



Kitchen Witchery.

Newsletter • April 2026

Spring Time Wellness Newsletter



Hi Kitchen Witches!

Spring is tiptoeing in, and with it comes fresh energy, leafy greens, and, of course, some magical moonlight.

This week, I'm excited to share highlights from our recent workshop where we dived into natural alternatives to common GP visits.

Plus, we'll explore April's moon phases, seasonal spring veggies to embrace in your kitchen garden, and some thoughtful dates to keep in mind throughout the month.

Grab a hot cup of hot cacao comforting, settle in, and let's welcome the new season together.

Trudy and I recently hosted our second workshop of 2026, Natural Prescriptions and wow, what a delightful gathering it was!

We explored natural approaches for conditions many of us know all too well: IBS, stress, skin concerns, gut health, sleep difficulties, depression, and more. What made the evening truly special was not just the helpful knowledge shared, but the warm sense of community that filled the room.

We whipped up rich cacao drinks, sampled tasty health boosting snacks, and prepared soothing creams and ointments. The evening felt like a cosy kitchen witchery circle with kindred spirits, capped off by a glass of wine and cheese as we relaxed before the workshop began. Moments like these remind me why this community means so much the joy of learning, healing, and connecting side by side.



Astronomy Highlights

April opens with a luminous spectacle the Pink Moon rising in the early hours of Thursday, April 2nd, at 03:12 BST.

This full moon spring's arrival, named for the pink wildflowers that bloom around this time and, interestingly, the surfacing of earthworms signalling fertile soil beneath our feet.

Here's a quick lunar rundown for April 2026:

- Full Moon (Pink Moon): 2nd April
- Last Quarter: 10th April
- New Moon: 17th April at 12:52 BST (located in Pisces)
- First Quarter: April 24



The new moon on 17th April carries the bold, energetic vibe of Aries, perfect timing to set fresh intentions and embrace courageous new beginnings. Use this power to reset, spark creativity, or take the first step on a long held dream.

Garden & Growing Tips: What to Sow & Plant



April is one foot out of winter and one foot welcoming spring. Dive into early spring greens and hearty roots to nourish both body and soul.

Here's what's shining in the vegetable patch this month:

- Early asparagus spears, delicate, sweet, and so springtime.
- Purple sprouting broccoli, a reliable early spring classic.
- New potatoes, including the much-loved Jersey Royals.
- Fresh spring greens and onions, plus spinach, kale, rocket, and watercress.
- Root veggies like carrots, parsnips, and beetroot still holding firm.
- Radishes, celeriac, chicory, leeks, and mushrooms adding seasonal variety.

If you're eager to grow your own, April and early May are ideal for sowing a range of veggies:

- Direct sow outdoors: carrots, beetroot, lettuce, radishes, peas, spinach, and salad mixes.
- Under cover or windowsill sowing: tomatoes, courgettes, runner and French beans, cucumbers, and sweetcorn.
- Plant out now: early potatoes, onion sets, shallots, and asparagus crowns.

And for the floral inclined, this is a great time to add sunflowers, and zinnias directly outdoors, or nurture dahlias, cosmos, and marigolds under cover.

Don't forget to protect tender young plants with fleece or covers against those late frosts!



April's Important Dates and Observances

April is rich with meaningful days celebrating health, creativity, nature, and community. Here are a few highlights you might want to mark in your calendar:

- 2nd April: World Autism Awareness Day and International Children's Book Day
- 3rd–6th April: Easter weekend plus the UK Tax Year end
- 7th April: World Health Day
- 22nd April: Earth Day a perfect moment for reflection and action on our planet's wellbeing
- 23rd April: St. George's Day and World Book Day a double celebration of heritage and stories

It's also:

- Stress Awareness Month
- National Gardening Month
- National Poetry Month
- And, of course, Earth Month to honour our planet.



Our Next Workshop

Forgotten Healing Remedies

Date & Time: 27th April 2026 - 7pm - 9pm

We will be tuning into the past and considering what each of us feels our bodies require.

Please feel free to join us before hand for supper at 6pm.

Location: 29 High Street, Rayleigh, Essex, SS6 7EW

Ever wondered about the healing remedies of the past? We're revisiting long-forgotten remedies and exploring how they can fit into modern life.

Join us for our Kitchen Witchery Workshop where we delve back in the forgotten healing remedies and bring them back to life in a meaningful, engaging way.

Kitchen Witchery.
Hosted by Trudy Glenister & Katy Jane

Forgotten Healing Remedies

Monday 27th April • 7pm-9pm
The Cork Dork • Rayleigh

Ever wondered about the *healing remedies of the past*? We're revisiting long-forgotten remedies and exploring how they can fit into modern life.

Join us for our **Kitchen Witchery Workshop** where we delve back in the forgotten healing remedies and bring them back to life in a meaningful, engaging way.

£43 per person

The Cork Dork

Parting Thoughts

As we step into April, I encourage you to lean into the season's fresh energy... nurture your body with seasonal foods, your spirit with lunar rhythms, and your connections through community and maybe a little magic. Whether you're sowing seeds in the soil or setting intentions under the pink glow of the full moon, this month invites growth on every level. Until then, take a breath, step outside, and soak in the unfolding spring.

With love,
Katy & Trudy

