

How Does Your Garden Grow? Health & Wellbeing Newsletter By Brooklodge Nursery



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Health & Wellbeing

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5 STEPS TO WELLBEING

1. **CONNECT** with the people around you: family, friends, colleagues and neighbors, or in your local community. Think of these relationships as cornerstones of your life and spend time developing them. This will support and enrich you everyday.
2. **BE ACTIVE** Go for a walk, run, cycle. Play a game, garden or dance. Exercise makes you feel good. Discover an activity that you enjoy and one which suits your mobility and fitness.
3. **TAKE NOTICE** Be observant, look for something beautiful or remark on something unusual. Savour the moment, regardless of where you are. Be aware of the world around you and what you are feeling. Reflect on your experience and this will help you appreciate what matters to you.
4. **KEEP LEARNING** Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a responsibility, fix a bike, learn to play an instrument or how to cook your favorite food. Set yourself a challenge that you will enjoy. Learning new things will make you more confident as well as being fun to do.
5. **GIVE** Do something nice for a friend or stranger. Thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself in the wider community can be incredibly rewarding and will create connections with the people around you.



WELLNESS INSPIRATION

your body
hears everything
your mind says
—
stay positive

DID YOU KNOW?

ALL ABOUT HERBS

Herbs are plants with leaves and flowers eaten or used to flavour foods. Herbs have been used by people since the beginning of time. They can be grown in the garden, in a window pot or in the wild.

HOW TO USE HERBS

Herbs can be used fresh or dried. Some herbs have a stronger flavour when they are dried and others have a stronger flavour when used fresh. Sometimes you use the root of the herb and other times use the seeds, flowers or leaves.

COOKING

Herbs have always been served as a traditional accompaniment to meat and fish dishes and used as a flavouring for sauces. They can be used in salads and they provide great flavour to salad dressings.

HOT AND COLD DRINKS

There are many different hot and cold drinks that can be made from herbs. Herb teas can provide a helpful supplement to your daily diet. A herb drink is one of the best ways of extracting both the medicinal properties of the herb and its aroma and flavor. For the best taste use fresh herbs.



Typed by Brid Preston

IN THE HOME

Using products with herbs to clean surfaces will leave your home smelling delightfully fresh and fragrant. There are no additives so unlikely to cause allergic reactions.

FIRST AID

Herbal remedies can provide quick, effective relief for a whole range of household accidents, from wasp stings to minor burns or sprains.

Before using plants medicinally, do check that it has been correctly identified and always seek help for more serious accidents.

CHRISTMAS HERB STUFFING

INGREDIENTS

- 1 large country style bread loaf with crust.
- 150grams unsalted butter
- 2 white onions finely chopped.
- 2 cloves of garlic finely chopped.
- 1 large bunch of parsley
- 1 small bunch of fresh sage
- 1 small bunch of fresh thyme
- Salt and black pepper



DIRECTIONS

1. Preheat the oven to 180C/gas mark 4
2. Spread bread on a large baking sheet. Bake until bread is dry and crunchy. Cool and set aside.
3. Melt the butter and add onions, garlic and cook gently. Do not brown the onions.
4. In a large bowl combine onion mix, bread and fresh herbs
5. Use this to stuff your turkey or cook separately in a baking dish for 20 - 25min.



LAVENDER BAGS



Available at
Brooklodge

Here at Brooklodge we have plenty of lavender and one of the ways we use it is making lavender bags with dried lavender. These can be used as a drawer freshener, moth repellent in wardrobes, a decoration around the home, in a potpourri or as a sleeping aid. Lavender has been proven to lower our heart rate, blood pressure and stress levels which is why it is perfect for the bedroom. It is one of the most renowned plants to help you sleep.

BAY LEAVES



The bay leaf is an aromatic leaf commonly used in cooking. It can be used whole or in a dried or ground form. Bay leaves are a good source of vitamins A, C, Iron, Potassium, calcium and Magnesium. Bay leaves in cooking promote Digestion, especially of meat.

Bay Leaves are **also available at for sale at Brooklodge**

AUTUMN AND WINTER JOBS IN THE GARDEN

BY ELAINE MULLINS

Hopefully you will all have had a good harvest from your garden this year and we hope that you found our tips useful. Now it is time to prepare your garden for the winter. Here are a few jobs that need doing.

Autumn is a busy season in the pruning calendar, the perfect time to remove old growth and to get plants into shape. Fruit bushes such as currants and gooseberries will benefit from thinning out. This means to trim back, reduce or cut down. Perennial plants that have no seed heads can be cut back to the ground. Autumn is also

the time to prune tender plants such as lavender and rosemary which will not withstand pruning in the winter. If you haven't managed to trim before winter its best leave until the spring.

Divide rhubarb plants, tidy flower beds. Plant spring bulbs, protect outdoor containers from frost. Clear weeds, mulch or sow winter manure.



COLLECTING SEEDS

1. Cut the flower heads.
2. Collect the ripe seeds from the flower and place in a tray.
3. Allow seeds to dry for about a week.
4. Place seeds in an envelope and seal.
5. Label your seeds.
6. Sow again in the Spring time.

COMPOSTING

Compost is the single most important supplement you can give your garden. Making your own is easy, free and good for the environment. Composting also has other benefits. It adds nutrients to your plants and helps retain soil moisture. Composting can divert as much as 30% of household waste away from the landfill. That is important

because when organic matter hits landfill it lacks the air needed to decompose quickly, instead it creates harmful methane gas as it breaks down. Composting offers a natural alternative to chemical fertilisers when applied to lawns and garden beds.



WHAT YOU CAN COMPOST?

WHAT TO COMPOST:

All compostable materials are either carbon or nitrogen based. The secret to a healthy compost pile is to maintain a working balance between these two elements..

CARBON-RICH MATTER

Branches, stems, dried leaves,

peels, bits of wood, bark, shredded brown paper, coffee filters, eggs shells, straw, peat moss, wood ash.

NITROGEN MATTER

Manures, food scraps, green lawn clippings, kitchen waste and green leaves.

A healthy compost should have more carbon than nitrogen. A simple rule of thumb is to use one third green and two thirds brown.

DO NOT compost meat, bones or fish scraps. Avoid composting perennial weeds.

Christmas Crafts & Hampers

IT'S THAT TIME AGAIN

Brooklodge are now taking orders for Christmas Hampers.

Small Hamper €10

Medium Hamper €15

Hampers will include a variety of our produce and crafts.

JAMS < CHUTNEYS
HERBS < LAVENDER
CRAFTS

Please order early to avoid disappointment.



Available at Brooklodge



Brooklodge Christmas Hampers



Hand Made Wooden Trees with lights



We in Brooklodge would like to take this opportunity to **thank you** for your continued support. **Elaine, Brendan, Mark, Brid, Sean and the Garden Enterprise Group** have enjoyed answering your questions and we hope that you found our newsletter informative and helpful. We will be back again in Spring !!!!!

Taking Orders Now €15

Call Brooklodge 09341456 or email brooklodge@abilitywest.ie

Wishing you a Merry Christmas And Prosperous New Year.