



# Kitchen Witchery.

Newsletter • March 2026

## Workshop Update: Evaluation of the Family First Aid Kit 23<sup>rd</sup> February 2026



We shared our holistic views, that it is possible to be calm, safe and healthy with our first workshop in 2026, which focused on the family first aid kit.

Ditching the green box of old and rejuvenating such into a French dresser or beautiful wicker basket option. Demonstrating a plethora of alternative options, the material presented was consistent in making sure that you and your loved ones can be protected, calm and cared for in an emergency.



We are incredibly grateful and thrilled of the outstanding attendance. We were able to exchange vital information, answers, and techniques for creating and preserving holistic health by shedding light on every facet of first aid.



## Next Workshop • 30<sup>th</sup> March Natural Prescriptions

Our second 2026 class, which takes place 30<sup>th</sup> March, focuses on using herbs, foods, and mindset at home to eliminate the need for some medical prescriptions.

Viruses, depression, sleep, IBS, body aches, blood pressure, diabetes, and acid reflux are among the topics we are concentrating on.

Join us and discover a different way of life.



# March Magic: Blood Moons, Seasonal Bounty & Bright Beginnings

Where the sky paints a cosmic show, the garden awakens, and the larder gets a fresh new look. We're diving into a spectacular lunar event, some sneaky time changes, and all the vibrant flavours and foraging treats that this early spring month brings to our tables and gardens.

## Astronomy Highlights: Catch the Full Worm Moon & Blood Moon

Mark your calendars for 3 March 2026, when the night sky puts on an enthralling double act.

Not only do we have the Full Worm Moon but it's also accompanied by a total lunar eclipse, famously called a Blood Moon for its eerie reddish glow. If the skies are clear, grab a blanket, perhaps a hot drink, and look up!



## Spring Forward: Daylight Saving Time Changes

The shift to lighter evenings is nearly here.

On 29th March 2026, you'll lose an hour's sleep, but those longer, brighter evenings are well worth it. Perfect timing for post-work gardening or a leisurely evening stroll.

## Seasonal Greens & Foraging Finds

March brings a delightful transition in the vegetable world.

Purple sprouting broccoli reaches its peak...a sweeter, nuttier version to broccoli that's a treat if you haven't tried it yet.

Expect spring greens like kale, spinach, watercress, sorrel and other crisp, peppery leaves to brighten your plates.

For the adventurous foragers, wild garlic's unmistakable fresh garlicky scent starts to fill the woodlands now, adding a wonderful punch to salads and pestos.

Nettles also come into season packed with nutrients and surprisingly versatile once properly prepared.

If you're still embracing winter's hold on the kitchen, root veg like celeriac, parsnips and leeks linger just long enough to round out your seasonal menu beautifully.



## Fruit & Imported Flavours to Brighten Your Plate

Keep an eye out for Yorkshire Forced Rhubarb those tender, pink stems grown in the dark for the perfect balance of tart and sweet. Bramley apples remain a reliable staple, great for baking and cooking, too.

Thanks to global trade, we also get to enjoy blood oranges and passion fruit at their juicy best this month, offering an exotic splash of colour and flavour against the backdrop of local fare.



## March's Meat, Fish & Dairy Delights

Game lovers will find venison and wild rabbit at their finest, with spring lamb just beginning to appear in the markets.

For sustainable fish options, pollock, hake, brill and gurnard are brilliant picks, while wild Scottish salmon season kicks off always a reason to celebrate. Shellfish enthusiasts can indulge in plentiful, fresh mussels, oysters, spider crab and lobster.

On the dairy front, sheep's and goat's milk cheeses shine as lambing and kidding season stirs the countryside to life.



## Garden & Growing Tips: What to Sow & Plant



March is pivotal for gardeners and growers alike...indoors, it's time to sow tomatoes, chillies, peppers, cucumbers and aubergines by sunny windowsill, giving these warm-weather crops a strong start.

Outside, if your soil is workable, plant onion and shallot sets, and directly sow hardy vegetables like carrots, parsnips, broad beans, spinach and peas.

Don't forget to start "chitting" seed potatoes in a light, frost-free spot to prep for planting your first-early varieties this month.

## Dates to Note and Celebrate

- **1 March – St David's Day:** Welsh cakes, rarebit and traditional cawl take centre stage.
- **14 March – Pi Day & National Chip Day:** Maths meets indulgence with slices of pie and Britain's beloved chunky chips.
- **15 March – Mothering Sunday:** Homemade cakes, sweet treats and afternoon tea with loved ones.
- **17 March – St Patrick's Day:** Irish classics and perhaps a pint of Guinness to enjoy.
- **18 March – National Black Pudding Day:** A proud celebration of this regional delicacy.
- **25 March – International Waffle Day (Våffeldagen):** Sweet or savoury, waffles bring smiles.



## Parting Thoughts

March is a month of transition and anticipation...from the heavens above to the earth below, from Kitchen Witchery creations to garden beginnings.

Whether you're gazing up at a cosmic spectacle, tasting the season's freshest produce, there's a gentle pulse of renewal to embrace.

Enjoy these early spring moments and the fantastic flavours fresh around you.

Stay curious, stay inspired, and thanks for reading.

With love,  
Katy & Trudy

