



Gardening for Disabled Trust

50th
YEARS
ANNIVERSARY

1968 - 2018

Adapting Gardens, Changing Lives, Defying Disability



Newsletter 2018

CHAIRMAN: Flick Seton

SECRETARY: Angela Goddard

Gardening for Disabled Trust
PO Box 285, Tunbridge Wells,
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No. 126



Gardening for Disabled Trust

Dear Member,

Welcome to another edition of our Club Magazine brimming with news and articles we think you will enjoy. In 2018 we celebrate 50 years of our existence and hope to make it very special.



2017 involved lots of enjoyable organising to raise funds to try to maintain our level of grant making. This year we have managed to obtain £17,000 from our events, donations and generous supporters. Sadly, however hard we try, we can't manage to keep up with the huge expectations of our clients and we have made 55 grants totalling £27,000 leaving a worrying breach in our limited finances as we do each and every year.

All the committee have been working hard to embrace the challenges and changes of technology, they deserve real thanks for all their hard work, and giving of their time so generously. Flora, our brilliant Treasurer has resigned to take up a full time post elsewhere and will be really missed for her efficiency and competence.

We owe a huge debt to the Trustees whose steady guidance never fails and in particular to Sarah Joiner who retired as Chair in 2017. We are delighted to welcome Richard Capewell in her place and you will find a note of introduction from him.

We hope you will enjoy reading what we have been up to and please, if you have some good ideas do let us know!

Very best wishes from us all,

Felicity Seton
Chairman



INTRODUCING THE TRUSTEES – AND THEIR NEW CHAIRMAN

Our charity has quite an unusual structure. The running of the Charity on a practical everyday basis is undertaken by the Executive Committee, under the chairmanship of Flick Seton.

In addition the charity has a group of Trustees. Their job is to hold on to the assets of the charity and in a broader sense maintain an overview that all is going to plan, in accordance with our aims and objectives and the relevant rules and regulations of the charity.

As the work of the charity is done by the Executive Committee with volunteers and supporters, the trustees need only meet twice a year, but are kept informed in the meantime of matters of significance. There are five trustees. Stephanie Donaldson, Vanessa Berridge and Penny Knapman bring a wealth of experience from the gardening world, whilst John Mankelow contributes his financial expertise.

In 2017 Sarah Joiner stood down as Chairman after 9 years valued service in the role. Richard Capewell has taken over and worked for nearly 20 years as Chief Executive of Perennial, formerly Gardeners' Royal Benevolent Society, a charity which provides a range of assistance to working and retired horticulturists in need, primarily though casework advice and financial assistance.

Richard says 'Gardening for the Disabled Trust has a long history, and a future when it will be needed more than ever. My hope is that I and the Trustees will continue to support all the hard work done by everybody to make our aspirations a reality. It is a great privilege to be able to do my bit for such a worthwhile cause.'

LEAVING A CHARITABLE LEGACY

Legacies are a vital source of income for many good causes and charities in the UK and Gardening for Disabled Trust is no exception. The truth is that without the benefit of gifts left in wills many charities would struggle to survive. Leaving a charitable legacy can also produce tax benefits. If you leave a gift to charity in your will, it will not count towards the taxable value of your estate and may eliminate or reduce any Inheritance Tax payable. This is because the value of any legacy you leave to charity is deducted from your estate before the tax bill is calculated. If you are thinking of doing this it is necessary to speak to a solicitor.



*What is this life if, full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight,
Streams full of stars, like skies at night.
No time to turn at Beauty's glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began.
A poor life this if, full of care,
We have no time to stand and stare.*

*William Henry Davies
(1871-1940)*

NEWS FROM OUR CLIENTS

Sara, Preston

She has multiple medical problems especially with her spine making it difficult for her to bend and Gardening for Disabled Trust gave her a grant towards a raised bed. She says 'It is difficult gardening in ground level beds and this makes such a difference to me. I have always enjoyed gardening and am thrilled with the result and cannot thank you enough. Friends and family kindly constructed this for me and now it is built I am waiting to fill it with the compost ready for planting.'



Keith, Kelvedon, Essex



He is in an electric wheelchair user and a keen gardener. He requested raised beds in an L shape with a liner.

He says 'I just want to say thank you so much for the grant. I'm absolutely over the moon at the finishing product - it is 3ft tall all the way round and the best thing is I don't have to bend and hurt my back as I just put my arm across to plant.

