



# SPRING GARDENING TIPS

**FROM CHEF TIM MACKIDDIE OF JACKSON-TRIGGS ESTATE WINERY**

At Jackson-Triggs Estate Winery, Chef Tim grows his own herbs and vegetables in the kitchen's garden, and uses these fresh ingredients in dishes served in the Tasting Gallery. Chef Tim's passion for locally grown ingredients is the key to creating the bright and flavourful recipes that pair so well with Jackson-Triggs Estate Wines.

Chef Tim shares his top tips for spring gardening:

1. Plant vegetables that turn over quickly, such as radish and fresh herbs. This will allow you 2-3 plantings per summer.
2. Pick root vegetables, like beets, when they are small. Large leaves can be bitter, so using them when they're young means leaves will be tender and full of flavour.
3. Radish, baby greens, beets, and herbs are best planted in the springtime.
4. When planting, be sure to allow enough space between vegetables. This allows them to spread their roots and grow properly.
5. When cleaning garden-grown vegetables, be sure to wash the dirt toward the leaves. This ensures that small dirt particles don't get lodged in the small creases in the vegetable's skin.
6. Try not to refrigerate your fresh garden vegetables, as this mutes the flavour. Instead, pick herbs and veggies just before using.

