

EAT CARY

England & Wales · Charity number 1154857

Details

Other names RURAL GROWTH PROJECT

Status Registered

Legal form CIO

Registered 2013-12-04

Register [View on the Charity Commission register](#)

Contact

Address Wayside
Lower Ansford
Castle Cary
BA7 7JZ

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Activities

Objects: TO ADVANCE IN LIFE AND HELP LOCAL PEOPLE THROUGH PROVIDING SUPPORT AND ACTIVITIES WHICH DEVELOP THEIR SKILLS, CAPACITIES AND CAPABILITIES TO ENABLE THEM TO PARTICIPATE IN SOCIETY AS MATURE AND RESPONSIBLE INDIVIDUALS.TO ADVANCE THE EDUCATION OF THE PUBLIC, INCLUDING THE PUPILS AT ANSFORD ACADEMY, IN THE SUBJECTS OF HORTICULTURE, GARDENING, COOKING, HEALTHY EATING AND RELATED TOPICS.TO ADVANCE THE EDUCATION OF THE LOCAL COMMUNITY IN THE SUSTAINABLE USE, PROTECTION AND IMPROVEMENT OF THE NATURAL ENVIRONMENT.

Activities: community garden scheme. beds and polytunnel used to grow vegetables by members of the local community, including groups such as cubs, Beavers and local pre school. space also used for education relating to horticulture and the running of courses for members of the public, such as a composting day, tree grafting, willow sculptures, 'get, set,grow course, open to all local residents free of charg

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Environment/conservation/heritage
- **Who:** Children/young People, The General Public/mankind

Geography

- Somerset

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£4,861	£4,116	-	-
2024-03-31	£2,517	£2,186	-	-
2023-03-31	£50	£1,137	-	-
2022-03-31	£931	£588	-	-
2021-03-31	£5	£489	-	-

Trustees

Name	Role	Appointed
Bernadette Mary Logan		2018-04-01
Chris Fone		2023-10-21
David John Holmes		2022-07-07
Jean Spearpoint		2025-10-07
Laura Tilling		2023-10-21
Nuri Emma Fontanals de Clayson		2021-11-04
ROSEMARY ANN RYMER		2024-10-15
Rosemary Rayner		2022-10-27

EAT CARY

England & Wales - Charity number 1154857

Accounts



EATCARY

Registered Charity No. 1154857

2025 Annual Report and Financial Statements for 1st April 2024 to 31 March 2025



EatCary plant sale at the Market House



BBC Somerset Green Award ceremony.

The EatCary charity comprises the EatCary community vegetable garden next to Ansford Academy and the Cary Repair Café which meets each month at the Old Schoolroom under the Methodist Church in Castle Cary

EAT CARY

Registered Charity No. 1154857

Annual Report 2025

INTRODUCTION

For the Eat Cary garden branch the final signing of the lease of our site from Ansford Academy took place in April 2024, so that we are no longer “permitted trespassers” on Academy land but legally welcome, and gives us a feeling of security and belonging. It meant that we could renew the polytunnel skin knowing we could stay. We reviewed our risk assessment and put up notices around the site to make visitors aware of potential hazards. David’s superb art work has given gravitas to our entrance, and a wonderful patio on which to enjoy our tea breaks. There is no doubt that climate change is impacting on our growing regime, but through experimentation and careful planning we hope we are fulfilling our objectives of resilience and sustainability. We are pleased too that we have begun active work again with the students at Ansford Academy.

The Repair Café branch has settled into the permanent use of the Methodist Schoolroom as its venue, and this works well, with increasing numbers of volunteers and “clients”. Just as this report is being finalised the wonderful news has come through that the Cary Repair Café has won the 2025 BBC Somerset Green Award.

The two branches of EatCary are still getting used to being one charity. Despite working largely independently they have close connections. Rosemary Rymer works hard as Treasurer of both; Tim Earle-Marsh and Stephen Rymer, both past trustees of EatCary, are now key people in the running of the Repair Café, but never fail to rescue the garden branch when it has technical problems – while Rosie and Dave are learning fast to look after the water system and machinery themselves. In the same way trustees from the garden branch offer support serving refreshments and providing yummy cakes at Repair Café sessions.

In February 2025 the two branches of EatCary took part jointly in an all-town event, ‘Celebrating Volunteering in the Community’, with the Lord Lieutenant of Somerset, Mohammed Saddiq, and made a visual presentation for the public about what we do, as well as discussing it with Mr Saddiq. The event was featured on local radio and TV.



Rosie Rayner and Tim Gilbert with our display

This report is divided into separate sections for the two branches, but we would remind readers that we are a joint charity, under the simple name “EatCary”. Reporting is complicated by the fact that it covers not just the financial year 1 April 2024 to 31 March 2025 but the period from then to our AGM in October. For the garden branch this means it covers two growing seasons.

CARY REPAIR CAFÉ

Origins.

The Repair Café network began in Amsterdam in 2009 and the Cary Repair Café is now part of Repair Café International (RCI) representing over 2,500 Repair Cafés worldwide. The Cary Repair Café was started in 2023 by Tim Earle-Marsh and Stephen Rymer, both also founding members of EatCary (although now no longer Trustees). They realised there were people in Cary who have the skills and experience to extend the life of household items, keeping them out of landfill, and recycling for longer than otherwise would be the case.

Our first Repair Café open to the local community took place in July 2024 and has now established a permanent home in the Old Schoolroom under the Methodist Church in Castle Cary, with regular meetings on the 4th Saturday morning of each month. Here we are able to store equipment and use the kitchen for refreshments.

Current activities.

The repairs are carried out by around 20 enthusiastic volunteers with wide-ranging skills who work together to repair bicycles, computers & mobile phones, electrical appliances, furniture, lawn mowers, a broad range of textiles, and toys. Customers are encouraged to watch and help with the repairs, and enjoy refreshments - homemade cakes etc – while they wait. In this way the Repair Café not only eases the planet's burden of resource depletion, but also meets EatCary's charitable objects of community involvement, education and support. Of course, it also saves people money by not having to replace items which can still have a useful life.



Repairers at work

We have now had around 500 items brought into our Repair Café by customers and have been able to repair about 85%, and in so doing have saved a tonne of broken or no longer needed items from going into waste recycling or landfill. This level of repair continues. It has been impossible to repair some types of electronics, particularly those containing complex circuit boards and a range of proprietary screws and security fixings, fitted by manufacturers to stop people being able to fix their goods



Another successful repair

The Cary Repair Café team encourages new people to be involved, whatever their background or experience, and is particularly aiming in the coming months to encourage young people to be involved by developing a mentoring scheme for young people doing the Duke of Edinburgh's Award.

Special events.

Our local MP, Sarah Dyke, visited the Repair Cafe in January 2025 to learn more about what we do. She brought with her a broken heated clothes drying rack, which we were able to repair in session. She showed great interest in what we do and we were able to talk to her about the moves in government to give people the right to repair their belongings when they stop working.

Funding.

The Repair Café is funded by voluntary donations from customers whose domestic items we have successfully repaired.

EATCARY GARDEN

EatCary site improvement and maintenance

Another eventful year: we finished re-covering the polytunnel in October/November 2024 working with volunteers from both the EatCary garden branch and Cary Repair Café. A few small details are still to be sorted out but overall, a great success.

We've had to resort to more use of mains water than we would have liked, and with the school authorities coming in to take meter readings, we have become more aware of the need to accumulate our own store of this vital resource. Investigation is under way into getting some large storage vessels and filling them from our water reservoir when it overfills. Water supply problems have also been compounded by the failure of our internal system in the polytunnel; this is now fixed thanks to Tim Earle-Marsh's very helpful support.



The Repair Cafe's biggest job so far!

The last piece of machinery - the rotavator - was sold off in Spring 2025 and fetched well in excess of what we expected. There is now room to move in the machinery shed.

The patio area has been expanded and has now become a pleasant sitting-out area; more to come here.....

Some of our original raised beds and cold frames are now collapsing and decisions need to be made about their repair or replacement.

The big Leylandii hedge(forest) has been cut to a manageable height, and shouldn't need anything more than a trim in future. All the cuttings have gone into making a couple of "dead hedges"; – good habitat for the wildlife as well as a useful way to dispose of a large quantity hedge prunings.

No progress on the pond yet, that's something for us to work on in the coming months. The path leading up to our gate also needs some attention.

Growing regime

Spring 2024 was characterised by wet, cool and dull weather leading to weak growth and a plague of slugs necessitating repeat sowings of many things. Later 2024 sowings of parsnips and radish were wiped out by slugs, and carrots and pumpkins struggled for the same reason. The slugs were eventually brought under control and the weather improved, but a prolonged hot, dry spell from mid summer 2024 brought its own challenges.



Showing visitors around

Despite this we eventually grew most outside crops successfully:

beans (all kinds), prizewinning peas and onions, purple sprouting broccoli, cabbages, courgettes, chard, spinach, beetroot, leeks, fennel, lettuce, rocket and potatoes.

Black aphid on the beans was kept at bay using water sprays and removal of the growing tips. Learning from this, we had even more success in 2025 by pinching out all the growing tips immediately a single blackfly appeared. In ground potatoes and sweetcorn suffered from lack of water during the later dry spell but we had good potatoes from those in containers.

