treasurer's report highlighted the robust membership base, which will ensure the continuation of an engaging events program featuring talks, garden visits, and experiences. Thanks to the success of the 2023 Gardens Open Day, the club was pleased to donate £500 to the Rosemary Foundation.

The Chairman and committee were re-elected to ensure continuity for another year.

In Any Other Business, Libby Swayne proposed advance payment for Garden Visits to provide accurate attendee numbers to hosts and this has been adopted by the committee.

Following the AGM, Wilf Simcox delivered an engaging talk on "Growing in a Small Glasshouse," His insights focused on the importance of ventilation, hygiene, and using space wisely.

- Ventilation: a sixth of the glasshouse should be air vents to allow the exchange of warm internal air with cooler air from outside
- Hygiene: remove algae, moss and grime to let in more light and clear away pests
- Space Management: to maximise plant health and productivity grow only what you have space for

On Monday, March 4th, we had Pauline Weeks, who gave a talk on "You, Your Garden, and Climate Change."

Pauline believes that gardeners are key to creating healthy environments for wildlife to thrive. Our small decisions can collectively make a big difference. She called soil "living gold" and advocated a no-dig approach. She also urged us to opt for peat-free alternatives, recommending SylvaGrow by Melcourt as an eco-friendly option. Pauline also warned of "greenwashing" tactics employed by companies, cautioning us to be vigilant about misrepresentations of product benefits.

"No Mow May," Pauline advised: commit to either mowing or abstaining from mowing for the entire season. She highlighted the importance of keeping a balance between mown and unmown areas, as certain bee species (mining bees and solitary bees) rely on short grass habitats for nesting.

Looking ahead, the next events are:

- **Monday, 8th April:** "Heavenly Hostas," by John Baker and June Colley.
- **Wednesday, 22nd May, 2:30 pm:** Garden visit to The Manor House, Upton Grey (Nr Odiham).

And in anticipation of the Annual Garden Show on Sunday 11th August, have you considered entering a chutney or pickle? If you get started now the flavours will have time to mature and mellow. Your chutney or pickle will need to be stored in a cool, dark dry place for at least 3 months before sampling - which means it should be delicious by August. The full Show schedule is coming soon to the Garden Club website.

East Meon Garden Club is very welcoming to new members looking to join and embark on a journey of horticultural discovery and to meet fellow gardeners. www.eastmeongardenclub.com



School Celebrates World Book Day

On Thursday 7th March, East Meon Primary School enjoyed celebrating World Book Day. Children and staff came to school dressed up as characters from different books. The costumes were amazing and we had characters from the Gruffalo, different Disney princesses, Harry Potter and some Marvel characters.

In school, the children did different activities around books. They all shared books in class, played games, including Where's Wally and book Bingo and talked about books they have enjoyed.

It was a great day enjoyed by all.

Cat Olver, Head



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Ancient Oaks – Nature Group

John Mackinlay left his imprint on our village in many ways. Family man, soldier, teacher and artist, he was also the village Tree Man. He was Parish Council Tree Warden and a driving force for our Tree Working Group (TWiG). Recognising the sad inevitability of global warming, he championed tree-planting to provide shade for our children in the hotter times to come, habitat for hard-pressed wildlife and carbon capture. And we have planted trees. Like the magnificent ancient oaks around us that John so loved, his vision remains our inspiration.

Recent months have borne out John's concerns about global warming: butterflies broke hibernation in early February; Hazel, Blackthorn, and other plants flowered a month early; and toads and newts similarly migrated to local ponds very early. You may have spotted the Nature Group's evening toad patrols on Coombe Road. The migration finished before the end of February and we rescued 692 toads and 245 newts off the road, releasing them by their breeding pond.