Thank you Gardening for Disabled Trust from the bottom of my heart ...I'm going to start saving for some lovely plants now.'

James, Musselburgh

He is in a wheelchair and has moved to a new council bungalow where the lawn would not have supported his wheelchair and he is a keen gardener. The charity helped him with a grant towards paving and raised beds and the Criminal Justice Unpaid Work Team did the labour.



James is able to enjoy gardening again with the slabs and raised beds. This has significantly reduced his feelings of isolation and assisted him in promoting independence. He uses one of his raised beds to grow his own vegetables and the other to grow plants and flowers. Weather permitting, James spends the majority

of his time in his garden and has multiple solar lights so that he can see his garden when its dark.

James says 'I am more content and plan my way round any obstacles within my garden. I am already working on plans for what I will grow next year! The assistance of the grant from Gardening for Disabled Trust and joint working with Criminal Justice Team has enhanced my quality of life and I am very grateful for all the help I have received.'

Terri, Honiton, Devon

He has chronic fatigue syndrome and can only stand for a couple of minutes and is a keen gardener. He requested raised beds, with a membrane and shingle around. He says 'I can't tell you how pleased I am to finally be able to do some gardening myself... and this morning I've found a tiny row of cavolo nero seeds popping up! Everything in these two beds will be edibles. Thank you so much again for giving me the grant that's helped me regain a bit more independence.'



Karen, Amersham

She suffers from anxiety and depression along with back issues. She moved into a bungalow where the back garden was overgrown and uneven and her local church helped clear it for her. Gardening for Disabled Trust helped with a grant towards a raised bed. She says 'The raised bed has been wonderful and productive. It has provided vegetables for the animals, rabbits and guinea pigs and an abundance and tomatoes for me. The garden looks lovely with fruit trees and roses to the back of the bed. It would not have been possible without the grant and I am grateful that your trust works so hard fundraising for gardening projects. Sadly help with gardening is not funded anywhere else (that I know of) yet the joy of watching a small seed grow is wonderful for both young and old, disabled or not. Thank you again and thank you on behalf of all who have received something from your hard work.'



Sharon, Wirral

She suffers bleeding into the joints causing arthritis and arthralgia and is in a wheelchair. She says 'Gardening for Disabled Trust provided me with a grant for a raised bed, planter and tools. This grant has enabled me to continue gardening despite my disabilities. It has given my garden a wonderful boost of colour that I enjoy everyday. Thank you so much.'

Aaron, Maidstone

He has disabilities after a brain injury when he was young and now has a family. Gardening for Disabled Trust helped with some raised beds and a bench. With his Occupational Therapist he identified that he would like to learn how to garden, in particular to produce vegetables that he and his family could eat.



This led him to work with a gardener so they cleared an area, created a raised vegetable bed and grew a large variety of crops including tomatoes, courgettes, pumpkins, basil, runner and french beans.

He receives weekly tutoring and has planted up vegetables, maintained them and cropped their harvest. He has also

started to appreciate the abundance of wildlife in his garden, highlights have been spotting newts, spiders and a grass snake. His achievements this summer have given him ownership, enjoyment and sustained commitment to his new garden. His burgeoning interest in gardening is leading him to think about next year where he would like to start growing flowers as well as vegetables. He is very appreciative of our kind donation and very pleased with the positive impact it has had upon him and how it has helped him manage his mood and anger issues.'

Oakkdawn House, East Sussex

This is a residential home for disabled people with learning difficulties and they have run a practical and sensory garden class for 5 years. Gardening for Disabled Trust helped them with a grant towards some wheelchair friendly plant troughs, compost, plants and bulbs. They say 'The residents all seem to have enjoyed the process of planting up the troughs. Even today we were busy doing the dead-heading of the pansies we planted earlier. We are looking forward to the bulbs pushing their way through in the Spring.'



