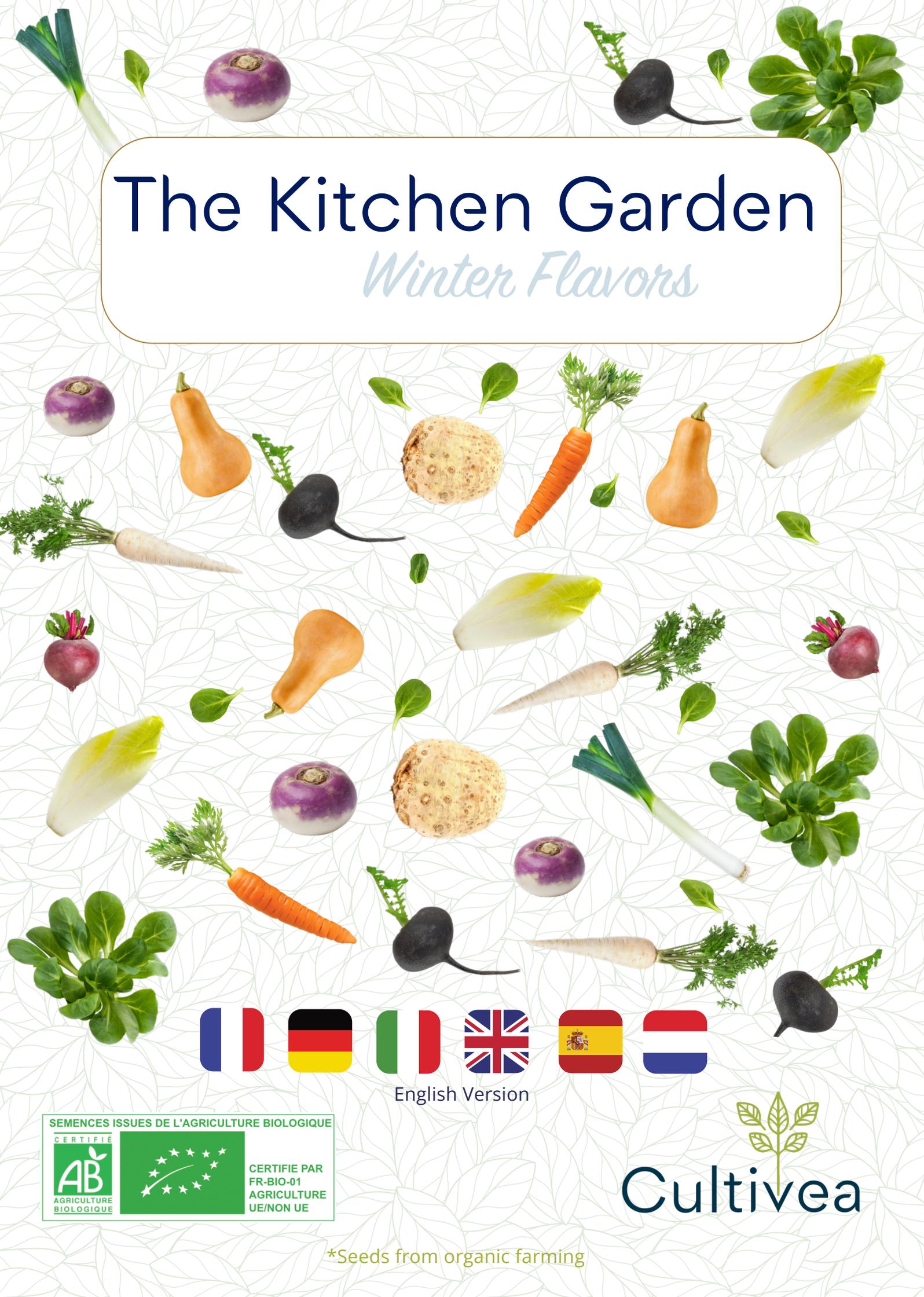


# The Kitchen Garden

## *Winter Flavors*



English Version



Cultivea

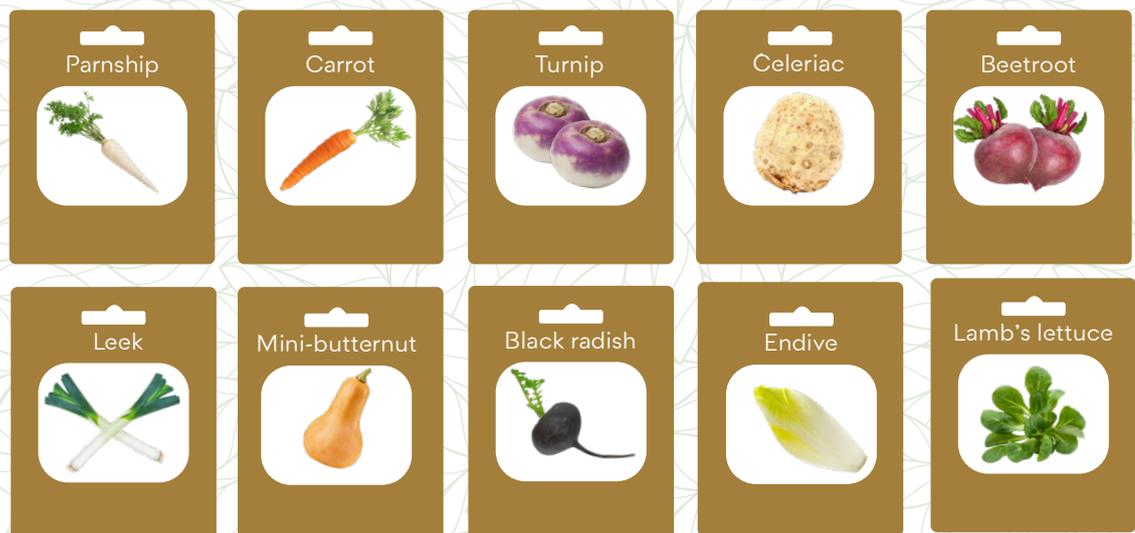
\*Seeds from organic farming

# Summary

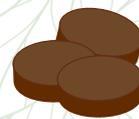
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## This kit contains



10 bags of organic seeds\*



3 peat pellets



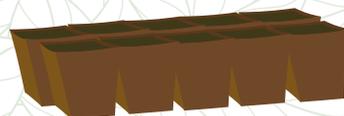
1 bag of natural fertiliser



10 marking strips



1 digital leaflet



20 biodegradable pots

# The seeds

Thanks to The Kitchen Garden kit, you can plant your own seeds. We have selected for you 10 varieties of seeds that are essential to start (or not) your own little vegetable garden. This kit contains herbs, vegetables and salads, as well as everything you need to sow your seeds.

## Vegetables

### Half-long 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										█		



Sow 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.



Harvest from October to November, 4 to 5 months after sowing.



Parsnips are a very versatile vegetable. Indeed, it is perfect in dishes with sauce such as stews, couscous or even 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.

# The carrot



The carrot was domesticated in the East as early as the 10th century. In the Middle Ages, the wild carrot had a whitish colour and a rather leathery skin. The carrot was considered an aromatic plant before it was a vegetable.

The carrot could be white, yellow, purple, red or green, but not orange. This colour is the result of a human invention, crossing several varieties. Today, 1 in 5 vegetables purchased is a carrot.

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



You can sow from February to April or from mid-June to mid-July. Emergence takes 10 to 20 days in soil at 20°C. It is not necessary to sow in a pot, you can sow directly in the ground from mid-June to mid-July.



Carrots like light, fresh, loose, supple soil and a mild temperature.



The carrot appreciates regular, light watering to promote seed emergence. If the foliage lies on the ground, this is a sign of dehydration, so water your plant quickly.



Carrots need a lot of sun.



Harvesting takes place 2 to 3 months after sowing, typically from June to the end of September or November to early December.



Carrots can be eaten raw or cooked, steamed or roasted, as you wish. They go very well with peppers, celery and chicken. Prepare colourful and flavourful dishes with carrots. It goes well with winter dishes such as beef and carrots or summer salads, for example.