Repeated warm winters carry enormous risks for us and our natural world. Populations of pollinating insects are collapsing and the unseasonal warmth threatens their survival as diseases and parasites prosper. Late frosts will kill prematurely awoken insects as well as the blossom on our fruit trees. What we do in our gardens and how we manage the intensive agriculture on which we depend for affordable food are important here. Farmers cannot be expected to adopt farming methods that will make life easier for wildlife if we won't pay the premium and instead buy food not sustainably grown. There is a clear link between what we put in our shopping trolley and the health of our natural world.

In the coming months, we will start our butterfly count again; we will maintain our hedge and tree plantings and we will plan further plantings to restore habitat around the village. You have been generous in helping with these projects in the past. Do please join us again this year. For more information, contact us at eastmeonnature.com.

In my darker moments, I wonder if I made a mistake being born a human. Asked which animals are best equipped to survive the climate crisis, the molecular biologist, Julie Gray, mused: "I don't think it will be humans. I think they will go quite early"

So, what should I say when the Hindu god Isvara asks me how I would like to be reincarnated? Well, if it's about survival, then I've got to be a cockroach. Google these little creatures and you'll find the first 30 entries are pest control agencies. The cockroach has got survival mastered. The breeding cycle of the cockroach is so rapid ($2+2 \times 365 = 400,000$) that it can evolve to adapt to climate change with mind-boggling speed. We are not adapting fast enough.

Jonathan Iremonger

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Nicholas Winton. One Life.

EAST MEON CINEMA

Come along to East Meon Cinema's final film of the spring 2024 season!
Friday 26th April – ONE LIFE
(Cert PG, 110 mins)

In 1938, on the eve of World War II, Nicholas Winton, an ordinary stockbroker, became a hero when he coordinated the transport of hundreds of children to safety as the war began. One Life becomes partially a memory piece, as the older Winton (Anthony Hopkins) comes to terms with what he did in his youth, and partially a war movie, as the younger Winton (Johnny Flynn) races to save more lives. With Helena Bonham Carter as Winton's mother.

The film will be screened in East Meon Village Hall.

The doors and bar open at 7pm and the programme will start at 7.30pm with a 'short'. There will be a brief interval for ice creams and drinks refills then the main feature will begin at about 7.50pm.

Tickets are £6.50 each and can be bought:

- in person at East Meon Village Shop (cash or cheque, no booking fee)
- online at www.ticketsource.co.uk/east-meon-cinema (small booking fee applies)
- on the door on the night (subject to availability, card, cash or cheque)
- by emailing eastmeonmoviola@outlook.com to reserve for collection and payment on the night (your email will be acknowledged to confirm the reservation). Please note that the seating is not allocated.

We'd like to thank you for your support over the 2023/24 season. Since September we've shown eight varied films, including Oppenheimer, Barbie and The Great Escaper. All the films have attracted a great turn-out, so thank you for that.

We'd love to hear your thoughts on the past year's programme, what you like about the film sessions or what prevents you from participating. Please email eastmeonmoviola@outlook.com with any feedback.

We'll be back in September with an exciting new programme. Make a note in your diaries for the last Friday of the month from September to April.

The East Meon Cinema Team

East Meon Arts

After a break for the winter months, East Meon Arts restarts its programme of events with a talk on infectious diseases by Trudie Lang, Professor of Global Health Research at Oxford University and village resident. This will take place in the Church on Saturday 28th April at 7 pm.

Trudie has had a long and illustrious career beginning in the pharmaceutical industry and the Kenya before moving to Oxford University where she has been a professor since 2014 working in the field of infectious diseases. She was part of a team of Oxford scientists developing clinical trials for therapeutics against Ebola in 2014 and has many stories to tell about how the rollout of drug trials in developing countries such as Liberia can work best where, for example,

there is mistrust of health services. She can also talk about how her experiences, particularly in West Africa, have informed research on clinical trials in complex situations such as refugee camps, natural disasters, and displacement of populations. Having come through a pandemic ourselves Trudie's talk should prove of interest to all of us.

Please come and support this talk. It should be a fascinating evening as well as a well needed fundraiser for the Church.