The weather was incredibly kind during the polytunnel renovation in October 2024 and our wonderful range of tomatoes, peppers and aubergines seemed unfazed by a couple of weeks exposure to the elements.

Over-wintering broad beans, onions and salads were sown in Oct/Nov 2024 largely by Ansford Academy students. The salads in particular did well giving a continuous supply of leaves until early summer 2025 due to the use of some bolt resistant varieties. After that new sowings took over. We successfully supplied the Community Larder with a variety of salad leaves and vegetables throughout this period.



Chillis to make into chilli jam

For the 2025 growing season slugs were a distant memory and the main challenge was lack of rain and recurrent heatwaves making conditions very difficult, and not just outside. The heat in the polytunnel meant that wet beds needed almost daily watering to ensure seedlings survived.

We continued the use of predatory mites to control red spider mite in the polytunnel which has proved successful.

Once the water butts were empty, and our water reservoir was low, we reluctantly relied on mains water, but the use of mulching, no dig composting and targeted watering were all helpful. A Hotbin composter bought with a Community Action Group Somerset (CAGS) grant in January 2025 is now producing compost from food waste suitable for use as mulch.

From April 2025 onwards we made direct outdoor sowings of carrots, parsnips, beetroot, turnips, spinach and chard as well as continuing sowings on the wet beds in the polytunnel.



Tea and pumpkins on the patio

Germination outdoors was very slow and patchy but eventually produced the sweetest carrots and even the parsnips are finally responding to the recent rain.

The raised beds were put to good use with spring 2025 sowings of carrots, radish and spring onions which all did well. Another raised bed was planted with a grid of sweetcorn which produced wonderfully plump, sweet cobs.

Successful new crops in 2025 have been calabrese and summer purple sprouting broccoli grown under the brassica cages. We also planted a bed of Jerusalem artichoke and asparagus which should produce in 2027.

Currants, gooseberries, melons and tree fruits (particularly plums) all did well and we had our first crop of outdoor grapes this year. In contrast, the raspberries really missed the rain!

We feel we are learning more and more about how to keep a supply of vegetables going

throughout the year, how to use our space (both in the polytunnel and outside) in more effective ways, how to compost efficiently and quickly, and how to keep pests and diseases at bay whilst maintaining our principle of growing organically - and how to enjoy doing it all!

In the coming months we will look at a more targeted choice of seeds, and hope to experiment with new crops and growing methods

Activities and links –

The EatCary garden branch took part again in the Britain in Bloom competition. Castle Cary Town Council had been so impressed with our previous entry that they entered us into our own category this time around, the results of which will not be released until the end of October, after our AGM. The judges were very impressed by our setup and our involvement with the food larder. To add to the community feel of what we do, we joined many of local community groups by contributing to the Scarecrow Festival, put on to further add awareness of the Britain in Bloom event and enjoyment within our community.



EatCary's scarecrow

In January 2025 Rosie Rayner gave a talk at the Market House on behalf of EatCary about composting to help promote and raise money for Cary in Bloom. EatCary also contributed plants for the living wall on the bus shelter and the planters by the town's gateway signs. In March we were asked to share our experience of composting at the CAGS Skillshare event in Bridgwater and Rosie repeated her talk for them. Laura met with the Healthy Lives Club at Millbrook Medical Practice to promote the many benefits of community gardening.

We entered the local Gardening Association Flower and Vegetable show both in 2024 and 2025 and won a plethora of prizes on both occasions. This is a well-supported local show and is the perfect showcase for our garden, to promote our values of sustainability and resilience and provides an excellent networking opportunity for us.

In May 2025 we held another very successful plant sale, which raised more money than our 2024 sale and was generously topped up by the Newt. This year we ensured that we had plenty of vegetables and plants to sell. Again, it demonstrated our ability to work as a team and further promoted our cause within the community.



Feast day soup and foccacio

This year we have hosted Year 7 and Year 10 students from Ansford Academy and Year 6 from Castle Cary Primary School, introducing them to the concepts of sustainable, organic growing of foodstuffs. Toybox Preschool has also done gardening with us, and also uses the site for occasional nature walks. We welcome and encourage this involvement by young people.

At the end of August 2025 EatCary invited family, friends and well-wishers to join them in their annual feast. Our visitors enjoyed not only food and snacks made from our produce but also freshly-pressed apple juice.

FUTURE ASPIRATIONS OF THE CHARITY

The EatCary garden branch and the Repair Café still operate largely separately. However, there is a great deal of common ground in our aims and purposes including the overall aim of developing sustainability and resilience in the face of climate change and global resource depletion.

Specific practical targets for the coming months for the two groups are:

FOR CARY REPAIR CAFÉ:

- Enhance the sustainability of our Repair Café
- Build up our communal resources including tools
- Increase public awareness within the local community of what we offer
- Develop our own website with a link to Repair Café International and offering easy internet access for local customers to show how we can help them including a library of items we have repaired
- Recruit younger repairers
- Offer Ansford Academy & other secondary schools volunteering opportunities for the Duke of Edinburgh Bronze & Silver awards.



Juicing apples at EatCary's Feast

FOR THE EATCARY COMMUNITY GARDEN:

- Renovation of raised beds and cold frames
- Final completion of polytunnel
- Renovation of the path up to the site
- Recruitment and retention of more volunteers from diverse backgrounds
- More targeted choice of seeds
- More experimentation with new crops and new methods
- Improved care of tools
- Creation of a pond area

LEGAL AND ADMINISTRATIVE INFORMATION

Charity Registration Number: 1154857;

Date of registration: 4 December 2013

Financial Year: 1st April 2024 - 31st March 2025

Trustees at 1 April 2024:

Bernadette Logan

Laura Tilling

Rosemary Rayner

Rosemary Rymer

Jean Spearpoint (co-opted)

Nuri Fontanals

David Holmes

Marcus Timothy Gilbert

Christopher Fone

David Holmes and Rosemary Rayner complete their first three-year term of office this year, and therefore require re-election. Both are willing to stand.

Jean Spearpoint was co-opted on to the committee and became a Trustee in March 2025 and now requires formal election.

Objects:

- To advance in life and help local people through providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
- To advance the education of the public, including the pupils at Ansford Academy, in the subjects of horticulture, gardening, cooking, healthy eating and related topics.
- To advance the education of the local community in the sustainable use, protection and improvement of the natural environment.

Correspondence address: Marshland, Station Road, Castle Cary, BA7 7BX

Primary Bankers: The Co-operative Bank Community Direct Plus account

EAT CARY
Registered Charity No. 1154857

Statement of financial activities for the year ended 31st March 2025

	2024/25	2023/24
EatCary Garden Income Analysis		
Donation	£500.00	-
Produce donatons	-	£145.05
Coffee morning	£504.44	-
CAGS grant	£283.79	-
Fairfield Event Donations	-	£200.00
Newt Sponsorship	£1,000.00	£70.00
Total Income	£2,288.23	£415.05
EatCary Garden Expenditure		
Mushroom Compost	£88.36	£270.00
Sundries	£338.11	£11.00
Composter	£259.99	-
Water Butt	-	£44.99
Polytunnel Refurb.	£1,790.70	-
Insurance	£100.80	£100.80
Total Expenditure	£2,577.96	£426.79
Resrves - funded by sale of equipment	£1,056.83	-
Repair Cafe Income analysis(from July 2023)		
Cary Cares Grant	-	£582.08
Repair Donations	£1,179.06	£824.39
Refreshments	£216.80	£335.61
Fairfield Event Doantions	-	£60.00
CAGS Grant	£120.00	£300.00
Total Income	£1,515.86	£2,102.08
Repair Cafe Expenditure analysis		
Repair Costs	£145.50	£149.96
Refreshments costs	-	£19.00
Venue Costs	£572.00	£272.50
Banners	-	£175.93
Infrastructure	£426.01	£362.19
PAT Tester	-	£460.80
Meeting Refreshments	£99.20	£57.10
Insurance	£295.68	£262.08
Total Expenditure	£1,538.39	£1,759.56
Opening Balance 01/04/2024(as per bank)	£1,256.87	£892.01
of which		
Garden	£880.27	£892.01
Reoair Café	£376.60	£0.00
Closing Balance 31/03025(as per bank)	£2,001.44	£1,256.87
of which		
Garden	£590.54	£880.27
Repair Café	£354.07	£376.60
Reserves	£1,056.83	£0.00

EAT CARY
Registered Charity No. 1154857

Statement of financial activities for the year ended 31st March 2025

SUMMARY

	2024/25	2023/24
Opening balance	1256.87	892.01
Income	4860.92	2517.13
Expenditure	4116.35	2186.35
Closing Bance	2001.44	1256.87
Profit 	744.57	330.78

Independent Examiner's Report on the Receipts and Payments Accounts

Report to the Trustees of Eat Cary (Registered Charity Number 1854857) on the accounts for the year ended 31st March 2025

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparations of the accounts; you consider that the audit requirement of sections 43(2) Charities Act 1993 (the Act) does not apply. It is my responsibility to state on the basis of procedures specified in the General Direction given by the Charity Commissioners under section 43(7) of the Act, whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you trustees concerning any matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention

- which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 41 of the Act, and to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met, or
- 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 23/09/2025

Name: George Lawson

Address: Underwood, Weston Bampfylde

EAT CARY

England & Wales - Charity number 1154857

Accounts



EATCARY

Registered Charity No. 1154857

2024 Annual Report and Financial Statements for 1st April 2023 to 31 March 2024



EAT CARY

Registered Charity No. 1154857

Annual Report 2024

Introduction

The scope of our work has increased again this year. Significant points have been the inclusion of the Repair Café as part of the EatCary charity, with two new Trustees included in our number to represent this interest. Discussions continue about how exactly this amalgamation should work and how be reflected in the nature and scope of our Trustees' meetings. A report of the work of the Repair Café is included below.

