

THE BOXGROVE BUGLE

THE MAGAZINE LINKING CHURCH AND PARISH

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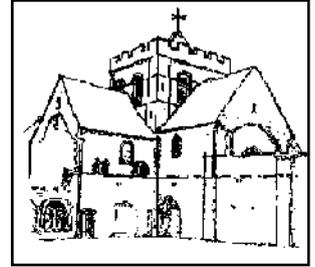
www.boxgrovepriory.co.uk

June 2020

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Who's Who in Boxgrove



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DEPUTY CHURCHWARDENS

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BOXGROVE VILLAGE HALL Bookings & Enquiries

Pat Burton - 01243 788332

BOXGROVE VILLAGE STORES & CAFE

Open: **Mon-Fri** 7.30am-5.30pm; **Sat** 8.00am-5.00pm;

Sun 8.00am-2.00pm

Tel no: 01243 773201 - Boxgroveshop@gmail.com



From Father Ian

I write this at a time when our church building is still closed for public worship. Thanks to the good sense of our Bishop, Martin, the clergy in the Diocese of Chichester have been allowed to continue to pray in their churches, and to *live-stream services on the internet, thus allowing important links to remain in place.



In most dioceses this has not been the case, and although clergy could go into their churches to undertake caretaking duties they were not to pray. This situation began a quite intense conversation, online, regarding the question of how much we need our buildings. Thinking back over twenty-one years at Boxgrove I found myself considering the period when we closed for the Priory renovation.

Back in 2009, many will remember, we closed Boxgrove Priory for a year, during which it underwent a major renovation and re-ordering. We were able to use Chichester University's chapel on Sundays, and we used our small hall for midweek services. It was very exciting to watch the work taking place, and a few months into the project I invited one of our very elderly regular worshippers, Barbara, to come in and see what the builders were up to.

I helped her along the temporary walkways and, together, we looked at the bare earth floor and the general chaos of a building site.

I should not have done it, for although she had faced the Mau-Mau uprising in Kenya, earlier in her life, and was a strong and resilient woman, she confessed that the sight of the Priory's temporary deconstruction had disturbed and upset her. We spoke further about it, and she described the way in which the church building had become, for her, and those around her, a sign of the unchanging God whom she loved. In that place, for some years, she had put down important roots, and had found her faith strengthened by a sense of belonging and divine welcome. And, given that she was about ninety years old, she had imagined her funeral in the Priory, and the friends who would be there to see her off. You might imagine my relief when the work was finally finished, and when she described the reordered building as 'lovely'.

Also during our temporary exile, the Organist died. Clifford, who will be remembered by many, and much of whose music we still sing, was so much more than the title might suggest. He established Boxgrove's good musical tradition, and as a former National Trust furniture restorer he made and repaired things that we still use today. He was in the church every day.

When Clifford died, his Requiem Mass had to be held in the church of a neighbouring parish. It felt very wrong, but by God's mercy the day after the Requiem we were allowed by the builders to take Clifford's body into the Priory for a few prayers, and for the choir to sing the plainsong antiphon *In paradisum* before his body was carried to the churchyard for burial.

/continued ...

* See page 10 for help (if needed) with accessing the streamed services

That scene in church will stay with me forever: the temporary floor, the dust, the builders' tools all around, the organ enclosed in plastic, and just a paschal candle. And there, surrounded by representatives of the many who loved him, the man whose contribution to Boxgrove Priory had been so profound, and who loved God through his labours in the building.

Church buildings, then, are no mere adjuncts to faith, they are vital focal points, and signs used by God as we bestride this world and his kingdom.

Warmest good wishes to you all. Stay safe!

Father Jan

PS: I strongly recommend the collection of prayers available from the [Church of England](#) website.



Unfortunately, because of the church's closure, there are no public services until further notice, although Mass is still being offered by the priests with intention for your needs.

Prayers are offered daily.