Kati Whitaker



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The Hall OverHaul

Our fabulous Village Hall reaches its 50th anniversary this year. It stands as a symbol of our community and shared memories. To ensure it remains a vibrant hub for us and future generations, we seek your support as we plan the "Village Hall OverHaul". We are keen to gather input and share ideas to ensure the refurbishment plans reflect our shared vision so that it will benefit our entire community.

The Village Hall is already a hard-working space with a huge diversity of activities going on throughout the week from Pre-School and Nursery, to badminton, pilates, garden talks, coffee and cake on Fridays, and as a venue for weddings, christenings and celebrations. And the revitalised Village Hall will continue to be a space for everyone.

However, it needs improvement. Here's a rundown of just some of the work that needs to be done:

Urgent repairs required to fix the leaking roof and repair the roof structure. Cut costs and save energy by insulating the roof and external walls and replacing doors and windows. Renew the elderly electrical installation.

Improvements would make the Village Hall would work better for its users and volunteers. Key among these improvements would be upgrades to the washrooms and the creation of child sized toilet facilities for the Pre-school and nursery. Enlarge the kitchen, replace the end-of-life heating system, renew the hot water system, improve the lighting, acoustics and PA system, create more storage space and improve ventilation.

Enhance the Village Hall - the work that will harmonise with our beautiful village setting and make the Hall an even more desirable location for people wishing to hire it for their events. This would include improving the external appearance, improving the internal layout, and creating more hireable space.

The artists impression (huge thanks to Amy Lague) of how the refurbished Hall could look, paints a picture of an eco, sustainable sophisticated building, with wood cladding reflecting the heritage architecture of our rural setting - a wonderful combination of old and new.

From this....



To this...



Progress is already being made – the Pre-Application for planning advice has been submitted to EHDC with the architect’s new plans supported by the artist’s impression, reports on ecology, trees, the Design & Access Statement and landscape information.

There will be a Consultation Drop In from 10 to 12 on Saturday 23rd March in the small hall when you will be able to see how the project is progressing. It’s so important the whole village is involved in supporting and delivering the Hall OverHaul.



To make this plan a reality, we need to raise significant funds. EMVH is a recognised charity, and accepts donations with gift aid, but in addition there will be a diverse range of fundraising events - we would appreciate your support. Huge thanks to the fabulous Car Wash Crew - Doug, Dave & Craig - for raising £414.10!

Binging our village hall up to date is a huge undertaking, and I ask every villager, young, old and everyone in-between to be part of this project. Ultimately, it’s not just about upgrading the building, it’s about investing in the heart of our community and building a foundation for the next 50 years.

David Pepper



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Celebrate Spring at the East Meon May Fair Saturday, 18th May 2024

Get ready to mark your calendars because the East Meon Fair is back, and it's happening on Saturday, 18th May. This event is not just a fair; it's a celebration where the entire East Meon community can come together to socialise, revel in tradition, forge new friendships and have a great time.

Dating back to medieval times, the East Meon Fair has been a cornerstone of the community's social and economic fabric. It would have started as a marketplace where locals would be able to trade goods, livestock, and produce, and over time evolving into a vibrant gathering featuring music, dancing, games and sporting events and drawing crowds from across the county.

Highlights of the Day:

- **Great East Meon River Boat Race:** Kicking off the day's festivities is the very competitive and exciting Great East Meon River Boat Race. Bring your boat and register just outside the Issac Walton from 11 am. for a thrilling white water race.
- **Food, Drinks, and Fun:** Head over to The Green from 12 pm onwards, where an enticing array of food stalls and a bar featuring local brews will be open. From savoury pies to sweet treats, there'll be something to tempt every palate. Plus, don't miss the traditional tea party from 3 pm.
- **Maypole Dance and Sports Events:** Watch as the May King and Queen lead the children of East Meon Primary School in a delightful Maypole dance on The Green. Afterward, get ready for some friendly competition as the Sports Day races begin.
- **Live Music and Festivities:** As the evening sets in, join us for live music featuring some of East Meon's finest musicians. It's the perfect way to cap off a day of celebration and community spirit.
- **Village Hall's 50th Birthday:** This year holds special significance as we celebrate the Village Hall's 50th birthday. Let's make the most of the day by coming together to honour this milestone and be sure to stop by the visual guide showcasing the proposed overhaul of the Village Hall. Your feedback and willingness to lend a hand will be invaluable in shaping the future of our village.

