



## Garlic bREAd

### INGREdiENTS

½ cup soft butter  
1 to 2 garlic cloves  
1 baguette  
1 large handful of flat-leafed parsley,  
roughly chopped  
(get a grown up to do this for you)

### EquiPMENt

garlic crusher  
cutlery knife  
chopping board  
bread knife  
bowl  
aluminium foil  
oven mitts  
wooden spoon  
baking tray

### MEthod

1. Preheat the oven to 180°C.
2. With the bread knife slice the bread on a 45° angle, but without cutting all the way through the bottom to the crust.
3. Mix the soft butter in a bowl with the chopped parsley.
4. Using the garlic crusher squeeze in 1 clove of garlic.
5. Mix together and taste, add the extra clove of garlic if you think necessary.
6. With the cutlery knife spread the butter into the cuts in the bread.
7. Wrap the bread in aluminium foil and place on the baking tray.
8. Bake in the oven for 15-20 minutes or until the butter is melted and the bread crust crunchy.

### FRom THE mARkET

Butter — B.-d. Farm Paris Creek

Bread — Riviera Bakery & Flour Power

Parsley — Salad Greens and Kitchen Herbs

Garlic — Patlin Gardens

## in your GARDEN

### How to GROW pARSEY

There are two types of parsley; curly and flat-leafed. Parsley is a very handy herb to have in the garden, you will use it often. Plant it close to the kitchen door so you can pop out with a pair of scissors and snip some off when you need it. Parsley likes to grow in areas of full sun or part-shade.

### How to GROW GARlic

Divide the bulbs into cloves in early spring. Plant the cloves 3cm deep. Keep the soil moist but not over wet and as the bulbs mature be sparing with the water. Garlic likes full sun and an open position.

Garlic keeps vampires and insects away!

Garlic is a good companion plant for fruit trees, tomatoes and roses and can be made into a spray to deter pests such as aphids, caterpillars, spiders and ants.