

Flourish & Bloom



Warm Greetings

Welcome to the Summer Edition of Age UK Cornwall's Flourish & Bloom.

I wish I could say, what a lovely summer we have all had, but as I sit here at the time of writing, the rain is hammering down outside, and there appears to be no end to the soggy summer. Despite the rain, Age UK Cornwall's Gardening Service still had the biggest and busiest summer ever, with record numbers of clients served and more gardening hours completed than ever before.

Inside this edition of Flourish and Bloom, we have printed several beautiful pictures of plants sent in by readers, we give tips for getting your garden ready for Autumn, and we meet Dan Summer, another fabulous member of the Age UK Cornwall Gardening team.

As we head into the Autumn, there is still a chance for the late summer sun to brighten our gardens and lighten our moods. Perhaps if we collectively wish for the jet stream to shift the summer sun will come. Fingers crossed for all of you.

Please feel free to share your beautiful plant or animal pictures with me. We would love for them to appear in our next edition. Please get in touch using:

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Happy gardening to our readers!

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Team Lead, Age UK Cornwall Gardening Service

Attract your Pollinators



Every garden needs pollinators, and bees are among the best. Without them, there would be limited flowers and fewer fruits and vegetables. Since bees add more than a soothing buzzing sound, it could be worth putting some thought into making your garden more inviting.

Don't use Pesticides

Unfortunately, the overwhelming majority of pesticides are not selective, so beneficial insects die along with friendly bugs. It is best to use natural means of getting rid of pests wherever possible.

Native or non-native plants?

According to the Royal Horticultural Society, the best strategy for gardeners wanting to support pollinating insects in gardens is to plant a mix of flowering plants from different parts of the world. That said, you should aim to have more native plants from Britain and the northern hemisphere than the southern hemisphere.

Choose a range of colours

The reason flowers come in varieties of colours is to help the right insects find the right sort of flower. Bees, in particular, have good colour vision to help them find flowers and the nectar & pollen they offer. Flower colours such as blue, purple, violet, white, and yellow really attract Bees.

Pack in the flowers in clumps

Flowers clustered into clumps of one species will attract more pollinators than individual plants scattered through the habitat patch. Where space allows, make the clumps four feet or more in diameter and pack in different varieties across the bed.

Include different shapes and sizes

There are many different species of pollinators in the UK, and they are all different sizes, have different tongue lengths, and will feed on differently shaped flowers. The more shapes and sizes of flowers you can provide, the wider the diversity of pollinators you will attract.

Choose plants to extend the flowering season

The more flowers your garden can offer throughout the year, the higher volume of pollinating insects it will attract and support. Plants such as primroses, snowdrops and daffodils are essential for early insects, whilst in late summer and autumn, flowering plants such as Crocosmia, Asters and Anemones will extend the season for pollinators. Allowing some vegetables and herbs to go to seed provides a range of rare, interesting, and delicate blooms. Try fennel, carrots, coriander and dill!



It's time to think about Autumn

No.1 - Tidy up your Herbaceous Borders

With what we have had of summer rapidly running away from us, it may be time to think about what we can do to improve our gardens in late Summer and Autumn. Removing any fading annuals that look tatty and a little sad for themselves will make the task of hunting down rogue weeds that have escaped your gardener's attention. At the same time, cut back herbaceous perennials that have run out of steam, almost to the ground leaving the crown (base of the plant) to remain dormant over winter. Once the tidying is complete, give the beds a top dressing of rotted woodchip or another form of mulch.

No.2 - Prune your Shrubs

Different shrubs respond best to pruning at various times of the year. Most flowering shrubs, such as Rhododendrons, Camellia, and Buddleia, can be cut back not long after the flowers have faded. Others, like Hydrangeas, are best if left until the spring to prune. If you are unsure what to prune when then please ask your Age UK gardener.

No.3 - Clean out your pots and tidy your compost table

Garden hygiene is very important, and Autumn is a great time to tidy up the potting area. Clean down your bench, having sealed and stored any half-used bags of compost. Clean any empty pots with good clean water and a scrubbing brush and store carefully, ideally away from frost if they are ceramic.

No.4 - Don't let falling leaves get away from you

As the leaves fall as the wind rises, it might be tempting just to leave them where they fall. However, if they are left too long, fallen leaves form a thick carpet through which light cannot penetrate to the detriment of your lawn. If a patchy lawn is not enough to motivate you, then the collection and storage of fallen leaves in a wire bin or in the form of semi-open container will provide you with a rich source of leaf mould. Ideal for mulching the beds or using as brown material in your compost heap.

**An Early Summer has
been wonderful for Roses**





Know your Gardeners

Dan Summers



Dan covers ST Austell and the surrounding areas.

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

My first visit to Cornwall was 20 + years ago. I was lucky enough to spend a day at Heligan and The Eden Project where I saw plants that I didn't think possible to grow in the UK. That sparked a real passion in me that has continued.