Don't miss out on this opportunity to celebrate spring, connect with neighbours, and create lasting memories at the East Meon May Fair. Save the date, spread the word, and let's make this year's fair the best one yet!

If you would like to get involved to help make the fair a success, please volunteer by contacting chair@eastmeonvillagehall.co.uk.

The success of the May Fair relies on the participation and support of the community.

The schedule will soon be on 'EastMeon VillageHall' Facebook page. Add the hall as a friend to keep in the know with all the latest information!

David Pepper

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GREAT EAST MEON BOAT RACE 2024: Notice of Race

The 3rd annual edition of the Great East Meon Boat Race is **open to anyone** with a connection to East Meon and will be held during the May Fair on **Saturday 18th May** with registration, scrutineering and start outside the **Izaak Walton** pub.

Entries/classes

This year 3 types of craft will be eligible:

Class 1. Based upon standard **2-pint PET milk container**. All **other parts up to you** but must be adequately attached and **no glitter**. Boats should be **marked or decorated** so they can be identified.



Class 2. All craft must fit within a **'box' 26cm x 10cm** and should be made from recycled/upcycled materials. All small parts should be adequately attached. **No glitter** allowed. **Imagination and ingenuity** encouraged!

Class 3. Unlimited. **No size constraint** other than it should be **able to float down the river**. **Imagination and ingenuity** essential! Recycled/upcycled materials with all small parts firmly attached and **no glitter**. You can push the boat out here. **Big is beautiful!**

Prizes will be awarded for **best boat** in class, **first boat** in each race and **'most deserving'** in the eyes of the Organisers'!

Note: All boats **will be inspected** and may be refused entry if they do not comply with the class rules. **Good luck and get building!**

"England expects everyman to do his duty!"

Womens' Institute Report April 2024

Our next meeting on 8th April 2024 at West Meon Village Hall will be our Annual General Meeting and it will be run by Kathy Winter from W.I. County Headquarters. We need nominations for Committee members and our present Officers who are standing again will need to be approved by our members. We are having a flower arranging competition on the 8th and the subject will be a small jug of flowers from your garden. We hope to have lots of entries and they will be judged by Kathy.

We had a very different style of talk at our meeting on March 11th, which was entitled 'The Body Through the Porthole' by Steve Herra, where we, the audience, played the jury at a murder trial! This was a true story set on the Durban Castle on a 15 day voyage to South Africa where one of the passengers, a young actress, disappeared from her cabin and one of the ship's stewards, James Camb, was accused of her murder, although her body was never found and it was assumed that her body had been disposed of through her cabin porthole. Steve asked each of the W.I. members present their opinion of whether James Camb was guilty or not and he certainly did not get a unanimous decision. In 1948 James Camb was tried in the Great Hall at Winchester, and the Jury were out for only 45 minutes before coming back with a guilty verdict. He was sentenced to death, but this was changed to life imprisonment for 20 years, after which he was released on licence. We all thoroughly enjoyed our afternoon.

Looking forward to seeing you all at the AGM on 8th April.

Sue Kinlochan

Church Changes

The Reverend Anthony Forest has now been Licensed as Priest-in-Charge of Langrish, East Meon, West Meon and Warnford. A message from Father Tony for Meon Matters readers.

I am delighted to have been asked to write a couple of lines for the Meon Matters. The invitation comes soon after being officially welcomed into the Upper Meon group of parishes as the Priest-in-Charge.

