

The Kitchen Garden

Old-fashioned flavors



English Version



*Seeds from organic farming

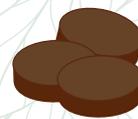
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This kit contains



10 bags of organic seeds*



3 peat pellets



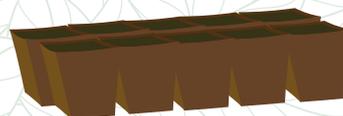
1 bag of natural fertiliser



10 marking strips



1 digital leaflet



20 biodegradable pots

The seeds

Wormwood is a plant of the Asteraceae family. This old plant is known for its numerous virtues, provided it is not abused. It is also used for a spirit drink since the 19th century or as a flavouring in teas in the Maghreb during winter. You will also be very happy to have it as a friend in your vegetable garden to repel aphids and the like.

Wormwood

Aromatic herbs



Guernsey parsnip is a biennial plant of the Apiaceae family. This ivory-white fleshy root from Europe has been cultivated since the Middle Ages.

With a shape and taste similar to that of the carrot, the half-long parsnip will never cease to surprise you with its many recipes.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



Plant in mid-May in preferably drained soil to withstand the winter. Space them 50 cm apart.

Wormwood tolerates all types of warm soil.



Wormwood tolerates drought well, water occasionally.



Exposure to the sun is essential.



The harvest will take place from August to September.

You can decorate your dishes with absinthe, make wine with it or use it for its medicinal properties.



Vegetables

Parsnip



Guernsey parsnip is a biennial plant of the Apiaceae family. This ivory-white fleshy root from Europe has been cultivated since the Middle Ages.

With a shape and taste similar to that of the carrot, the half-long parsnip will never cease to surprise you with its many recipes.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing			█									
Harvest										█		



Sowing is done outdoors from March to June. They are sown in rows of 25 to 35 cm at a depth of 0.5 cm in the ground.



You can plant your seedlings in any type of soil, preferably in cool, moist soil.



Watering should be regular and light so as not to dislodge the seeds and to keep the soil moist during the germination period.



Prefer a sunny exposure which will be an asset for the development of the flavours.



Harvesting takes place from October to November, 4 to 5 months after sowing.

Parsnips are a very versatile vegetable. It is perfect in sauce dishes such as stews, couscous or in a soup with carrots or leeks.



With a soft flesh similar to that of the potato, it can also be steamed, fried, mashed or even baked au gratin. Raw food lovers will not be disappointed with grated parsnips or parsnip salads.

White patisson



Native to Central America, the white patisson is a vegetable belonging to the cucurbit family. The flesh of the White Pastry is white, firm, not very sweet and slightly mealy.

This highly productive plant produces fruits of varying weights and colours that will never cease to impress you.

Month	Jan	Feb	Mar	April	May	June	Jui	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



Sow in a pot in a warm, light place from March to April or in the field from May to June.



Parsnip appreciates all types of soil, e.g. earthy, clayey or chalky.



Water regularly in normal amounts to keep the soil moist without drowning the leaves.



Choose a sunny spot for this summer squash.



You can harvest this vegetable from the end of July to October, depending on your taste, as it can be eaten both young and old.



The patisson can be eaten like its fellows when it is quite ripe, both au gratin, stuffed in purée or in soup.

Combined with mushrooms, tomatoes, carrots, peppers or goat's cheese, many combinations are possible. If you prefer it young, pan-roasted with olive oil and herbs, it will remind you of the artichoke.

Celeriac



Celeriac is a biennial herbaceous plant of the Apiaceae family. A descendant of the ache, it has been eaten by our Roman, Greek and Egyptian ancestors since antiquity.

Long neglected and revived in the 16th century by our German neighbours, celeriac is sure to surprise you.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



You can sow celeriac from February to April in a greenhouse or greenhouse frame. Afterwards, it can be sown in the ground in mid-April in a sunny place that is not too dry.



Celeriac likes cool, rich soil.



Celeriac requires regular watering, as moist soil is preferable.