# Turnip



The turnip is a plant from Asia that belongs to the Brassicaceae family and is eaten as a vegetable. It is a plant that comes in many shapes and colours.

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



Turnips are best sown between February and September. To do this, sow the seeds 1 to 2 cm deep. Once the first leaves have appeared, 2 to 3 weeks after sowing, you can thin them out to 10 cm.



Rich, cool soil is best for turnips.



The soil should always be kept moist, watering the soil with a light rain so as not to drown it and keep the soil wet.



Exposure to the sun is preferable.



3 months after sowing, you can enjoy your firmest and heaviest turnips and let the others ripen.



Turnips add flavour to dishes with sauces such as couscous. You can also stuff it with mushrooms or roast it in a pan.

# 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.



Celery root likes cool, rich soil.



Celeriac requires regular watering, as moist soil is preferable.



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



Celery root is best harvested in autumn before the first frost.



Celery is an ally for many of us. It has very few calories, is easy to digest and 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.

# Beetroot



Beetroot is one of the most basic and versatile vegetables. Indeed, you can use beetroot to make sugar, as a vegetable or even as a fodder plant. The red beetroot that we eat every day and the one that will accompany you in summer and winter, cooked or in salads.

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



You can sow your beetroot seeds from April to June depending on your preferences. You can also stagger your sowing to enjoy them for longer in smaller quantities. The emergence time is between 6 and 10 days in the open ground. You can transplant your plants in the open ground when they have 4 to 5 leaves.



Beetroot does not like damp soil, so it prefers light, rich soil.



Beetroot does not like dryness, so water as much as necessary to keep the soil moist.



For the well-being of the beetroot, prefer a sunny spot.



Harvesting takes place from May to August, depending on the planting, i.e. 2 to 3 months later.



Beetroot is a sweet, firm and tasty vegetable. You can eat it cold in salads or grated. Cooked, fried or roasted in the oven. It requires very little seasoning.

