

## OUR KITCHEN GARDEN IN JULY

Matariki marks the beginning of a new year for our Kitchen Garden, it is a time to reflect, reset, and prepare for the seasons ahead. July is when we begin to think about summer crops, and warmer months ahead. Seed sowing this month includes our heritage tomato seeds, chicory, dill, cavolo nero, carrots, upland cress, perpetual spinach, mizuna, and parsley.

Throughout July we will continue to grow winter crops that thrive in cooler soil; komatsuna, rainbow carrots, wild rocket, and a winter trial of micro salads, as well as striking pink and red chicories to brighten our garden beds.

Our commitment to soil health continues with biodynamic practices, including the recent application of Preparation 500. Sunday, 18th of May was a special date in our calendar, which saw us prepare this age-old practice. It is a meaningful part of our commitment to nurturing the soil and lays the groundwork for healthy, vibrant growth.

It was especially rewarding to share this tradition with members of our kitchen and restaurant team, who joined us in the garden to stir, spray, and reconnect with the land that inspires so much of what we serve.

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Jennifer Lyons - Head Gardener

## HARVESTING

SORREL | BEETROOT | TURNIPS | CRESS | SPINACH  
RADISH | CAVOLO NERO | THYME | CALENDULA | CHIVES | PARSLEY  
SALAD BURNETT | PINEAPPLE SAGE | NZ SPINACH | BRONZE FENNEL  
MINT | TARRAGON | LOVAGE | RADICCHIO | SWEDE  
CONEHEAD CABBAGE | BASIL | JERUSALEM ARTICHOKE