

Issue 4

Aug - Sep 2021

INSIDE THIS ISSUE:

Health & wellbeing	2
Did you know	2
Recipes'	2
Sensory garden	3
Edible window box	4
Cement work	5
Q & A	6

Special points of interest:

- **Health & Wellbeing**
- **Did You Know? It's all about the importance of bees.**
- **Recipe**
- **Our Sensory Garden**
- **Cement work**

HOW DOES YOUR GARDEN GROW? HEALTH & WELLBEING NEWSLETTER *By Brooklodge Nursery*



Gardening For Health & Wellbeing

Studies found that the mental health benefits of gardening are extensive. Not only can regular gardening reduce mental health problems like depression and anxiety, it can also reduce stress and combat high blood pressure as well as improving overall physical fitness.

Having a living thing to care for gives us a sense of responsibility. If we don't prune, water or care for the plants they may die. This responsibility is beneficial as it gives a sense of purpose.

For those suffering with depression and anxiety, going out into social settings can be frightening

but spending time in the garden doesn't have the same emotional implications.

Instead of worrying about bills, work, or everyday stresses of life, our minds are focused on the task at hand; whether that's repotting, weeding or watering. Concentrating hard on a physical task is good because it gives our minds a break from those things that might be getting us down.

If you feel like things are getting on top of you, gardening puts you back in control. The satisfaction of an orderly garden can be very therapeutic when other aspects of our lives

aren't quite going to plan. Gardening helps us feel more in tune with nature and the changing seasons. It encourages us to live in the moment. The ever-changing cycle of nature helps us appreciate the every day and focus on the "Now".



WELLNESS INSPIRATION



DID YOU KNOW???

ALL ABOUT BEES

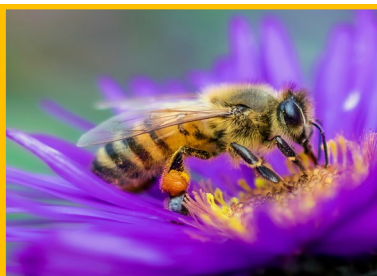
Bees are essential to a healthy environment and healthy economy. We rely on them and other insects to pollinate most of our fruit and vegetables. It's tempting to think bees just provide us with honey but in fact they're behind much of the food we eat.

Ireland has 99 different types of bees .

- (1) Honeybee (21) Bumblebees (77) Solitary Bees. One third of our 99 different types of bees are in so endangered, they might disappear from Ireland for good.

WHY ARE THEY IN TROUBLE

1. They don't have enough food to eat.
2. They don't have enough safe places to make their nest.
3. Sometimes we use chemicals that harm them



PLEASE DON'T HARM ME

Whether you find them charming or annoying bees are incredibly important. You can make a huge difference where you live by doing a few things.

HOW CAN WE HELP

1. Don't be scared of bees.
2. Provide food for them in spring by not spraying dandelions with chemicals that harm the bees.
3. Don't cut the grass too often as it will help increase pollination.

4. Plant flowers that they like. Bees love blue and cluster plants like Lavender & Rosemary.

FUN FACTS

- Bees produce a teaspoon of honey (5gms) in her life time.
- To produce a kilogram of honey bees fly the equivalent of three times around the world in air miles.
- The type of flowers bees take their nectar from determines the HONEY'S Flavor.
- The darker the honey the better
- All worker bees are Female.
- Only female bees can sting.

RECIPE: Fresh Basil Pesto

INGREDIENTS:

- 2 cups of fresh basil leaves
- ½ cup freshly grated parmesan cheese (2oz)
- ½ cup of extra virgin olive oil
- ¼ cup of walnuts (chopped)
- 3 cloves of garlic



METHOD:

1. Place the basil and nuts into the bowl of a food processor and pulse several times.
2. Add the garlic and parmesan cheese and pulse several times again.
3. While the processor is running slowly add in the olive oil . This helps it emulsify and helps keep the olive oil from separating.
4. Add salt and freshly ground black pepper to taste.

HARVESTING

The most rewarding thing about an organic vegetable garden is harvesting or gathering ripe crops. The harvest time for each plant depends on several factors including length of maturation time, temperature, health of the plant and insect & weed control.