What with discussions about the lease of the EatCary site, urgent need for repair of the polytunnel, the development of the patio, the inclusion of the Repair Café, a growing relationship with the school, and (by no means least) the strange vagaries of the weather it has not been an easy year, but we have come through it with continued enthusiasm and look forward to an exciting future. These developments are reported upon below, and include work done both in the financial year 2023-24 and the period following it up to our AGM in October.

The Repair Café – Marcus Tim Gilbert

Several of the stalwarts of EatCary suggested in early 2023 that it would be very beneficial to the people of Castle Cary to have access to the repair of well-used, but now broken, domestic items. They were aware of an international organisation based in Amsterdam in the Netherlands, The Repair Café, and began researching more local organisations in the South West for a model that might be suitable for our area. In addition to recruiting a group of enthusiastic volunteers with skills in a wide area of activity, ranging from bicycle maintenance, carpentry, computers & mobiles, electrics, mowers and sewing & fabric, locating a suitable place to meet people and carry out the repairs, and exploring the more boring but essential bureaucratic matters such as publicity, organisation, record keeping and legal matters including public liability. The first Castle Cary Repair Café (CC RC) opened in the town on the fourth Saturday of July 2023. Monthly meetings have been held subsequently, including an outdoor one at 'Fun in the Field'. After experimenting with different venues, it was finally decided to regularly use the basement (school room) of the Methodist Church because of its size, ease of working and potential room for storing essential equipment, necessary for carrying out repairs. The group is now firmly settled into the Methodist Schoolroom as its regular meeting place, and negotiations are in progress with the Methodist Council about possible storage space..



We believe that the new Repair Café has been a success during its first year of operation and has become a valuable asset to the people of Castle Cary and Ansford. We are particularly proud of the fact that we have helped people understand the importance of maintenance, something that they may well be able to do themselves, and saved many broken but repairable items being sent to landfill. Our group of volunteers has grown quickly, and we now have a supporter group of 38 people, of whom 17 are Repairers, 8 looking after Catering and 5 in the Welcome/Farewell team.

Careful records are kept of the repairs undertaken, and at the time of writing this report there have been 166 items received, 89 repaired in session, 12 partial repairs, 7 advice given, 22 taken away for later repair, only 22 unrepairable. 425 kg has been saved from landfill, 66 kg scrapped. Not all equipment is suitable for repairing at the RC, for example 2-stroke machinery. We intend to keep a list of local repairers and refer clients to them.

As was explained at the last AGM, the team that initially set up the Repair Café felt it would be advantageous to everyone to bring it under the aegis of the EatCary charity (CIO). The EatCary Trustees looked at their stated objectives and agreed that this was possible. Two Trustees were nominated and elected to represent the Repair Café interests in particular.



Repair Café finances are managed by the EatCary Treasurer through a separate restricted section within the EatCary accounts – see financial statements appended to this report.

A small grant enabled us to purchase Portable Appliance Testing (PAT) equipment, and three people have been trained on how to use it, so far. The equipment will be a useful community facility.

EatCary site improvement and maintenance – David Holmes

Renewing the lease on the EatCary site has been a major topic of concern over the last 12 months. Thanks to Rosie and husband Nigel's efforts with the free legal service offered by 'Proskauers' we now have an arrangement that we feel is a good one, originally a rolling one-year lease, but now, subject to final approval, a 5 year one. Well done to Rosie for this.

Replacing the skin on the Polytunnel (PT) is now our top priority which is underway as we write this report. We've had a generous donation from the Newt to help with this and it gives us the chance to make improvements to the doors at the ends of the tunnel, the guttering, and creation of some air-holes, possibly with fans, above the doors at both ends to assist with reducing the temperature when it gets hot. (The air holes have already been tried in the existing tunnel and we think they are having some effect.) With the help of the original supplier, Mr. Hall from Martock, we hope to have the new skin put on by mid-November at the latest. Both the Newt and Higher Farm have offered personnel to help with this.

A recent review of our machinery concluded that we have things in the lock-up shed which we no longer use, and which we are now in the process of selling.

A big thank you to Stephen Rymer for all his efforts both in selling some of the surplus machinery and his management of the PT replacement project. His help has been invaluable; and not forgetting Rosemary's provision of food and drink for our work sessions !

Our policy of reduced mowing in the lower part of the garden seems to have created an environment which which we are happy, namely two areas left unmown all season but occasionally scythed, plus paths cut around them and also



through the main area of the beds. The narrower paths between the beds are covered with chippings for which we need a continuing supply.

The raised beds constructed last year have not been a great success so far, due largely to slug and other pest damage.

The three beds nearest the main road, 'reclaimed' over the last couple of years, have now become fully productive, and the division of the raspberries into another reclaimed area near the willow arch has also gone well.

The patio area continues to be developed and has been a welcome area for tea-breaks. It is created largely from old pallets and other recycled items! Tulips in pots on the patio, and the old cattle trough full of nasturtiums have produced spectacular displays.

We managed to 'strike' some vine cuttings last winter, and now have several grape vines growing around the site. Hopefully they will start producing grapes next year.

The site is now becoming a more inclusive growing area: we always refer to it as the 'garden', but the flowering and fruiting aspect is being further developed. More flowering plants have been added and some hard work done by Anne with the flower bed in the main part of the garden gave a great show this summer. And the hollyhocks also looked spectacular. Our fruit trees continue to mature, and are producing a small crop this year. There is scope for more of these. Currants, gooseberries, and raspberries have also done well.

Water collection is something we've worked on with some new butts acquired from various sources, enabling us to store more for the dry periods. Still work to be done here.

We continue to work on compost production, though there never seems to be enough and we need to give further thought to this. We've tried different sources of bought-in products including horse manure and shredded prunings. We continue to maintain our no-dig philosophy.

Growing regime – Rosie Rayner

Every year brings different challenges, this year more than most. The cold wet spring and early summer led to the twin problems of slow growth and the explosion in the slug population. Parsnips and carrots were wiped out and beans and lettuces needed multiple sowings until the slugs were brought under control. Pumpkins were also affected and really struggled to get going. Every known organic slug deterrent was tried - homemade garlic sprays, crushed eggshells, coffee grounds, oatbran, mineralised straw mulch and even hair from the barber! Using a combination of these methods together with a rigorous search and destroy regime (to catch a slug you have to think like a slug!) we were able to get the numbers down, finally giving plants a chance of survival.



We increased our range of companion planting - marigolds, calendula and nasturtium to deter pests or as sacrificial plants. Pumpkins on the Hugel humps were given a guard of red chicory and French marigolds - raised from seed by Hazel - and the courgette bed with moon red lettuces, sunflowers, and nasturtiums. Courgettes got off to a promising start but they suffered during a prolonged dry spell from mid summer onwards and powdery mildew (more prevalent in dry conditions) and poor pollination rates reduced the harvest.

The overgrown 'Bonfire bed', reclaimed by Nuri, Oscar and Noah (weeded then covered with cardboard and a thick layer of manure and compost) was planted with a variety of pumpkins (sown by Oscar and Noah) lettuce and Yacon introduced to us this year by Siripon. Unfortunately the slugs found the pumpkins particularly tasty so the yield was disappointing.

We raised extra plants for the plant sale and offered the full range of garden ready veg plants as well as bedding plants and perennials (raised by Hazel) and houseplants which gave our sale wonderful kerb appeal.

The purple sprouting broccoli which was sown in spring last year repaid our patience almost a full year later, cropping for six weeks or more. David's brassica cages, higher than last year's kept away pigeons and early cabbage whites.

Despite the slugs we managed three successive broad bean sowings with the autumn sowing was by far the most productive. We pinched out growing tips and used soapy sprays to keep blackfly at bay, and interplanted with nasturtiums. An early legion of ladybirds helped. Unfortunately the entire crop was later overtaken by a heavy rust infection.

We again grew three wigwams of runner, climbing French and borlotti beans planted over trenches of compost and old sprout stalks. The dwarf beans were rather overwhelmed by French marigolds - so spectacular that no-one had the heart to thin them out. Lesson learned - give everything enough room and/or be prepared to be ruthless!!



Leeks and onions again produced a bountiful (and prizewinning!) harvest and a late sowing of red baron sets in a tyre planter produced a late harvest of small (but perfectly formed) onions. We should continue to be mindful of where we sow and plant alliums this coming year to avoid the chance of endemic rot.