# Leek



Leek is a herbaceous plant used as a vegetable. It has been eaten as a vegetable since the Middle Ages in Europe. Its taste, similar to that of onions or asparagus, has been winning over our palates for many years.

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



You can sow your leeks from February to May or in August. Sow them first in a greenhouse from February to April. Once they are 2 cm in diameter, plant them out 12 cm apart and 8 cm deep, spacing the rows 40 cm apart.



Loose, deep soil is ideal for leeks. Moist but not soggy soil is perfect.



Leeks do not like to be over-watered. You can water it when it is very hot. In normal temperatures, rainwater will suffice.



Sunny exposure is necessary.



You can harvest your leeks 5 months after sowing.



In soups, in sauces such as pot-au-feu, in béchamel sauce, baked au gratin with ham, or cold in vinaigrette. Leeks are perfect for the whole family.

# The mini-butternut



The mini-butternut belongs to the cucurbit family. Native to South America, this one will satisfy you, because you can use its leaves, its flowers or its fruit which is more commonly eaten. This runner plant will embellish your garden.

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



You can sow your seeds from May to the end of July in the open ground. After 4 to 8 days of emergence in the soil and the appearance of 2-3 leaves, you can transplant them. Space the rows 2.5 cm apart and the plants 40 cm apart.



Heavy soil is necessary.



The mini-butternut needs a lot of water, so water as often as necessary to keep it well fed.



A sunny exposure will suit the mini-butternut, which tolerates high temperatures well.



You can harvest your vegetables from September to the end of November.



With a very mild, sweet taste, mini-butternut is perfect in a soup, stuffed or pan-fried.

# Black radish



The black radish belongs to the brassica family. Consumed since antiquity, it was introduced into France in the 16th century. Known for its virtues, it is an ally of detox diets thanks to its vitamin B9, potassium and water content.

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



Sow from June to August in the open ground. As it does not need to be transplanted, the radish can be sown directly in furrows 30 cm apart.



Cool, moist, pebble-free soil is best



Regular watering is essential to prevent the soil from drying out.



Sun and half-shade will suffice for the black radish.



Harvest 4 to 5 months after sowing.



The black radish is particularly appreciated raw like its cousin the red radish or grated like celery. You can also eat it in salads or cooked like turnips.

# The salads

## Lamb's lettuce



Lamb's lettuce has been cultivated since the 18th century. France is the world's largest producer, so finding it in your garden will make you even happier.

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



Sow your lamb's lettuce seeds from the end of July to September. The emergence time between sowing and planting is 8 to 15 days. Space the rows 8 cm apart and the plants 5 cm apart in the ground.



A light, deep, loose soil is ideal.



Water as often as necessary to keep the soil moist and cool.



Shady exposure is best.



You can harvest your lamb's lettuce from September to the end of December, generally 2 months after sowing.



Lamb's lettuce has a strong flavour and is perfect as a salad. Its flavour is even more pronounced when cooked.

# Endive



Endive has been used in our dishes since the 19th century. A member of the chicory family, this northern vegetable continues to seduce us. As good cooked or raw, you will be happy to have it in your garden. Depending on your taste, protect the endives from light after harvesting to avoid a bitter taste.

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



You can sow your endives from mid-April to the end of June in the open ground. After 5 days the seeds will have emerged. Sow them in rows. After 2 or 3 leaves have appeared, you can thin out the plants to about 15-20 cm apart.

A loose, deep soil is perfect for your endives.



When the seeds germinate, water them well. Once they are in the ground, watering is not necessary except in case of drought.

Full sun is best.



You can harvest your endives 3 to 4 months after sowing.



Endive can be cooked in the oven, in a gratin, with ham or in a soup. They are also delicious with Roquefort cheese or in a salad, accompanied by nuts and some dried fruit.

# 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

## Leek fondue with cream

### Ingredients



- 500g of leeks
- 1 onion
- 2 tablespoons of olive oil
- 1 cube of vegetables
- salt and pepper
- 50 cl of fresh cream

### Instructions

- Wash the carrots in cold water, then peel them with a Start by cutting your leeks into rings and washing them well.
- Peel the onion and dice it.
- Put the olive oil in a hot pan.
- Add the leeks and onions.
- Season to taste.
- Cover and cook for 25 minutes over low heat, stirring occasionally.
- Then add the crème fraîche and the crumbled vegetable cube.
- Cover and cook for another 10 minutes.
- Serve.



# Endive soup with comté cheese

## Ingredients



- 2 kg endives
- 600 g potatoes
- 2 tablespoons of olive oil
- 2 vegetable stock cubes
- 25 cl of liquid cream
- 100 g grated Comté cheese
- salt and pepper
- 2 glasses of water

## Instructions

- Wash and roughly chop the endives and potatoes.
- Cook them with the water and the two cubes.
- Cover and cook until the knife can easily penetrate the potatoes.
- Blend the mixture and add the crème fraîche.
- Cook again, adding the diced Comté cheese.
- Cook and stir until the comté cheese has melted.
- Serve.