There is a live-streamed Sunday Mass every week at 11.00am on the [Parish Facebook](#) page; and you can also watch the services, after the live stream, on the parish website: boxgrovepriory.co.uk.

For further up-to-date information please see Facebook or the website.



*The lovely picture on the cover of this issue was taken by **Rasma Bertz**, a friend and former member of the Priory Choir, who has kindly given permission for its use.*

*Regular readers may have spotted that the subject is part of the **Optimistic Gardener's** lovely garden.*

Go to page 11 to enjoy Part 2 of the virtual tour.

THE BUGLE

Articles on any aspect of Boxgrove news - village or Priory-based - are always most welcome. In normal circumstances the Boxgrove Bugle is distributed **free of charge** to each household within the parish and published on-line, as well as being sent further afield and being available in the Priory for visitors and non-residents of the parish. Its print run exceeds 700 copies per month. Currently, however, it is possible only to publish on the [Priory website](#).

Items to be considered for publication should be sent to the [Editor](#) at her new address:: editor.boxgrovebugle@gmail.com. Submission is requested by the **15th day of each month**, please, for publication on or around the last Sunday of each month. Alternatively, items clearly marked "**Boxgrove Bugle**" may be left in the Vicarage postbox.

DATES 2020

NB: There is no Bugle in January or August

Issue Month	Copy Deadline	Publication Date
July	15 June	28 June
	August - no issue	
September	15 August	30 August

BUGLE ARTICLES AND CONTENT

Please contact Tina Thurlow - editor.boxgrovebugle@gmail.com

BUGLE ADVERTISING

Please contact Tina Thurlow - editor.boxgrovebugle@gmail.com

ADVERTISING RATES 2020

Per 1/8 page £40.00 per annum £4 per month

Please make cheques payable to:

'Priory Church of St Mary & St Blaise'

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and may be read on-line in colour at

http://www.boxgrovepriory.co.uk/boxgrove_bugle.html

Why not add a link to your desktop?



DAVID LLOYD

Fr Ian writes:

Very sadly, David died during the night of 11-12 May, having been anointed on Sunday afternoon.

David's funeral (with just close family present) was held at Worthing Crematorium in late May.

We will have a Solemn Requiem in the Priory when that becomes possible.

May he rest in peace.



Special events in the Priory

Readers will appreciate that during the period of the current crisis no public services or other events will be held in The Priory.

We very much hope that this situation will not last for an extended period. Please watch the [Priory website](#) for the latest news.



PLEASE NOTE

**In line with Kennel Club advice,
the Boxgrove Companion Dog Show
planned for Saturday 19 September is CANCELLED.
The 2021 Show will be held on Saturday 18 September.**



Please support our advertisers where possible during the current crisis. In normal circumstances they help us to provide a copy of the Bugle free to every household in the parish.

JOHN WALBRUGH

Jill Dipple writes:

John Walbrugh died yesterday, Tuesday 26th May, in his sleep at home.

John was a special friend to many people in Boxgrove. With his wife, Elizabeth, he attended the Priory; later, after Elizabeth died, he remained a regular attendee at the 8 o'clock Mass. While he was able to walk to the St Blaise Centre he came each week to the Friday lunch club, and when he could no longer manage the walk we were able to continue to provide him with his lunch as his excellent carers collected it for him.

Many people will have missed meeting John in The Street once he was unable to walk about safely. Earlier, although blind, he asked to have things described to him and would remember what he had been told. He got frustrated as he got older, as he felt he couldn't remember anything, but often his memory was better than his friends'.

Several people continued to visit him regularly at his home, and they will surely miss him and continue to admire him for the way he kept up his appearance and lived to be over 90 years of age.



BOXGROVE



VILLAGE STORES & CAFE

We know that some of you are not able to leave home at the moment to shop for essential items, so we are offering a home delivery service to residents of Boxgrove and local villages.

Minimum order is just £5 to qualify for free delivery. Please call for full details of our delivery areas.