Celery likes a sunny spot with some shade to avoid drought.



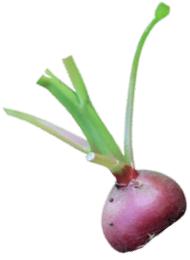
Celeriac is best harvested in autumn before the first frost.



Celery is an ally for many of us. It has very few calories, helps digestion and is very tasty.

You can grate it on its own with a lemon or remoulade dressing or mix it with carrots to make homemade coleslaw. It is also excellent cooked in a pan with soy sauce and honey.

Turnip rutabaga



The turnip rutabaga appeared in Scandinavian countries in the Middle Ages and is one of the many forgotten root vegetables.

It is the cousin of the turnip and belongs to the Brassicaceae family. It is very easy to cultivate as it holds well when it goes to seed.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



It can be sown between April and May in direct seeding



The soil must be moist and cool.



Turnips require very little watering. Water from time to time to prevent the soil from drying out.



A sunny spot is recommended for the rutabaga.



Harvesting takes place from August to January. It can be left in the ground without any problems and harvested as required.



Rutabaga can be perfect in sauce dishes with its friend the turnip. It can also be cooked au gratin or fried.

Green tomatoes



Green bell pepper tomatoes are a variety of tomatoes similar to peppers. Coming from Latin America, this variety will allow you to vary the pleasures.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing		█										
Harvest						█						



The green bell pepper is sown at a temperature of 18 to 20 degrees in pots between February and April.



Tomatoes can be grown in all types of soil. Adjust the watering according to the nature of the soil.



It is necessary to water them abundantly at the time of planting. Once planted, regular watering is essential.



Tomatoes need heat and light.



You can usually pick your tomatoes 4 to 5 months after sowing.



Green tomatoes are perfect for jams. You can also preserve them to garnish your salads. You can also stuff them, as they are sometimes as hollow as peppers.

Kale



Kale has been consumed by farmers since the Middle Ages and by the Romans in ancient times. It is resistant to low temperatures and grows very easily.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing				█								
Harvest										█		



You can sow kale between April and June in the open ground at a depth of 5 cm. It will then need to be transplanted one and a half months after the first emergence.



Kale will do well in all types of rich, moist, deep soil.



Regular watering during seed emergence and transplanting is necessary. Afterwards, the cabbage will feed itself with rainwater and soil.



A sunny spot is preferable, otherwise a semi-shaded spot will suffice.



Harvest the leaves as needed from October onwards.



Kale can be cooked in many ways, with scrambled eggs, in an Asian pan, in curry or simply braised.

Romanesco cauliflower



Present since the Renaissance in Italy, the romanesco cauliflower was introduced in France only in the 20th century.

Romanesco cauliflower is a biennial plant. This variety of cauliflower has a soft palate and is appreciated for its appearance as well as for its taste.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing			█									
Harvest							█					



Romanesco cabbage is sown in a nursery from March to June. After 6 weeks, once the first leaves have appeared, you can transplant it by spacing the plants 60 to 80 cm apart.



Cauliflower does not like dry soil, but it does not like excess moisture, so the soil must be well drained.



Water regularly so that the plant never runs out of water, but in moderate quantities.



Sunlight is necessary for the well-being of romanesco cauliflower.



You can harvest your romanesco cauliflower after 3 months, when the head is fairly visible.



Romanesco cauliflower can be eaten as a gratin, in soup or as an accompaniment to meat, just pan-fried with herbs.

The dwarf bean



An original variety with pink marbled seeds, very productive and hardy, it can be used dry or fresh. This forgotten vegetable is a staple of the Mexican diet for a very decorative and appetizing cuisine.

Growing bush beans is easy and usually not a problem, as long as a few rules are followed. Dwarf beans are native to warm countries, so it is essential to take this into account for successful planting.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing				█								
Harvest						█						



Dwarf beans need warmth to grow, they will only grow at 12 degrees Celsius. In the open ground, sow the beans in rows 40-50 cm apart. Stagger the sowing from April to September every 15 days.



