



Karen Montgomery

Kspace

Creating space to grow . . . naturally!

facebook.com/KarenMontgomeryKspace 0438 859 596

Hills Radio 88.9fm

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Karen's Garden

May

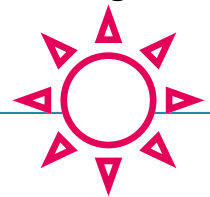
What to Plant

Broccoli
 Broad beans
 Brussels sprouts
 Carrots
 Herbs
 Kale
 Lettuce
 Onions
 Spring onions
 Shallots
 Peas
 Radish
 Silverbeet/Chard
 Spinach
 Swede

What to Pick

Broccoli	Radish
Beetroot	Rhubarb
Cauliflower	Silverbeet / Chard
Carrots	Spring Onion
Lettuce	Herbs
Kale	
Onions	
Chinese cabbages	
Potato	

Life begins the day you start a garden



Rhubarb Jam

500gm Rhubarb
 500gm sugar
 60ml Lemon juice
 1t vanilla essence

Cut rhubarb into pieces
 Place in pan with all other ingredients.
 Cook for 20mins while stirring.
 Place in sterile jars and store
 NB ingredients can be mixed & left over night to infuse before cooking.

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