

Trellis eNewsletter - The Propagator- Issue 18 Summer 2011

Online at <http://trellisscotland.org.uk/newsletters>

Contents: Trellis News, Quickie Survey, Case Study Appeal, Project Profile, Growing Communities in Scotland (Travel Bursary Report, Training, Network meetings), Biodiversity, Social Enterprise Opportunity for Therapeutic Gardening, Funding, Gardeners Cuttings, Contact Us

Trellis News

Trellis at Gardening Scotland 2011



The medal winning 'People Grow Better in Gardens' Trellis show garden at Gardening Scotland 2011, designed by Trellis board member Calum Buchanan and built by network project gardeners from the Columcille Centre was a great hit with the public. With its wild flower turf roof pergola, herb planters and baskets, sunflower seed planting activities and sunflower photo opportunities, no wonder it was a feature on BBC's Beechgrove Garden.

For more photos of the day see

<http://trellisscotland.org.uk/home?q=gallery>

The Trellis film, 'People grow better in gardens' describing the work of therapeutic gardens and featuring Trellis at Gardening Scotland 2011 is now on YouTube. Click on the link to view this short film (7 mins running time) <http://youtu.be/amH6SSdGVN8>

Feel free to share this link with your friends and colleagues!

Photo: Gardening Scotland 2011, Genie Dee

Trellis Quickie Survey (only one question - its painless!)

Trellis are always striving to collect accurate information about therapeutic gardening in Scotland, always useful to impress policymakers, funders and those in power. This month we're asking how much land you cultivate.

To tell us how many square metres you garden, just click

<http://www.surveymonkey.com/s/P38K7S7>

Share your experiences of how gardening is good for you – Trellis Case Study Appeal

Trellis are keen to promote the excellent work going on in therapeutic gardening projects across the Trellis network (180 of you, and growing annually). One of the ways of highlighting the benefits of gardening is by recording the thoughts and experiences of individuals and groups of gardeners. If you already have a 'case study' i.e. a description of your project and short interviews or quotes from service users that you can share with Trellis, we would be delighted to hear from you. If any of you and your gardeners would like to take part in a case study, please let us know as we can provide practical help to do this. Contact Jenny at the Trellis office on 01738 624348 or email

jenny@trellisscotland.org.uk

Project Profile

The Walled Garden, Perth visited by Genie Dee, Trellis Office Manager

The fruit trees are blossoming when I visit the walled garden on this sunny morning in April. I walked through the iron gate past Pitcullen House to find the 'Walled Garden'. Debbie Butler is showing me around telling me all about this special project. The garden, started in 1994, was a flat area but now in 2011 it has a beautiful ornamental area with shrubs, flowers, fruit-trees and a pond, as well as a working garden with green houses, a polytunnel and a glass house.



A range of people are working in the garden today. They've already planted some potatoes, there will be lots of different varieties of those, and usually there is a whole mixture of beans, peas, leeks, onions, beetroot and carrots. In the glasshouse you can see loads of small tomato plants which can be bought by the public as most plants, some paintings and garden furniture can. This is a mental health project and the idea is to give people who may be having some difficulties learn lots of different skills, help to give them confidence, and it is a supported-work employment

project.

Everyone is welcome to visit this fantastic place. You can sit outside in one of the tranquil seating areas, maybe with a cup of tea or coffee, a homemade soup or a fresh fruit salad purchased from the cafe in the garden.

Apart from the garden this project has an art studio and a workshop, where when peeking in I see garden furniture being made. In the art studio people are painting Cheshire cats, making Mad Hatter hats and other Alice in Wonderland creatures.

Debbie explains that on the Open Day, Saturday the 20th of August from 12am to 4pm, the garden will be transformed to 'Walled Garden Wonderland' by the artists. Visitors and gardeners are asked to dress up and there is going to be a hat competition.

Don't forget your hat when you visit Walled Garden Wonderland!