Red spider mite has been a problem in the polytunnel unfortunately. We kept it in check with a biological control - predatory mites which run faster than the red spider mite! It's The opportunity to deep clean the polytunnel when we recover it in October will be helpful.

The tomatoes were largely unaffected so again we had a colourful choice of cherry tomatoes from yellow through to almost black as well as red, purple and stripy larger varieties. The sweet peppers and chillies also seemed more resistant. Cucumbers (Merlin, Marketmore and Thai) melons (Alvaro, Mangomel) as well as watermelons were grown in the old grapevine bed in the polytunnel and really did not fare so well. This was probably due to RSM but the soil also seemed poor, something that can hopefully be improved next year.

Lots of potatoes were grown this year both in pots and in the beds. The pot grown potatoes were perfect whereas most - though not all - the potatoes from the beds had some scab. Common scab is a bacterial infection which can be encouraged by insufficient water and an alkaline soil, things to bear in mind for next year as well as researching resistant varieties. Laura's early summer sowings of beetroot, spinach beet and chard have done brilliantly and her later summer lettuce, rocket and winter greens sown in the cold frames have thrived. Florence fennel was also sown late to avoid bolting, a lesson learnt from last year. The wheat was disappointing due to pigeons and adverse weather conditions which meant the kernels were not suitable for milling. We have decided to draw a line under our home grown loaf experiment doubting whether our success last year could ever be repeated.

One of our principal aims for 2025 is to supply the food larder in town with a more regular supply of produce, to which end we need to give careful thought to when and how much of anything we sow, plant, and grow. Plenty of forward planning needed here.



Activities and links – Nuri Fontanals

This year we have held several plant sales either at the Market House as part of one of the Saturday coffee mornings or part of the Repair Café mornings. Our 8th June Market House plant sale was the most successful with our plants were flying off the stalls, in particular demand were courgette plants and basil. In total we raised just over £500 from plant sales and our tea and cake stall.

In August 2024 we entered our vegetables, flowers and homemade produce into as many of the categories as possible at the annual flower and vegetable show in the Caryford hall. We were delighted by our success, winning a multitude of prizes though no cup this year!

Unfortunately, Castle Cary's event "Fun on Field" didn't take place this year (2024) and so we were unable to create a stall of our produce alongside the Repair Café contribution, however, we hope to continue with this next year.



In September 2024, we held our annual EatCary Feast which was well attended by our members, friends and their families. This is a time when we can harvest and create dishes using our produce. There was an amazing plethora of dishes including a range of hand picked salads using borlotti beans and our salad leaves, a Thai soup using pumpkin leaves-(a clever way to use a large part of the plant not usually thought of) and many fabulous baked goods, of particular note was the raspberry jelly which was created for the scones. This year we have made links with the local secondary school, Ansford Academy and have worked with many different year groups, discussing the benefits of locally grown vegetables. Several of our members have enjoyed explaining our key processes including the

value of "no dig" soil, composting and recycling and reuse of plastics. Students have had a go at growing their own tomatoes and chillis in the hope of turning them into pasta sauces within their food tech lessons later in the term. We are delighted with the growing link with the school. We have had many other visitors to the site; notable was a visit from Zambian friends over for the 30th Anniversary of the Cary-Mufulira Trust. Goodson Mbewe composed extempore an anti-slug song but we have no evidence that it worked!

Unfortunately, the weather has been so unpredictable and unpleasant that the local cubs only visited the site twice and the Toybox Preschool only once, but we hope this will be remedied next year. We also hope that we may have further Duke of Edinburgh Award participants opting to do their community service with us.

The future

We continue with many of the aspirations given in last year's AGM. They are:

- To further increase our work force, including people of diverse ages and background
- Consolidate the link with the new Cary Repair Café and apply its principles to our

own equipment and tools and ensure that all of us work towards achieving the objects of our charity.

- To renew our lease – hopefully almost achieved by our AGM!
- To continue our link with the community larder
- Develop recipes and promote cooking skills appropriate to our crops

We add to these:

- To relate our gardening approaches and Repair Café aims to climate resilience, biodiversity and environmental sustainability

Lessons learned from last year have been taken on board but mother nature has plenty more she wants to teach us. Hopefully we've been taking notes!

All in all, it's been a demanding year: issues with the lease resolved, atrocious weather and all the problems that brings, machinery evaluation and disposal, and much discussion about renewing the skin of the polytunnel, now underway. The Repair Café has had a very successful start, and its integration into the charity is well underway, in particular through practical help given by members of each "branch" of the charity to the other. The charity, its activities and its objectives continue to evolve. Let's hope we can all rise to its challenges and ensure a flourishing future.

Legal and administrative information

Charity Registration Number: 1154857;

Date of registration: 4 December 2013

Financial Year: 1st April 2023 - 31st March 2024

Trustees at 1 April 2023:

Bernie Logan	Nuri Fontanals
Laura Tilling	David Holmes
Rosemary Rayner	Marcus Tim Gilbert
Christopher Fone	



Tim Earle-Marsh and Rosemary Rymer stood down at the 2023 AGM having completed their third term of office

Objects:

- To advance in life and help local people through providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.
- To advance the education of the public, including the pupils at Ansford Academy, in the subjects of horticulture, gardening, cooking, healthy eating and related topics.
- To advance the education of the local community in the sustainable use, protection and improvement of the natural environment.

Correspondence address: Marshland, Station Road, Castle Cary, BA7 7BX

Primary Bankers: The Co-operative Bank Community Direct Plus account

EAT CARY
Registered Charity No. 1154857

Statement of financial activities for the year ended 31st March 2024

	2023/24	2022/23
EatCary Garden Income analysis		
Donation		£50.00
Produce donations	£145.05	
Fairfield Event donations	£200.00	
Newt sponsorship	£70.00	
Total income	£415.05	£50.00
EatCary Garden Expenditure		
Infracstructure:		
Raised beds		£260.00
Accessories for beds		£112.68
Mushroom compost	£270.00	£125.00
Scythe		£203.50
Water timers		£27.95
sundries	£11.00	£206.69
Waterbutt	£44.99	
Insurance	£100.80	£100.80
Total expenditure	£426.79	£1,136.62
Repair Café Income analysis(from July 2023)		
Cary Cares grant	£582.08	-
Repair donations	£824.39	-
Refreshments	£335.61	-
Fairfield Event donations	£60.00	-
CAGS Grant(PAT Tester)	£300.00	-
Total Income	£2,102.08	-
Repair Café Expenditure analysis(from July 2023)		
Repair costs	£149.96	-
Refreshments costs	£19.00	-
Venue costs	£272.50	-
Banners	£362.19	-
Infrastructure	£460.80	-
PAT Tester	£57.10	-
Meeting refreshments	£57.10	-
Insurance	£262.08	-
Total Expenditure	£1,759.56	-
Opening Balance at 01/04/2023(as per bank)		
EatCary Garden	£892.01	
Changes:		
EatCary Garden	(£11.74)	
EatCary Repair Café	£376.60	
Closing Balance 31/03/2024	£1,256.87	
Of which EatCary Garden = £880.27, EatCary Repair Café = £376.60		

Independent Examiner's Report on the Receipts and Payments Accounts

Report to the Trustees of Eat Cary (Registered Charity Number 1854857) on the accounts for the year ended 31st March 2024

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparations of the accounts; you consider that the audit requirement of sections 43(2) Charities Act 1993 (the Act) does not apply. It is my responsibility to state on the basis of procedures specified in the General Direction given by the Charity Commissioners under section 43(7) of the Act, whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you trustees concerning any matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention

- which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 41 of the Act, and to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met, or
- 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 01/08/2024

Name: George Lawson

Address: Underwood, Weston Bampfylde

EAT CARY

England & Wales - Charity number 1154857

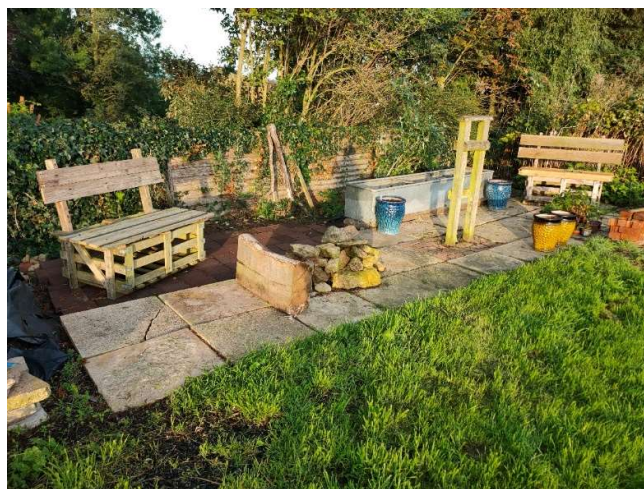
Accounts



EATCARY

Registered Charity No. 1154857

2023 Annual Report and Financial Statements for 1st April 2022 to 31 March 2023



Our new upcycled patio under construction

EAT CARY

Registered Charity No. 1154857

Annual Report for 2022/23

Introduction

It has been an extremely busy year, with overall increased numbers of workers and certainly increased productivity. We have made better use of the food we produce and have made significant donations of vegetables to the Community Food Larder. Things seem to have accelerated as the year progressed, with more plots opened up, more raised beds created, more intensive use of the polytunnel.