Pauline, Birmingham

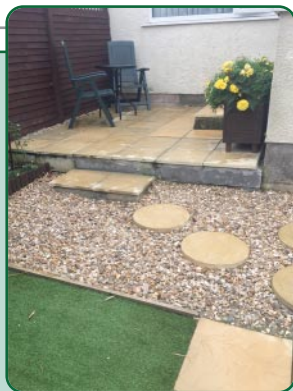
She has mental health problems and is a keen gardener and requested some raised beds and a trolley. She says 'You will be glad to hear that my raised beds have finally been completed. I have already planned a range of spring flowering shrubs and bulbs. I have also begun planting some autumn/ winter vegetables and salads. Having the trolley seat has dramatically changed my ability to enjoy my garden greatly. Not only am I able to enjoy gardening using my raised beds, but I am also able to sit down and weed the borders in rest of my garden. My garden has



now become my personal sanctuary, especially on days when I'm feeling a little low. I'm now able to enjoy gardening without aggravating my joint pain or causing further injury by falling. Thank you again for the grant; as you can see it has dramatically helped to bring back my joy of gardening and help improve my mental well-being.'

Andrew, Plymouth

He has heart problems and arthritis and the charity helped him replace his rotten decking with slabs. He had family members and volunteers help to clear the garden first which made the grant go so much further. He wife says 'I would like to thank you for the help you gave us as this has enabled my husband to be able to move around the garden safely and once again enjoy the time he spends out there. He can now safely reach the bottom of the garden and potter around in his shed, which has lifted his spirits no end. Once again we thank Gardening for Disabled Trust for their help.'

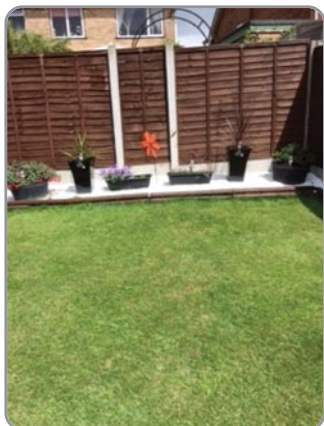


William, Norwich

He suffers from autism, attends school mornings only and has an interest in gardening and farming but cannot keep animals as he lives in rented accommodation. He requested a vegetable trug with plants, cover and tools which Gardening for Disabled Trust gave him a grant for.

Marc, Willenhall, Midlands

He is in a wheelchair and required converting a small area of his garden with gravel and pots. He says 'The garden now has some beautiful colours and made such a difference to us, thanks to you all at Gardening for Disabled Trust.'



***Pictor School
Wakefield***

This is a school with special educational needs particularly autism for children 2-11. Gardening for Disabled Trust helped them with 12 raised beds. They say 'The pupils at our school all have special needs and some of them have to use a wheel chair to move about, others have limited mobility but they do love to dig and we wanted to help them access growing, planting and get the opportunity to be part of the 'gardening' experience.'

It's been lovely to watch them looking at the planters and noticing when things started to grow. Thank you so much for the grant and we have been able to give them that experience.'

FUND RAISING



Open Garden & Plant Fair

This was held on Thursday 27th April at The Freight, Cranbrook, Kent. This is a garden of 2 acres, which is not usually open to the public surrounding a medieval Wealden house with lakes, parterre, traditional and contemporary planting.

Light lunches and refreshments were provided in the house and we had 18 specialist plant stalls in the garden. This was a great success and enjoyed by all.

We raised £3,500.



Long Barn, Sevenoaks Weald, Kent



Against the backdrop of this beautiful house dating from the 14th century with wonderful views across the Weald, we had a garden visit here on 10th May. This beautiful 3 acre garden was laid out by Vita Sackville-West & Harold Nicolson who lived here from 1915-1930. It included delightful planting schemes, origins of Sissinghurst being clearly present.

We raised £1,200.

Mill Lane, Frittenden, Kent

We had an evening garden visit with wine, canapés and a woodwind group on the hidden lakes of Frittenden. We were very lucky with the weather, had an amazing raffle with a prize of a holiday in Croatia for a week and raised £2,516.



**HOW GREEN
NURSERY LTD**

Growing for Show Gardens

We had a very interesting talk and power point presentation from Simon Sutcliffe of How Green Nursery, Hever, Kent on Growing for Show Gardens. His nursery is an established wholesale nursery supplying quality, site-grown plants to retailers, landscapers and designers. His talk showed the different stages of growing for the designers showing Chelsea, Hampton Court and Tatton Park. It was fascinating to see how much work goes into supplying the plants for these shows.

We raised £440.



We welcome anyone wanting to open their gardens or hold other events in aid of the charity.

Help *Gardening for Disabled Trust* raise FREE funds when you shop online!



Gardening for Disabled Trust

Every time you
shop, you'll raise a
donation for us and
**it won't cost you
a penny extra!**

1. Sign up to easyfundraising

Go to www.easyfundraising.org.uk/gardeningfordisabledtrust and follow the simple steps to sign up.

