

GROWING WITH GRACE organics

A Solstice Celebration

A huge thank you to everybody who came to our 25th birthday celebration on the evening of the summer solstice

Proceedings were kicked off Park Avenue Jazz Quartet; their laid back jazz providing the perfect background to welcoming our guests and mingling with many new and familiar faces alongside a few refreshments from Tom's Drinking Hole.

After settling in to the day, we looked around the greenhouses over two tours; the first led by one of our customers, Shaun (also known as the Cook of the North), who gave his inspired recipes for what you might find in your boxes. The second tour, led by Neil, focused on foraging and how even the most inconspicuous plants that some would consider weeds can be a tasty treat.

Staff, volunteers and locals opened up our sustainable market in the evening, selling craft items, photos, carved goods and even cordials and juices. Meanwhile, Emma looked after our younger guests who mostly seemed interested in Incredible Edible's smoothie bike.

The main event, as always, was the food - this time a pot luck supper, though feast might have been a more fitting word. With everything from roasted veg to curries to frittata and everything in-between, it is always a delight to see what people can make cook up from the fresh bounties the ground provides.

As everybody's plates were clearing and our guests were full to bursting, a spectacular lightening storm (typical!) dampened everything but the spirits. The weather did, however, hasten our founder, Neil, to cut the three carrot cakes and round off our celebration of the first 25 years of Growing with Grace.

Useful Info:

Delivery areas/days:
 South Lakes [Tue]
 Lune Valley [Wed]
 Morecambe Bay areas [Wed]
 Central Lakes [Thu]
 Craven [Fri]
 Wharfe Valley [Fri]
 Visit the website to search for your area
growingwithgrace.ooooby.org/

ORDERING Deadline FOR DELIVERIES
 Monday 8am

Follow us:
 Instagram: @_growingwithgrace_
 Facebook: GrowingWithGrace

Shop opening hours
 Tue to Sat: 10am - 5pm
farm@growingwithgrace.org.uk



Once again, we want to thank all who attended as well as all who couldn't make it that have supported us over the last quarter of a century. We couldn't do it without you and we're grateful for those who have stuck with us through the hard times as well as the best. We're proud of what we do and it heartens us seeing so many of you are too.

Here's to another 25 years.



Growers' Update

The summer solstice on Saturday 21st June marked the start of astrological summer, as well as the longest daylight hours of the year.

Although the change in daylength is imperceptible to us, photoperiod plants are incredibly sensitive. Fruiting crops such as tomato, courgette and cucumber now perceive they are in a race against time to fruit and set seed before the season ends. We have been harvesting handfuls of each since late May, but we can now expect to experience that much-loved glut over the coming weeks. Brace yourselves for a weekly supply of courgettes and tomatoes in your boxes

But don't worry! We will be sharing our favourite recipes as well as tips for freezing and preserving these single-harvest crops so that you don't have to eat them all at once but can continue to enjoy that taste of summer during the dark days of winter.

This has been a great season for our fruit trees.

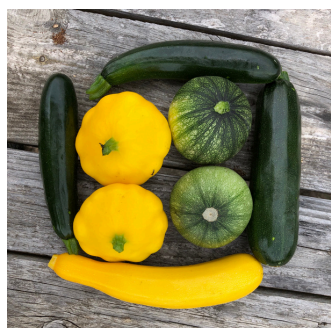
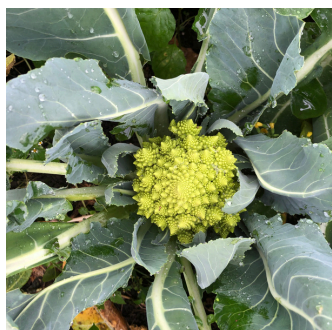
Although there were some hard frosts early in January, we have experienced an almost frost-free Spring. As a result, the mass of early blossom in Forest Garden and the Orchard has resulted in huge quantities of fruit. For the first time, we are able to offer our own crop apricots in our boxes and at the Farm Shop. We also have a plentiful supply of windfalls for jam - pop into the shop quicksticks if you want to pick some up. We also currently have an extravaganza of cherries (both sweet and Morello (sour/cooking) varieties. Stunningly coloured, they are (almost) too good to eat!



Meanwhile, in Pumphouse

This season's brassicas are stunning. We kicked the season off with some seriously tender, juicy and incredibly tasty turnips (tbh I have never been a fan of neeps, but these have totally blown me away. I'm converted!!!)

We are currently harvesting the most incredible-looking of the brassicas: Romanesco cauliflower (fractal geometry in a nutshell - for those mathematically minded amongst you) and purple kohlrabi (aka Sputnik). These are often overlooked here in the UK but are ubiquitous at fresh produce markets throughout Europe. On the continent, they simply eat the young swellings like apples, and the slightly more mature are grated into salads or slaws. See Page 3 for a lovely recipe that our Plant Sales Person, Izzy, shared with us at the Festival.



And in Cambridge...

The legumes are thriving. We have now picked the last of the broad beans and are near the end of the sugar snap peas. But the French beans are rampant! This year we are trialling a number of new varieties - both round and flat. So far, Golden Gate (a flat bean) is our favourite - it is as juicy and tender as a round French bean, but has much more substance when cooked. We also have Borlotti beans, Hyacinth beans and 10,000 year old French cave beans for you to try over the next few weeks. We won't have enough of them to offer for delivery, so please visit our Farm Shop to give them a try. We would love to have your feedback on these (and indeed all of our) more unusual own crop!

