



CNAA

Cottonmill and Nunnery Allotment Association (CNAA) was established in 1994 to support plot holders on its four allotment sites in St Albans: Cottonmill; Nunnery 1; Nunnery 2; Sopwell Mill.

It provides assistance to St Albans Council in managing the sites and improving facilities for plot holders.

Directly for members, it co-ordinates affiliation to relevant bodies, insurance cover, procurement opportunities and social events.

## **What has Lockdown Life been like for your group?**

For many members of CNAA, their allotment provided a safe place to go for their daily exercise during the first lockdown and for many who were working from home, it provided an opportunity to spend time tending their plot other than just at the weekend.

Growing their own food meant that people were less reliant on deliveries or visits to shops. However, the two lockdowns later in the year have been blighted by very wet weather and this reduced the opportunity to spend time and get exercise at the allotments.

# Allotment Lockdown Experiences

## **Lockdown Limerick by Liz, Nunnery One**

Lockdown was on, on Nunnery One  
For exercise with endeavour  
I composter and mowed, tilled and sowed  
And my plot looked the best it had ever!

My allotment gave me a  
framework for my day and a  
sense of community when I  
wasn't seeing anyone or going  
anywhere.

**Janet on Cottonmill**

Due to being at home since March, Pete had time to really go for it this year.

(I did my bit... getting the seeds planted, trimming/looking after the fruit bushes & cooking the produce!)

The freezer is full of soft fruits, stewed apple and rhubarb and lots of diced pumpkin.

I've made apple and raspberry muffins; pumpkin soup, pumpkin pie, numerous curries, and not forgetting raspberry gin, rhubarb gin, and will make the spiced blackberry vodka - ready from Christmas!

**Val at Sopwell Mill**

At the beginning of the year I had an assistant on the plot as I am less able to do all the work. This was good as I had to isolate in March.

This did not help with my capabilities as it coincided with an increase with my asthma, and my joints.

However Sheila has been working the plot and I have managed to get down once or twice. Now they have cut my scooter access on the path by London Road and I can't get down there.

My plot has extra things put on it when Jim moved out and it does look a bit untidy. I hope that I can get down again soon.

**John on Cottonmill**