2. Hit the shops

When you shop online, visit easyfundraising first, click through to the retailer and shop as normal. Everything costs exactly the same

3. Earn donations

With every purchase you make you'll raise a donation from the retailer. Your donations are then transferred to **Gardening for Disabled Trust**

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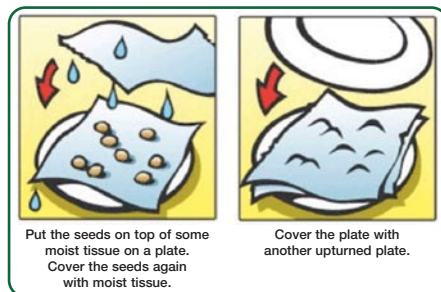
easyfundraising
.org.uk



Visit: easyfundraising.org.uk/gardeningfordisabledtrust

GARDEN TIPS

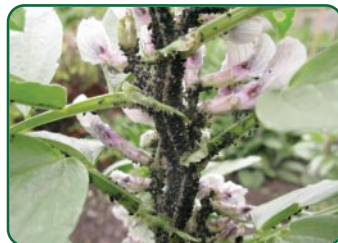
- Give your houseplants a boost by leaving them outside in dappled shade to catch drops of soft summer rain.
- The shed often becomes the final resting place for half finished or ancient packets of seeds, something nearly all gardeners find impossible to throw away. Again, there is little point keeping them if they are never going to be sown, and remember that the viability of seed diminishes over time. Before sowing, consider carrying out a germination test to see if it will be worth it. Line a saucer with damp kitchen roll and place 10 seeds onto it. Put the saucer in a propagator or a warm airing cupboard, then count how many germinate. Multiplying that figure by 10 will give the seeds' percentage germination rate, which should help gauge whether they are better off binned.
- Plastic and terracotta pots will always come in handy for seed sowing, cuttings and potting on. Before storing, check they are not broken, brush out old compost and wash with disinfectant. Stack them neatly according to size; one ingenious way to store them is in long snakes in lengths of guttering attached horizontally to the shed wall. If you have too many, Wyevale and Notcutts will take plastic plant pots for recycling. Participating garden centers can be found at www.pottoproduct.co.uk



- Add 1 teaspoon of salt to a gallon of water and water a 12ft beetroot bed only once which increases the leafy growth enabling them to grow a bigger root. This is a method of watering used for sugar beet on an industrial scale and is well documented online.
 - Log and stone piles in shady areas give cool, moist hidey-holes for insects, amphibians and small mammals.
- **Yoghurt Pot Propagator** - A simple seed sowing idea using recycled yogurt, cream or soup plastic pots, clear plastic with a lid being best. After digesting the contents, wash out and find a small pot that fits neatly inside. Fill the pot with some multipurpose compost and then sow with some seeds – courgette, bean, lettuce or some herb seeds. Lightly cover with compost and water and drop the pot into the bottom of the clear pot. Put a hole in

the lid and then pop the lid on the pot. Place on a warm windowsill and once the seedlings have emerged remove the pot and place back on the windowsill or a cooler spot to grow on.

- Carrot Fly – The first eggs of the carrot fly are laid in May so make a frame – put a 2ft. barrier of fine mesh around your carrot rows or sow a resistant variety such as ‘Flyaway’.
- Broad beans are prone to blackfly infestations so when the first pods start to form pinch out the growing tip of each plant by 2-3ins.
- **In Nature** when the primroses are out keep an eye out for the curious looking bee fly – harmless brown and fluffy with a long proboscis snout, this insect is perfectly adapted to reach the primrose’s deep hidden nectar. Flitting from bloom to bloom, it rubs pollen from the anthers of one flower to the stamen of the next – a great example of natural selection.



- Pots are often viewed as a low maintenance solution for front gardens but in reality require lots of watering and maintenance. Remedy this by planting with succulents, which can be virtually left to their own devices.
- Pruning helps to keep plants in top condition as you regularly remove any dead, diseased or damaged stems. Also by thinning out the stems, you let in more light, air and beneficial insects which helps to reduce pests and diseases without the use of chemicals.
- Ideas to try on growing Peas – Dwarf varieties grow very happily in pots. Push some twiggy branches into the soil for them to climb. Taller varieties can make a focal point grown up a pretty willow panel or a garden arch, where you can pluck dangling pods every time you walk beneath. Do not forget the young shoots and tendrils of pea plants – they are delicious in salads. If mice are thieving your freshly sown seeds, try planting a row in a guttering pipe

instead – this will allow them to start growing in safety before being transported to the garden. Drill some drainage holes in a short length and fill with compost before planting seeds. Once big enough simply slide them into a gutter-shaped trench.