Call **01243 773201** during our opening hours (Monday-Friday 7.30-5.30; Saturday 8.00-5.00; Sunday 8.00-2.00) to order fresh fruit and vegetables, groceries, deli goods, bakery and dairy items, cakes and home baked goods and cleaning products.

We have daily deliveries of fresh produce and groceries so we will do our very best to fulfil your order, but some items may be subject to availability.

Payment will be taken by card over the phone and we'll advise you of an approximate time for delivery by one of our team or a friendly local volunteer.

Please call us if we can help - we look forward to being of service.

THE PARISH OF SAINT MARY AND SAINT BLAISE, BOXGROVE

MONTHLY CALENDAR AND MASS INTERCESSIONS

JUNE

1	Mon	St Justin, Martyr	Respect for others
2	Tue	St Marcellinus & St Peter, Martyrs	Historians
3	Wed	St Charles Lwanga and his Companions, Martyrs	Love of our enemies
4	Thu	Feria	Stronger faith
5	Fri	St Boniface, Bishop & Martyr	The German nation
6	Sat	Of Our Lady	Walsingham
7	SUN	TRINITY SUNDAY	Parish and people
8	Mon	Feria	Greater Christian witness
9	Tue	St Columba, Abbot	Alton Abbey
10	Wed	Feria	Walsingham
11	Thu	CORPUS CHRISTI	The Confraternity of the Blessed Sacrament
12	Fri	St Barnabas the Apostle	Better justice worldwide
13	Sat	St Antony of Padua, Priest & Doctor	Those who work in Diocesan Church House
14	SUN	CORPUS CHRISTI	Parish & people
15	Mon	Feria	Eagerness in Christian learning
16	Tue	ST RICHARD OF CHICHESTER, BISHOP & DIOCESAN PATRON	Diocese and people
17	Wed	Feria	The Church Union
18	Thu	Feria	Wise use of social media
19	Fri	THE SACRED HEART	Love of Jesus in each other
20	Sat	Of Our Lady	Walsingham
21	SUN	TRINITY 2	Parish and people
22	Mon	St Alban, Martyr	Those facing death
23	Tue	St Ethelreda, Abbess	Religious
24	Wed	BIRTH OF JOHN THE BAPTIST	Family Life
25	Thu	Feria	The Supreme Court
26	Fri	Feria	The United Nations
27	Sat	St Cyril of Alexandria, Bishop & Doctor	Relief Agencies
28	SUN	STS PETER & PAUL, APOSTLES	Parish and people
29	Mon	Feria	St Richard's Hospital and The Nuffield
30	Tue	First Martyrs of Rome	Brave witness

BOXGROVE PARISH COUNCIL

Parish Council report, May 2020



The meeting on the 4th of May was our Annual Meeting which, once again, was a virtual meeting. It is customary for Nominations and election of Officers of your Council to take place at the Annual Meeting, but because of the restrictions in place it was decided that the Officers remained Status Quo until the next Annual Meeting in 2021. All Members were in agreement with this.

I hope every one was able to celebrate the 75th Anniversary of the Victory in Europe with, to begin with, a 2-minute silence at 11 am. Father Ian lit candles by the War Memorial in the Priory and prayers were said for those who never came home. This was streamed live on the Priory website and can still be visited if you so choose (see page 8 for help if needed - Ed.). The Union Flag had been raised on the flagstaff in front of the Almshouses and at 3 pm afternoon tea was available on the lawn (bringing your own beverage) which was extremely pleasant. At 19.45 in the evening many of us celebrated a Clapathon and partied into the evening. Sad that we couldn't light a beacon up on the hill on this occasion.