What's your favourite part of the job?

I love anything green and watching it grow. I switch off from the world when I'm focused on creating green spaces. To be able to do a job that I love while meeting people in the community and making a difference is very rewarding.

What is your favourite plant and why?

At the moment it's Tetrapanax Papyrifer, otherwise known as the Chinese rice or paper plant. I love the size and leaf structure, they're almost from another world. I have one in my garden and in a year it has grown a huge amount, I get a lot of joy from watching it form in structure and size.

What do you think about when your gardening generally?

Nothing much, a calmness. I feel very relaxed when I'm working outside with nature.
I feel Happy.

Know your Gardeners

Dan Summers

What is your favourite gardening season and why?

Summer. Everything comes alive and the plants that I've carefully chosen start to show their flowers and scale up. I'm very much into tropical-style gardens with a love for the Arts and Crafts movement. Informal, pollinator-friendly, big and very green with natural stone walls and water.

What book are you reading at the moment and how do you rate it?

A range of gardening books. I studied horticulture at Duchy College, Rosewarne last year but you never stop learning. I find myself constantly referencing plants and ideas as I am still working on my garden. A friend bought me Monty Don as a moving in gift, that is next on my list to read!

What is your favourite music?

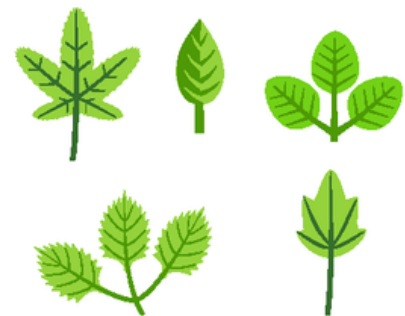
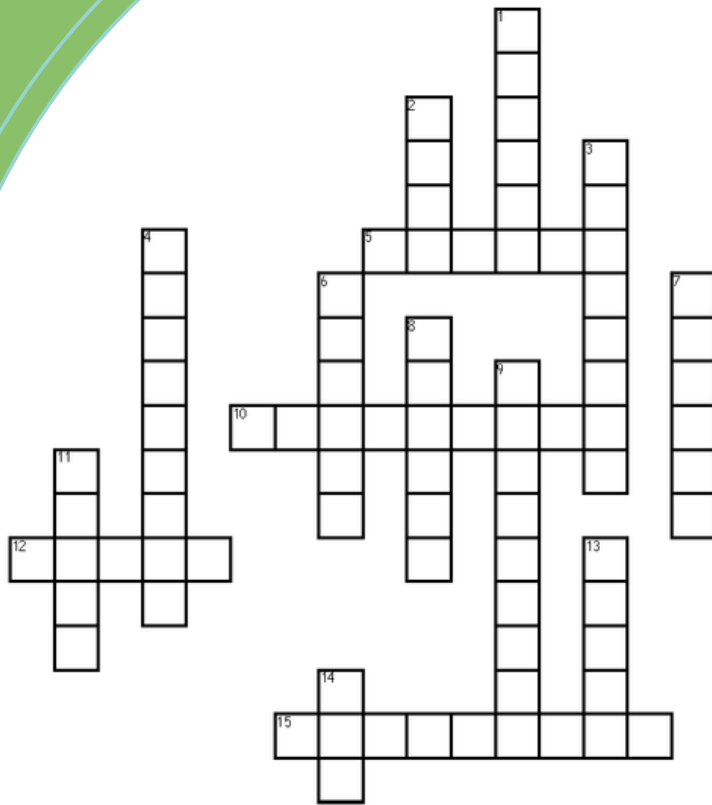
I listen to a lot of music, so it changes week by week but at the moment, Classic FM is my go-to. I often listen to the radio when I'm gardening.

Anything else you would like to share?

I have a very lively dog who takes up a lot of my time and so I do a lot of walking. When I'm not doing that, I renovate houses, cycle, cook and read or listen to music. I'm looking to get back into sailing now I'm starting to settle in Cornwall. I used to race when I was younger, and I've sailed to France and Holland from the UK and have been lucky enough to sail the South China Sea, Whitsunday Islands and Caribbean.



Gardening Fun & Games



Across

5. tiny, baby plant. It is very small.

10. Different kinds of plants.

12. Part of the plant that gets water from soil.

15. Food roots get from soil.

Down

1. The part of the plant that makes fruit and seeds.

2. Water moves from the roots to the leaves through the plant's what?

3. Many plants close together.

4. The process when a seed begins to grow.

6. They do not have flowers or cones. Fall on the ground. Examples are ferns and mosses.

7. Must reach the stigma to grow a seed; bees, wind and water carry this to the stigma.

8. This part of the plant makes the food.

9. How a living thing begins its life, grows and makes new living things like itself.

11. A carrot stores food in it what?

13. Protects the seed. Grows around the seed.

14. Plants need this to grow; form of energy.