- **What is the best way to keep rabbits off plants?**

This is a very difficult problem, as hungry rabbits are seldom deterred. Traps work; scary things rarely do so for long; yappy dogs are good. The most effective measure is to make small cloches, cages and frames with galvanized chicken netting. Netting the whole garden is less successful as they still get in.

On organic growing

Grow marigolds in the greenhouse in summer to repel a whole range of pests. Use seaweed fertilizer as it is full of good nutrients. Make an insect spray with five finely chopped large chillies soaked in a litre of water for 48 hours. Strain out the bits then use in a sprayer on infested plants. Just a light spray is enough, but do not use on seedlings. Use Biochar mixed with compost for strong growth. Get a wormery and make your own worm compost and liquid feed. The feed makes plants grow strongly with bright green leaves and can be used on lettuce. How between plants every 10 days from mid-March to mid-May. It keeps the garden fairly week-free without the use of chemicals.



WILDLIFE - Hedgehogs

Hedgehogs are declining at a staggering rate – rural populations are thought to be down by at least half, and urban populations by around a third. Despite being voted the nation's favourite mammal by BBC Wildlife Magazine readers in 2013 the humble hedgehog is disappearing on our watch and we gardeners hold the key to its future. There is huge concern among gardeners about the future of our hedgehogs and a great appetite to help them.



The causes of hedgehog decline are many and varied. In rural areas, intensive agriculture has led to the fragmentation of habitats such as copses and hedges. This has resulted in fewer places to nest, hibernate and forage for food. Roads and motorways carve up habitats and create hazards for hedgehogs. The use of pesticides, fungicides and herbicides may be behind the apparent decline of hedgehog food such as caterpillars, beetles and worms.

There are 10 ways to help hedgehogs:

- Plant a hedge – a hedge is the perfect garden habitat, allowing easy access between gardens and room for piles of leaves to accumulate beneath it, where they can forage, hibernate and raise their young.
- Cut holes under your fence – one of the best things you can do for hedgehogs is to allow them access to your garden. Simply cut a hole 12cm x 12cm in the bottom of your fence.
- Make ponds safe – a deep pond with steep sides is a hedgehog death trap. They can swim but quickly become exhausted and cannot get out. Ensure the pond has sloping sides or drape thick rope netting over one side or place a log at one end to act as a ladder.



- Make a hedgehog box – they need a safe, dry place to raised young and hibernate. Ideally cover it with plastic sheeting and a layer of leaves, and make an entrance tunnel (around 12cm x 12cm and 40cm long) to prevent predators getting in. Site it under a north-facing hedge out of the way.

- Leave out extra food – while provision of natural food is the best option for hedgehogs, give them a helping hand with supplementary food, especially before and after hibernation. Offer meat-based dog or cat food, preferably chicken or turkey flavour and avoid leaving out bread and milk as this can dehydrate and kill hedgehogs.



- Grow native plants – native plants such as honeysuckle, dog rose, hawthorn and blackthorn are caterpillar food plants for a wide range of moths, which lay eggs on the leaves. Most moth caterpillars descend to the ground to pupate before becoming an adult, where they become nourishing food for passing hedgehogs.



USEFUL PRODUCTS

Threadhoe

The Threadhoe has been ergonomically designed to act as an extension of the hand. It takes the strain off your wrist and uses the power in your shoulder, reducing the force required to hold it firmly. This makes it suitable for use by arthritis sufferers and children. The narrow end allows weeding in confined spaces such as window boxes and pots, while the wider end can be used in larger areas. The stainless steel threads loosen the soil, allowing weeds to be pulled free without damaging plants. It's an ideal tool for gardeners who like to kneel or sit while weeding. The Threadhoe is also safe for children to use without risk of injury. £8.99

www.agralan.co.uk • 01285 860015



Bee Mats

These ready-seeded biodegradable seed mats contain mixed flower seeds carefully selected to provide nectar and pollen for bees. Two layers of biodegradable tissue - the thicker weed suppressing layer is on the bottom - and in between are the specially selected seeds. You can cut your mat to fit any space, and they are ideal for that odd sunny corner. £8.75 each

www.thenaturalgardener.co.uk

Seeds include: Common and Greater Knapweed, Golden Rod, Chrysanthemums, Borage Anise Hyssop, Cornflower, Verbena, Lady Phacelia and Viper's Bugloss.