The Parish Council agreed to grant £100 to the Citizens Advice Bureau: it was felt that the decreasing Legal Aid available these days warranted a donation. The Planning Application by Inert to extend the period for infilling the Quarry was discussed and a representation has been sent to WSCC demanding the site will be finished and landscaped by the requested date of December 2021. The application regarding the wooden fence erected as a replacement for the fallen historic wall was also discussed, as it has been objected to. On the subject of historic elements in the Halnaker and Boxgrove Conservation Areas, it was decided to set up a Sub Committee of Council Members to carefully monitor the Areas to ensure that features of the CA Appraised Areas are protected. The regulations concerning these historic features are quite stringent - as they should be!

The Annual Accounts for the Council have been internally Audited and were approved by Councillors, and are now with our external Auditor R S Hall and Co. The finances of your Council are very healthy and we have fairly substantial funds derived from the Community Infrastructure Levy levied on various developments in the Parish. Not as much as it should have been, owing to the incessant delay in finalising our Neighbourhood Plan. The Council is setting up a 'scoring' scheme to evaluate projects that are worthy of some CIL funding.

The Village Stores is continuing to serve the community well with home deliveries, and further appreciation of Craig and the cheerful staff must be mentioned. They are currently handing out leaflets similar to the ones on Notice Boards alerting the residents to the help available from our District Council supporting small businesses, Council Tax payments and benefits. Here I must mention the outstanding success of Chichester DC during this pandemic, from maintaining collections of household and garden waste to paying out some £36 million of government funding to small businesses in the District, and helping one resident I know of with rent payments. We really do have one of the best managed Councils in the Country. I have mentioned the ideal opportunity, during this lockdown period, to compare air quality measurements at

/continued ...

the various monitoring stations around the City: there is one other in Midhurst. Well, on Tuesday this week I had confirmation that at times during the past six weeks there has been a drop of 48% in carbon nitrates in the air that residents in Orchard Street and The Hornet and elsewhere are breathing. Just the perfect reason why the use of vehicles in these congested areas must be curtailed. It will be interesting to see if these dreadful levels return when things get back to normal.

Henry Potter
Chairman, Boxgrove Parish Council

... and a PS from Henry:

Easing of Corona restrictions for Estate Agents to allow viewings is all very well, yet I can't see my children! So I've put my house on the market and our daughters are coming round for a viewing on Tuesday at 4.30 pm!



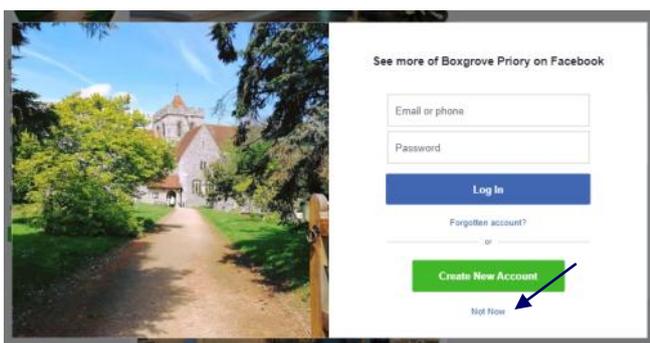
Practising our faith during the Coronavirus lockdown

Streamed services etc may be found on the websites of the [Diocese of Chichester](http://www.chichester.anglican.org) (www.chichester.anglican.org) and the [Cathedral](http://www.chichestercathedral.org.uk) (www.chichestercathedral.org.uk).

For those who do not 'do' Facebook, for Priory streamed services, go to the [Priory's](http://www.boxgrovepriory.co.uk) website (www.boxgrovepriory.co.uk) and click on the blue 'Facebook' link in the bottom right-hand corner of the screen on the 'Homepage' as here:

Boxgrove Priory Copyright © 2020 All rights reserved Registered Charity: 1131214  12Apr20 14:26

When the page opens, do not be put off by the box which appears at the bottom of the page inviting you to log in or 'Create new account', but scroll on down the page, at which point another box will appear: you should click on 'Not now'. You can then scroll down the page until you find the service you want, then click on the 'Play' arrow.



