



Janet Reuter

October 2020

Autumn is the theme for the lovely golden month of October

As long as Autumn lasts,  
I shall not have hands,  
canvas and colours enough  
to paint the beautiful things I see

Quote: Vincent van Gogh



These three paintings by Vincent van Gogh really bring alive how powerful the season of Autumn can be when we take the time to go out into the countryside and celebrate every minute of what we see before finally the landscape changes into a Winter hibernation. We are still in October and therefore have some lovely days to look forward to. Especially in the UK where of course the gardens of the National Trust are waiting to be explored and admired by their visitors before they also are covered in the Winter fogs and frosts and no longer open. We took a look at the beautiful Spring blossom gardens, now we can have a look at the gardens in Britain, which are reputed to be at their very best at the opposite time of the year. It is still not possible to visit these gardens so easily because of the dreaded virus but maybe I can help you to take a glance at where it will be possible to go in the future. They will still be there waiting for us to enjoy their glory!

## October 2020

### Autumn ( continued)

**The National Trust advises us to find an Autumn garden to feel calm in.**

“Jump in crunchy leaves, discovering shiny conkers and enjoying invigorating fresh air with all the family, autumn is here for us all to enjoy. Take a walk through the seasonal spectacle of oranges, reds and golds at some of the beautiful parks and gardens we care for, and get planting ideas for your own garden”.

### **An apple a day keeps the doctor away!**

This is very good advice as the colder and very often wet months are starting now.

In the golden autumn sunshine, the trees of the National Trust's **200 traditional orchards** hang heavy with fruit. In fact they grow and care for **25 varieties of heritage apples**. Apples of all shapes and sizes, many with characterful names, **Dog's Snout, Cats'head, Pig's Nose Pippin** and many more with glorious histories.



**Dog's Snout**



**Cats'head**



**Pig's Nose Pippin**

English apples and pears are renowned for their quality. The temperate climate is ideal for growing these fruits, allowing them to ripen slowly and develop complex flavours.

**Brogdale** in Kent is home to the **National Fruit Collection**, which includes **2200** varieties of apple and **550** varieties of pear. They host a Pear Day in September and Apple Festival in October every year. There are several thousand apple varieties grown in Britain, the most popular are, Discovery, Early Windsor, Worcester, Spartan, Egremont Russet, Cox, Gala and Braeburn. Many of the British apples originate from the species **malus domestica**, wild apples originally grown in central Asia. The main pear varieties are Conference and Comice.

Apples and pears, are **pome** fruits, grown from spring blossom and harvested from late summer through to late autumn. Pome fruits are members of the plant family Rosaceae, sub-family pmoideae. They are fruits that have a "core" of several small seeds, surrounded by a tough membrane. An apple is higher in Vitamin A, Vitamin E, Vitamin B1, while a pear is higher in Vitamin B3 and Vitamin K. They are equal in Vitamin C and Vitamin B2.

Apples and pears are both delicious when eaten straight from the tree but apples are also versatile when it comes to cooking with them. The most popular recipes in Britain are **apple pie** and **apple crumble** which are both perfect as dessert after a traditional Sunday dinner. Pork is often served with a **hot apple mousse**, and, of course there is the most delicious **cider** to drink with your dinner. Cider is mostly made in Somerset where the mild climate is perfect for fruit. A most wonderful book to read in the Autumn is called **Cider with Rosy** written by **Laurie Lee** who came from Somerset. Pure Autumn escapism!

A new fruit named "**papple**", described as a pear disguised as an apple, is now on sale in the UK. I have never seen one of these fruits. Maybe we get a chance to buy it here soon!

## October 2020

### Autumn (continued)

There are several gardens in Britain which have been given the **Best Autumn Gardens** title by **Country Life** magazine. The changing colours of the leaves in the often moody Autumn light and the contrast with the end of the season for the roses can make up a really magical picture. So let's have a look at a few of them.

#### Crarae gardens, Argyll, Scotland



This first garden situated in Scotland is at its most dramatic in the Autumn. The changing weather conditions are very changeable and add to the moody mysterious atmosphere. The spectacular **50 acre** woodland garden consists of a collection of woody plants centred on the **Crarae Burn**, which tumbles through a rocky gorge. It hosts a wide variety of shrubs and trees, with autumn colourings, which grow in the shelter of towering conifers. The garden has an amazingly varied collection of trees, some **National Champions** of their species, and a **National Collection** of southern beech. The lush, naturalistic planting and rushing water gives the feel of a Himalayan valley. A perfect garden for the healthy and fit outdoor walker for whom it is sometimes quite a challenge. Scotland at its best!

#### Mount Stewart Garden Londonderry, Ireland



Voted one of the top ten gardens in the world, **Mount Stewart** in Ireland reflects a rich tapestry of design and planting artistry bearing the hallmark of its creator **Edith, Lady Londonderry**. There are walks for everyone from a short stroll around the gardens to longer walks around the lake and woodlands, including a **red squirrel trail**. The lake is particularly beautiful in autumn with gorgeous red and gold foliage. Again this garden changes dramatically according to the very unpredictable weather conditions of the Atlantic. It also provides perfect conditions for a more energetic visitor who likes long inspiring walks through amazing Irish scenery!