A neutral soil is required.



Water as often as necessary to prevent the soil from drying out.



Exposure to the sun is necessary.

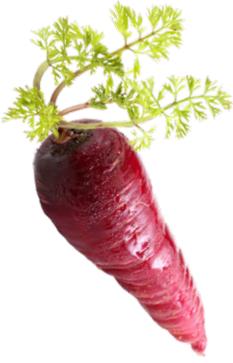


The harvest will take place from June to September.



In salads, hot or cold, beans can be cooked in many ways to accompany your meats and starches.

The red carrot



The red carrot is one of the oldest varieties, with an original purple-red colour and an orange-yellow heart. Its sweet and original taste is often appreciated. A variety for people with good taste!

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



Do your sowing in May/June.



Choose loose, cool soil.



Water regularly for the first few days, then more heavily once a week for the first month after sowing.



Make sure you choose the right place to grow your carrots, they generally prefer sun or half-shade.



The harvest will take place from October to November.



You can enjoy your red carrots as you like. Cooked, raw, in salads, au gratin, béchamel sauce, roasted in the oven or candied in honey, they will suit all your desires.

How to carry out the sowing?

Direct sowing

Direct sowing means planting the seed directly into the soil, or into the planter. Vegetables such as carrots and radishes are cold-hardy, so it is possible to plant them directly in the ground outdoors despite frosts.

If you are unsure of the climate, we recommend that you use indirect sowing in a pot before planting.



1/ Prepare your soil. Creating mounds of soil is a good method for direct planting. This helps to maintain the structure of the soil throughout the planting period. Between the mounds, create furrows (with a claw or spade) to accommodate your seeds.

2/ Place your seeds in the furrows, spacing them out.



3/ Cover your seeds with soil.



4/Water.

Indirect sowing

Indirect sowing is a growing method that allows plants to grow indoors before transplanting, by planting them in pots. Indirect sowing is particularly suitable for tropical or cold-weather plants, such as peppers, tomatoes and salads.



1/ Fill a large bowl with lukewarm water.



2/ Place the peat pellets in it for 5 minutes.



3/ Once the pellets have swollen: wring them out to remove the excess water. Then add the fertiliser and mix.



4/ Place the potting soil in the biodegradable pots. Be careful not to pack the potting soil too tightly so that the seeds can breathe.



5/ Place your seeds and cover with a thin layer of potting soil.

Recipe ideas

White patisson cream soup

Ingredients



- 1 pastison
- 200 g mushrooms
- 1 onion
- 2 cloves of garlic
- 2 tablespoons of olive oil
- 1 cube of mushrooms
- salt and pepper
- 25 cl of fresh cream

Instructions

- Start by preheating the oven to 200°C (gas mark 6/7).
- Peel and dice the parsnip and onion.
- Cut the garlic in half.
- Peel the mushrooms without cutting them.
- Put the pastison, onions, garlic and mushrooms in an ovenproof dish.
- Season with olive oil, salt and pepper and crumble in a mushroom cube.
- Roast in the oven for 45 minutes. Do not hesitate to cook the pastisson for longer.
- Remove the vegetables from the oven.
- Mix the vegetables with 25 cl of fresh cream.
- Add a glass of water if necessary, depending on the desired consistency.



Roasted celeriac with honey

Ingredients



- 1 celeriac
- 1 onion
- 2 tablespoons olive oil
- 2 tablespoons soy sauce
- 3 spoons of honey
- 1 half glass of water
- salt and pepper

Instructions

- Wash and peel the celeriac and onion.
- Cut them into small cubes to reduce the cooking time.
- Put two tablespoons of olive oil in a hot pan and add the diced celery and onion.
- Let it cook on high heat until it browns.
- Season to taste and add the honey and soy sauce.
- Cover and cook over medium heat until caramelised.
- Add the half glass of water and cover for 10 minutes.
- Cook uncovered until the water has evaporated.