Solemn Mass on the Third Sunday of Easter



Prayers for use during the Coronavirus outbreak

The Church of England has produced a booklet which may be found online [HERE](https://www.churchofengland.org/sites/default/files/2020-04/Prayer%20Book%20Digital%20Single%20Pages%20%20April_0.pdf) (https://www.churchofengland.org/sites/default/files/2020-04/Prayer%20Book%20Digital%20Single%20Pages%20%20April_0.pdf).

THE OPTIMISTIC GARDENER

High Trees - No.34

A virtual tour of High Trees garden, Part 2

Well, the highlight of last week was the arrival of the hairdressing scissors and a parcel containing a piece of equipment I had never heard of until these bizarre times; it is called a razor-comb.

In desperation at my ever widening mop I had phoned my hairdresser to ask her to give the hubby some tips on cutting curly hair. I could hear her visibly blanch (I know this is not possible but you get my drift) - but she was decidedly reluctant to give Gerry the wherewithal to scalp me. She did say that she had been thinking about what I could do and advised acquiring online a razor-comb and then proceeded to tell me how it was used.

The afternoon the parcel finally arrived (I could just about see out through the fringe) we sat down to a pruning session. Do you like the way I have subtly brought the conversation around to gardening? Well the results were mixed - Gerry was allowed to cut my fringe and I scraped away with the razor comb chiselling and sculpting the hair until there was a pile of prunings on the floor about the size that my hairdresser usually makes. I have no intention of including a photograph of the results but now I realise how skilled hairdressers are.

Gerry is the pruning-Tsar at High Trees. There is nothing more he likes on a winter's afternoon than strolling down to the orchard area, loppers in hand, and making a huge pile of firewood by chiselling and sculpting the apple trees. We didn't do this often enough when we were working and so the result is a very mature looking garden which has needed considerable renovation pruning of certain shrubs and trees.

When we first moved here there was very little in the way of a garden. The previous owner had had a paddock on most of the back lawn where we chose to site the pond and there was one long shrubbery stretching across the garden, cutting it in half. We kept the hawthorn trees, which have grown considerably and provide the local birds with shelter and food as well as being a support for Rosa Mme. Alfred Carrière to



scramble up through. In this first

picture you can see the hawthorn on the far left of the shrubbery and the wild and woolly shrubs being strangled by couch grass. Most of these came out but we saved and replanted a few.

Now, from that same window, you can see the need for regular pruning in the 2020 High Trees garden. Believe it or not there is a pond at the far end of the lawn but it is covered in water lilies at this time of the year so is quite difficult to make out.



Another early job was to put in the terrace at the back of the house leading to a patio area. This all began when we decided to improve the kitchen by knocking out a window and putting in a set of patio doors. The kitchen is an area where we sit and look out at the garden quite a lot so we wanted to make it as light and inviting as possible.

Here you can see Gerry and an old friend of ours taking out the small window (propped against the far wall) and removing the lower bricks to make the hole big enough for the patio doors. Fortunately Mike - the old friend in question - is a

structural engineer so we had great faith in him and his Acrow props. Note the size of the Pyracanthus shrub under the near window. Also note the ever-increasing pile of rubble under the hole.



When we had finished we lived with that pile of rubble for a short while until we realised the need to be able to use the doors to get out into the garden. At first I suggested a step could be fashioned from the broken bricks, but in discussion with a friend (a potter by trade, but a

landscape designer by temperament) and she suggested a patio. She did a few rough sketches and the patio turned into a terrace wrapping three-quarters of the house, a water feature and a lower patio. She was right, though. With a garden of this size you have to make the hard features fit in with the scale. (I won't surprise you when I say it was she that encouraged me to put in the Denmans pond at the bottom of the garden.)

And overleaf is shown what it turned into! Notice that after 33 years we still have a very healthy Pyracanthus well-loved by the local bird life both for shelter and food.





