

IN THE GARDEN WITH WENDY HAYWARD

Head Gardener, nature enthusiast and lover of home-grown goodness, Wendy maintains our stunning eight acres of landscaped grounds and helps deliver fresh Mediterranean flavours straight to the kitchen.

“ There’s nothing better than a sprig of fresh basil atop a home-made spaghetti bolognese, coriander chopped into salads, soups and curries or chivey mash and minted peas to accompany your favourite dish, especially when you have grown the potatoes and peas yourself.

Whether you’re a complete beginner or a green finger enthusiast, it’s the perfect time of year to start planning, preparing and organising your kitchen garden and I have everything you need to sow, grow and harvest your own kitchen herbs, vegetables and fruits.

START SIMPLE

If you’re limited on time and space, the best place to start is with herbs – Having fresh herbs to hand, will make it super easy for you to step up your cooking and the good news is, they don’t need to be grown in a garden; almost any kitchen, balcony or window can accommodate pots or boxes and with the right care and attention your herbs will flourish!

Growing anything from seed is a bit of an art but it can be perfected – It’s best to sow softer herbs like basil, chive and coriander in April or early May when there’s no frost and the soil has started to warm. If you’re not quite ready to start with seeds, then head to your local garden centre or supermarket where you can pick up pre-potted herbs. If you’re after something a little more resilient, woody herbs such as thyme, rosemary and sage are a great place to start.

PICK THE RIGHT POTS

Here at the Manor we use garden beds and planters in the gardens, and terracotta pots throughout the kitchen and Butler’s Pantry so the chefs have a fresh selection always on hand. These are also great to have at home as they are heavy, porous and stable and won’t suffocate the soil plus, they also look great!

PLANTING

The perfect soil is free-draining with a good loam base, and has plenty of organic matter over the winter/spring period to provide nutrients and bind the soil to improve the water holding capacity (which is key to keeping your plants hydrated). Don’t forget to water your herbs every day - In the summer months, it’s best to do this in the evening to avoid burning the plants.



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HARVESTING

Each plant has its own growing period, however the general rule is to harvest when the plant shoots are tender and when your vegetables have matured.

Gather herbs in handfuls early in the day, after the dew has dried but before the sun bakes the plants essential oils. If you’re harvesting the leaves of a herb, it’s best to cut the stems at their peak when the flowers start to form - Remember to not trim them too short, you want to be left with something to work with.

If you’re harvesting leafy stems to use in cooking, strip the leaves off the stems by sliding your thumb and forefinger from top to bottom. If you’re working with parsley, bay or tansy which doesn’t strip off readily, use secateurs to snip these thicker leaves.

GOLDEN RULES FOR SUCCESS

- Keep your plants watered and make sure they are able to drain
- Give each plant enough space to breathe
- Prune them regularly
- Keep the area healthy and tidy
- Throughout the winter months, keep your plants protected, especially if they are outside

Wendy H

SOAK UP THE SCENERY

“Snowdrops are sitting peacefully below the trees, crocuses are creeping up, welcoming yellows and buds of green appear high in the trees and it’s clear, spring is finally here.”

BURSTING INTO COLOUR

As the winter storms are forgotten and the grey skies of February clear, signs of new life start popping up across the New Forest. By mid-February, Snowdrops are sitting peacefully below the trees, covered in raindrops and before you know it crocuses are creeping up in reminiscent shades of purples, daffodils spread excitedly across the forest in bright, welcoming yellows and buds of green appear high in the trees and it’s clear, spring is finally here.

A SIGHT TO BE SEEN

As the days move on, getting just that little bit warmer and a little bit longer, enchanting little bluebells carpet the woodland floor, casting an unmissable violet glow in an incredible sweet-scented wildflower spectacle - a sight and scent not to be missed this April.

The best place to spot these beautiful flowers, is at Ivy Wood, just east of Brockenhurst along the B3 55 towards Beaulieu. You’ll need to park your car and look a little way into the woods but when you spot them, you’ll be happy you made the trip.

