

Flourish & Bloom

Cardinham, Autumn 24

Welcome to the Autumn Edition of Flourish & Bloom

What a joy it is to embrace the cooler weather following the long, warm days of summer. There's something delightful about slipping into a cozy jumper, wandering into the garden with mist weaving through the trees, and inhaling that rich, earthy autumn air. This season feels like a moment of stillness - a time to slow down, reflect, and savor life's simple joys.

For me, autumn is perfectly complemented by a warm cup of spiced tea and a plate of freshly baked cookies. Speaking of baking, I'm thrilled to announce the launch of our new **Age UK Cornwall Bread & Baking Club**-a wonderful opportunity to bake together, exchange recipes, and add a touch of warmth (and sweetness!) to the season. **You'll find more details inside, and we would love for you to join us.**

In the garden, autumn signifies preparation and potential - planting bulbs for spring, clearing garden beds, and creating wildlife-friendly spaces that will sustain life throughout the winter. ***At Age UK Cornwall's Gardening Service, we will be assisting clients in tidying up, mulching, and preparing for next year's vibrant display of color and delicious edibles.***

In this edition, you'll also meet our Gardener of the Month, David Butler, who has recently been awarded the Age UK Cornwall Values Champion Award for Outstanding Service. Additionally, you'll discover a variety of tips, seasonal highlights, and autumn-inspired activities to try at home. As always, your stories, ideas, and gardening successes are warmly welcomed, feel free to email me at jeff.muir@ageukcornwall.org.uk or lee.davies@ageukcornwall.org.uk

Seasonal Tips for a Cornish Autumn Garden

Autumn in Cornwall ushers in softer light, cooler air, and the perfect opportunity to prepare the garden for a restful winter and the promise of spring. The soil remains warm from summer, making it an ideal time for planting and replenishing.

Planting for Spring Colour

Now is the perfect moment to plant spring bulbs like daffodils, tulips, crocuses, and the delightful snow-white snowdrops that herald spring. You can tuck them into borders, pots, or naturalise them in lawns for cheerful bursts of color when the days grow longer. Plant in generous clusters for a natural look, and consider layering various bulbs in pots to prolong the flowering season.

Clearing and Caring

Fallen leaves are a gift for gardeners - collected and left to rot down, they create a rich, crumbly leaf mould that improves soil structure and feeds plants. Gather leaves from paths and lawns but leave some in quiet corners as valuable shelter for hedgehogs, insects and other wildlife. When cutting back perennials, don't be too hasty; seed heads from plants like teasels or echinacea provide food for birds and add winter interest.

Sowing for the Future

Autumn sowing can give you a head start. Hardy annuals such as cornflowers, nigella and calendula can be sown now to flower earlier and stronger next summer. In the vegetable garden, broad beans and garlic thrive when planted in late autumn, and overwintering onion sets will ensure an early harvest next year. For fresh pickings through winter, sow hardy salad crops such as rocket, land cress and lamb's lettuce under cloches or in sheltered beds.

General Tasks

- Mulch borders with compost or bark to protect soil and suppress weeds.
- Lift tender perennials and store them somewhere frost-free.
- Move containers to sheltered spots and wrap pots or plants that need protection.
- Take hardwood cuttings from shrubs such as roses, dogwood and buddleia to increase your stock for free.

Gardener of the Month - David

In this edition, we are really proud to share that David Butler, one of our contracted gardeners covering Newquay and the surrounding area, has been awarded the Age UK Cornwall Values Champion Award for Outstanding Service. This award recognises his dedication, hard work, and the positive impact he makes in the lives of the people he supports through his gardening and wellbeing work.

David

What brought you to gardening and why do you enjoy it?

Gardening has always been a hobby of mine. For many years, I had a career in wholesale flowers and plants, which fueled my passion for growing my own vegetables and flowers; it has always been my happy place. I particularly enjoy helping friends and neighbors, too!

Favourite plant for Autumn colour?

I don't really have a favourite but I love all flowering plants that are bright and cheery and bring a smile to people faces. Colour, colour, colour!

What is Gardening motto?

Today is going to be a good day!

Garden you are most proud of?

I tend to numerous gardens, each one distinct from the others. I relish the challenge of transforming an overgrown garden, once a source of joy for the client, into a space they can cherish anew - falling in love with their garden again!

What area do you cover?

I cover Newquay and the surrounding areas on the North coast. I am enjoying getting to know this wonderful part of Cornwall.

Before pictures of Eric's Garden



pictures of Eric's Garden today!



A background image of pink flowers, likely cyclamens, with yellow centers, set against a dark, blurred background.

Plants of Autumn Spotlight on Cornwall

As summer's brightness fades, autumn brings its own treasures to the Cornish garden. These stars of the season keep borders alive with colour, structure, and texture, while offering food and shelter to wildlife.

- **Cyclamen hederifolium** – These hardy cyclamen bring soft pink and white tones to shady spots just as other flowers fade.
- **Nerine bowdenii** – Striking pink, almost tropical-looking blooms that thrive in Cornwall's mild climate.
- **Sedum (Hylotelephium 'Autumn Joy')** – A magnet for late-flying bees and butterflies, with dusky pink flowers that fade gracefully into winter.
- **Japanese Anemone** – Elegant and airy, flowering into October and beyond, perfect for partial shade (the image poking out behind).