In the Farm Shop

In addition to the smorgasbord of own crop fruit and veggie heavenly delights (seriously, you must drop in and see what we have – it's gorgeous and amazing), we have some new products in the Farm Shop that we're super-excited about...

We have new lotions in the shop. Time to treat your skin...all organic and vegan and tried and tested by our growers (the sun is harsh in the glasshouses at this time of year).

WELEDA Skin Food nourishing treatment great for dry skin, since helps to restore the skin's protective barrier with organic rosemary, calendula and chamomile extracts.

We are now also stocking ORGANii Suncream or Milk lotions.

We would love your feedback on these 🤗



Kohl Rabi for beginners ... 101

Kohl Rabi is sometimes referred to as a cabbage turnip, but that does not even remotely begin to do it justice. It has a mild taste, more akin to broccoli leaves than either cabbage or turnip. It is at its best raw, although older bulbs benefit from roasting with good quality rapeseed oil.



Recipe ... Kohl Rabi Slaw

Ingredients

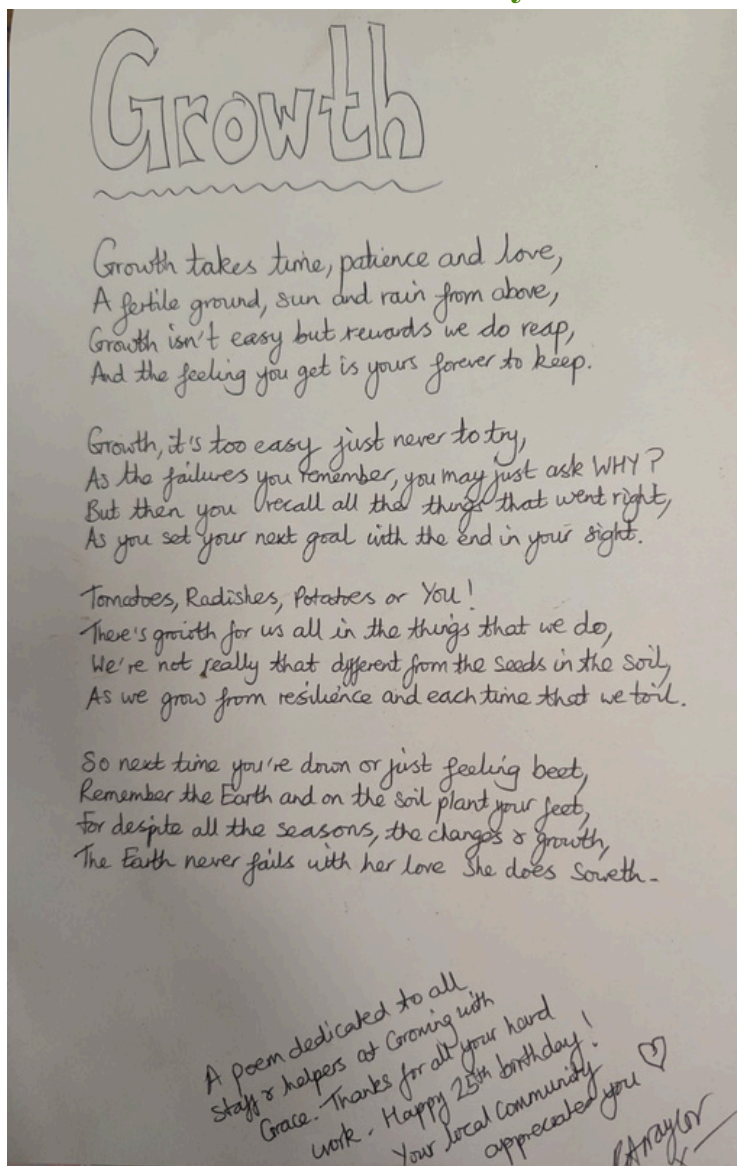
- 1/4 cup extra-virgin olive oil or hazelnut oil
- 1 tablespoon apple cider vinegar
- 2 teaspoons honey
- 1 teaspoon whole grain mustard
- 1/2 teaspoon fine sea salt
- 1 large apple, cored and cut into matchsticks
- 1 medium kohlrabi, peeled and cut into matchsticks
- 1/4 cup thinly sliced red onion
- 1/4 cup toasted chopped hazelnuts
- 1/4 cup finely chopped parsley, more for garnish
- Freshly ground black pepper

Instructions

- In the bottom of a large bowl, whisk together the oil, vinegar, honey, mustard, and salt.
- Add the apple, kohlrabi, onion, hazelnuts, and parsley, and toss to coat.
- Season to taste with salt and pepper, garnish with additional parsley, and serve

Recipe courtesy of Love & Lemons

A Poem: Birthday wishes from Rachel Naylor



Save the date(s)

Open Day & Plant Sales Day

Saturday 19th July

10am-3pm

We will be throwing open our greenhouses to all our supporters, customers and visitors for guided tours:

- An introduction to organic growing
- Foraging - or why we love our weeds
- Planting for biodiversity & cut flowers
- Planting for herbal teas and remedies

Keep watching our FB page for timings!

Refreshments available throughout the day with a light seasonal lunch to be served at 1pm.

A Taste of Grace

Thursday 26th August

5-8pm

We would like to invite you all to share a harvest feast at Growing with Grace.

We will provide a light supper showcasing our late summer harvest (think Mediterranean veg, leafy greens, and maybe even sweetcorn & squashes)

The evening will also feature live music, a cash bar and the usual Growing with Grace CHILL that you know and love!

More info in the coming weeks