

ISSUE 2
March 2021

HOW DOES YOUR GARDEN GROW? Health & Wellbeing NEWSLETTER

By Brooklodge Nursery

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GARDENING & HEALTH

There are many ways that gardening can contribute to our physical health. Gardening can be your home gym. Not only is getting out and growing more fresh fruit and veg a benefit to your health and garden, it is also a great way to work out.

We all have extra time at home now, so why not give gardening a try?

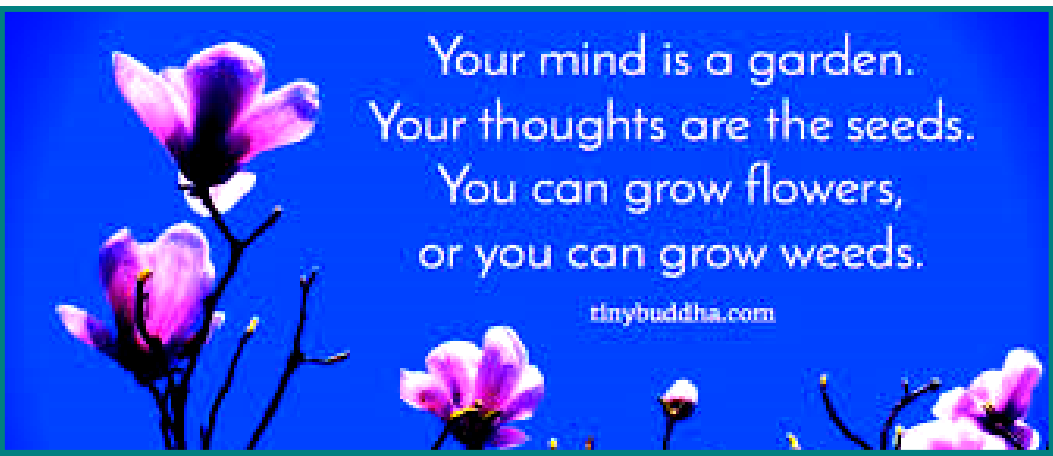
Gardening by nature is destressing and relaxing. Combined with the physical exercise and exposure to sunlight, gardening can greatly help our sleep patterns which can have a big impact on our health.



(Picture @ Brooklodge)

- Special points of interest:**
- Organic versus homegrown
 - Recipes
 - Garden Tips
 - Vegetable boxes

Wellness Inspiration



Benefits of Gardening

DID YOU KNOW...

that soil contains bacteria called *Mycobacterium Vaccae*. When it is absorbed through our hands it triggers a release of serotonin in our brain. Serotonin is a hormone that enhances our mood. It is a natural anti-depressant and increases our sense of wellbeing. Exposure to soil and dirt strengthens the immune system. Sunshine also adds to our store of vitamins.



RECIPES Here at Brooklodge we love trying out new recipes. Why not try out this delicious soup!

Pea Soup

What you need

- 1 ½ lb (675g) podded peas, (fresh or frozen)
- ½ oz. butter
- 2 medium spring onions (chopped)
- Outside leaves of a head of lettuce (shredded)
- Sprig of mint
- 1 ½ pints of chicken stock/ water

- Salt, freshly ground pepper and pinch of sugar
- 2 tablespoons of thick cream.



What to Do

- Melt butter in a large pot. Add spring onions and cook for 1-2 minutes.
- Add the peas, mint, lettuce and add stock/water.
- Season with salt, pepper and sugar.
- Bring to the boil with lid off and cook for 5 minutes until peas are tender.
- Liquidize, add cream.
- All recipes are tried out at Brooklodge

PRICKING OUT

- Currently at Brooklodge we are pricking out. If you want to grow vegetables or flowers from seed you will need to start pricking out now.
- This is separating the little seedlings and transplanting them into individual pots.



Sean Breathnach



Organic Versus Homegrown

ORGANIC

Organic foods are grown without pesticides, artificial fertilizers or herbicides.

Organic meat, eggs and dairy do not contain hormones or antibiotics.

Only organic offers government backed assurance that products are grown and processed without the use of toxic chemicals, antibiotics and synthetic growth hormones.



HOME GROWN

Home grown does not mean it is organic. It all starts with the seeds. Many seeds that are sold to the home gardener are a GMO seed. (Genetically Modified). This means that there were made in a laboratory rather than a by product of last years harvest. Fortunately the home gardener can easily seek out organic seeds.

The Address of the Organic seed centre that we use in Brooklodge is on the back page of this newsletter.

GROWING POTATOES IN BAGS

If you are short on space and want to grow potatoes, why not grow them in a bag. Using growbags couldn't be easier. Reusable potato grow bags are widely available and are ideal for growing on a patio, balcony or



by the back door. It is best to grow an early variety as they will harvest sooner and will avoid the worst of the blight season. At Brooklodge we use Orla or

Coleen. Fill the bag with multi purpose compost or top soil, evenly spread 3-4 potatoes on top of the compost and water. And watch your potatoes grow!



SOWING POTATOES

Fill the bag with 20cm of multi purpose compost or top soil. Evenly spread 3-4 potatoes on top of compost. Cover with another 10cm approx. of compost. As the plants grow, gently cover the shoots with more compost until the level is just below the top of bag. You can keep

the compost moist but not saturated. The water does need to get to the lower roots.

Happy Growing !!





The Organic Centre
Rossinver,
Co. Leitrim

Tel 00353(0) 719854338

ORGANIC SEEDS

Organically grown seeds

Theorganiccentre.ie

COMING SOON

BROOKLODGE ORGANIC VEGETABLE BOX €10



AVAILABLE FROM END OF MAY

Please contact Brooklodge as soon as possible if you are interested in signing up for a weekly veg box.

QUESTIONS & ANSWERS

Q. We have a south facing garden and wanted to buy a decent plant that would grow from a large half barrel along the front wall of the house. Any suggestions?

A. We suggest that you could plant a climbing rose as they don't mind growing in containers.

Q. How do you treat moss in your lawn?

A. Moss in a lawn can be caused by a number of factors. Including poor drainage, shade, acidic soil, lack of fertilizer or grass cut too short. To physically

remove moss this is done by scarifying, raking over the lawn to remove moss and dead grass. For bigger lawns it's probably best to use a mechanical scarifier. For any serious moss problems you may need to use a chemical moss killer. However, there are ORGANIC moss killers available.

Q. How do you look after roses?

A. Roses like to be planted in a sunny location, with good drainage. Make sure to fertilize regularly and prune established rose bushes in early Spring. Look out for

disease like powdery mildew or black spot.

Thank you for all your questions.

You can contact us by email at brooklodge@abilitywest.ie

Your questions will be posted in our next newsletter but we will respond to emails also.



enabling people with disabilities