

“Nobody can be uncheered with a balloon” by Winnie the Pooh. It’s true and next month, REACH is going to be “uncheered” a total of FIVE times. Hopefully, we’ll ALL join together in Birthday Parades to happily wish five deserving REACH guys and gals, a very “Happy Birthday”....there is guaranteed to be a balloon or two!

The Covid-19 Pandemic has brought about many changes in our lives. A change, perhaps for the better has been in the way we eat!

### **Predictions:**

- 1) With many restaurants closed (some are doing take-out) and some supermarket shelves bare, plus higher concerns around food safety, home cooking is making a comeback. Variety survey says said that 47 % of respondents agreed that the idea of going to a major public event “will scare them for a long time”.
- 2) Healthy and Organic Eating will become increasingly important. Organic food companies, such as Nourish Organics had a 30 % increase in demand for home delivery. The value of healthy foods, such as fruits and vegetables is well documented in the management of poor immune conditions.
- 3) Food safety will be even more important. Survey respondents indicated that they are buying less fresh produce in grocery stores and more canned foods due to fears around food safety. Studies have also shown that consumers want food that is pre-packages (even though they understand that you cannot catch Covid-19 virus from food)
- 4) There is a reduced demand for exotic foods. Although there is some disagreement around which animal transferred the virus to humans, it is an accepted fact that outbreaks are more likely when exotic animals are used as food by humans.
- 5) There will be a greater focus on eating local. Surveys say that now consumers want to know the source of their food, making community-supported agriculture and farms more desired. More awareness around food safety and the desire for more nutritious food will also increase the demand for eating local

### **Eating from your own backyard garden is the BEST! Here’s a list of the 8 Easiest Vegetables to Grow:**

- 1) Salad Leaves---Sow throughout the summer and harvest 3 weeks later. Plant seeds in pots or in the ground, keep well-watered and cut leaves when required. Plants produce leaves until autumn.
- 2) Radishes---Sow 4 weeks after last frost and throughout the summer. Harvest after a month. Sow directly into the ground.
- 3) Peas---Sow March to June. Harvest after 2 months. Support with chicken wire or canes. The more you pick the ripe pods, the more the plant will produce.
- 4) Spring Onions---Sow March to July. Harvest after 8 weeks. Easy to grow in pots or in the ground.
- 5) Runner Beans---Sow April to July. Harvest after 2 months. Train climbers on support frame and keep well-watered. When pods are ripe, keep picking them and the plant will keep producing.
- 6) Onions and Garlic---Sow spring, harvest late autumn. Plant in well-drained soil and lift when the foliage starts to die back. Dry in sunshine before storing in a cool, dark, well-ventilated place.
- 7) Beetroot---Sow March to July and harvest May to September. Sow directly into moist soil and then seedlings to about 5 cm. apart, you’ll produce a colorful superfood for salads.
- 8) Kale---Start seeds indoors, or directly in your garden after danger of frost is past. Plant about 18 inches apart and fertilize with compost, when you are planting seedlings (if you’ve started them indoors). Kale is a super food and it adds protein to your diet. It requires 6 to 8 hours of direct sunlight every day. Snap off leaves from the bottom up and it will continue to produce until after the first frost, when it becomes sweeter to taste.