Popadome Products

Protecting everything from newly seeded lawns to full grown plants. Gardeners everywhere are using them either singly or in multiple arrangements for larger areas. These are a unique fruit and vegetable net protection system.

Popadome Tunnel

This is suitable for both gardens and allotments. All crops are in danger of being spoilt by several garden pests, especially birds, slugs, rodents, chickens, cats and dogs. This tunnel is designed to protect all your garden plants each covering 180cm x 60cm area. RRP £23.99

(continued)



Popadome 4 x 4

The netting is a fine black 10mm square mesh which can still allow pollinating insects in and a copper strip along the base line of all four sides deters slugs and snails. RRP £29.99

www.popadome.co.uk



Giant Raised Bed Planters



Garden4me GIANT raised garden planters are ideal for those who might prefer not to bend or are less able to do so. They provide a great way to continue enjoying all the pleasures of gardening. Our raised planters come with a host of amazing features – a built-in reservoir to keep your plants watered at all times, double-walled construction to keep the soil warmer to encourage growth, and a fantastic 10-inch growing bed to support deep route vegetables, as well as herbs and salads, and

of course flowering plants. They take just minutes to assemble and don't require any tools, they have a life-time guarantee against rotting, a fantastic finish and are available in a great range of six colours.

RRP £274 Use Promo Code **Trust18** to get free delivery

www.garden4me.co.uk

Wooden Wellie Store & Parcel Holder

Grow successful plug plants effortlessly from seed. Fill the 49 cells with The wellie store and parcel holder is a quality timber structure for holding muddy wellies and dirty footwear as well as parcels and deliveries. It has a slatted floor to allow wet boots or umbrellas to drain off and a slanted roof to prevent them getting wetter. Made from good and sturdy spruce wood, it provides a safe and dependable storage area that is perfectly protected against the elements. It can store up to 5 or 6 pairs of wellies but can be used for garden tools and equipment also.

RRP £139.50

www.quickcrop.co.uk



Shelter Logic Peak Style Greenhouse 6ft x 6ft

Super- reliable and durable plant-protecting structure, weather-hardy to the UK and robust with a 35mm (1 1/2in) high-grade steel frame with premium powder coat finish resists chipping, peeling, rust and corrosion. Comes with triple-layer, heat-bonded rip-stop translucent cover that is both waterproof and UV-treated inside and out which provides enhanced illumination



designed specifically for optimum plant crop growth and the best of protection against adverse weather. Rest assured that your Shelter Logic Peak Style Greenhouse will stand up to all weathers. Patent Pending ShelterLock®3X Steel Stabilizers ensure rock-solid stability against strong gusts of wind and delivers a stable, more durable shelter. With integrated EasyFlow™ side panels that provide airflow and temperature control so your developing crops get the best

growing environment and plentiful air-flow for healthy development. You can depend on its convenient and handy bungee fasteners to hold sides open that hook and loop fast for extra security. Dimensions: 1.8m x 1.8m x 1.8m (6ft x 6ft x 6ft) RRP £179.99

www.marshalls-seeds.co.uk

Walk-In Wonderwall

The walk-in wonderwall is a netted brassica/vegetable growing tunnel. It is a NO GO area for pigeons / cabbage white butterfly and caterpillars, also, prevents slugs and snails from entering. Its design gives crops protection from strong winds, whilst allowing rain and sunlight to penetrate with ease. Thus, making it an ideal growing environment for all vegetables, improving the quality and quantity of your produce.



The Wonderwall requires no base and no specialist tools for installation. Installation takes 2 - 3 hours for 1 - 2 people. Easy to follow instructions, with full colour photographs of each stage of installation. Standard width 3.5 metres (11ft 4) height 1.9 metres (6ft 3) lengths from

2 metres upwards, other widths available from 2.5 metres to 4 metres. Can be manufactured to fit raised beds / plots exactly.

RRP From £155

www.walk-inwonderwall.co.uk

RECIPES FROM THE GARDEN

Cauliflower Croquettes

Cauliflower is one of the most versatile vegetables which can be used in many ways! These cauliflower croquettes are wonderfully crispy on the outside and moist on the inside.