WELCOMING NEW LIFE

By the time summer has come around, we see an abundance of new life bouncing around the forest; from gorgeous little foals skipping joyfully across the heathlands and handsome calves grazing shyly by their mother’s side to little donkeys playing together excitedly and adorable fawns following the herd as they leap from heath to meadow and beyond. You don’t have to go far to witness these heart-warming sights here in the New Forest. Our favourite place is Bolton’s Bench in Lyndhurst, where you’re sure to spot many of the above whilst enjoying a family picnic.

TAKING TO THE SKIES

Taking to the skies throughout the warmer months, perching upon the bright yellow gorse bushes and sweeping below the canopy of Great English Oaks, we have an incredible and rare variety of birds migrating to join us for the summer. Look out for Honey Buzzards, the rarest of them all; Nightjars singing a familiar tune on warm summer evenings; Hawfinches fluttering through the woodlands and come morning Woodlarks singing a beautiful flute song.



CHANGING OF THE SEASONS



“As the days get brighter, so too does the food we eat”



As the days get brighter so too does the food we eat, which means it's time to replace those root vegetables, hearty pies, stews and soups with a bounty of brighter, fresher and more nutritious ingredients.

Tender, grassy and sweet, asparagus is a sure sign that spring has arrived. This versatile veg is sure to brighten up any dish - throw it on the grill, boil it in a pan, or add it to your staple salad. Try asparagus on grilled sourdough, with a splash of aged balsamic, a shaving of pecorino, and watercress pesto. Growing nearly twenty different fruit and vegetables, pick your own asparagus at Sopley Farm, a trusted local supplier situated on the edge of the New Forest, which means it's as fresh as it gets.

Smaller, juicier, sweeter, more fragile, and more delicious, spring also sees the arrival of Sopley Farm's New Forest strawberries. Fresh-from-the-field, they are a key ingredient when making a show-stopper dessert, adding a fresh fruity twist to your summer salad or

simply enjoying with freshly whipped cream - a match made in heaven! Expect to see strawberry inspired recipes across the collection this season.

One of our spring favourites and perfect for an Easter celebration or Sunday lunching with the family, spring lamb is deliciously sweet and tender with an unbeatable mild flavour that you won't find at any other time of year. Taking our time to source the very best lamb, we found Walter Rose & Sons, who work with local Wiltshire and Somerset farmers to deliver us naturally reared and sustainable meat which you will find on our Sunday lunch menu this Easter.

As we see an abundance of seafood, spring is the time to celebrate the delicate flavours of the wide range of fish available on our shores, including Dover sole, mackerel, lemon sole and plaice. Best cooked grilled or fried, when you get a beautiful piece of fish it's best to keep things as simple as possible, serving with just a light sauce or a flavoured butter.



ROASTED LEMON SOLE

Beautifully light and tasty, this simple lemon sole recipe is great for entertaining friends this summer.

FOR THE FISH

1 lemon sole per guest
Splash of olive oil
A generous pinch salt and pepper

FOR THE SALSA VERDE (serves 4)

1 cup chopped parsley
1/2 cup chopped basil
1/4 cup chopped mint
1 lemon juiced
3/4 tbsp Dijon mustard
2 large gherkins diced finely
1 handful chopped anchovy fillet
1/2 chopped capers
Olive oil

FOR THE SALT PASTRY (serves 4)

400g of plain flour
2 sprigs of rosemary (chopped)
30g salt
4 star anise
400g red and golden beetroot

STEP 1

To make the salt pastry, combine flour, salt, ground star anise and chopped rosemary - slowly stirring in water to form a dough. Next, place the washed beets into a tray and cover with the salt pastry before baking until tender.

STEP 2

Mix together the herbs (parsley, basil and mint), capers, gherkins and anchovies with mustard, lemon juice and olive oil. Finally blend in a processor until you have the right consistency.

