



How does your Garden Grow? Health & Wellbeing Newsletter

By Brooklodge Nursery

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SPECIAL POINTS OF INTEREST:

- New Years Resolutions
- Healthy Eating
- Active Living
- Garden Calendar
- Crop Rotation

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Welcome!

Welcome to our first edition of **'How Does your Garden Grow'** Health & Wellbeing Newsletter of 2022.

We would like to take this opportunity to thank you for your continued support. This year we will endeavour to share tips on how to benefit from your garden by growing vegetables, healthy eating and also by using your produce from seed to harvest for your health, kitchen and home.

We hope our newsletter continues to inform with gardens tips, healthy recipes, benefits of gardening on your health & wellbeing and environmental tips. Of course our *Questions & Answer* section will return. The Garden Enterprise Group are ready to help with all of

your gardening queries.

We would like to encourage everyone to share your gardening adventures with us. What you like about it, What you don't like. Any mishaps and of course any successes whether it be something you grew

indoors or outdoors.

Gardening can be a bit of an adventure and it can take a few attempts to find out what works best.



**Brooklodge Garden by
Mark Maloney**



Typed by José Antonio



Doing our bit to save the planet has never been more important, and every little helps. So before you throw out your old Cd's or food packaging, see if you can find another use for it outside. Most things can be upcycled or reused in the garden if you think creatively enough.

Sowing is the easiest place to start recycling. Old yoghurt pots are the perfect size for this purpose just puncture holes into the base for drainage. Old fruit Punnett's make excellent miniature seed trays while toilet roll tubes are ideal for starting off deeper-rooted vegetables such as peas, beans and

sweetcorn. Make your own plant labels by using old ice pop sticks, just wash them and let them dry or cut out strips of yoghurt pot and label with permanent



Today I abandon my
old habits
and take up new,
more positive ones.

profit

"Let food be thy
medicine and
medicine be thy
food"
~Hippocrates

Healthy is an outfit
that looks different
on everybody.

HEALTH & WELLBEING created with José Antonio

New Years Resolutions

The start of the new year can be a time for change, reflection and a sense of starting afresh. However it isn't necessary to treat the new year as a time for huge change and completely over-haul your life. Small steps help encourage a balanced, positive and empowering approach to new years resolutions. We have listed a few tips for creating healthy habits this coming year which focus on putting your wellbeing first.

Tips

- There is no need to achieve everything in January. You have 12 months to set and achieve goals.
- Go at your own pace.
- Stay positive by making realistic plans.



Suggestions on Areas to Make Small Changes

1. Clean Eating: Add more fruits and vegetables at each meal. Consuming a variety of coloured fruits and vegetables have shown to promote longevity, disease prevention and overall wellness
2. Keep healthy snacks near you at all times as this stops you reaching for the sweets
3. Add one new healthy food each week. For those of you with small children make it a family affair. Start with the alphabet. Week one : A is for asparagus. Eat them raw, sautéed, baked, or grilled. Week 2, B is for beans. Try different kinds of beans
4. Be active daily. Aim for 30 minutes of activity. You can break it up throughout the day, 10 min before work, 10 min at lunch and 10 min in the evening
5. Find a workout buddy and set goals together to make fitness fun
6. Aim for new measurable goals monthly
7. Meditate for 10 minutes early morning. A great way to start your day and set positive intentions for the day ahead.
8. A Mindful technique to help:
 - Count your breath.
 - Sit with eyes closed, clear your mind and count your breath without trying to change or control it.
 - Breathe through alternative nostrils.
 - Lengthen your exhale. Count as you breathe.

Typed by José Antonio



GARDEN CALENDAR created with Elaine & Brid



January is a quiet month for gardeners but it is an ideal time to plan your gardening tasks and goals for the year. You can also use this time to buy seeds for the year ahead and to gather any tools or equipment you may need.

You can recycle your Christmas tree by having it shredded, and

then spread on beds or put on your compost heap. You can turn your compost heap over to help it decompose evenly. Deep digging is best done now before the end of winter. This will allow the disturbed ground to settle before planting.



February weather can be difficult to predict, ranging from spring sunshine

to late frost. You can start to sow greenhouse grown vegetables such as tomatoes, peppers and cucumbers.

It is also a good time to start chitting early potatoes. Place the potatoes into trays and allow them to sprout. You can also now plant onions and shallots in light soil.