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## Autumn (continued)

### Bodnant Gardens, County Conwy, Wales



**Bodnant Gardens**, North Wales has to be one of my favourite places to visit in Britain. It is also one that I was able to show my English ladies on a visit to my homeland Wales a few years ago. It is in a unique position on the side of **Mount Carneddau** in the **Snowdon** mountain range and not far from the Irish Sea. The climate is dictated by the Gulf Stream and the temperamental Snowdon Mountains. Although most famous for the magnolias which were the first ever planted in Britain in the 19<sup>th</sup> century and for its magnificent laburnum walk in the early Summer. However, the Autumn is also truly wonderful here. Peaceful and calm!

Bodnant is a firework display of crimson, amber and gold in autumn, as the glowing leaves of trees and shrubs, ripening fruit and berries and late flowering plants put on a show to rival the brightest colours of summer. The garden is home to trees from around the world including many **UK Champion Trees**, the biggest and best of their kind in Britain. Rare exotic shrubs collected by plant hunters a century ago have a variety of unusual fruits and flower heads. Again the garden is perfect for a long, leisurely walk especially in the late afternoon when the sun is low.

### Sheffield Park Garden, Essex, England



Four lakes form the heart of this **18<sup>th</sup> century** garden and **265-acre park garden**, with paths through glades and wooded areas. It is a must see for seasonal colour from the rare trees and shrubs. There are 25 species of acers alone, with leaf colours ranging from lime green to bright red, plus Ginkgo biloba, or Maidenhair tree which goes a brilliant amber, and the tupelo tree, deliberately planted for its spectacular autumn display. The trees' dramatic reflections in the lakes add to the splendour. This garden was designed by the famous 18<sup>th</sup> century landscape architect, **Capability Brown**, who designed **170** parks in Britain, in a very grand style. The garden has a calm, mellow English climate so it is perfect for easy strolling.

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## News for and about the English ladies

### Diana Rigg 1938 – 2020.



This tragic news hit me so hard. The woman who played the iconic figure of **Emma Peel** in the 1960's TV serial **The Avengers** has passed onto the next level. Diana Rigg's Emma Peel was a style icon of the 1960's. Over two seasons on The Avengers opposite **Patrick Macnee's Steed**, Emma Peel kung fu kicked down television's puritanical costume regulations to create a character who came to define the look of the swinging 60s. As important as Mary Quant or Twiggy, Diana Rigg's portrayal of Emma Peel was perhaps more influential as, through the medium of TV, she was seen by a bigger audience. I never missed an episode and my sewing machine worked non stop as I re-created her wonderful costumes as quickly as I could. I had only a week to do this because the next week was again another iconic 60's image . Working with fashion designer **John Bates**, Emma Peel made several televisual sartorial firsts including black polo necks (I knitted at least 10 of these), PVC jumpsuits, low-rise hipster trousers, flat boots and anything with an exposed zip. An **EXPOSED ZIP!!!** No tailoress would ever do this!

After the leather catsuit she wore in the first series, which was an absolute sensation, a whole leather wardrobe was designed for the second series. Some of the garments were faux leather so her character could be more mobile. Emma Peel was throwing people about and being thrown about herself and leather could split. Faux leather was more stretchy. Whether real or not, the material prompted Macnee to comment: "**Leather clings to her like an animal's skin.**" And it did cling. This was the start of a fashion revolution. Girls would never look the same again!

Combining Mod with an avant garde, fetishistic element, The Avengers was a show that was fighting against the prudish values of the 1950's. She wore a miniskirt on the show before they were worn on the streets. In fact, she was creating avant garde fashion. Her op art-inspired designs looked fabulous on black and white TV, and suddenly this new art form become widely known. But more than a style leader, Emma Rigg's Peel was an inspiration for young female viewers. A bridge between postwar Britain and the new era that was creating self confident and independent women. Oh, this was such a wonderful time to be young and full of ideas. I do hope that Diana Rigg is still starring in her old role to entertain a large audience on the next level, wearing, of course, her leather catsuit!

### There is no need to be without culture any more! The Royal Opera House, London is Back!!!!

Over the next three months the opera house is staging a mix of opera and ballet performance, including the world's first **hyper-reality opera** and **Insights events**. The October programme will contain four short operas which will be back on stage. A new ballet mixed programme by the Royal Ballet director, Kevin O'Hare will also start from the 9<sup>th</sup> October. There is a **Meet the Young Artists Week**, and a series of **Female Monodramas** from 26<sup>th</sup> to 31<sup>st</sup> October.

All tickets for on-line viewing are available on the internet.

#### **Birthdays in October:**

**Ilona Fehn**

**Gisela Werner**

**Happy Birthday, Ladies.**

