



Karen Montgomery

Kspace

Creating space to grow . . . naturally!

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Karen's Garden

January

Hills Radio 88.9fm

www.hillsradio.com

[www.facebook.com/
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What to Plant

Broccoli	Rhubarb
Beans - dwarf	Silverbeet/Chard
Beetroot	Swede
Brussels sprouts	Turnip
Cabbage	
Carrots	
Cauliflower	
Chicory	
Herbs	
Kale	
Leeks	
Lettuce	
Onions - shallots, spring	
Parsnips	
Radish	

What to Pick

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

“Gardening is a matter of your enthusiasm holding up until your back gets used to it.”

Recipe of the week :Kale

Ingredients

- Kale
- Tahini
- Garlic minced
- Water
- Tamari (or Soy sauce)

Method

- Wash kale & strip leaves of stems
- Mix remaining ingredients together to form a thick paste .
- Rub kale leaves through paste to thoroughly coat.
- Place in dehydrator on high for 4 hours.
- Alternatively, place in oven on very low.

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