

The ***Veg of the Month*** for **May** is **parsley!**

Not only does this pretty little plant look great in the garden, it also helps with garlic-breath.

Parsley was introduced into England in the 16th century from Sardinia. It has a bit of an ominous history. The Ancient Greeks associated it with death as it was believed to have come from the blood of Archemorus, the forerunner of death. The Romans also associated it with a great yet evil power. They too did not eat it but wore garlands of parsley round their heads at festivals to ward off intoxication from drink. Good thing to keep in mind with the Good Food and Wine Show Coming up at the end of May. We will be attending - go to our Events page for more information.

What to do with your veg in May:

- Add well composted manure to veggie garden and keep it well mulched
 - Liquid feed flowering and fruiting veg with organic fertilizers rich in potassium
 - Foliar feed all veg with seaweed
 - Water regularly in dry weather
 - Support peas
 - As soon as brassicas begin to form heads, stop feeding (except broccoli)
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Pop into Starke Ayres Garden Centre to stock up on this month's healthy winner.