



the Propagator

Issue 22 Winter 2012

Greetings from Trellis

Welcome to the Trellis eNewsletter, 'the Propagator', keeping you up to date with what's going on in the world of therapeutic gardening. This is your network so please let us know what you think of Trellis services - we welcome all your comments. If you would like any features or news about your project to be included in the next edition of the eNewsletter 'The Propagator', please send it by 1st February 2013 to info@trellisscotland.org.uk

This edition of the Propagator was compiled by Sarah Melville, Trellis Volunteer.

The Trellis team has been busy over the last few months with a number of networking events including a visit to Kinross Potager Garden in October, see photo. All who attended had a fun and informative day exchanging really useful and practical ideas for the garden.



In September the Trellis network met for the Annual General Meeting at H.O.P.E. Garden Trust in Arbroath, where they were treated to a guided tour of the gardens including the composting area, organic vegetable plots and polytunnels before the AGM got underway.

There was also a fantastic turnout at Queen Margaret University in October to a networking event for therapeutic gardening in hospital settings. With showcase presentations and stalls, attendees found the event very inspiring and useful. One commented that the best thing about the networking meeting was "*Speaking to other people and sharing ideas that I can take back to our team*"

TRELLIS PHOTO COMPETITION



Here's the perfect excuse to use your photographic skills and show us how good you feel in the garden - enter the 2013 Trellis Photo Competition! It's open to everyone and is the perfect opportunity to take pictures to promote your project and show off your gardens.

The theme of the competition is 'People in gardens' and the photos will be judged in three different categories:

- 1. Who says gardeners hibernate?**
- 2. people grow better in gardens**

3 Harvest time

The photos will be judged at the Trellis Conference on 19th of March 2013 by Graham Millar www.photohonesty.org. Perthshire based photographer Graham challenges stigma through the use of documentary photography. Graham has been working with Carers UK and currently on a fantastic project with Down Syndrome Scotland on the production of a book called 6% which will be available to buy at the end of this year.

All entries will be displayed at the annual conference for everyone to enjoy. The winner will receive garden vouchers and second prize will be decided by the conference attendees.

To enter please transfer your photo files (Max 3 per entry) to us by clicking on this link and follow instructions on screen <https://www.wetransfer.com/> and in the message field tell us who you are.

All entries must be received by Thursday 21 February 2013

Competition Terms and Conditions

Maximum of 3 images per entry.

Copyrights of all images submitted remain with the respective entrant. However, by entering this competition you grant a worldwide, irrevocable, perpetual license to Trellis to feature your image(s) in any of its publications, website and/or promotional material without compensation.

Before you send us your photograph make sure anyone in the image is happy to be featured. If this includes children (under 18's), you will need to provide proof that you have permission to share the image for publication from the child's parent or legal guardian.

All entries must be received by Thursday 21st February 2013

*****The Gardeners Trivia Quiz Question*****



From which country did the Hyacinth arrive in Western Europe?

- a) Egypt
- b) Mexico
- c) Turkey

Answer at the bottom of page 5

Project Profile - The Glasshouses at the Royal Edinburgh Hospital

Managed by Artlink Edinburgh on behalf of the hospital, the Glasshouses comprise a large workshop and art studio area, three greenhouses and meeting room surrounded by enclosed gardens and a picnic area. The Royal Edinburgh Community Gardens use one of the greenhouses to grow seedlings for their vast 14 acre garden. Artlink hold regular gardening classes and art sessions for in/out patients and staff at the hospital. Whilst the Volunteer hub encourage gardening activities throughout the hospital and volunteers and patients sell produce every Tuesday in the growing season. It's a hive of activity at the Royal Edinburgh Glasshouses and they are always on the lookout for volunteers interested in all sorts of gardening tasks.

If you are interested in volunteering contact:

Artlink Edinburgh, Anne or Alex at glasshouses@artlinkedinburgh.co.uk

Royal Edinburgh Community Gardens, Hillary at

hillaryvipond@cyrenians.org.uk www.recg.org.uk

The Volunteer Hub, Angela at Angela.Farra@volunteeredinburgh.org.uk

Trellis Training 2013

To book or register interest in any training session please use

www.trellisscotland.org.uk

Edibles All Year Round: A guide to sowing, planting and harvesting,
Friday 11th January 2013 from 10am-3.30pm at Perth Museum & Art Gallery
With Caroline Beaton

Designing gardens for people with dementia

Wednesday 23rd January 2013 9.30 - 1.00 pm DSDC, Iris Murdoch Building,
University of Stirling, Stirling, FK9 4LA Open to anyone who gardens with people
with dementia or interested in garden design for those with dementia.

Health & Safety in the garden

February 2013 t.b.c.

with Rob Ford

Income generation for community and therapeutic gardening projects

Feb/March t.b.c.

Trellis Networking Events 2012

A warm welcome awaits and the chance to be inspired and swap ideas with other therapeutic and community gardeners. To book places (they are free or low cost) see www.trellisscotland.org.uk

The Floral Hall & Training Centre, Inverness

28th November 2012 Includes a feature on artisan food producers.