STEP 3

Trim the sole and score across each fish down to the bone as this allows flavour to penetrate the fish and lets the juices come out. Season with a pinch of salt and pepper, and a drizzle of olive oil. Cook in a preheated oven for 12 - 15 minutes (depending on the size of the fish) and roast until slightly firm to touch (the fish should release from the bone easily). If you're cooking outdoors, simply grill over medium-hot coals.

TO PLATE

Place a whole sole on each plate, spooning salsa verde over the top, adding the beets.

NEARLY NAKED VICTORIA SPONGE

Dare to go bare in only eight simple steps with a twist on the classic Victoria sponge and discover the greatness of sparingly adding the frosting to the sides just so the sponge peeks through and you can see each of those delicious layers.

Serves 12 (60mins preparation, 25mins baking and 15mins decoration time)

INGREDIENTS

- 4 medium eggs
- 250g caster sugar
- 250g self raising flour
- 250g unsalted butter
- 12g baking powder
- 1tsp vanilla extract
- 100g of your favourite jam
- 1/2 tsp salt

YOU WILL NEED

- 3 cake tins
- 2 large mixing bowls
- 1 electric or hand whisk
- 1 spatula

STEP 1: Pre-heat your oven to 160°C/ gas mark 3.

STEP 2: Using your first mixing bowl, add the cream, butter and sugar and mix together until light, fluffy and creamy. Add the eggs one by one, beating well after adding each egg (if it starts to curdle, add a little flour).

STEP 3: Now, sift the flour and baking powder and continue to fold until you have a smooth batter (finish off with a flexible spatula if need be, to avoid over beating in the mixer).

STEP 4: Once all combined, grease your sandwich cake tins and divide the mixture between the tins, gently smoothing the surface so they are even. Then bake for 25 minutes until golden (to check if it's cooked to perfection, use a clean knife and insert into the middle - If it comes out clean, you're done!)

STEP 5: To make the frosting, combine butter and cream cheese in the bowl of your mixer and beat until creamy and well-combined. To add a little extra flavour, add 1 tsp of vanilla extract and a sprinkle of salt before continuing to mix together. With your mixer on low, gradually add icing sugar until completely mixed together.

STEP 6: Fill a piping bag (with a 1cm tip) with the frosting. Once cooled, place the bottom cake layer onto a cake stand, carefully pipe a ring of frosting flush with the edge of the cake. Continue to fill the circle with a little more frosting, then spread out with an off-set spatula to create an even layer. For the middle layer, repeat this step, but this time fill the circle with an even layer of your favourite jam.

STEP 7: Add the final layer of cake, this time bottom side up so the cake is completely flat, spread the frosting on top so there is an even layer about 2mm thick, then use the rest sparingly on the sides.

STEP 8: It's time to decorate! Choose your favourite seasonal berries and decorate the top of the cake. We've also topped ours with raspberry macaroons to give it an extra tasty finish!





REVIVE, REFRESH & RELAX



This summer, our Temple Spa Tipi pop up is back and ready to take relaxation to a whole new level. Nestled away in a peaceful corner, imagine relaxing amongst Moroccan style fabrics, vintage furniture and soothing aromas of our luxurious Temple Spa treatments – Our very own wellbeing hideaway for the season.

But the relaxation doesn't stop there, let us introduce you to our Mediterranean spa day. Start your day with a 55 minute luxurious Temple Spa prescription, skin boosting or super-luxe facial, Mediterranean massage, top-to-toe spa experience or body scrub, wrap or infusion.

Feeling refreshed, cool off in our outdoor pool and spend the afternoon soaking up the summer sun overlooking the neighbouring deer park. When you're ready, retreat to our terrace and delve into either our authentic Mediterranean flatbreads, tasty afternoon tea or delicious two-course seasonal lunch with a glass of fizz each.

Available to book from 1st June from £70 per person, we have designed three packages ideal for spending quality time with your loved one, celebrating a birthday with friends and family or simply because you need a little time out from the stresses of every day life.

Need a little help finding the best treatment for you and your skin?

Book a consultation with one of our experienced therapists to find your perfect match. Or if you just can't wait, head to our website to book your Temple Spa experience at www.burleymanor.com/wellbeing.