Keeping your vegetables healthy is key to harvesting healthy vegetables on time.

How to harvest depends on how the plant grows. Vegetables like beans or peas can be

snapped off while potatoes need to be dug. Courgettes and cucumbers need to be cut as does lettuce and cabbage. Carrots can be pulled as can parsnips, but you may need to dig around them first.

Don't leave ripe vegetables or fruit remaining on a plant. Plants that have over mature vegetables or fruits will not continue to produce and will be more prone to disease and insects.

VEGETABLES AVAILABLE AT BROOKLODGE

Lettuce Cabbage
Kale Cucumber Courgettes
Turnips Tomatoes
Peas/Beans Beetroot
Chard Chives Basil Parsley

SENSORY GARDEN

Here at Brooklodge we have been working hard to develop our sensory garden. Our sensory garden is designed to provide opportunities to stimulate the senses. With the help of mother nature, planting, the use of textures and sensory features, a wide range of emotions can be established. Creating an environment like this can help us switch off and become more mindful and it can provide a necessary break from the stresses of daily life.

A sensory garden should include features to stimulate all five senses:

Sound: Hanging a bird feeder in a sheltered area or placing a bird bath will encourage & support wildlife. Planting long grasses and willow will create peaceful sounds in the wind.

Taste: Growing plants that you can eat is a magical process. Edible fruits, herbs and flowers in a sensory garden allow visitors the opportunity to experience nature and stimulate different tastes.

Touch: Getting your hands dirty in the process of planting and tending to a garden is a mindful practice in itself. You can enhance the sensory experience by introducing textures into your space; such as plants with soft, shiny, waxy or hairy foliage.

Smell: Scent is often the first thing we associate with a garden, given the fragrance produced by many beautiful flowers. Lavender and Jasmine provide relaxing scents. Roses, sweet pea and honeysuckle are also uplifting fragrances.

Sight: Colors have a big impact on our mood. White and purple induce thoughtfulness and reflection, while hot colors like orange and yellow are linked to joy and excitement. Red and bright yellow can be energizing colors but can be irritating on the eyes. Blue, green and pink are widely believed to be calming and healing. Adding terracotta pots, patterned cushions, outdoor rugs

can all enhance textures and color in a garden.

People who have sensory processing disorders tend to have extreme reactions to sensory stimulation in that they are either stimulated too much or too little. A sensory garden can be very therapeutic for people who suffer from sensory sensitivities. It may be used as a calming place and as a gentle way to stimulate the senses.



PICTURES OF OUR SENSORY GARDEN



Sensory Garden Brooklodge



Swing Seat in Sensory Garden Brooklodge

EDIBLE WINDOW BOX



Brooklodge Cement Trough

You don't need to have a big garden to grow delicious produce. You can use pots, window boxes or a cement trough planter like the one we made here at Brooklodge.

Herbs like parsley, chives and mint can be grown in pots. Lettuce and strawberries can be grown in window boxes.

Tomatoes, cucumber and potatoes can be grown in a grow bag in a porch. Take a look at our fantastic cement troughs which can be used to plant lettuce, chives, mint, parsley, rosemary, strawberries and more. It not only looks lovely but it tastes delicious too!

BROOKLIDGE CEMENT WORK

TAKING ORDERS NOW FOR POTS AND PAVING STONES



QUESTIONS & ANSWERS

Q : Do you have any tips on how to get rid /prevent ants from nesting in a polytunnel?

A: If ants are not causing a nuisance it is best to leave them alone as they are an important part of the ecosystem and feed on other pests, but are also a food source themselves. Also if a colony is disturbed it is often the case that a new queens will try to come in and make a new nest.

Tips About Ants:

1. Ants don't like being disturbed, so turning the compost could encourage them to move.
2. Ants don't like wet soil, preferring dry sandy environments, try to keep your tunnel well watered. This will also discourage them from nesting in the first place.
3. Garlic, mint or chrysanthemum are good herbs and flowers to help repel ants.
4. Planting a trap crop, so ants herd onto those rather than your crops. One option for this is to plant sunflowers near the nest.



A big thank you to

My Happy Home

who gifted Brooklodge two beautiful cement planters with Celtic designs.

Myhappyhome2014@gmail.com

