

# OUR KITCHEN GARDEN IN JULY

The next chapter in the Craggy Range Organic Kitchen Garden began in October 2022 with its expansion to over 800 square metres. Our aspiration is now on becoming the first closed-loop garden to table restaurant in New Zealand.

It's a place for learning, insight, and inspiration.

May saw us progressing our biodynamic and organic management; we made and applied Preparation 500 Horn Manure and Stinging Nettle Preparation 504 to our kitchen garden, which will assist in regulating acidity, stimulating the growth of root systems to greater depths and will help to increase the germination rate of seeds.

With winter in full swing, July sees us sowing seeds for our greenhouse tomatoes to make sure we are harvesting in time for Christmas. This year's colourful harvest will be a rainbow of heritage varieties. Salads, dill and carrots continue to be sown and are continuing to grow due to our frost protection efforts, often double layered, to ward off the overnight chills.

Plantings and sowings in the garden continue, with chicory, lettuce, carrots, upland cress, beetroot and mizuna making the list. July also sees the first plantings of Chinese artichoke - walking through our garden you will likely mistake their above ground foliage as mint, whilst below ground this tuberous plant is quickly growing, ready to add a decadent nutty, chestnut-like flavour to our winter menu. In separate corners of the garden, beautiful espalier apples are pruned and trained, whilst our shiitake mushroom blocks continue to fruit well in the propagation greenhouses.

Our incredible gardening team looks forward to collaborating with our kitchen this month to discuss the next growing season, just around the corner.

We warmly invite you to visit our kitchen garden during your time with us and see these exciting updates in July for yourself.

## HARVESTING

CALENDULA FLOWERS | VIOLAS | DILL | CHICORY | UPLAND CRESS |  
THYME | CONE CABBAGES | PARSLEY | SALAD BURNET  
NEW ZEALAND SPINACH | WATERCRESS | SORREL | JERUSALEM ARTICHOKE  
SHISO | TURNIPS | SWEDE | RADICCHIO  
RED LETTUCE | MINT | LEMONS | LIMES | KAFFIR LIME | LEMON VERBENA  
LOVAGE | CORNFLOWER | BEETROOT | OAK LEAF SALAD | ROSEMARY