My wife, Linda, Jennifer, our daughter – then a toddler, and I first moved into East Meon in December 1999 when I was working at TPS. Our arrival was soon followed by snow, but sadly it wasn't a white Christmas, but we had arrived in time to enjoy the celebrations to mark the new millennium. We were soon welcomed into the village and the church made us very welcome indeed. We remained in East Meon until July 2011 to take up ministry in Portsmouth, following my ordination in June.



We have come, over the years, to love the Meon Valley, so having served in Portsmouth for four years, we were delighted to take up ministry in Exton, Meonstoke, Corhampton and Droxford as Rector of the Meon Bridge Benefice. And now, it has been with particular excitement we find ourselves able to remain in this beautiful part of the world. The communities that make up the Upper Meon group of parishes are very special, and as much as we love the countryside and fine church buildings, it has been the people we have met that convinced us that we shall be very happy with you here again.

We were so moved at our welcoming service, led by the Bishop and Archdeacon, on 21st February, when All Saints' Church was packed with over 200 local clergy, family, former parishioners and friends from Portsmouth and the Meon Bridge Benefice, and, of course, so many people from all four of our local parishes. The evening was topped off with wonderful conversation, food and drink in East Meon Village Hall. Thank you so much to all those who came to the service, all those who fulfilled so many of the important elements of it, all those who helped organise it and look after us, and all those who made the gathering afterwards such a lovely event. THANK YOU!

I would just like to mention a few verses of John's Gospel. You may well recall that John 15.9-17 calls us to love one another. We can only do that if we get to know each other and marvel at what God has been doing in the world and in each one of us. The verses also remind us that God has chosen us all to be gathered in a particular place. Linda and I are very much looking forward to the years ahead of us with you and receiving God's gift of getting to know you all better and reacquainting ourselves with all those who remember us and have welcomed us back as old friends.

Christians try to remember that God always knows what he's doing! Unwelcome as it can be to begin with, we can and do come to accept change. Although, exciting times can sometimes seem a bit too exciting and uncertain, God has his hand on this place, and God is faithful. So, we are delighted to answer his call, to change what we have been doing, and to be back with you in the place we came to love almost a quarter of a century ago.

From Fr Tony



2023 Church Flower Report

2023 has been a quieter year for weddings but there have been some other interesting events and occasions.

The church at Easter was beautifully decorated and there were more lilies than ever which is a wonderful way to remember loved ones.

The Coronation was well celebrated in the village and the church looked magnificent with arrangements in red, white and blue.

In June, we had a demonstration at Bereleigh from Amanda Wyatt on flower arranging without oasis. Amanda was the inspiration behind the magnificent Flower Festival in Privett Church in May. This was a fascinating morning and we were all inspired and excited about the prospect of using sphagnum moss instead of oasis. Amanda is a very talented lady with many great suggestions, so as a result of her session, some of us met at The Court House to put our new found ideas to the test.

The moss is easy to wire and arrange in and although it was regularly well watered, the flowers did not seem to last as long as they usually did, so maybe that is not the answer for church flowers that normally last a week or two. It was also obvious that any arrangements done as paddles for the walls or lychgate, needed to be done in oasis as the moss would not hold them in place. Moss is obviously ideal for arrangements that only need to last a day or two.

In November Sue Wright attended another demonstration in Petersfield where the emphasis for arrangements was wiring. We seem to have done a full circle back to the days before oasis! We will certainly try and use as little oasis as possible in the future – bottles, boxes and tins are great and we will continue to experiment with other vessels.

Harvest Festival brings together other parts of the community with a fabulous windowsill created by the Garden Club and contributions from the school and the nursery school. We really appreciate their contributions.

We finish our flower arranging year with Christmas. This year it was relatively simple with a lovely tree and mainly foliage and berries.

I cannot thank the flower ladies enough for their continued help and support – whenever a request goes out for help I am overwhelmed by the speedy responses.

New talent and ideas are always welcome so please do get in touch if you would like to join in the fun!

