



Karen Montgomery

Kspace

Creating space to grow . . . naturally!

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Karen's Garden

February

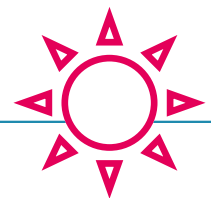
What to Plant

Broccoli	Leeks
Beetroot	Lettuce
Brussels sprouts	Onions -
Cabbage	shallots, spring
Cauliflower	Parsnips
Chinese cabbage	Radish
Carrots	Rhubarb crown
Chicory	Silverbeet/Chard
Endive	Swede
Herbs	Turnip
Kale	
Kohlrabi	

What to Pick

Broccoli	Radish
Beans	Rhubarb
Cauliflower	Silverbeet /
Carrots	Chard
Lettuce	Squash
Kale	Zucchini
Onions	tomato
Potato	

**If you don't take care of your body,
Where will you live?**



Recipe of the week: Bean Salad

Green Beans
Macadamia Oil (or Olive)
Lemon Juice
Salt
Ice & water

Blanch or steam beans till just softening
Plunge into bowl of ice water
Drain & combine with oil, lemon, salt & pepper

Variations - add minced garlic and fresh herbs

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