Photo: The Walled Garden, Genie Dee

Growing Communities in Scotland

Travel Bursary Report... by Janet Wilkes of COPE, a social enterprise which supports adults with disabilities in Shetland. Janet was delighted to receive a travel bursary from Growing Communities in Scotland this year. This enabled her to travel to Perth, attend the Trellis annual conference in March and visit other projects en route. Janet explained that 'living in such a remote location it was a great opportunity for meeting and talking with others with similar goals. At the conference I was interested to hear about the 'Grow and Learn' horticultural award developed by the RCHS and then to chat to people already working with it. That was very useful. The 'Sink or Swim' workshop was accessible and full of sound advice for helping projects in these lean times.



The following day, to take advantage of 'being South' I visited two projects near Aberdeen. First to Easter Anguston Farm, where I was very warmly welcomed and given a guided tour of the working farm by the 'vegetable group'. We were all delighted to see a red kite circling low above our heads whilst out. Interesting too, to see the Training Allotments which are rented out, and included in the rental are 'how to' sessions on vegetable growing. An enjoyable and interesting visit - make sure you allow plenty of time if you go to visit - there's lots to see. Next over the river and a visit to the tucked away Solstice Nurseries, which specialises in growing heathers, propagating from very small tip cuttings, an astonishing variety and selection of heathers.

Janet summed up her experience of the trip, both to the conference and the visits by recognising the value of 'how much there is to be gained from discussion and exchange, from visiting and meeting.'

Photo: Propagating Heather, Janet Wilkes

Training

Designing gardens for people with dementia on Wednesday 21st September 2011 from 10am - 1pm at the University of Stirling with Annie Pollock. Another opportunity to access this informative training session. BOOK NOW, see the Trellis homepage at www.trelliscotland.org.uk

Income Generation Training on Thursday 1st September 2011 at the Thistle Foundation, Niddrie Mains Road, Edinburgh EH16 4EA with Pamela Redpath, Community Enterprise Ltd. For further information and Booking Forms see the Trellis homepage at www.trelliscotland.org.uk

Network Meetings

Information on all future network meetings can be found on the Trellis home page. There are several in the process of being organised for the Autumn so keep an eye out for them:

September 2011 Trellis AGM For further information see the Trellis homepage at www.trelliscotland.org.uk

Snippets

WCF Phoenix has kindly offered some of their **Carlingford seed potatoes FREE** to those within their delivery area: Dundee, Kinross, Blairgowrie and North Fife.

Carlingford seed potatoes have been held in cold store and are available to plant in July for cropping in November. *Enticed by the thought of new potatoes at Christmas?*

Contact the Trellis office on 01738 624348 or email info@trelliscotland.org.uk

Community Land Advisory Service! A brand new initiative in Scotland between the FCFCG and Development Trust Association Scotland which aims to help make more land available for community gardening and growing groups. CLAS will act as a trusted broker between local community groups and landowners, offering one-to-one support and advice from a small team of specialist advisers, as well as online information services. Please contact Sheila Hobbs at Sheila@farmgarden.org.uk

More food from perennial plants? Mark Diacono of [Otter Farm](http://www.otterfarm.co.uk) represents a growing number of people questioning our reliance on growing food from annual seed planting and block cultivation. His farming methods were featured on the Radio 4 Food Programme and described as 'dedicated to deliciousness and a test-bed for how we might grow more of our food in the future.' The Food programme highlighted how most of our staple foods are raised from annual seed crops 'all highly reliant on lots of water, sun and artificial fertilisers.' Fertiliser production & distribution takes large amounts of energy and their annual application year after year they break down the structure of the soil, which means the soil doesn't hold moisture as well as it did, and lots of it blows away. Join in the debate along with other Scottish contributors on the BBC Food Blog the debate at <http://www.bbc.co.uk/blogs/food/2011/05/from-potatoes-to-pecans-what-w.shtml> or email us here at Trellis info@trelliscotland.org.uk with suggestions for plant varieties which do well in Scotland.

Larkhall Community Growers get the green light

Lesley's been in touch to say that Larkhall Community Growers have just been granted planning permission and they'll be on the site now getting the thing built, see how they're getting on at <http://www.larkhallcommunitygrowers.com/> If you were at the Trellis Conference in March this year you'll remember what an inspirational project this was!

