



Kitchen Witchery.

Newsletter • February
2026



Winter's Final Act with a Twist

Welcome to February, the last of the coldest months here in the UK. Winter still has a firm grip, short days, chilly air, and often damp, frosty, or snowy weather. But if you look closely, **you'll find plenty happening beneath the grey skies.**

In this newsletter, we'll explore the **rhythm of February**. From weather and garden chores to delicious food celebrations and a special full Moon set to inspire us all.

Winter's Weather and Daylight

December through February makes up the chilliest trio of months, and February is no exception. Expect plenty of those damp, grey days with rain, frost, and the occasional snow flurry.

Daylight hours still remain short but they are gradually stretching and hints at us that spring is just around the corner.

February's Festive Flavours

Though it might feel like one long chilly Sunday, February brings some fun and flavourful occasions. **Valentine's Day**, a perfect excuse to cook a cosy dinner at home, using seasonal produce sourced locally. **Chocolate Day** on the 9th and **Real Bread Week** starting on the 21st, of which runs into early March.

Seasonal vegetables flourish to inspire your kitchen creativity. Think hearty kale, brussels sprouts, leeks, parsnips, mushrooms, and plenty more. These ingredients **lend themselves beautifully to warming dishes** that can be intimate for two or easily scaled up for a family get together.



Mark Your Calendars: Foodie Holidays

01/02/26: Yorkshire Pudding Day

A perfect excuse for a Sunday roast upgrade it's not a regular affair for us, but why not when it is marked by day?!

09/02/26: National Pizza Day

Time to experiment with toppings using seasonal veggies and we have a tried and tested recipe for you.

17/02/26: Pancake Day

Don't forget your favourite toppings for a sweet or savoury treat. We will feature an alternative to the classic recipe.

22/02/26: Margarita Day

Try a home-made honey syrup to showcase to you, getting rid of that store brought sugar syrup!



Find recipes at kitchen-witchery.com

Garden Tasks for the Month

February is all about **preparation and protection**.
Fail to prepare, prepare to fail.

Start sowing seeds indoors or under cover, those tomatoes are destined for the greenhouse. Lest not forget the **brussels sprouts, cabbages, onions, peas, and spinach**.

Don't forget to **cage your produces**. Creatures love cabbage and kale and can wreak chaos in February's colder weather.

It's also a good time to plant fruit trees and bushes and mulch your garden beds with well-rotted compost or manure, this can be done bare foot should you dare...

All of which set the stage for a fruitful spring planting season.



Winter's Weather and Daylight

On 1st February at 10:09 pm, the UK will witness the full Moon known as the 'Snow Moon.'

Traditionally, this Moon symbolizes endurance and hope during tough winter months. It's an ideal moment for reflection, setting intentions, or even performing rituals focused on growth and transformation, perfect themes as the coldest days start to give way to spring's potential.

Wrapping Up

February may be the coldest month, but it's far from dull.

The blend of winter endurance, seasonal celebrations, garden beginnings, and not forgetting the magic of the Snow Moon, we have plenty to keep us engaged and inspired.

So, grab a warm drink, enjoy a seasonal meal, and maybe look up at that bright Moon as you dream of spring's arrival and what she has in store for you.

Until then, keep warm and keep curious!

With love,

Katy & Trudy