The end of the financial year (31 March) coincides with the time the growing season gets underway, and as usual our report necessarily includes much about activities between the end of March and our October AGM. During that period we also participated in a number of major community events (see below).

Just before this Report was finalised, we were thrilled to discover that, as part of Castle Cary and Ansford's "Britain in Bloom" entry, EatCary has been awarded a cup and certificate as the "best overall" in the "It's Our Neighbourhood" category for which there were 500 entrants from all over the Southwest! We hope to celebrate this achievement at the Feast following our AGM. The category looked for "groups eager to make a difference with an idea or project for positive change" and the judges were impressed by how our ethos is reflected in many aspects of our work: organic, sustainable gardening; lots of growing experiments; involvement of young people; consideration of healthy eating; contributions to the community larder; flexible working; inclusiveness etc



Gordon Ford Trophy for "Best in Your Neighbourhood"

We continue to run our committee on fairly informal lines but meeting all the requirements of the Charity Commission – we agreed and documented this approach when we started the charity. Our Chair "rotates" while Rosemary Rymer continues as our Treasurer and Nuri acts as our very efficient minute taker. We are not a "membership" organisation but we always make anyone who helps at EatCary welcome to our Trustees' meetings and we listen to their views.

At the AGM we will be introducing a major new focus to our work. Informal discussions about a Repair Café began in the New Year, and plans were consolidated in August 2023. Current EatCary Trustees have agreed to bring the Repair Café under the umbrella of the EatCary Charity (CIO). The Café offers a monthly event for the community to repair items with support from volunteers. This matches EatCary's constitutional aspirations of using resources sustainably and educating the community (including ourselves of course) in the principles of repair, recycle, reuse. We also hope the Repair Café will serve to open avenues for new participation, publicity and revenue for EatCary.

Site improvement and maintenance

The erection in 2022 of a dog-proof fence between our growing areas and Ansford Academy's has proved very beneficial, as we can be certain now that the school's therapy dogs cannot roam freely on our site.

We have applied to the Co-op community support granting body for funding to replace the ageing skin of the polytunnel and repair its doors. Decisions concerning the way forward with this will be made In November 2023. A big thank you to Stephen Rymer for ongoing support and emergency repairs to the polytunnel watering system and to Rosemary Rayner for continuing the work Jonnie Cuffe began to repair and set up the autopots, which have functioned brilliantly this year.

The policy of leaving areas of our site for "no-mow" wilding and only mowing and cutting back where necessary during the growing season has reduced demand on the power equipment, and although it is ageing we are able to keep the equipment functioning without major costs. Tim has undertaken temporary repairs to the machine store roof. However next spring / summer the felt will need replacing at an estimated cost of £200 for materials.

Pressure on space is growing, and two of the disused main beds have been reclaimed (one by Rosemary Rayner, who is experimenting with no-dig principles by laying compost over cardboard over grass.) We may need to create more beds before next spring, especially with the increased demand from young scout groups. We have extended the principle of woodchip paths and intend to continue to create these in the coming year.

Tim, Dave and Simon have created new, virtually indestructible raised beds of solid wood. These seem to be the best place to grow carrots, and the protective netting has kept the badgers and other intruders off. We have managed to keep some of the older raised beds going, and are continuing too with the development of our "hugel humps".

We have put our various small commercial growing "tunnels" to better use this year, and Dave has created some wonderfully simple but hopefully effective butterfly cages for the large brassicas.

Dave has added remarkable artistic touches to our site: a wonderful sunflower mural on the compound wall, and now (with help from Noah and Oscar) has produced from old pallets a couple of surprisingly comfortable benches which are currently placed on the new 'patio' - existing paving slabs have been cleaned up and augmented by re-purposed storage heater blocks, and an old drinking trough is being turned into a planter.



Culinary herbs in one of the new raised beds.

We do need to ensure that we maintain all these features adequately. The willow arches are in need of TLC, and the pathways always need mowing, and with every new feature we introduce some attendant maintenance issues.

We continue to make our own compost, and Dave has worked hard to maintain our composting bins. We still have plenty of spent mushroom compost as well as Dimmer soil improver, plus chopped up comfrey, leaf mould etc. We would like to be self-sufficient in compost but are not yet likely to achieve this completely. We have been mulching more this year, using our grass mowings and chopped comfrey. Nettle and comfrey liquid feed seemed to work well on the tomatoes. We have learnt that it is essential to keep soil in good condition and well fed with nutrients if we are to get successful crops.

Growing regime

We experienced different challenges with the weather this year – an early dry spell had us worried for a bit, but subsequent periods of rain throughout the summer meant the need for additional watering was minimised. Larger plants were each provided with an upside down watering bottle and thirsty plants like fennel and celeriac were mulched with grass, leaf mould or compost to reduce evaporation and keep the ground cool and moist as well as providing extra nutrients. The polytunnel watering system worked well. It is hard to convince all our workers that more water is not needed, both in the polytunnel and outside – this is an issue we must address as overwatering can be damaging and s wasteful.

The “To Do” list is still important for some of our team. It is pinned to the noticeboard in the polytunnel but also sent out to our WhatsApp group. But the whole business of how we record what we do and label things we sow and the things we plant out is still an enormous challenge which we need to tackle. We want people to feel free to grow what they want and experiment but at the same time we must ensure at least some level of crop rotation, efficient use of polytunnel and plot space and labelling that lasts. We had a sowing plan devised by Laura, and all the seeds carefully filed by Rosemary, with cards to record what we had sown and when, but it has been difficult to encourage workers (including ourselves) to be disciplined about recording. In addition we had numerous donations of seeds, very welcome but difficult to integrate into the system. We are trying to devise new approaches. Despite these difficulties we have achieved better successional sowing and less wastage of seed this year, and certainly a wider range of crops.



Plaiting the onion crop

We decided at the end of last year that we should grow lots of onions and leeks as these are popular and easy to grow. We decided too to abandon brassicas and potatoes which seem fraught with difficulty although a much needed food supply. But we reneged on this to good effect and are encouraged to go on experimenting with these important vegetables. The main problem is adequate protection from pests while maintaining organic principles. Careful choice of the varieties grown might help with this and we hope to focus more on our choice of seed varieties in the coming year..

We are particularly proud of having kept up our supply of a wide variety of salad leaves through the winter and spring. Salads, kale and pak choi were sown on the wetbeds late autumn 2022 then planted in polytunnel beds, while winter lettuce varieties surviving outside came into their own in late spring.

We have recognised that the polytunnel is not warm enough for the early sowing of many crops, and Rosemary Rayner kindly and enthusiastically started off numerous vegetables on her windowsills at home in February, and brought them in later to the polytunnel to pot on or plant out. This is a strategy we hope to repeat.

An area of development has been our soft fruit and fruit trees. The blackcurrants in particular did well after their move last year, and the fruit trees are coming on well after surviving the drought conditions in their planting year. We have had a good first crop of Victoria plums and the apple trees are growing nicely.

It would take up too much space to give details of everything we grew, but we continued to experiment with new crops and new methods some of which we will repeat. We are fortunate to have enough space for everyone to follow their enthusiasms.



Trying out an exciting new recipe – hot & spicy cucumber and pork soup

Recipes and cooking

Throughout the year we have shared recipe ideas for the crops we grow, and at our tea breaks have sampled things we have cooked. In particular one member of the group has introduced us to Thai cookery, focussed on some of our hottest chillis. A glut of cucumbers led us to cucumber soup, cucumber sorbet, and a wonderfully hot cucumber and chicken stew. Encouraging others to healthy eating is one of our objectives which we hope to pursue further in the coming year.

Growing herbs.

Apart from the culinary herbs we grow in the raised bed by the poly tunnel we also have a plot specifically for growing herbs, all of which Bernie has shown us can be used for making herbal tea infusions. We grow a wide variety of herbs, and this year we have added a beautiful lemon verbena which makes a delicious and refreshing tea when drunk cold in the summer. Another new addition is tarragon. Bernie says she has only used this in cooking so far but will be exploring its health-enhancing qualities as she does with so many of the herbs we grow. She has shown us how herbs can be used for making simple tinctures (rosemary is great for helping aid concentration and memory), and salves for soothing insect bites, nettle stings etc, and recommends the lavender massage oil to soothe achy muscles after hard work in the garden.

Recruitment and links with other organisations and agencies.

We have had more interest from new would-be workers this year. The pattern seems to be that some just come once and never again, but a few “stick” and become regular members of our slowly growing team. We introduced a regular Wednesday lunchtime session as well as our Saturday afternoons, and this has certainly suited some of our newcomers who want to work when others are there and be guided in what to do.

Bad weather at the start of the season made it difficult for the local Scouts' Beavers and Squirrels (even younger than the Beavers) and the Toybox Preschool to start work although they were keen to do so, and space was allocated to them. When they did the weather got too hot for them, and then the summer holiday started so their groups ceased to meet, and the very successful crops they grew would have gone entirely to waste had we not done a certain amount of tending and harvesting for them. The children gain enormously from their gardening experience, and we need to discuss with the leaders better ways of resolving these issues. We have already had additional requests for designated space for the coming season, including from the cubs.