Another long term job in the garden was creating the long border which separates the big lawn from the wild part of the garden. It began life as just another patch of the lawn and in order to make it fit in with the rest of the area I designed this bed to mirror the shape and size of the pond. So we got out the garden hose and snaked it around the lawn until we had a ground plan which we liked.

The next thing to do was to kill off the lawn and I shudder to say we resorted to glyphosate - the systemic weed killer which gave us no right to think of ourselves as organic gardeners but which saved a huge amount of backbreaking turf removal.

There was still plenty of opportunity to practise our digging technique over the autumn and by the arrival of winter we were quite experts. The frost helped break up the rather sticky clay, but what got it down to a fine tilth (ooo arrr!) was the use of our neighbour's rotavator - an old-fashioned allotment man who had no truck with this raised bed modern nonsense!



and grasses which I had been amassing from seed and cuttings. The idea was to plant 'drifts' (terribly fashionable in 2005) and to cover the area with plants so that the weeds didn't get a foothold! Some hope!!

Once the bed was dug and the recipient of 40 barrows of well-rotted manure, we enjoyed the fun part of choosing where to plant the various perennials, shrubs



Here they are placed in position in their pots like dabs of paint on an artist's palette.



And here they are the following autumn beginning to fill the space with glorious abundance and our hearts with joy.

We have left the area under the large apple trees at the back of the border as a wilder area where I am thrilled by clouds of cow parsley at the moment.



So there is always a list of jobs to do around the High Trees garden and we never actually get round to crossing them all out. But these days the pruning is always done, usually at the right time, and if it is done badly well just think of the old joke which is pertinent at present:

*What is the difference between a good and a bad hair cut?
About 2 weeks!*



Janet Reeves



		
Mass for Thursday in the seventh week of Easter (Lanfranc)	Mass for Wednesday in the seventh week of Easter (St Augustine)	Mass for Tuesday in the seventh week of Easter (Requiem for David Lloyd)

Don't forget: you can 'join in' the Mass every day from the Priory, 'live' or at a time which may be better for you. Visit the [Parish Facebook](#) page or the parish website: boxgrovepriory.co.uk. You will find the most recent services at the top.

BOXGROVE NEIGHBOURHOOD PLAN UPDATE

May 2020

We have been informed that no referenda for Neighbourhood Plans will be held before May 2021.

As our Plan has gone through all the necessary stages it does have weight in planning law and in the interim period can be considered as made.

The Planning authorities and the Parish Council should therefore consider the Plan and its Policies in making decisions.

I hope that you all stay safe during this pandemic and will report back as soon as there are any future developments.

--- oo0oo ---

The Boxgrove Neighbourhood Plan and the Examiner's Comments can be viewed on the dedicated website: <https://www.boxgrovenp.co.uk/>

David Leah

Chair, Boxgrove Neighbourhood Plan Team
13 May 2020



BOXGROVE & TANGMERE JULIAN GROUP

SUSPENDED UNTIL FURTHER NOTICE

Members may like to know the intended plan and use it for private study

*The group meets on the second Monday of each month at 3.15pm in the **St Blaise Centre, Boxgrove**. Notices with details of venue are placed on the church notice board.*

8 June Psalm 24, vv 1-5: "He shall receive the blessing from the Lord" (BCP)

'Trust, the Highest Prayer'

Julian of Norwich ~ Enfolded in Love series edited by Robert Llewelyn



Any suggestions who might have allegedly made this claim?

BOXGROVE & HALNAKER TRAFFIC CALMING GROUP UPDATE

Boxgrove & Halnaker Traffic Calming Group
Boxgrove Parish Council - <https://www.boxgrovepc.org/>

No Community Speed Watch for now

The following statement was recently issued by Community Speed Watch HQ advising all CSW groups to postpone all activity.