Pro tip: Underplant these autumn stars with spring bulbs for a double show - colour now, and again when winter turns to spring.

Seasonal activities for everyone to enjoy!

Gardening is more than just planting and pruning; autumn encourages us to unleash our creativity with nature's gifts. Whether you prefer indoor or outdoor activities, you'll find abundant inspiration.

- **Craft with Leaves** – Press vibrant, fallen leaves between sheets of paper and transform them into cards, bookmarks, or framed art.
- **Windfall Wonders** – Utilize early fallen apples to create chutneys, sauces, or crumbles. For those not suitable for cooking, arrange them in a rustic basket or trug for display.
- **Seasonal Decorations** – Collect pinecones, seed pods, and twigs to craft wreaths, table centerpieces, or mantelpiece displays. These natural elements beautifully bring the essence of the season indoors.
- **Pumpkin Play** – Use home-grown pumpkins or squash for cooking as well as carving. Roasted seeds make a healthy snack, while carved lanterns add a festive autumn touch.

A gentle reminder: when foraging or gathering natural materials, please do so with care. Take only what you need, avoid stripping one area bare, and ensure there's plenty left for wildlife and others to enjoy.



Age UK Cornwall Baking Club



Did you know Age UK Cornwall now has its very own Baking Club? Each edition of Flourish & Bloom we'll be setting a light-hearted baking challenge, with members sharing their results, tips, and photos. It's a fun way to get creative in the kitchen, try out new recipes, and connect with others who enjoy baking.

For fellow gardening enthusiasts, the **Baking Club** is a fantastic opportunity to use your seasonal harvest — whether it's courgettes, apples, herbs, or soft fruits. If you'd like to learn more about our Baking Club or participate in our regular recipe challenges, feel free to reach out.

Our First Challenge: Easy Courgette Cake

To kick off our baking journey, we invite you to try the BBC Good Food Easy Courgette Cake Recipe — a delightful and straightforward bake that perfectly uses an abundance of courgettes. You can find the original recipe at [\[BBC Good Food\]](https://www.bbc.co.uk/food/recipes/courgettebread_85718) (https://www.bbc.co.uk/food/recipes/courgettebread_85718) or follow the simplified version below:

Ingredients

- 80ml/2¾fl oz vegetable oil, plus extra for greasing
- 150g/5½oz light brown sugar
- 2 free-range eggs
- 160g/5½oz courgette, coarsely grated
- 180g/6½oz plain flour
- 2 tsp baking powder
- 2 tsp ground cinnamon
- ¼ tsp fine salt
- 2 tbsp demerara sugar, for sprinkling

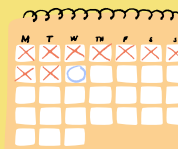
Quick Method

1. Heat oven to 200°C/180°C Fan/Gas 6. Grease and line a 900g/2lb loaf tin.
2. Whisk oil, sugar, and eggs, then stir in courgette.
3. Mix flour, baking powder, cinnamon, and salt in a separate bowl. Combine with the courgette mixture.
4. Pour into the tin, sprinkle with demerara sugar, and bake for 45–55 minutes until a skewer comes out clean.
5. Cool for 20 minutes in the tin, then turn out to cool fully before slicing.



We'd love to see your bakes! Share your courgette cake photos with us by emailing jeff.muircornwall@gmail.com

Dates for your calendars!



Govenek Plant Sale — Newquay Hub

Date: Saturday, September 6, 2025

Time: 10 AM to 1 PM

Everyone is welcome to join us at The Age UK Govenek Community Hub in Newquay for our seasonal Plant Sale!

- Explore a diverse selection of indoor and outdoor plants
- Enjoy delicious refreshments
- Support our gardening initiatives

This is a fantastic opportunity to acquire hardy perennials, herbs, and blooming favorites for your autumn planting and next year's spring displays.

Growing, Cooking and Eating Sessions — Potager Garden, Constantine Starting

Date: Starting September 2025

These sessions are a collaboration between Potager Garden and The Cove, Macmillan Cancer Support, and are tailored for individuals living with cancer and their loved ones. Sessions combine growing, cooking, and eating in a beautiful, supportive environment.

To find out more, contact The Cove Macmillan Support Centre -

Telephone: 01872 256363 Email: thecove@nhs.net

Nature Connections

Govenek Hub is launching a Nature Connections group, beginning on October 14th. These guided sessions are fully funded and have available spaces remaining.

If you know someone who could benefit from nature-based activities and outings, please encourage them to reach out by calling **01637 876150**.

Please keep emailing

lee.davies@ageukcornwall.org.uk with any upcoming events, sessions, or gardening-themed activities. We will be sure to share far and wide, adding anything we can to the next newsletter and our social media platforms.

Have a lovely end of summer everyone.



Govenek

Cornwall &
The Isles of Scilly
ageUK

Nature Connections

Bringing people together through nature. Connect with like-minded people as we take part in gentle nature-based activities, outings and inspiring talks - supporting each other to improve mental health & wellbeing.



Tuesday's | 3pm – 4pm



**Crantock Street,
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