



Karen Montgomery

Kspace

Creating space to grow . . . naturally!

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Hills Radio 88.9fm

www.hillsradio.com.au

Karen's Garden

August

What to Plant

Artichokes
 Beetroot
 Broadbeans
 Cabbage
 Carrots
 Endive
 Kohlrabi
 Lettuce
 Leeks
 Onions
 Pak Choi
 Spring onions
 Shallots
 Parsnips
 Peas
 Potatoes

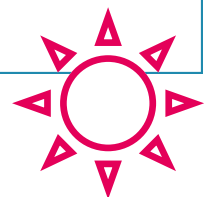
Rhubarb
 Silverbeet
 Rainbow Chard
 Radish
 Radicchio
 Spinach
 Swedes
 Turnips

What to Pick

Broccoli
 Beetroot
 Cauliflower
 Carrots
 Lettuce
 Kale
 Onions

Peas
 Potato
 Rocket
 Rhubarb
 Silverbeet / Chard
 Spring Onion
 Herbs

Having a garden is like having a good and loyal friend



Pesto n Pasta

Herbs of any type you like
 Extra Virgin Olive Oil
 Nuts
 Salt
 Hard Cheese or Nutritional Yeast

Rustic version -
 Chop, tear and mix altogether.
 Refined version -
 Place all ingredients in food processor and blitz.
 Mix through warm pasta & devour!

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