

# Wansteadadium

BLOGGING SINCE 2009 \* NEWS, PHOTOS, CONVERSATION, ALL ABOUT WANSTEAD \* GET US ON THE WEB & BY E-MAIL - AT [wansteadium.com](http://wansteadium.com)

## The wonderful world of Wanstead



Welcome to the rarest of documents, a printed copy of Wansteadium! Collectors please note - you are probably only a matter of yards from one of the High Street's noted framing establishments, writes George C Parker.

For those who have yet to happen upon our friendly biodome of microblogging online - please do pay us a visit. We like to keep Wanstead in touch by spreading the word about local events, good news stories, interesting photos and tweets .. all are welcome and we love to hear from our Twitter followers and Facebook friends.



In just the past year we've covered initiatives such as Independents Day, joyous Jubilee Celebrations, Roman buried treasure, dog shows, any number of hedgehog sightings and even mystery man Julian Assange tucking into bacon and eggs at the Bungalow Cafe. Exclusives! Enjoy your day and see you at [wansteadium.com](http://wansteadium.com)!

*George C Parker writes our regular property column*

Festival time is here! What a great annual treat to be able to spend an afternoon underneath the chestnuts, pottering through the throng of stalls and attractions, bumping into friend and neighbour as serendipity allows.

Wansteadium would like to place on record sincerest thanks to the organisers and volunteers behind the Wanstead Festival. Their sterling efforts in bringing together the community athwart the lush greensward of Christchurch Green are greatly appreciated. How fortunate we are to have both the setting and the people for such a strong annual event. Bravo to all concerned.

## The tourist trap



For at least the past two years, Wanstead folk have been wondering what would be the impact here of the Olympics. From wondering if there would be a huge opportunity to rent out houses to athletes and officials (there wasn't much), to hoping for a massive influx of tourists (again, not really), to fears that Wanstead would be overrun with partying Australians (we should be so lucky). Artist Jeremy Deller's inflatable Stonehenge is at least one visible change that Wanstead has seen.

Regarding tourists, a recently published tourist guide to Stratford and East London somehow missed out any mention of Wanstead. To put this right, Wansteadium readers have helped compile a handy guide to Wanstead. You should receive one with this leaflet, but if you don't, there will be a limited supply available in the Larder.

## Choice tweets

There's no shortage of wit and wisdom being shared on Twitter about Wanstead.

@Tomdebomb is glad that his TomTom has started working again, Just hopes it goes to Wanstead Uk ,not Barbados as Google showed me earlier

@ciararolston Why do people say 'Stead' instead of Wanstead? It makes me think they're talking about a completely different place lol

@ellabell84 Relocation Relocation is in Wanstead.If only they had put in the clip of me and my friends walking slowly behind them

@mark\_samuels Saw the Danish team cycling through Wanstead High Street yesterday lunch time. Either lost on triathlon or keeping fit.

@Ryan\_Man2 Just overheard a woman singing the praises of Wanstead: "We have free parking!" To which her friend replied excitably: "Free parties??"

@saynothingbut Inspired by Jess, just been out practising Javelin over Wanstead Flats. Went pretty well. Some dogs and a swan mildly punctured

@Veronica400 "Did you know Wanstead was featured in the bible" #shitmyboyfriendsays

@JT\_MensHealth Just seen a fox running past Snaresbrook tube with a polystyrene burger box in mouth. Bet he'll regret that in the morning#beersnacks

FIND US AT [WANSTEADIUM.COM](http://WANSTEADIUM.COM), [FACEBOOK.COM/WANSTEADIUM](https://www.facebook.com/wansteadium) OR @WANSTEADIUM ON TWITTER

## Wanstead gardening

Wansteadium's regular gardening expert Ron has been cultivating his patch of Wanstead for more than 50 years



This year has hardly been a good one for gardeners. To be honest, I don't think I've ever had such a bad year, never.

Normally by this time of year my fruit trees are absolutely loaded - apples, pears, plums. But for some reason - I assume the cold wet start to the

summer - this year it just hasn't happened. I've had a handful of plums ripen, but I've had hundreds just go bad on the tree. The only thing that went well was the gooseberries and the rhubarb. After a weak start, and a huge number of black fly, the runner beans are recovering a bit now, but the tomatoes are still well behind. It's still been a rotten old summer.

### The pests

It's funny we should be saying all this. Do you remember April? WE were thinking of what was the best way to garden without much water, digging old newspapers into bean

trenches, conserving every drop we could. As it is, as well as the black fly (the best solution for which is just soapy water), the slugs and snails have really made the most of the season. I don't like doing it, but I've been putting pellets out. I'm afraid they have absolutely done for my carrot tops.

### Green news

But we have to take the rough with the smooth. The upside to all this is that the lawns are lush. Especially now, cutting once or even twice a week seems to really help the grass get a healthy bounce. Warm and wet, that's how they like it.

## Wanstead dinners



Every month, Wanstead nutritionist Karen Poole suggests a healthy recipe for Wansteadium readers - and also explains why it's healthy. This month it's a simple summer supper.

Looking for a perfect supper dish to enjoy on these long summer evenings? Then cook this easy fresh and seasonal dish, it will not disappoint and will be a healthy addition to your weekly repertoire. I have to own up that I 'borrowed' this recipe from a friend and it has fast become my latest food crush.

New potatoes are still in the shops and we should make sure to use them while we still can - although you can just as easily use main crop spuds if that's all you can find.. Leeks, full of peppery goodness are still in their prime and by now we are all familiar with the positive aspects of eating oily fish. The cider - well sometimes you just need some alcohol to give a dish the perfect twist!

Ingredients (Serves 3-4)

- Two medium leeks, sliced
- 1 clove garlic, chopped
- 1tbsp olive oil
- 1 spoonful of plain flour
- 500ml of cider

- 680g new potatoes, diced
- 125ml vegetable stock
- Two cooked fillets of smoked mackerel, flaked
- Chives, finely chopped
- Crème fraiche

#### Method

1. Chop the leeks and garlic then sauté in olive oil until soft
2. Stir in flour and cook for a few minutes, then add cider.
3. Roughly chop the potatoes and add to the pan.
4. Add the stock and simmer until the potatoes are cooked.
5. Flake the fish into pieces and simmer for a further 2 mins .
6. Adjust the seasoning
7. Serve with chopped chives and spoonful of crème fraiche

#### Healthy aspect

##### Potatoes

- Chromium- facilitates the function of insulin and aids glucose metabolism
- Vitamin C - helps blood cell formation and regulates cholesterol metabolism
- Fibre - keeps the bowel healthy and can aid digestion and elimination

##### Mackerel

- Valine- boosts immune function and calms emotions
- Isoluecine- helps muscle development and repair
- B6- metabolises fat and protein
- B3- lowers cholesterol and aids energy production

##### Leeks

- Sulphur - supports liver detoxification and blood glucose regulation.

Karen can be contacted [www.karenpoolenutrition.co.uk](http://www.karenpoolenutrition.co.uk)

\*\*\* COMING SOON TO WANSTEADIUM \*\*\*

# Wantstead

Wanstead is teeming with talented, creative people - makers, bakers, crafters, and collectors, who could - with the right opportunity - offer their wares to their fellow Wanstead residents. **Wantstead - the Wansteadium Market** is about to provide that opportunity. It is an easy-to-use, web-based way to buy and sell locally made goods, and it launches later this month. For more info, e-mail us at [wansteadium@gmail.com](mailto:wansteadium@gmail.com)