Cut the cauliflower into little florets, finely chop the herbs and grate the cheese. Boil the florets in a pan of salted water until tender and remove from the heat. Melt the butter and fry the cauliflower over medium heat, stirring well for 5 minutes. Then leave to cool. Pass the cauliflower through a vegetable mouli. Add one of the eggs, salt, pepper, nutmeg, the chopped herbs and grated cheese. Mix and season. Add enough breadcrumbs to make the consistency quite firm.

Take some of the mixture in your hands, and make a small disc and repeat until all the mixture is used up. Place all the discs on a clean tray. Break the remaining 2 eggs into a bowl and in another bowl put the flour and in a third bowl, the extra breadcrumbs. Roll the cauliflower discs in flour, egg and breadcrumbs and place them back on the preparation tray ready for frying. In a large frying pan heat some oil about 1cm in depth and fry the discs in batches, turning then over carefully until they are browned and crispy.



Serves 4 as a starter

- 1 washed cauliflower
- 30g unsalted butter
- 3 large fresh free-range eggs
- 50g grated Parmesan cheese
- handful of flat-leaf parsley
- handful of garden thyme leaves
- a large pinch of grated nutmeg
- 300g freshly made breadcrumbs
- 6 heaped tbsps. plain flour
- groundnut, or corn oil for frying
- sea salt and black pepper
- lemon wedges for serving



Rejuvenating Borage & Honey Tea

Borage has a long list of medicinal properties. Taken as a tea, it can help to revive you after an illness, and is thought to lift the spirits and bring the body and mind back into balance.

(continued)

- 10g dried borage flowers and leaves
- 500ml water
- 1 tsp honey per cup

Place the borage flowers and leaves in a bowl. Boil the water and let it cool for 5 minutes, then pour it over the borage and leave to infuse for 30-40 minutes. Strain the liquid and add

honey to sweeten – you may wish to heat the tea gently before doing this. Sip a cup every couple of hours if unwell.

Crystallised Flowers

These make pretty and unusual gifts for keen bakers. Make sure you use flowers which have not been sprayed with pesticides or any other chemicals.

Some leaves & flowers suitable for crystallising:

- Borage flowers
- Lavender flowers
- Primroses
- Violas
- Scented pelargonium leaves & flowers
- Dianthus flowers
- Mint leaves
- Rose petals
- Violets
- Tweezers, pastry brush or small soft paintbrush and sugar sifter or tea strainer.



Ingredients

- 1 egg white
- Castor sugar

Whisk the egg white together with 1 teaspoon of cold water. Hold the flower, petal or leaf you want to coat with tweezers and paint completely with the egg white, making sure the whole surface is covered. Hold the flower, petal or leaf over a baking sheet or some baking parchment to stop the sugar going all over the work surface, then sprinkle the flower with sugar, using either a sugar sifter or tea strainer to scatter it evenly. Shake off any excess and place on baking sheets lined with baking parchment and leave in a warm dry place overnight to dry out completely. Store in an airtight container, placing baking parchment between the layers of flowers, petals or leaves to protect them. They will keep well for several months this way.



OUT AND ABOUT

Incredible Edible Bristol

Bristol's beautiful and historic harbourside and city centre now has some new attractions to draw the crowds: fruit, vegetables and herbs. The urban Food Growing Trail is a walking tour that kicks off with a couple of beds of rhubarb, blackcurrant and nectarines at Brunel's Temple Meads Station. This happened last year and they will put it on in 2018 with maps and visitors are encouraged to harvest and eat as they go.



Incredible Edible Bristol are inspiring people all over the City to take food production back into their own hands. Any piece of land has the potential to grow food – be it a curbside, your back garden or a spare corner in a park. Our mission is to take down the barriers between you and your ability to grow there. The idea behind the trail was to give visitors a different idea of what a city centre might look like. It shows how beautiful edible growing can be, somehow looking particularly welcome among the concrete and the cars. It inspires confidence in those who might otherwise believe that they need a large vegetable patch in the suburbs or the expanse of an allotment in order to grow their own food.

www.ediblebristol.org.uk

Scottish Charity seeks Garden Partners

Edinburgh Garden Partners (EGP) is a charity which matches 'people who want to garden with people who have space to share'. The charity focuses on those who may need the most help such as the elderly or disabled but also those who have some space to share.

