



## 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/](http://growingwithgrace.ooooby.org/)

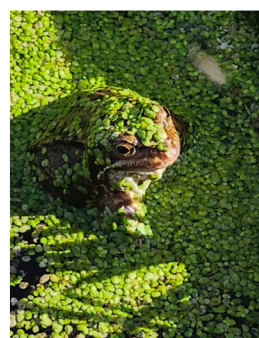
ORDERING Deadline FOR DELIVERIES  
 Monday 8am

## Growers' Update

Already we're well into April ... and what a Spring it's been.

According to the Met Office, here at the Farm we've received 40% more hours of sunshine than our annual average for March. It was the third sunniest March recorded here (since records began in 1910). It felt all the more incredible in comparison with last year, which was cold, wet and gloomy with 30% less sunshine than average and around 25% more rain. We have shared lunch outside most days since the start of March.

Everything is thriving in the glasshouses - flora and fauna as well as staff and volunteers!



This can be a tricky time of year for us - trying to get the timing right so that as the overwintered salad, spinach and kale start to bolt, we have a newly sown spring crop ready for harvesting. So far, so good! You're now enjoying this year's salad leaves and rocket, and it looks as if the overwintered spinach will last until the new sowing is ready. Our kale is beginning to bolt, however, and with the new seedlings only just ready to go out into the glasshouse, there may be a couple of weeks' gap between the two.

However, we have plenty to fill that gap! The purple sprouting broccoli is the best Lead Grower Neil can remember, and should be available through to the end of the month. We're also harvesting the fresh young hop tips (known as Poor Man's Asparagus) and making the most of some of our most prolific weeds to make a delicious salad that is particularly high in antioxidants (and delicious of course).

April is going to be an incredibly busy month for us. The Propagation House is literally overflowing with seedlings that desperately need to be planted out, but meanwhile the onion sets have only just arrived due to the poor weather in Europe last autumn. So now we have several thousand onion sets to plant up at the same time as as 1500 sugar snap peas, 2500 French beans and of course the new selection of kale.

Any help you can give would be very much appreciated! It would also be lovely to see you pop in on your way past to say 'Hello' and check out the Farm.

Fortunately, the slug problem that was so devastating last year has not yet reared its head. We are hoping that the two very cold spells either side of Christmas may have wiped out a couple of generations of slugs and that we might be able to keep on top of things this year!

# Plant Sales

As you may have spotted, we are now offering plug plants and potted herbs for sale.

Grown here at the Farm, by our new member of staff, Izzy, they are all stock-free and organic.

So far, we have broad beans, parsley and mint ready to go, as well as some edible and wild flowers. The Propagation House is full to overflowing with seedlings of all of your favourite plants, including tomatoes, courgettes, beans and peas, as well as some the may be new to you!

While some will be available for delivery, many will only be available direct from the Farm Shop. Why not pop down and look around?



## Plant Sale Weekend

Izzy is working hard to get as many seedlings as possible ready for sale in May, and we will be holding a bumper plant sale weekend during the early May Bank Holiday. Izzy will be here between 10am and 5pm on Saturday 3<sup>rd</sup> and Monday 5<sup>th</sup> May with a wide range of plug and potted plants for sale. She'll be on hand to give you information about each plant as well as tips for caring for your plants and even some recipes!

## Tomato Planting Day

### Saturday 10th May 10AM – 3PM

Yes! It is nearly that time again. Our annual tomato planting day is approaching fast.

If you've ever idly wondered what it is like to plant over 1000 seedlings in a day, this is your opportunity to find out! And if you're an old hand, we look forward to seeing you again this year.

We'll be here from 10 till 3 and there'll be a variety of tomato-related activities on offer. We'll be busy digging holes, tying up support strings, planting seedlings ... and a whole lot more.

This is always a fun day, whatever the weather, and the glow of satisfaction at the end is unbeatable!

Whatever your level of skill or fitness, we'd welcome your input.

Refreshments & a light seasonal lunch will be provided.





# We are 25 this year!

Growing With Grace was founded in the year 2000

We've certainly had a lot of ups and downs during the last quarter century, but we are still hanging on!

And we are planning to celebrate our birthday in style!

In a slight change to our schedule of events, we will be holding our Taste of Grace event on Thursday 28<sup>th</sup> August rather than 19<sup>th</sup> June. In its place we will hold a

## Solstice (and Birthday) Festival

5 till late on Saturday 21<sup>st</sup> June

You are all invited! Please come and help us celebrate.

We will be having a pot luck supper (please bring a dish you've made from produce you've received from Growing With Grace), cash bar, live music, fire pits, ...

Further details to follow in the next newlsetter but meanwhile SAVE THE DATE!

## LOCAL PARTNERS



This month we will be introducing a new local partner - Wyreside Mushrooms. Based near Cockerham, Paul and Hayley grow a wide range of "exotic" mushrooms and are fully Soil Association certified.

We'll start by offering lion's mane mushrooms, but hope to be able to bring you grey and pink oyster mushrooms in the very near future. Lion's mane mushrooms are believed to improve cognitive function, to reduce anxiety, stress and depression. They may also have antioxidant and anti-inflammatory properties.

And they look and taste fantastic! We were lucky enough to get hold of a sample and thoroughly enjoyed it lightly fried with some poor man's asparagus. A truly great staff lunch in the sunshine!

Wyreside Mushrooms is a small producer and their incredible mushrooms are rarely available beyond their market stall! Keep your eyes peeled for them on Ooooby and in the Farm Shop soon.