



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/

ORDERING Deadline FOR DELIVERIES
 Monday 8am

Growers' Update

It's hard to believe that we're already nearly at the end of May, and what a busy month it's been here on the Farm.

The glasshouses have been transformed. Out have come the overwintered crops and ground cover, and we are now in the process of transplanting the thousands of summer crop seedlings we sowed in the Propagation House to their rightful places in our rotation scheme.

Tomato Planting Day was a major success.

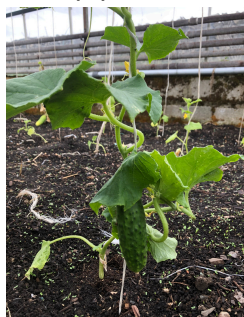
Thanks to the many volunteers (old and new; young and old) who came to give us a hand, we managed to get 1100 tomato plants in the ground, as well as enjoying a delicious lunch that showcased some of the best seasonal crops and forage our glasshouses had to offer. The tomato plants are starting to thrive in their new home, and we're looking forward to a great crop from July onwards.



The following week our dedicated band of regular volunteers tackled Butterfly House

Butterfly held our overwintered brassicas. At the start of the week it was a jungle of head-height stalks of kale and purple sprouting broccoli topped with beautiful yellow flowers. By the end of the day on Friday, we had cleared all of the rows and had the cucumbers planted out. And now, the courgettes and summer squashes have joined them. It always feels like summer when the curcubits go out. Many of them are already fruiting and we expect to get the first courgettes in your boxes next month.

Meanwhile, over in Cambridge, the legumes are shooting up - the broad beans are ready to pick and the sugar snap peas won't be far behind. And over the next couple of weeks we'll be planting out the runner beans and maincrop peas. We're hoping to keep you supplied with peas and beans for most of the summer!



Primary planting

Izzy has spent the last few weeks working with Reception and Year 1 pupils at Bentham Community Primary School who are learning about plants in their science lessons.

Izzy visited the school to help them plant a range of vegetables, herbs and flowers in four large wooden planters. Every child planted at least one plant and thoroughly enjoyed the sessions (as did Izzy!). And they are looking forward to enjoying the fruits of their labours over the coming months.



If you know of a school or community group who would like help putting together a planting scheme for a planter or garden, or would like to visit our glasshouses - please get in touch.

The Hungry Gap

We are deep into the Hungry Gap ... and this year it has been deeper than ever!

The Hungry Gap is the name given to the period of time between the last harvest of the overwintered veg and the first harvest of the newly sown spring and summer vegetables. Apart from a few fast-growing leafy crops such as salad leaves, spinach and chard, there is no fresh produce to be picked.

We have to rely on vegetables, mainly root crops, that were harvested in late autumn and stored over the winter. Last year's wet weather led to a poor harvest in terms of both quantity and quality so the potatoes, carrots and onions have not stored well.

In addition, the poor weather in Spain has reduced the availability of late spring / early summer crops such as broccoli, tomatoes, peppers and citrus fruit, which we have come to rely on to help us bridge the Hungry Gap. And to add variety to our boxes.

On top of this, flooding in the Netherlands in the autumn badly affected our supply of seed onions. This time last year, we were picking fresh green onions and garlicks while we were waiting for the main crop onions to be harvested. In contrast, this year, we have only just got them in the ground!

You may have noticed that we are now offering some traditional forage crops for you to add to your veg box. These are fast-growing wild plants that were used in the past to help fill the Hungry Gap. Here at the Farm, we have been enjoying nettle soup, houmous and pesto made with Jack-by-Hedge, and refreshing cleaver water. We are also picking "weed" salad and horta (a mix of wild greens to cook like spinach). Why not give them a try?





Solstice (and Birthday) Festival

Saturday 21st June

3 till late

Growing With Grace is 25!
Come and help us celebrate!



Live music

Craft and food stalls

A shared meal

Cash bar

Glasshouse tours

Activities

We'll be celebrating our 25th birthday on the Summer Solstice and would very much like to share our celebrations with all of our customers, supporters and friends.

Please join us here at the Farm anytime from 3 pm on Saturday 21st June.

There'll be plenty to see, do, eat and drink, but also plenty of time and space to relax and enjoy the beauty and tranquility of our Farm at this time of year.

We will provide light seasonal refreshments made from the best produce our glasshouses can offer at midsummer, but would like to invite you all to bring along a dish to share, preferably made with ingredients from your veg box that week!

If you are a musician, craftsperson or artisan food producer and would like to be part of the Festival, please get in touch with us on 015242 51723 or at grower@growingwithgrace.org.uk.

DARE visit to GWG

This week we hosted a delightful visit from a small group of women and children from DARE (Darwen Asylum Refugee Enterprise).

They all volunteer at the community garden in Darwen and came to see what we have growing in the glasshouses at the moment. As well as enjoying a tour of the Farm with Lead Grower Neil, they brought an amazing selection of food to share with us all. It was a thoroughly enjoyable day and we look forward to seeing them again.



Price rises ...

Given recent increases in the prices of fresh produce, we have been struggling for a number of months to put together set boxes that offer you the variety and quality that you have come to expect from us. We will therefore reluctantly be raising the prices of our set boxes to enable us to provide you with excellence. We will also be introducing a packing charge for choice boxes to cover the costs of the additional time it takes us to create these bespoke boxes for you. The changes will be introduced shortly. Full details of the new prices will be sent to all our customers well in advance.