Becoming a volunteer garden partner involves filling out an application form and attending an informal meeting. All volunteers are vetted through Disclosure Scotland's PVG scheme which is free to applicants. If you have a garden to share, simply contact the EGP who will then try to match you up with an appropriate volunteer. The charity also organises SOS events where groups of volunteers help out with garden clearance and maintenance for those most needy. For more information or to make a donation visit:

www.edinburghgardenpartners.org.uk

GARDENS TO VISIT

Follers Manor, Seaford Road, Alfriston, East Sussex BN26 5TT



This garden was landscaped in 2009 and shown on many television programmes. One of the key design features is the sunken garden which provides enclosure and intimacy within the setting and simultaneously allows one to admire the breath taking views of the South Downs while avoiding any wind. The herbaceous displays on the south slopes along

with the pond and its deck walk encourage wildlife. The finishing touches are the brush strokes of hawthorn hedging throughout the garden which both hide and reveal the gardens components. Later additions include the meadows, inner courtyard, spring garden, woodland walk and drive.

National Garden Scheme 2-3 times a year or for groups of 20-60

E: anne.shaw1@hotmail.co.uk www.follersmanor.co.uk T: 07763 461288

Aberglasney Gardens, Llanathen, Carmarthenshire SA32 8QH

This garden was made famous by the BBC television series “A Garden Lost in Time” which followed its restoration. Today it is quite simply one of Wales’ finest gardens. A renowned plantsman’s paradise with a unique Elizabethan cloister garden at its heart, it offers the opportunity to explore more than 10 acres of magnificent gardens.



Garden open daily - summer 10am-6pm and winter 10.30-4pm

www.aberglasney.org

Holidays for the Disabled - The Lin Berwick Trust

The Lin Berwick Trust provides self-catering holiday accommodation for people with disabilities, their families and carers. They have three cottages:

- Berwick Cottage, East Harling, Norfolk
- Denis Duncan House, Dirieton, Edinburgh
- Ralph Boyce House, Looe, Cornwall and all sleep 6 with 2 rooms for the disabled.

T: 01787 372343 E: info@thelinberwicktrust.org.uk
www.thelinberwicktrust.org.uk

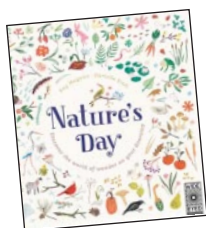
BOOKS



First-Time Gardener

A practical guide to planning and planting your first garden. Although excited by the prospect of moving into their own home for the first time, many people are mystified by the prospect of what to do with their outdoor space. Beginning with advice on getting to know your garden - what type of soil you have, what the drainage and light is like - then on getting to know yourself as a gardener - do you want a vegetable patch, an abundance of flowers or simply an extension of your indoor living space? - and then moving on to the design, including hard and soft landscaping and building materials.

Frances Tophill Kyle Books RRP £6.94 from Amazon



Nature's Day

An informative and fun introduction to nature for young children. This first book of nature helps young readers to discover the world of wildlife on their doorstep. Beginning in spring, this book revisits nine different places, including the farm, the back garden and the woods, during each of the four seasons through the year and explores the changing scenery and animal life found there.

Informative and fun texts teamed with gorgeous, decorative illustrations make this the perfect book to celebrate each season with.

Kay Maguire Woodland Trust www.woodlandtrustshop.com RRP £10.99

Digging Deep in the Garden: Book 3

The most common sense gardening writing there is. The silence of celebrities on climate chaos... growing your own biofuels to benefit bees... how to run your garden on renewable, modern sunlight... why nature-friendly organic gardening is bad news for big business... how slug pellets are polluting your cup of tea... In this incisive, witty and thought-provoking collection of essays exploring gardening's place in nature, John Walker challenges gardening's status quo at a time of unprecedented environmental upheaval, while urging us to garden in ways that are truly green.



John Walker Earth-friendly books RRP Paperback £5



Glorious Shade - Gardening with shade-loving plants.

For anyone planning a shade garden this book is a must. This information-rich, hardworking guide is packed with everything you need to successfully garden in the shadiest corners of a yard. You'll learn how to determine what type of shade you have and how to choose the right plants for the space. It will inspire you to start digging and it shares the techniques, design and maintenance tips that are key to growing a successful shade garden.

Jenny Rose Carey Ebay/Timber Press RRP £13.40



Charity No. 255066

GARDENING FOR DISABLED TRUST

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