One Ansford Academy student helped us as part of her silver Duke of Edinburgh Award, She seemed to have very green fingers and was an enormous asset. We hope to be proactive in recruiting further young people volunteering as part of their Duke of Edinburgh scheme activities.



The Squirrels' magnificent sunflower

Events

We held a plant sale at the Market House as part of one of the Saturday coffee mornings which meant we disposed usefully of excess seedlings and also raised money for our funds as well as awareness of our existence. .

On 6th July several members of EatCary gathered at the community garden to meet with the judges of Britain in Bloom competition. We were lucky to have one of our younger members who joined for the morning from Ansford Academy to help show the two judges around our garden. This was all really well received and the judges were very complimentary about what we were growing and were interested in our ethos and work within the community. We have just heard the amazing result, which is included at the start of this report.

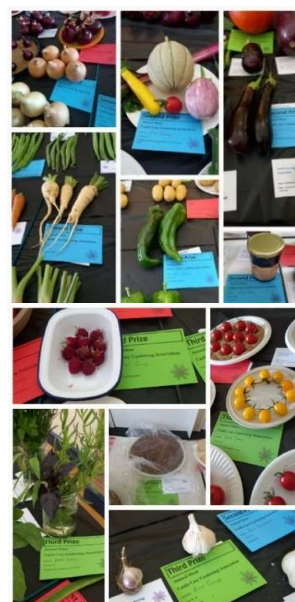
We participated in the Gardening Association annual flower and vegetable show held at Caryford Community Hall on 5th August. We entered our vegetables, flowers and homemade produce into as many of the categories as possible and we were very successful, winning 11 prizes in total plus a cup. It was fantastic to be amongst so many other local producers and the event garnered much interest in EatCary.

27th August 2023 saw us taking part in Castle Cary's event "Fun on Field". This is a community event with locally produced drinks and food, charity stalls and fun activities for young and old. We set up our stall next to the Repair Café, displaying our produce and providing information to the public about EatCary. We gave away Cucumber Cordial samples made from our own cucumbers. The Repair Café offered their services focussing on bike repairs and managed to service a number of bikes for local families.



A window ledge display at All Saints' Harvest Festival

Recently we provided All Saints Church with produce for their Harvest Festival. The displays were wonderful and we are assured that all the produce will be offered to those in need within the community.



Successes at the Gardening Show

Financial Review

Expenditure on raised beds derives from the remaining earmarked funds from the generous bequest from Jannine Taylor in memory of her late husband. The new beds are made of solid wood and should last many years. There are two other major expenses: firstly on compost, which will remain a drain on our resources until we manage to increase our own production or find free sources; secondly on the scythe which we now need to put to good use for an autumnal cut of our "no-mow" areas to prevent a takeover by bully weeds. Sundries includes some seeds and plants, although we have had many donations of seeds and plants (many by our regular workers) which keeps this figure low.

The EatCary Trustees are very conscious that our financial reserves are gradually depleting and it is urgent for us to seek ways of raising further funds in order to pay for renewing aging equipment, and in particular replacing the polytunnel skin. Since the end of the financial year this report covers we have held a coffee morning which raised enough for a year's insurance. We hope to make this a regular event.

The future

Our main aspirations for the coming year are:

- Further increase our work force, including people of diverse ages and background
- Consolidate the link with the new Cary Repair Café and apply its principles to our own equipment and tools.
- Renew our lease
- Make sure we waste none of the food we produce, and that any surplus goes to people who need it.
- Develop recipes and promote cooking skills appropriate to our crops
- Achieve funding to renew the polytunnel skin
- Relate our gardening approaches to climate resilience, biodiversity and environmental sustainability

EAT CARY
Legal and administrative information

Charity Registration Number: 1154857;
Date of registration: 4 December 2013
Financial Year: 1st April 2022 - 31st March 2023

Trustees at 1 April 2022:

Bernie Logan
Tim Earle-Marsh
Rosemary Rymer
Nuri Fontanals
Laura Tilling

Formally elected at 2022 AGM: having been co-opted during the year preceding
David Holmes
Rosemary Rayner

Resignation at 2022 AGM: Laura tilling (Third term of Office ended)

Third terms of Office ending at 2023 AGM: Tim Earle-Marsh, Rosemary Rymer.

(Note that Trustees completing their third term of office must stand down at the AGM and may not be re-elected until the AGM following.)

Objects:

To advance in life and help local people through providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

To advance the education of the public, including the pupils at Ansford Academy, in the subjects of horticulture, gardening, cooking, healthy eating and related topics.

To advance the education of the local community in the sustainable use, protection and improvement of the natural environment.

Correspondence address:

Marshland, Station Road, Castle Cary, BA7 7BX

Primary Bankers:

The Co-operative Bank Community Direct Plus account

EAT CARY
Registered Charity No. 1154857

Statement of financial activities for the year ended
31st March 2023

	2022/23	2021/22
Income analysis:		
Donation	£. 50.00	£ 931.12
Total income	£ 50.00	£ 931.12
 Expenditure analysis:		
Infrastructure		
Raised Beds	£ 260.00	£ 260.00
Accessories for Beds	£ 112.68	
Mushroom compost	£.125.00	
Scythe	£ 203.50	
Water butt		£ 36.99
Water timers	£. 27.95	£ 51.90
Padlock, key safe, etc		£ 40.08
Sundries	£ 206.69	£ 67.30
Insurance	£ 100.80	£ 100.80
 Total expenditure	£1,136.62	£ 588.07
 Bank reconciliation		
Balance at 31.03.22:	£1,936.15	£1,593.10
Income for year:	£ 50.00	£ 931.12
Expenditure for year:	£1,136.62	£ 588.07
Balance at bank on 31.03.23:	£ 892.10	£1,936.15

Independent Examiner's Report on the Receipts and Payments Accounts

Report to the Trustees of Eat Cary (Registered Charity Number 1854857) on the accounts for the year ended 31st March 2023

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparations of the accounts; you consider that the audit requirement of sections 43(2) Charities Act 1993 (the Act) does not apply. It is my responsibility to state on the basis of procedures specified in the General Direction given by the Charity Commissioners under section 43(7) of the Act, whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you trustees concerning any matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention

- which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 41 of the Act, and to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met, or
- 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

Date: 6-10-23

Name: GEORGE LAWSON

Address: UNDERWOODS
WESTON CAMPFYLDE
YEDVIL
SOMERSET
BA22 7HU.

EAT CARY

England & Wales - Charity number 1154857

Accounts

EAT CARY

Registered Charity No. 1154857

2022 Annual Report and Financial Statements

1st April 2021 to
31 March 2022



EAT CARY

Registered Charity No. 1154857

Annual Report for 2021/22

Introduction

We have largely recovered from the constraints of the Covid pandemic and Saturday afternoons have again become a time in the week when we try to meet up to work together and have tea and cake. But everyone is still free to come up at other times to work and harvest. Indeed the unusually hot summer made it imperative to carry out additional watering and plant care, and an evening visit as the day cooled down was a necessity but also a pleasure – sometimes with a glorious sunset thrown in.

Site improvement and maintenance

This year we have been catching up on maintaining and repairing some of the holes in the polytunnel and have invented a means of butyl taping replacement sections into the skin. There are several tears on the top skin. We are intending to hire a cherry picker this month to access the top of the polytunnel and also clean the surface.

This year a boundary fence has been erected separating the school area from the EatCary area. This provides a means to prevent the school's dog frequenting the site and has proved very effective. There is a removable section to allow vehicular access to the EatCary area for major deliveries etc.

The powered equipment is very much showing its age (10 years) however the trend this year has been to reduce the amount of mowing and leave as much as possible for wilding, so the general demand on the equipment has been less. Indeed, EatCary has purchased a scythe and sharpening equipment with a view to using this to replace or reduce the dependence on fossil fuelled mowers and equipment. In the spring we will sell off some of the redundant equipment.

The watering system has performed very well with minimal failure or breakdowns thanks to Steven Rymer and David Holmes. A big thank you to both. The wet beds for seedlings are effective, especially as we have workers willing to come up mid-week to replenish them in hot weather.

We purchased two solid oak raised beds, locally grown and made! These have replaced the failing existing ones. We aim to purchase more in spring 2023 as the remaining old ones deteriorate.

Growing regime

Exceptional weather this summer made growing anything outdoors quite a challenge. Things coming on earlier – lettuces, broad beans, onions and garlic planted last year, forage beans (meant as green manure but we also ate some!), turnips, sweet peas – and things coming on more recently – carrots, runner and borlotti beans, beetroot – have all done reasonably well, but where the ground became just too dry and we were not able to water adequately we have suffered – potatoes, raspberries, fennel, rhubarb and the Hugelhumps in particular. The strawberry bed was a disaster; partly due to the plants getting old and tired, so we are going for a restart with these – all old plants pulled out and the bed given a good dose of compost ready for new plants in the spring.



Crystal lemon cucumber and watermelon - exciting new crops in the polytunnel.

