

Welcome to the first edition of the NCL Gardening Newsletter. Did you know that Gardening Day UK was launched on 8 May 2021 to celebrate our gardens? Since the pandemic started, we have all learned to appreciate outside space even more. The Royal Horticultural Trade Association confirmed that the 2020 lockdowns created almost **three million** more gardeners. We hope that you have all been enjoying our gardening club and taking the time to plant a variety of flowers and vegetables. It is a celebration of the power of nature as well as bringing joy to all the residents and visitors to the gardens.

Did you know?

Mint can grow incredibly quickly - make sure that you plant it in small pots, or else it will just keep growing! You can drink fresh mint in hot water. Please beware some people can have side effects.
<https://www.bbcgoodfood.com/howto/guide/health-benefits-peppermint-tea>

What's on TV?

- Gardening Rescue -BBC1 Monday to Friday at 3.45pm
- Great British Gardens-Channel 5 Monday 9.00pm
- Gardener's World-BBC2 Friday 8.00pm
- Love your Garden-ITV Sunday 9.25am
- Gardeners Question xTime-3.00pm Radio 4

Fancy a visit to a garden centre? Have a look at these!

Camden Garden Centre

Contact details:
0207 387 7080; hello@camdengardencentre.co.uk

Sunshine Garden Centre

Contact details:
0208 889 4224

Finchley Nurseries Garden Centre (Mill Hill)

Contact details:
020 8959 2124

N1 Garden Centre

Contact details:
020 7923 3553; info@n1gc.co.uk

Try out this gardening-related wordsearch! See if you can find everything.

L K G F G W Z Q E A Q J W Y Z T M I
 R W M S W A S G N O N T O U Q C R B
 D F N U Y T R A V B P K G T U Q K Z
 A L K C M E W R I S X C H N N Z V J
 I O P U M R E D R Q E O X T R R Y Z
 C W E B X I P E O N G E O V Q B N L
 Z E Z R D N L N N A T G D N I H M N
 L R M P E G C Y M T Z I I S W K W Q
 U S N B Y C J M E U Y Y M K K J L U
 U P Z P B A F A N R A R E Z G Y M D
 W P J M L N U F T E H Z S R J U O S
 B H T R L G W A Q E L E M E N E D T

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GARDEN

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SEEDS
WATERINGCAN

Aroma Therapy

Stock your gardens with fragrant flowers or herbs to create a relaxing space for long summer evenings. The best scented climbers are Honeysuckle. Their scent intensifies as dusk falls. Jasmine climbs by twining and just needs a sunny spot with wires to scramble through. The scent is light but rich-the best kind of aromatherapy. Wisteria sinensis is also good for scent.

Here are some photos of your sunflowers so far! If you would like to feature in one of our newsletters, email a photo to i.turner13@nhs.net and we will put you in the next month's issue. The more photos the better!



**Photos
taken by
NCL
gardening
reporter
Chesterfield
Gardens**



**Sent in by
Meridian
House**

**Sent in by
Compton
Road**

**Chesterfield
Gardens**

The roving gardening reporter for NCL visited Chesterfield Gardens in Haringey. She met with Patricia and George who showed me around their garden. The weather was beautiful, and I could see service users and staff had been busy, painting the plant boxes to weeding and watering. They had a wonderful show of herbs, mint, thyme, and rosemary, they told me this is the start of their sensory garden. The squirrels had been eating the strawberries and had nibbled the sunflowers! We measured one of the sunflowers and it was 30 cm tall. George said he enjoys watering the plants and sitting in the garden. Several other service users who live in the house have started to use the garden to eat their lunch.

Future, plans include more herbs for the sensory garden and having some vegetables next year. George and Patricia both enjoy the gardening club and said they like seeing everyone's gardens and the quiz.

Would you like the reporter to visit your garden and be in the next newsletter, if yes email i.turner13@nhs.net to arrange a time.