*“ We are aware of concerns of how the changing dynamics of road use will affect members of the public and are treating this as a high priority for our upcoming operations. However, we are understanding that the increase in traffic and concerns of speed does not override the need to maintain public safety and health. **For this reason, we feel it necessary to continue to postpone Community Speed Watch activities until UK Government guidelines assure us of the safety regarding gathering of groups and use of shared equipment.**”*

**Hopefully we will be back on the streets
in our yellow jackets by the summer!**

Work continues on the **Boxgrove Community Highway Scheme**. WSCC Highways have completed their safety audit and issued their proposals for tender. The Traffic Calming Group are looking forward to the results of all this hard work and looking forward to discussing the plans with WSCC Highways new area manager, Chris Stark, who replaces Chris Dye, who is promoted to Highways Operations Manager.

The **village entrance gates** for Halnaker are now in storage and installation by Balfour Beatty will take place shortly with help from the Traffic Calming Group in accordance with CVI9 social distancing guidelines.

Want to do your bit locally reporting speeding drivers?

Operation Crackdown is a joint initiative run by Sussex Safer Roads Partnership and Sussex Police, which gives you an opportunity to report specific instances of anti-social driving such as speeding, dangerous driving and driving whilst using a mobile phone.

What information will you need to provide?

- The licence plate number of the vehicle (this is mandatory for your report to be actioned)
- The make, model and colour of the vehicle.
- Details about when and where the incident happened
- Any additional information that may help identify the driver
- Any photos, videos or dash cam footage
- Your contact details, which will be treated in the strictest confidence

What Happens when you make a report?

Reports are dealt with on a case-by-case basis and depending on how serious the incident is, whether the vehicle has been reported previously and whether the driver falls into a high-risk category, Operation Crackdown will act accordingly.

Go to:

<https://reports.operationcrackdown.org/asdprs/mainform.aspx#TOF>

Even though we cannot operate speed watch right now, we are deploying the **Speed Indicator** Devices in various locations in Boxgrove and Halnaker on a regular basis. These machines give drivers real time feedback on their speed and also record speed data of passing motorists which helps us when speaking with WSCC Highways about the local traffic issues.

BLAISING IN THE KITCHEN

with many thanks to Sally Bosson



Pineapple Carrot Cake with Cream Cheese Frosting

Super moist and bursting with spice flavour

Prep Time: 30 minutes

Cook Time: 55 minutes

Total Time: 5 hours

Serves 12-15 (or a few very greedy people - but its very rich!)

Ingredients

2½ cups (312g) all-purpose flour, [spoon & levelled](#)

2 teaspoons baking powder

1 teaspoon baking soda

½ teaspoon salt

1½ teaspoons ground cinnamon

½ teaspoon EACH ground cloves, ground ginger + ground nutmeg

1 cup sunflower canola (240ml) or vegetable oil

1 and ¼ cup (250g) packed light or dark brown sugar

⅓ cup (67g) granulated sugar

4 large eggs, at room temperature

1 teaspoon pure vanilla extract

3 large carrots, grated (about 2 cups)

1 cup (8 ounces) crushed pineapple, drained

1 cup (125g) chopped walnuts

Cream Cheese Frosting

8 ounces (224g) full-fat block cream cheese, softened to [room temperature](#)

½ cup (115g) unsalted butter, softened to room temperature

3 cups (360g) confectioners' sugar, plus an extra ¼ cup if needed

1 teaspoon pure vanilla extract

⅛ teaspoon salt

Instructions

Preheat oven to 350°F (177°C) and grease a 9x13 inch pan (I always use a glass pan)

1. Whisk the flour, baking powder, baking soda, salt, cinnamon, and other spices together in a large bowl; set aside.
2. Whisk the oil, brown sugar, granulated sugar, eggs, and vanilla extract together in a medium bowl.
3. Pour the wet ingredients into the dry ingredients and whisk until combined. Fold in the grated carrots, pineapple and walnuts.
4. Spread batter into the prepared pan.
5. Bake for 45-55 minutes. Baking times vary, so keep an eye on yours. The cake is done when a toothpick inserted in the centre comes out clean. If you find the top or edges of the cake is/are browning too quickly in the oven, cover it loosely with aluminium foil.