The Concrete Garden, Possilpark, Glasgow G22 6LG

30 November 2012

Includes a session on 'Permaculture in Action'

Edinburgh College, Milton Road Campus, Edinburgh EH15 2PP

19th December 2012

Stay in touch ...for more information on therapeutic gardening from Trellis

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The Biodiversity Feature... Winter in the Garden ...

by Catherine Lloyd, Tayside Biodiversity Partnership

<http://www.taysidebiodiversity.co.uk/index.html>

As autumn turns to winter, we think most of the hard work has been done in the garden – but in fact there are some important tasks to still consider! Add the wildlife element to this and suddenly there is plenty to do. For instance:

Tidying up window boxes and hanging baskets – rather than tip the whole lot onto the compost heap, take a second look: what can be saved? There may be something evergreen, such as ivy, that could be replanted (either in another container or in the garden itself, at the edge of a wall, perhaps) or a small conifer that now needs more room away from a container in the garden. Old bulbs and the woodier herbs can be given another chance by planting out in the garden itself – most will grow on.

Planting bulbs for next spring – when choosing new bulbs, consider if wildlife may use them when they are flowering. Narcissus are more attractive to beneficial insects than Daffodils; Grape Hyacinth, Crocus and Snowdrops all offer extra-early nectar and pollination opportunities for our beleaguered bees.

If you are tidying up containers, remember to position them to get as much winter light as possible; this will help foliage to remain as healthy as possible. Water containers carefully – they can dry out more easily in winter, but they can also get water-logged. Remember to raise the containers off the ground on pot feet which will help prevent them getting frosted and cracking. When you move them again in the spring, though, check for any toads or frogs hiding beneath them!

In severe weather, you can put bubble wrap around the pots to safeguard the plant roots – or pack straw round them (as long as it can't blow away) - but again check for wildlife when you remove it.



The winter is a key time for pruning apple and pear trees, especially newly-planted ones that are just settling in to their first 2 or 3 years, or very old trees that can get damaged in the winter winds. Pruning ensures a good crop of fruit next year. There are lots of training courses available in Scotland now, so you don't need to rely on just a good book!

If you don't have any fruit trees, winter is also the time to consider planting them – they will survive in a large container for the first few years, or you could plant two either side of a gate to form an archway, or you can consider them as boundary trees or avenues either side of a path. The blossom will look great and help our bees in their quest to pollinate; there will be a little more shade in the summer and a

variety of fruit to enjoy in the autumn – and no need for wastage: the bruised fruit can be placed in a corner of the garden for the birds, hedgehogs and butterflies to enjoy.

Winter Snippets

There are plenty of garden activities you can do over the winter months, here are a few ideas.....

Why not enter the Trellis Photo Competition? See page 1 for details.



Seed swap Trellis will be holding a seed swap at the Trellis Conference on 19th March 2013. This is a fun and free way to try some different plants in your garden. If you have seeds to spare and would like to join in with the seed swap please bring along your seeds. Remember to bring along your extra seeds for our annual seed swap. This is a fun and free way to try some different plants in your garden. For how to save seed see the Seedy Sunday sheet (try saying that quickly) at

http://www.seedysunday.org/page_id_9_path_0p4p.aspx

RSPB Big Garden Bird Watch on the weekend of 26-27th January 2013. A fun event encouraging people of all ages to spend an hour in the garden or local park and count the birds they see and report back to RSPB. For further information visit <http://www.rspb.org.uk/birdwatch/>

Wildlife spotting Scottish Wildlife Trust's iSpot app for Android lets you learn more about wildlife, share your interest with a friendly community and get help identifying what you have seen. For further information visit scottishwildlifetrust.org.uk/things-to-do/spotters-board/

The Woodland Trust's Nature's Calendar <http://www.naturescalendar.org.uk/>
Here you can record and view seasonal events that show the impact of climate change on our wildlife. Send in your observations and see the latest information from the first tree in leaf to last swallow to leave UK



Build a Bug Hotel

Why not try building a cosy winter refuge for our friendly garden bugs.

For ideas on how to construct a bug hotel please visit <http://www.rspb.org.uk/advice/gardening/insects/index.aspx>

And for shelter for your pond friends please visit

<http://www.froglife.org/garden/features.htm>



If you're looking for more inspiration and other garden related things to do this winter, have a look at the Trellis Factsheet 'Planning Year Round Garden Activities'. Find it on the Trellis web pages at <http://www.trellisscotland.org.uk/factsheets> .

Scented sachets You will need: Bright colourful cotton fabric, Pinking shears, Dried herbs or petals, Elastic band, Ribbon.

Cut some colourful festive cotton fabric into squares Approx. 10" x 10" with pinking shears and place a small pile in the centre of the fabric square of dried herbs, for example dried lavender flowers, rosemary leaves, dried mint leaves or dried rose petals from the garden. Ensure leaves are dried out fully before using to avoid your sachets going mouldy. Draw up all four corners of the fabric and hold together with an elastic band then tie the sachet with some pretty ribbon. To make them smell more festive add cloves and star anise. Make smaller sachets and attach to Christmas parcels.

And finally ...Gardeners Cuttings ...

'There is a psychological distinction between cutting back and pruning. Pruning is supposed to be for the welfare of the tree or shrub, cutting back is for the satisfaction of the cutter'

Christopher Lloyd, The Well-Tempered garden (1973)

From Gardeners Cuttings: Wit and Wisdom for the Green Fingere d edited by Charles Elliot, Little Books Ltd, 2007: 164.

The Gardeners Trivia Quiz Question Answer c) Turkey



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