Philippa Tyrwhitt-Drake





Please do join us for our 2024 Easter Services and Events in the Upper Meon Valley Benefice

Monday 25th March 7.00pm Holy Week Compline Service at Warnford
 Tuesday 26th March 7.00pm Holy Week Compline Service at Langrish
 Wednesday 27th March 7.00pm Holy Week Compline Service at West Meon
 Thursday 28th March 7.00pm Maundy Thursday Eucharist at East Meon

EASTER SUNDAY 31st March

All Saints' East Meon	8.00am	BCP HC
	10.30am	Family Eucharist – Fr. Tony Forrest
St John's Langrish	10.30am	Family Eucharist – Rev Terry Loudon
Our Lady, Warnford	10.30am	Family Eucharist – Bishop Ian Brackley

BENEFICE WALK LANGRISH TO WARNFORD GOOD FRIDAY 29th March

9.15	Meet at Langrish	
9.30	Leave Langrish	
10.45 – 11.15	East Meon	Coffee and hot cross buns
12.45 – 1.15	West Meon	Soup and roll
2.00	Warnford	Tea and cake
2.30	Service at Church of our Lady, Warnford	

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Putting Poo to Good Use

Apologies to all who have had to endure the smells of the sewerage sludge over recent weeks. The trucks have been delivering tons of treated sewerage to the farm, which happens in the spring and autumn. You'll be glad to know that many of you are partly to blame for it because obviously it comes from us humans and has to be disposed of.

Clearly, spreading it on the land and improving the crops is much more beneficial than pouring it into the streams and rivers, so the water authorities cook it up, deliver it and spread it. It is high in organic nitrogen so we, as farmers, save money on fertiliser and it is better for the environment and our soil.

Despite the dreadful wet weather, the heaps of poo are ready and as soon as we get a dry spell, it will be spread, cultivated and then our crops will be planted into the fertile ground.

There's not much else going on with farming at the moment due to the wet - but we have been busy processing logs from our dead ash trees, so if anyone wants bulk bags of firewood then please contact the Bereleigh office - wt-drake@bereleigh.co.uk

Tom Tyrwhitt-Drake, Bereleigh Estate



The Pantry

Some of you may have seen that our new Farm Pantry has opened on the East Meon to Clanfield Road, at Lower Farm. The idea had come after many conversations with you about the lack of fresh, locally sourced produce in the village. Having delved into the finances of a farm shop and the time it would take to run it, stock it and the unknown of if it would be a success we put it on the back burner.

Then we got chickens! Chickens arrived and chickens laid, too many for a hungry family of Atkinsons so we thought 'let's sell them at the farm gate'. The response was great, our chickens struggling with demand. So we had proof the concept could work and that is when we ordered a slightly bigger shed!

We have added a freezer with lots of lamb, mutton and goat, plus eggs sold from our fridge, lots of wood products, bird seed and when the spring and summer comes we hope to have huge quantities of veg. We will of course overtime make our selection bigger with local sourced produce off the farm but for now, produce actually on the farm in a wet winter is somewhat minimal!

My hope is this is such a success and the community enjoy it so much we can get the next shed size up. If you haven't visited us already, the pantry is open all the time, payment is by cash or QR code and we will be shortly stocking our freezers again with lamb for Easter.

Will Atkinson, Wilson Atkinson Farms.



History Group Archive of Village Photographs

This is a new item for Meon Matters and assuming it proves popular the History Group is keen to make its considerable archive a regular feature in the magazine.

Serendipity of course played a part in getting us to this point. First of all, Fiona Wyatt gathered together a group of 10 or so long-standing, good-natured residents and former residents to help the History Group put names, dates and places to a collection of archive photographs. Whilst sometimes emotional, great fun was had by all and our 2 hours together rushed by. This is something we will definitely repeat.

And at almost the same time, huge interest was generated across the village in a 1949 photograph (also from the archive) of a lone policeman and bicycle on top of Park Hill.

From here, it didn't take long for the History Group to join up the dots! So please, if you can help us put names, dates and places to these photographs, do email the History Group via the contact page at www.eastmeonhistory.net . For historical reasons, our archive can be found at www.eastmeonhistory.org.uk .

