

September, when summer is winding down and there's a quiet feeling of beginning and change in the air. Our Elevate artists reflect on the month and what it brings with words and images to delight and inspire you.



elevate your mood

bringing colour and inspiration to you

September 2020

Hedgehogs

Image: teresarogersart.com



Hedgehogs usually hibernate over winter, in a nest of leaves or logs – their 'winter quarters tent'. In September, the hedgehog spends time eating as much food as possible to store as fat needed for the long sleep. Woodland and garden birds go rather quiet – this is because there's no need to make songs or calls about territory, finding mates and protecting young. Being quiet also helps avoid predators whilst they generally keep a low profile during preparation for winter.

I like the fun and hope in this art work, especially how Teresa's composition has the hedgehog bursting from a dark background through the leafy hedgerow with those lively and free white brushstrokes. There's both a crunchy and soft texture to the piece.



Starting school is often a theme from conversations and memories about September, says David Davies

I remember my teacher, Miss Blake, who wore glasses on the end of her nose (which she was always pushing up as she leant over you). We all sat in rows, in twos side-by-side, with tip-up seats so we could all stand up quickly when the headmaster came in.

There were Oxo tins with wax crayons and chalk on each desk. We each had a slate and a mini board rubber.

I cleaned the blackboard sometimes. Afterwards, you had to take the rubber outside to bang it on the wall to get the chalk dust off. It left a pile of chalk dust for the rain to wash away.

This painting 'Borrodale, Cumbria' by James Thompson reminded me of the journey to school sometimes described in memories about starting school.



Image: James Thompson

Late Summer Musings

Hannah Lefeuvre



During late August and into September, as the nights are drawing in, the candles have come out of the drawer and we are starting to close our curtains in the evenings. I find it helpful at this time of year to celebrate the joys that nature bestows upon us, and upper most in my mind is the wonderful harvest to be picked and enjoyed. The changing seasons can be reminiscent for the senses and I savour the tastes, smells, textures, sounds and rich colours that each season brings.

Late August

As I make my way up the garden path, I am struck by a wonderful crop of autumn raspberries - an irresistible snack and one of my favourite berries, for their sweet flavour and long season.



Whilst the temperatures are dropping, the fruits will continue to delight us for many weeks, provided we can reach them before the wasps do! They've colonised the garden this year. Beside the raspberries is a relatively young plum tree bearing heavily laden branches, which have arched to anchor on the floor. We'll keep a daily watch on these, alongside the pears, as both are prey to wind damage and wasps.

Further up the path, to my left, the large leafed squash plants have canopied four beds and anything in their way. They have travelled over the Jerusalem artichokes,

over the seeding chard, lettuce and out onto the paths. I spot a few squashes under the gigantic leaves, but will await further surprises until after the first frost. We're in no rush for you just yet, Jack Frost!

In the polytunnel, we're celebrating an extraordinary crop of tomatoes this year and have tray-fulls stacked up in our food store, ready for winter preserving. Images of the Bramley Hedge story books come to mind, with floor to ceiling shelves of preserves.

By the tomatoes, the lantern fruits (physalis) are a delight for those who enjoy the aesthetics. The morning fruit bowls and fruit platters are extraordinary at this time of year, with fig, apple, plum, blackberries, grape and Japanese wineberries.

The latter are a less well-known berry, that grow easily in our forest garden. I can highly recommend the wineberry - particularly popular with younger taste buds.

Time to cut back some of the purple tree spinach in the poly tunnel - just enough to make room for us to travel up and down the paths easily. My urge to cut back any more will have to be saved for late autumn...

Would you like to contribute to a future edition? See back page for details.

I live off-grid in a small holding in Somerset. I love to write a daily journal and find great comfort in the handwritten word on the page. I do hope you enjoy reading my reflections and observations.



Early September

I look back on my notes, I am struck by the 'real time' pace of growing home produce. The squash have now grown to the size of my forearm and a huge pumpkin has been spotted in amongst them. The veg hampers are becoming particularly elaborate and varied. The leeks are enormous, the pears are plentiful and there is a feeling of abundance and gratitude for the harvest.

As I sign off, I spot a squirrel with a nut in its mouth on the fence post. They left very few hazelnuts for us this year. Hopefully we can collect some walnuts later in the season.



Diary Extracts:

Wednesday 19 August

Strong winds and rain mean a day to catch up indoors with lots of baking. Windfall pears are baked with bay leaves.

Thursday 20 August

Trays of tomatoes are chopped, mixed with fresh tarragon and coriander and preserved for the winter. The kitchen is an aromatic delight. We paddle in a nearby stream.

Saturday 22 August

Bread making and a peak home fruit platter of physalis, blackberry, wineberry, fig, apple, plum, autumn raspberries and grapes. It is still possible to dine outside, though the wasps have other ideas.

Tuesday 1st September

So many apples! Apples are picked, wrapped and stacked in trays in store. We will be picking, preserving and eating these for many months to come.

Thursday 3rd September

The purple sedum cutting is coming along. Sedum is wonderful in the salads and in cut flower arrangements. The wasps are spotted around the fruit patch and a few trays of pears are gathered as the light fades. More fruit to rescue tomorrow.



September thoughts

'Fair on September 1st, fair for the month'

Stephanie Jalland writes:

September has arrived

with a slight chill behind the sun and the scent of change in the air. A full 'harvest' or 'corn' moon has lit up the night this first week. I have picked up my first acorn, irresistible treasure now on display on my table and the blackberries have been rained on a bit too much, 'kissed by the devil' as the expression goes.

The name for September comes from the old Roman word Septem, seven because in the Roman calendar it was the seventh month.

Asters also known as starworts, frost flowers or Michaelmas daisies are the birth flower for the month.

It is said that when, Astraea the virgin goddess of justice, innocence and purity, wept tears of sorrow for the desolation of the earth, her tears fell from the heavens and sprinkled the ground with these star-like flowers. The flower symbolises faith, love, achievement and wisdom.

The September sense of a fresh start runs deep in my veins and the change is exciting.



September is

Dewy mornings.

Spiders webs.

Windfall apples and apple pies.

Back to school.

Chimney swept for the winter ahead.

Here are some September thoughts I have gathered with patients:

'Fat bellied spiders in dew spangled webs on the walk to school, we used to flick their fat tummies'

'Going to buy a new pencil case, new pens and always wanting a crisp new uniform too, but having hand me downs from my older sister'

'September, blow soft 'til the fruit's in the loft'

'I was evacuated to Dorset during the war so I got the taste for the country. It has never left me. September is blackberry picking and jam making. What we eat is who we are.'

'Marry in September's shine, your living will be rich and fine'

Thanks for reading. It's been good to be in touch. We'd love to include some of your own reflections in future editions. Why not write a few lines, try a poem or send us a picture, on the general theme of September into autumn?

ArtCare, Block 29,
Salisbury District Hospital,
Salisbury, SP2 8BJ

sft.artcare@nhs.net
www.artcaresalisbury.uk
www.starsappeal.org

