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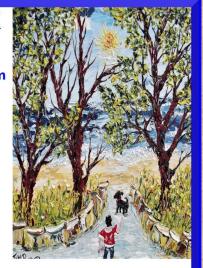
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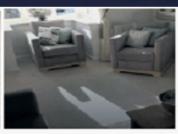
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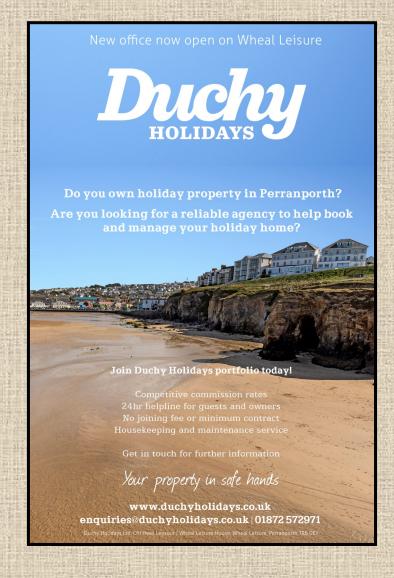
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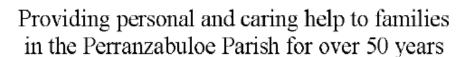
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#### **DOWN THE GARDEN IN JULY**

What a very exciting month it has been for us; we debuted at the prestigious RHS Chelsea Flower Show with her exhibit, 'Career Roots' in horticulture. The garden celebrated the Royal Horticultural Society's 200th anniversary of education and training and was designed in collaboration with Jon Wheatley of Stonebarn Landscapes, Somerset and are just returning from BBC Gardeners World Live Show.

We are over the moon to announce our Nurture Through Nature garden at BBC Gardner's World Live has been given the ultimate honour of being presented with the APL Avenue Best in Show Garden, People's Choice Award.

'Nurture Through Nature' garden is about work/life balance — working at home, wellness, self-care and blurring the lines between the inside and out for a seamless and natural transition between home and garden.

The garden-office features a sedum living roof, living wall and is filled with house plants to get your daily dose of vitamin green, even on a work day. "Vitamin G is 'green', and research has shown that getting a daily dose improves our sense of personal wellbeing,' explains RHS Director of Science, Professor Alistair Griffiths.



Large doors open onto an outdoor dining/lounge/seating area, ideal for relaxing and socialising after a busy day. The refreshing plunge pool to promote the use of cold-water therapy in treatment of stress, anxiety and depression.

Thank you to our BBC Gardeners World Live 2022 sponsors and suppliers: Alex Hobbs for the living wall, Tailored Garden Rooms, Sedum Green Room, Rolawns, Marshalls Landscaping, Hedges Direct, Hardy Exotics Nursery, Hayle Plants and Adrift Furniture.

#### **Jobs for July**

- Watering; ensure plants are kept watered, particularly tubs, baskets and greenhouses, and don't forget houseplants too! Include a liquid feed in with the water in and don't forget to keep rhododendrons and camellias well watered too to ensure next years flower buds form. Keep ponds topped up.
- Dead head hanging basket, tubs and flowers regularly to encourage repeat flowering.
- Prune wisteria, Pyracantha, Hebe (lightly), lavender (lightly).
- Raise the blade on your mower before cutting your lawn. This will help keep a green lawn and reduce drought stress. Mow lightly and frequently.
- Prune rambling and climbing roses once they have finished flowering if they don't produce attractive rose hips.

- Prune; any perennials that have finished flowering for the year unless you are leaving seed heads for wild life. Gently prune hardy geraniums to encourage a second flowering
- Harvest fruit and vegetables as soon as they become ready.
- Propagate; lift and pot up strawberry runners. We all love the endless bright flowers of the Osteospermum. Now is a great time to take cutting from them and pelargoniums
- Sow hardy annuals. They will over winter and flower next year
- Bulbs are about to start coming into nurseries. Now is the time to start thinking about planting bulbs you want to flower for Christmas. Hyacinths, paperwhite daffodils and freesia are all good choices. Once planted, allow them to put on 2.5cm (1in) of growth before taking them into a cool room where they can be held until just before you want them to flower

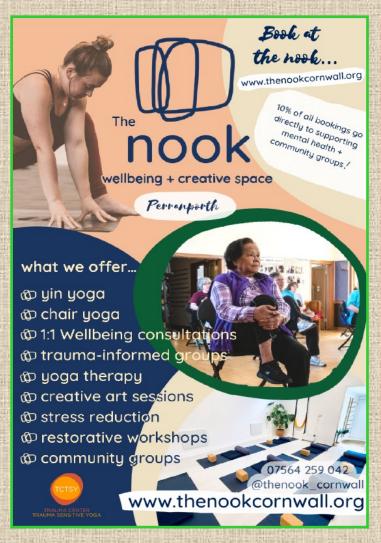
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