<http://trelliscotland.org.uk/conferences>



Butterflies and Moths Identification

Clouded Yellows, Orange Tips, Holly Blue, Green Hairstreak, Grayling, Meadow Brown - what have all these names in common? Colour! With summer well on its way, one of the joys of pottering around a garden or allotment is the occasional glimpse of a butterfly or day-flying moth. Now, with the publication of the Tayside & Fife Guide, you can find out more about what you are seeing.



The full-colour guide will help you identify many of the more common butterflies found in Scotland (there is a similar guide for the Cairngorms). The chart inside shows which species are on the wing at a given time, and, where Tayside and Fife are concerned, suggests some of the best and most easily accessible places to see them. You can download the leaflet from the home page of www.taysidebiodiversity.co.uk or keep an eye open at various outlets throughout the region such as Visitor Centres, Ranger bases, etc.

But apart from gardening for butterflies (choosing nectar-rich flowers or plants that help feed the young caterpillars), there is a call to get involved! There is still much to find out about how

butterfly and moth populations are changing. Butterflies are becoming very much climate change indicators. The once-rare Peacock butterfly is now a common site in Scotland; so is the Orange-tip butterfly.

'Recording' helps identify population trends, identify important sites, and helps with habitat management decisions. You can record them in your garden or venture to parts of the countryside you would otherwise not visit. Above all though, it is easy, great fun, and very rewarding. Choose warm, sunny days to look for butterflies and moths when they are most active. Always use a map. The local park or community garden will almost certainly have a variety of butterflies, such as Peacock, Orange-tip, and Large, Small and Green-veined White, especially if there are areas that have developed naturally, or the local Council has sown an area with native flowers and grasses. More information on how you can help is available via www.butterfly-conservation.org or www.eastscotland-butterflies.org.uk.

Photo: Orange Tip Butterfly, Robert Thompson, Butterfly Conservation

Social Enterprise Opportunity for Therapeutic Gardeners

Perth & Kinross Council are looking to establish a Social Enterprise as part of its commitment to improving employability opportunities for Community Care and Youth Justice service users. A *feasibility study identified the following areas that could form the basis of the Social Enterprise: Horticulture; Close cleaning; Garden Maintenance; Traditional building skills.*

Perth & Kinross Housing and Community Care would like to invite companies who have an experience, innovation and vision to deliver sustainable social enterprise of some scale to a diverse range of people facing some of the most challenging barriers to employment. These include adults with learning disabilities, people facing or recovering from mental ill health, young offenders, people on community service and people affected by substance misuse. **An information event will be held on Wednesday 27th July between 10.30 and 3.00pm at the Lovat Hotel, Glasgow Road, Perth.** This will provide opportunities to learn more about the proposal visit the site and ask questions of those

involved at local level. If you wish to attend, please notify **Carol Milne** (camilne@pkc.gov.uk) by Friday 22nd July. **If you wish to discuss any aspect of the proposed social enterprise, then please contact: Bill Brown** on bbrown@pkc.gov.uk or 01738 444244.

Funding

British Airports Authority Communities Trust. Is your project local to one of Scotland's airports? Consider applying for a BAA Communities Trust Grant. See <http://www.baa.com> for further information.

Growing Communities in Scotland Travel Bursary to visit other groups. The Site Visits Travel Bursary scheme is open to community or therapeutic gardens or city farms who wish to go and visit other groups to share ideas and good practice. Applicants will be able to apply for up to £300 in expenses for up to six people for further information and application forms see www.trellisScotland.org.uk/funding

And finally ...Gardeners Cuttings ...

'Good gardening and a quiet life seldom go hand in hand'

Christopher Lloyd, In My Garden 1993

*from Gardeners Cuttings: Wit and Wisdom for the Green Fingere*d* edited by Charles Elliot, Little Books & Ltd, 2007: 17.*



Contact Us

If you do not already receive regular information from Trellis and you would like to, please give permission for us to store your contact details by completing a [Contact form](#). Return completed forms to Trellis 40 St John Street Perth PH1 5SP or email to info@trellisScotland.org.uk

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