February is the last month until September in which you can trim hedges, **so tidy up bushes and hedges now** and keep them neat for spring and summer.



March is a busy month in the garden. You can start to sow the following outside: Carrots, parsnips, leeks, beetroot, lettuce, summer cabbage and cauliflower.

Watch the weather forecast for the FROST warnings. And cover outdoor seedlings with fabric to protect them during this spell.

Start hoeing your soil regularly to keep weeds under control. It is also a good time to tackle weeds on the paving, driveways and footpaths.

Prune and feed your roses this will help them grow stronger and produce larger and more plentiful blooms in summer.

Finally it is time to plant your summer flowers and potatoes.



In April you can sow hardy herbs like parsley, coriander, fennel, dill and marjoram. Plant out strawberry plants, feed blackcurrants. Towards the end of the month, start hardening off bedding plants and frost tender vegetables grown indoors. Prick out and thin out seedlings.

“All the flowers of all the tomorrows are in the seeds of today”

CROP ROTATION PART 1 Created with Elaine Mullins

Crop rotation is the practice of planting crops sequentially on the same plot of land to improve soil health, optimize nutrients in the soil and combat pest and weed pressure. A simple rotation might involve two or three crops and a complex rotation might incorporate a dozen or more.

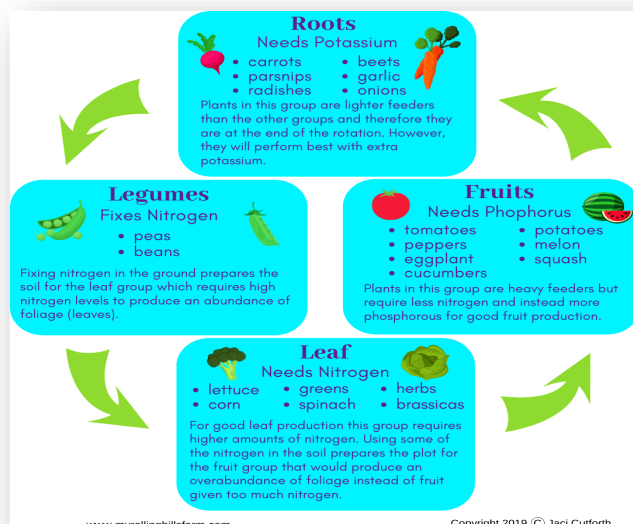
Crop rotation ideally has a 3 year cycle but if small gardens don't allow for this, you can still plant different families in different places, or grow mixed plantings

in your whole garden. Rotation is more important to some plant families than others.

SMALL: GARDENS

If you are growing the same family in containers year after year replace the soil every two years.

If you grow so much of one family that a 3 year rotation is impossible try to put things in a new place each year.





RECIPE

Pumpkin/ Butternut squash soup

Typed by Jose Antonio & Sean Breathnach

Ingredients

- 1 large onion
- 1 Tbs grated fresh ginger
- 1 pumpkin/butternut squash
- 1 vegetable stock
- 2 Tbs of sunflower oil
- Salt & pepper



Peel and chop the onion

Peel and grate the ginger

Peel and cut up the butternut squash into small pieces.

Heat 2 Tbs of sunflower oil in a large pot at medium heat.

Add the onion and ginger to the heated oil and gently fry about 5 minutes. Stir occasionally.

Add the squash pieces and fry for few minutes stirring well.

Add the vegetable stock and bring to the boil.

Simmer for 20 min.

Puree to taste



The WordSearch.com

Gardening



CLIPPERS
GARDENDESIGN
POLLINATORS
WATERING
PRUNERS
FOLIAGE
DEADHEADING
PERENNIALS
PAVINGSTONES
COMPOST
BUMBLEBEES
GLOVES
SHOVEL
ANNUALS
SLUGS
RELAXATION
TREES
WEEDING
WEATHER
RAKE
SHRUBS

Question& Answers

We would love to here from you so if you have any questions you would like answered please contact the **Garden Enterprise** at brooklodge@abilitywest.ie

If you let us know how you got on last year with your garden we will mention it in our next newsletter.

Thank you from

Elaine, Jose, Brendan, Mark,
Sean, Brid and All in
Brooklodge

Play this puzzle online at : <https://thewordsearch.com/puzzle/1354065/>