



Karen Montgomery

Kspace

Creating space to grow . . . naturally!

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Hills Radio 88.9fm

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Karen's Garden

July

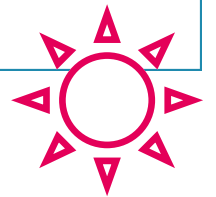
What to Plant

Artichokes
 Asparagus
 Broccoli
 Broadbeans
 Kale
 Lettuce
 Onions
 Spring onions
 Shallots
 Peas
 Potatoes
 Silverbeet
 Rainbow Chard
 Spinach
 Turnips

What to Pick

Broccoli	Asian Cabbages
Beetroot	Potato
Cauliflower	Rocket
Carrots	Rhubarb
Lettuce	Silverbeet / Chard
Kale	Spring Onion
Onions	Herbs
herbs	

**When stressed, overwhelmed & unable to think,
 I go out and garden, it's cheaper than a shrink**



Rainbow Roast

Sweet potato, Carrots, pumpkin, turnips, celeriac, shallots or onions, Potatoes - purple, yellow and white, beetroot, kohlrabi, Jerusalem artichoke & swedes

Cut a variety of any below ground veggies into chunks and place in a roasting pan with a little rice bran oil on 180°C for 30 minutes or until cooked

Place colourful roasted veg in a large bowl with salad greens and herbs. Dress with olive oil, lemon juice salt & pepper.



Beetroot

Radish

Carrot

Turnip

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