In the polytunnel it has been a different story; the timed water feed has provided a good regular supply and almost everything in there has done well – tomatoes, cucumbers, some wonderful melons, watermelons and sweet potatoes (these are a profusion of leaves at present – it remains to be seen what's under the surface!). Some good aubergines and peppers too; only disappointments seem to have been the cucamelons which have not done nearly as well as in previous years and we have missed the little snacks they provide. The temperature in the polytunnel rose to 45 degrees Celsius on occasion and this seems to have impacted some of the aubergines and peppers adversely. They are recovering now the weather has changed and producing a welcome further flush of produce..

Composting – we have maintained good regular input to our compost-generating boxes and have produced some useful material. There never seems to be enough, but it is worth doing and we need to ensure good regular rotation of the boxes. We have also been using liquid nettle and comfrey feed we prepared last year and are busy making more – smelly but effective. The huge load of mushroom compost we have bought in should provide most of what we need for the coming year, so we can be generous with it – the raspberries, currants and gooseberries could all do with a good dose.



The outside growing area in early summer

The currants and gooseberries which we rescued from pots and bags early in the year and planted out, have managed to survive the dry weather, and with a bit of feeding, should crop well next year. The rhubarb is not doing well and is not a very tasty variety; could do with replacing.

Also planted along the edge nearest the road were some fruit trees – 3 apples, 1 Victoria plum, 1 damson, and a small 'unknown' plum. This last one has died, but the others are doing well and should produce a small crop next year.

We already grow and encourage flowers as companion planting and for pollinators to enjoy. This season David has introduced a bit more diversity in our plant range by planting a few shrubs and small trees – including a mimosa, a bottlebrush, a bay and we have space for more.

In the polytunnel the old grapevine has been removed and gives us another place where something new might be introduced.

Recruitment and links with other organisations and agencies.

Castle Cary is growing, and so is the Eat Cary group! This year has brought forward a steady stream of interested and interesting new members, with diverse skills and ideas, or who simply have some spare time to help out. Community awareness continues to be promoted via the Castle Cary and Ansford newsletter and website, as well as through leaflets in shops and notice boards.

It is so important that youngsters experience the joys of growing vegetables and learn about how food is produced. Following a difficult two years the Beavers will be able to resume their involvement next spring and so we have allocated space for them. The Toybox Preschool will also restart regular sessions and we have many tiny tools and barrows for the youngsters to run around with and, of course, get grubby!



Winning exhibits - lavender biscuits and cherry tomatoes

We were very happy to have the help of a Duke of Edinburgh Scheme silver award student last year, and now we have recruited another who has already proved her worth. As well as work in the polytunnel she is in the process of helping us compile a cookbook focusing on recipes using our produce..

EatCary entered the Castle Cary Gardening Association 2022 Show. The standard of competition was really high despite the heatwave and drought so we were really thrilled to win awards in a number of classes, including a first prize for delicious biscuits flavoured with EatCary lavender as well as two second, one third and a highly commended in the produce classes. Our competitive side was ignited and next year can't

come soon enough!

Our annual harvest event for members, family and friends was a huge success. All food was provided by the members and prepared from EatCary produce and the table was groaning! We are incredibly lucky to have such a talented and diverse group of people who provided a veritable feast from vegetables originating from around the world.

The future

We are looking now with all our volunteers at what we will grow for the coming year: Ideas include:

- The raised beds are an important area for growing various things (it seems that carrots are good in these beds provided they are “armoured” against badgers). We want to grow more carrots.
- Experiment with pruning the raspberries – Gardners’ World recently suggested pruning some to just half way down to get both early and late crops.
- As usual we have tried experimental crops this year – celeriac, Florence fennel, asparagus peas – with varying success and we shall find new experiments for the coming



Air Bee&Bee - a hotel for friendly fauna

We will also experiment with new methods of managing and protecting our crops. One of the exciting advantages of our communal garden is that we have space to do this and learn from the results.

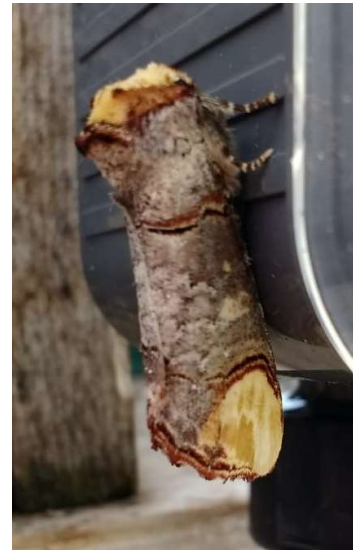
- Consider planting wheat somewhere to produce our own flour; we could then produce food dishes made entirely from our own produce. There’s a challenge!

We continue to garden organically, and to encourage biodiversity and environmental sustainability. We hope the local wildlife

appreciates the bug hotel we have built it (named Air Bee&Bee). We are rewarded for our efforts by the increasing variety of insects and small creatures we observe on site.

We think that with adequate patching our polytunnel skin will last one more year but we must seriously consider what happens after that – and it may require some serious fundraising in order to replace the skin with a new one. We need to review all our equipment both manual and mechanical to consider what replacements we might need in the future.

Our lease comes up for renewal next year, and discussions with Ansford Academy over this will need to be a focus.



No, it's not a twig. It's a moth!

EAT CARY

Legal and administrative information

Charity Registration Number: 1154857; **Date of registration:** 4 December 2013

Financial Year: 1st April 2021 - 31st March 2022

Trustees at 1 April 2021:

Bernie Logan, Tim Earle-Marsh, Rosemary Rymer, Laura Tilling, Nuri Fontanals

Resignation at 2021 AGM: Ida West

Terms of Office ending at 2022 AGM: Laura Tilling

Coopted during 2021/22: David Holmes and Rosemary Rayner.

To be formally proposed for election at 2022 AGM

Objects:

To advance in life and help local people through providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

To advance the education of the public, including the pupils at Ansford Academy, in the subjects of horticulture, gardening, cooking, healthy eating and related topics.

To advance the education of the local community in the sustainable use, protection and improvement of the natural environment.

Correspondence address:

Marshland, Station Road, Castle Cary, BA7 7BX

Primary Bankers:

The Co-operative Bank Community Direct Plus account

EAT CARY

Registered Charity No. 1154857

Statement of financial activities for the year ended 31st March 2022

	2021/22	2020/21
Income analysis:		
Donation	£ 931.12	£ 5.00
Total income	£931.12	£ 5.00
Expenditure analysis:		
Infrastructure		£ 387.93
Raised Beds	£260.00	
Water butt	£ 36.99	
Water timers	£ 51.90	
Padlock, key safe, etc	£ 40.08	
Sundries	£ 67.30	
Insurance	£100.80	£ 100.80
Total expenditure	£ 588.07	£ 488.73
Bank reconciliation		
Balance at 31.03.21:	£1,593.10	£2,076.83
Income for year:	£ 931.12	£ 5.00
Expenditure for year:	£ 588.07	£ 488.73
Balance at bank on 31.03.22:	£1,936.15	£1,593.10

Independent Examiner's Report on the Receipts and Payments Accounts

**Report to the Trustees of Eat Cary (Registered Charity Number 1854857)
on the accounts for the year ended 31st March 2022**

Respective responsibilities of trustees and examiner

As the charity's trustees you are responsible for the preparations of the accounts; you consider that the audit requirement of sections 43(2) Charities Act 1993 (the Act) does not apply. It is my responsibility to state on the basis of procedures specified in the General Direction given by the Charity Commissioners under section 43(7) of the Act, whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you trustees concerning any matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention

- which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 41 of the Act, and to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met, or
- 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date:

12 / 10 / 22

Name:

GEORGE LAWSON.

Address:

UNDERWOODS
WESTON BAMPFYLDE
YEDVIL
SOMERSET
BA 22 7HV.

EAT CARY

England & Wales - Charity number 1154857

Accounts

EAT CARY

Registered Charity No. 1154857

2021 Annual Report and Financial Statements

1st April 2020 to 31 March
2021

Our faithful friend!



EAT CARY

Registered Charity No. 1154857

Annual Report for 2020/21

Introduction

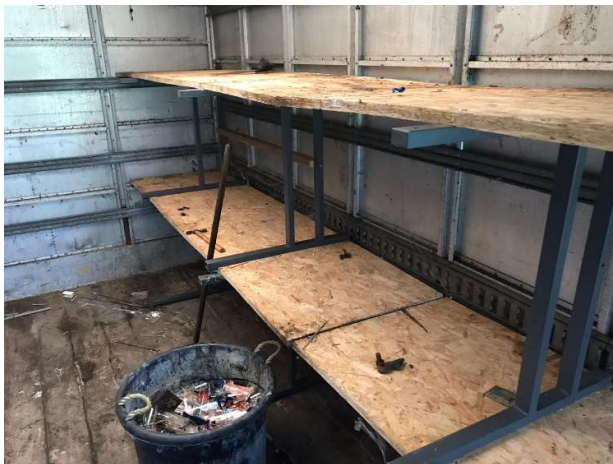
The COVID 19 pandemic continued to overshadow our work, although in some ways we have been fortunate in having such a lovely outdoor environment to work in, and with reduced traffic levels on the road outside it has been a quiet and peaceful place to be.

