

Flying Marrows Newsletter Spring 2020

This spring we have been enjoying the warm sunny weather and are busy sowing lawns, sowing vegetable seeds, preparing the ground for plants, mowing and pruning. The weeds are already starting to need pulling out too!

Our latest gardening equipment purchase is a new shredder. We can convert hedge cuttings and prunings into valuable mulch or perfect compost material.

Flying Marrows omelette

This month our vegetable garden has an abundance of Wild Rocket and Chives. Try our seasonal omelette recipe.

Ingredients:

2 organic eggs

1 medium potato thinly sliced

Handful of freshly picked and chopped chives

Small slice of butter to oil pan

Method:

Coat potato in butter over medium heat in a small (21cm) frying pan.

Reduce heat to minimum, cover with a lid and 'simmer' for ten minutes.

Whisk the eggs and chives in a bowl, add grated cheese if desired.

Stir the potato and pour the egg mixture evenly into the pan and replace the lid.

When egg bubbles up towards the lid turn off the heat and quickly turn the omelette.

Leave the omelette to finish cooking itself in the residual heat. Season to taste.



The Wild Rocket is added as a salad with the last of our wild garlic and a side of steamed sweet potato with chilli beans.