/continued ...

6. Remove the cake from the oven and set on a wire rack. Allow to cool completely. After about 45 minutes I usually place it in the refrigerator to speed things up.

To make the frosting: in a large bowl, using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add the confectioners' sugar, vanilla, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add the extra $\frac{1}{4}$ cup of confectioners' sugar (I add it). Spread the frosting on the cooled cake. Refrigerate for 30 minutes before serving. This helps sets the frosting and makes cutting easier. Cover leftover cake tightly and store in the refrigerator up to 5 days.



Notes

Make Ahead Instructions

Prepare cake through step 5. Cover the cake tightly and refrigerate for up to 2 days or freeze up to 3 months. Bring to room temperature, make the frosting, frost, and serve. Frosted cake freezes well - up to 3 months. Thaw overnight in the refrigerator, bring to room temperature or serve cold.

Special Tools: Glass Baking Dish - glass bakes very different to metal or ceramic, so Pyrex (or similar) is the way to go. Glass will distribute the heat more evenly, which is what you need for this bake. It will also stay warmer for longer once removed from the oven. Because you have an acidic ingredient its often better to use glass and stop any reaction.

If you do decide to bake it in a metal dish then you need to increase the temperature by 25 degrees and check the food, possibly baking it for 10 minutes longer.

Oil: Instead of 1 cup of oil, try $\frac{1}{2}$ cup (90g) unsweetened apple sauce and $\frac{1}{2}$ (120ml) cup oil. The cake is just as moist.

Carrots: 3 large carrots to yield approximately 2 moist cups of carrot shreds.

Pineapple: Canned crushed pineapple is not that easy to get in the UK. You can also crush fresh pineapple to use in the cake batter. Crushed pineapple, as opposed to pineapple chunks, acts like a wet ingredient, keeping this cake extra moist and tender. Keeping that in mind, and if you want larger chunks of pineapple in your cake, you can use chunks instead. You can use a tin but I used fresh and ate the rest of the pineapple: it's a great way to use up one that's really ripe. All you do is process the pineapple a bit, either with a hand mixer or in a food processor.



Bundt Cake: Follow this sheet cake batter recipe, pour evenly into a greased 9.5 or 10-inch [bundt pan](#), then bake for 55-70 minutes or until a toothpick inserted into the cake comes out clean. This cake will take a while to bake because it is so moist and very thick. Cover the cake loosely with aluminium foil if you begin to see the top browning quickly. Once done, remove from the oven and allow to cool for 30 minutes inside the pan; then invert the slightly cooled bundt cake onto a wire rack and allow to cool completely.

FRUIT COMPOTE

with many thanks to Mike Beaman

Ingredients

250g each of dried apricots and prunes (plus any other fruits)

Tablespoon each of ginger preserve & mincemeat

Small teaspoon each of dried ginger, cloves, nutmeg and cinnamon

Thick slice of lemon or orange

Calvados (sherry glass measure)

Half a cup of water

Method

Mix together in a saucepan and heat on hob (setting 1), stirring occasionally to prevent burning. I give a blast on setting 9 to begin with and then go down to 1.

Then cool it down, put in a serving bowl and store in the fridge. Refresh it each day with a bit more Calvados if required ...

Enjoy!



*When two egotists meet, it's an I for an I.
A bicycle can't stand on its own because it is too tired.
What's the definition of a will? It's a dead give-away.
Time flies like an arrow. Fruit flies like a banana.
A chicken crossing the road is poultry in motion.
If you don't pay your exorcist, you get repossessed.*



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- does not become obese

And another thing. Healthy people do not contribute to the economy. They do not buy drugs, they don't go to doctors or hospitals: they add nothing to the country's gross domestic product. Whereas every new fast food outlet creates at least 30 jobs - 10 cardiologists, 10 dentists, 10 weight loss experts - as well as those working in the outlet.

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