Early in 2021 we resorted to zoom meetings for our gardening team and found that we could have discussions this way which were both useful for gardening plans but also meant we maintained social contact with each other. As 2021 wore on we relaxed a little about numbers of people working together, but of course with such a large site it was easy to socially distance responsibly, and we certainly kept to the rule of no more than one person or household in the polytunnel at any one time, and also continued to avoid sharing tools.

After the end of the financial year this report covers, things were beginning to get back to normal, and now Saturday afternoons are becoming again a point in the week for working and meeting together. We are delighted too to have recruited some new workers.

Site improvement and maintenance

Ongoing maintenance for the polytunnel included re-placing the window polythene and repairing the door frame at the east end. The west door frame has suffered some minor damage recently and is currently on the repair programme. The main polytunnel skin has suffered many more holes recently and been repaired numerous times



Shelving in the compound

The skin of the polytunnel is nearing eight years old. Its expected life is 10 years so it is coming to its natural end of life and its replacement will need to be factored into future budgeting. (approx. £1000 + fitting)

Stephen Rymer has kindly repaired the main pumped watering system for the polytunnel and replaced the main pump and added a filter. In addition, the main tank cover was repaired and made safe, Stephen has also overhauled the watering timer units as required. Johnny overhauled the autopots, ordered new parts as

necessary, and brought the spare ones into use, but despite his best efforts they still did

not operate very satisfactorily and will need looking at again over the winter ready for the next season.

The motorised equipment has been maintained and repaired as necessary. Some of the mowers, strimmers and trimmers that are not currently used are stored and can be put back into service as and when needed.

The main ride-on mower has been kept serviced but is clearly showing its age but should be OK for the next season. Again, it would be wise to factor in a replacement budget for the future (approx. £1300)

The addition of a key box now allows access to the equipment shed and equipment to all members of the group.

Paul Baker and many others have made a grand job of tidying the compound. Paul with Johny's help has kindly built benching under the covered area with shadow type boarding for storing the hand tools. This is more secure than the open access small shed previously used and also makes it easy to look after the tools tidily. All tools are now stored in the compound.



In general the mowing of the whole area has been changed to only mowing essential access routes and areas. Thanks to Cav, Stephen and Nuri for continuing the mowing since the lockdown meant the students could no longer do it

The raised beds outside the polytunnel are gradually collapsing despite all efforts to shore them up. So two were replaced with “Hugel Kultur” heaps (we call them Hugelhumus) to meet Nuri's boys' enthusiasms for growing pumpkins for 2021 Hallowe'en. Which they successfully did, but that is a story for our 2021-22 report. Meanwhile we need to consider the future of the raised beds as they will scarcely survive another year but are important for our winter saladings, carrots, strawberries etc. The use of two of them has also been requested by the Beavers..

Building the hugelhumus

Our compost bins are also unlikely to last much more than another year – Paul and Adrian did a wonderful job using pallets etc to bring them back to a usable state, but they will need further attention next year.

Growing regime

Growing at Eat Cary

The 2019/20 growing report ended with “....using mostly social media.., has been a loss, and not helped to keep written records and ‘a story’”. Well, reviewing the year's ‘chats’ it has actually produced a wealth of information, with the titbits I had always hoped to have in the records.

We have weather reports - and across two years they help explain some growth and harvest changes. Apologies sent when committed growers are unable to keep their planned visit, will help us appreciate the challenges, and why others not yet caught by the 'bug' might have difficulty starting or staying. Gardening jobs were shared and accepted more readily. It seems simple, but we know users find difficulty to check a 'to do' list and take a job, - and all more difficult when most of this year we have been visiting/working separately. We also show much can be achieved in just 2 hours with 2/3 people when together.

Range of Plants –we have achieved a broader choice as aimed, continuing to harvest throughout the year, using the polytunnel, and protection outside when needed. Some like tomatoes didn't know when to stop – last harvest record 12th December. The fact that we had frosts this season made this even more a success.

Zoom meetings brought more voices to choose the seeds and share the sowing and this brought many different varieties as well as new veg types grown.

Flower range also widened, sweet peas made great tripod statements and all beds edged with plants to attract pollinators as well as the Bee bed which continues to thrive, increasing itself and we have divided plants to add into rougher grass areas around site. Plans are to intercrop flowers and veg for increased diversity and to keep the garden 'abuzz'.



Sowing broad beans in the autumn

A failed potato crop due to 'bug' activity, prompted a potato bag trial, but poor results again. Late planting, possibly not enough interest to grow them and watering irregularities coupled with unseasonal heat in polytunnel are this year's excuses. Pest irritations though appear increased, perhaps because we had a quick way to show despair but we must be watchful.

The challenge to take forward *again* is our fruit production. Cropping well was rhubarb, the vine (one user gives tlc to both). and autumn raspberries (from July!) but we gave poor care and little reward for other soft fruit. We had taken cuttings for increased stock, they grew well, but they still sit unplanted. Time, position, effort required for new beds all to be discussed, as it was a wish to increase this harvest.

Improved succession sowing was a third aim, and germination failures made this a necessity. A lesson of 'sowing with the weather not the date' might be learnt, as most came good in the later sowings. Broad beans were a true success, with 3 sowings, all cropping well til May, with better wind protection. We have missed a brassica window though, and will be without sprouts, and spring cabbage this year.

Sustainability is considered within all our work in the garden: water systems, re-using & recycling materials to create nets, windbreaks, cloches, supports, repair to compost bins, nettle and comfrey feeds, saved seed for the legume vegetables. Mixing our own compost for potting and sowing continues, (nothing bought in), but no proper recording to know if affecting germination or growth. A leaf mulch store was begun for the first time, gathering

from around site and brought in. This could be an example of us having the space, which has more potential use, for the wider community. Our labelling could also still be improved; we really need an artist not a gardener on the team to be more creative with us, and the forever elusive time.



This will surely keep the birds away!

The long-awaited opening of the “Community Larder” has given us somewhere to take any spare vegetables, and we have taken the opportunity to include cooking tips and also advertise ourselves in a little leaflet which goes with the vegetables. All of this fits well with our philosophy of encouraging people to eat healthily using local homegrown resources where possible.

Our numbers have fluctuated during the year. Meg and Adrian have recently moved away and we very much miss them. But recently we have added more people to our team and our Pumpkin Fest in early October this year, was a great success despite appalling weather. We hope to follow the forthcoming AGM with an opportunity to discuss what we will grow in 2022

Publicity and promotion

It has not been an easy year for publicity, although we have continued to put articles in the Town Newsletter and entries on our Facebook Page.

Conclusions and the future

The future is beginning to look brighter – Covid is hopefully retreating, there is ever increasing interest in sustainability, healthy eating and local produce. The Community Larder gives us an easy route for sharing the food we produce and supports the fulfilment of our objects, and our numbers are increasing giving us greater capacity for production. Our biggest challenges this coming year will probably be taking the right steps at the right time to replace some of our basic infrastructure and equipment, and to continue to build a positive relationship with Ansford Academy.

October 2021

EAT CARY

Legal and administrative information

Charity Registration Number: 1154857; **Date of registration:** 4 December 2013

Financial Year: 1st April 2020 - 31st March 2021

Trustees at 1 April 2020:

Bernadette Logan, Timothy Charles Earle-Marsh, Rosemary Ann Rymer'

Laura Tilling, Ida Rosina West

Terms of Office ending at 2021 AGM: None

Coopted January 2021 Nuri Fontanals. Formal election required at 2021 AGM

Objects:

To advance in life and help local people through providing support and activities which develop their skills, capacities and capabilities to enable them to participate in society as mature and responsible individuals.

To advance the education of the public, including the pupils at Ansford Academy, in the subjects of horticulture, gardening, cooking, healthy eating and related topics.

To advance the education of the local community in the sustainable use, protection and improvement of the natural environment.

Correspondence address:

Marshland, Station Road, Castle Cary, BA7 7BX

Primary Bankers:

The Co-operative Bank Community Direct Plus account

**Statement of financial activities for the year ended
31st March 2021**

	2020/21	2019/20
Income analysis:		
Donation	£ 5.00	.
Total income	£ 5.00	
Expenditure analysis:		
Infrastructure (replacement parts, etc)	£ 387.93	£ 70.63
Insurance	£ 100.80	£ 100.80
Total expenditure	£ 488.73	£ 171.43

Bank reconciliation

Balance at 31.03.20:	£2,076.83
Balance in bank account on 31.03.20	£2,076.83
Income for year:	£ 5.00
Expenditure for year:	£ 488.73
Balance at bank on 31.03.21:	£1,593.10

Independent Examiner's Report on the Receipts and Payments Accounts

**Report to the Trustees of Eat Cary (Registered Charity Number 1854857)
on the accounts for the year ended 31st March 2021**

Respective responsibilities of trustees and examiner

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Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you trustees concerning any matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

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- * which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 41 of the Act, and to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met, or
- 2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

Date: 4/8/21

Name: GEORGE
LAWSON

Address: UNDERWOODS
WESTON BAMPFYLDE
BA22 7HU.