And by chance, if you have photographs of interest you would like to see added to the archive, we will happily scan these and return them to you.

Ian Wesley



CREAMY TROUT, LEEK AND ASPARAGUS RISOTTO

SERVES 4

- 60G BUTTER
- 1 TABLESPOON OLIVE OIL
- 1 SMALL LEEK, SLICED (WHITE ONLY)
- 1 CLOVE GARLIC, CHOPPED
- 150G DICED BUTTERNUT SQUASH
- 1 GLASS WHITE WINE
- 1 TEASPOON CHOPPED OF FRESH THYME
- 300G ARBORIO RICE
- 1 LITRE CHICKEN STOCK
- 200G DICED TROUT FILLET
- 150G ASPARAGUS TIPS
- 1 TABLESPOON SINGLE CREAM
- SALT AND PEPPER TO TASTE
- 1 TABLESPOON CHOPPED CHIVES, DIVIDED
- 70G GRATED PARMESAN

1. Melt 2/3 of the butter and the oil in a pan.
2. Fry the leek, garlic and butternut squash for 1 minute without browning.
3. Add the wine, thyme, rice and stock.
4. Bring to the boil and simmer for about 20 minutes, Stirring occasionally.
5. Gently add and stir in the diced trout, asparagus and cream, plus a little more stock if necessary.
6. Cover and simmer very gently for 3 minutes. Stirring every minute till the rice is soft and creamy and the fish is cooked.
7. Season with salt and pepper. Stir in the rest of the butter and half of the chopped chives.
8. Serve hot, sprinkled with Parmesan and chopped chives.

SERVES 4

BACON CRUSTED TROUT

- 2 RASHERS STREAKY BACON (FINELY CHOPPED)
- 2 SPRIGS FRESH THYME
- 1 LEMON, ZESTED AND CUT INTO QUARTERS
- 50G FRESH BREADCRUMB
- 4 TROUT FILLETS
- 2 TBSP OLIVE OIL

1. Pre-heat oven to 220C/fan 200C/gas 7.
2. Mix the bacon, thyme, lemon zest and breadcrumbs together.
3. Place the fish fillets in a lightly oiled baking dish, then sprinkle a quarter of the breadcrumb mixture over each fillet.
4. Arrange the lemon wedges around the fish and drizzle with the oil.
5. Roast for 8-10 mins until the fish is cooked through, flakes easily and the topping is golden.
6. Serve with steamed veg and boiled new potatoes.

TANDOORI TROUT

- 4 THICK TROUT FILLETS
- 1 TBSP TANDOORI CURRY PASTE
- 500G NEW POTATOES, LARGER ONES HALVED
- 2 TBSP VEGETABLE OIL
- 1 GARLIC CLOVE, CHOPPED
- 1 TSP GROUND CUMIN
- 1 TSP GARAM MASALA (OR GROUND CORIANDER)
- ½ TSP GROUND TURMERIC
- 320G FROZEN PEAS
- YOGURT, CORIANDER LEAVES AND MANGO CHUTNEY, TO SERVE

1. Coat the trout in the curry paste.
2. Put the potatoes in a large pan of cold salted water, bring to the boil and cook for 15-20 mins until tender but still retaining their shape. Drain and leave to steam-dry.
3. Heat the grill. Put the trout fillets on a baking tray lined with foil and cook until tender, about 6-8 mins.
4. Whilst the trout cooks, heat the oil in a large frying pan and add the garlic and spices. Cook for a few mins until fragrant, then tip in the potatoes.
5. Fry for 3 mins until crisp at the edges, then throw in the frozen peas. Cook for 2-3 mins more until warmed through.
6. Season well and serve with the trout, coriander sprinkled over, and yogurt and chutney on the side.

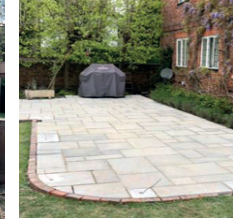
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