



Karen Montgomery

Kspace

Creating space to grow . . . naturally!

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Hills Radio 88.9fm

hillsradio.com.au

# Karen's Garden

## 88.9fm Saturday 9am

September

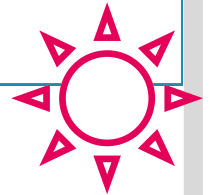
### What to Plant

Artichokes	Melons
Asian greens	Onions
Beans (end Sept)	Parsnips
Beetroot	Peas
Broadbeans	Potatoes
Broccoli	Pumpkin
Cabbages	Rainbow Chard
Carrots	Radish
Capsicum	Rhubarb
Cape Gooseberry	Silverbeet /spinach
Celery	Spring onions
Choko - temperate	Swedes
Cucumber -end Sept	Tomato
Endive	Turnips
Kohlrabi	Spinach
Lettuce	Zucchini - end Sept
Leeks	

### What to Pick

Asian Greens	Peas
Broccoli	Potato
Beetroot	Rocket
Cauliflower	Rhubarb
Carrots	Silverbeet / Chard
Celery	Spring Onion
Lettuce	Herbs
Leeks	
Kale	

**The creation of a thousand forests, is in one seed.**



## Rainbow Pancakes

Grated spring veggies  
 Fresh herbs  
 Ground nuts eg almonds, cashews  
 Salt  
 Egg & flour to bind  
 Oil to fry eg rice oil

Mix all ingredients together in a bowl.  
 Form pancakes - the mix is correct if it holds in in your hand with out crumbling.  
 Heat a fry pan with a little oil. Place pancakes in pan & fry till golden  
 Devour with some pesto or mayonnaise



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