



Issue 44



Slugs

'Garden Pests

CO-HABIT?

CONSERVE? or

CONTROL?

Talk by Ian Bedford

(John Innes Centre)

On Monday 6th November



Monday 7th August

‘The Perennial Mr Potter’

Bryan Thurlow

Born at the turn of the century, Horace Potter (a.k.a. Bryan Thurlow) regaled us with a colourful account of life as a gardener in a country house between the wars.

Inspired at an early age by a tapestry of a knot garden, Horace wins first prize at the local Flower Show and comes to the attention of the two elderly sisters who own Glebe House.

After leaving school at 13 (normal in those days) he is unable to follow his father into farm work because of the after-effects of childhood rheumatic fever. But he is taken on to work at Glebe House under the avuncular Mr Clarke. Learning on the job, he eventually succeeds Mr Clarke despite being just 18 years old at the time.

By now we were all totally immersed in the tale, so convinced were we by Bryan’s portrayal, complete with authentic Suffolk accent. We listened enthralled as he told us of his first encounter with Rose, the young lady who cared for the elderly sisters. How they married and came to live in a tiny cottage, in the knot garden that had been his early source of inspiration.

As well as being an excellent story-teller, Horace provided us with some handy tips and advice from those times that are still relevant today.

Bryan told us that the role of Mr. Potter brought together his love of the theatre with his passion for gardening, and to round off the evening he offered us a collection of plants for sale from his own garden.

All in all, a very different and very enjoyable evening’s entertainment



Monday 2nd October

Annual General Meeting

Bill presided over the Annual General Meeting, which was well attended by members. He stood down as Chairman of the Club and was then unanimously re-elected. As were the rest of the Committee apart from Clive who has stood down.

Bill reported a good year for the Club with meetings, visits and trips out being well attended. We currently have 88 members

The Show was successful with over 600 entries. 4 newsletters had been produced since the last AGM including a bumper edition commemorating 10 Shows.

A full programme has been arranged for 2018.

The accounts were presented by our Treasurer and although there was a small deficit for the year, the overall balance of over £5,000 was good.

Bill reported that Paul was retiring from Thompson & Morgan and that the plants and vouchers that had been so generously donated over the years would no longer be available.

The AGM was followed by refreshments and a talk from Des Shelley, Medical Herbalist



Monday 4th September
Mini-Show & Social Evening

Members made a huge effort for the Mini-Show which attracted a large number of entries. Each class was judged by the members who had attended, and the winner received a free raffle ticket. The overall winner was Jeanne Lynch-Aird who received a £20 garden voucher.



Monday 2nd October

The Medicine Chest in your Garden

Des Shelley



Des presented an interesting talk about herbal medicine as part of the AGM meeting. She started with a handy tip about Rosemary, which has volatile oils and stimulates the circulation to your brain. Very useful to keep us all awake! Des is a Member of the National Institute of Medical Herbalists, which is the oldest institute in the world. She trained as a herbalist after many years as a nurse working in the Health Service. Herbal medicine has been used for over 4,000 years and Des quoted some of the earliest practitioners, such as Dioscorides who wrote his *De Materia Medica* in 65 AD and more recently, Gerard and Culpepper. Des also showed us some of her collection of precious and intriguing old and modern Herbals. Herbalism was often used by those who learned the medicinal qualities of plants, to care for the poor in the community and consequently the practitioners were often looked down upon. The Wise Woman of the village was both consulted and viewed with suspicion at times. Des noted that this ambiguity is still apparent today. Herbalism is a holistic practice. A consultation with Des or one of her colleagues will concentrate on the whole person and the recommended remedy will be unique to the patient. It is used in conjunction with prescribed medicine or treatment from the local G.P or Consultant or on its own. There are various methods of giving the treatment, such as tinctures, capsules, syrups, teas, creams and concoctions, which are made up from boiled root. Des went on to tell us about many plants, but the following are just some of those we are likely to have in our gardens, which until now we perhaps had no idea contained important medicinal properties.

Dandelion: all parts can be effective and it is a very useful plant. It contains potassium and is a diuretic. The French name for it, *Pis-en-lit*, gives a hint of its effectiveness.

Stinging nettle: *Urtica dioica*. This is rich in iron and Vitamin C and is good in soups or a tea.

Comfrey: *Symphytum officinale*. This has mucilaginous secretions (which sounds so wonderful, it must do you good) and was once used for peptic ulcers and osteoporosis (its common name is knitbone). It is now banned for internal use, (to Des' frustration) but can still be prescribed for external use.

St. John's Wort: *Hypericum perforatum*. This is an anti-inflammatory, relaxes muscles, is anti-viral and helps with low mood.

Lavender Angustifolia: the opposite of Rosemary, being relaxing, soothing and antiseptic.

Des described the uses of many flowers, berries, herbs and foods in our garden. As well as the herb garden, the vegetable plot can produce medicines, for example beetroot can help with anaemia. Her message to gardeners is "be your own herbalist, use what you grow to keep in good health and treat your minor ailments." We can look differently upon apparent weeds and think more broadly about the herbs and vegetables in our gardens.

Jane Pope

Echinacea has many uses including for colds & flu., hayfever & allergies. It is commonly taken as a tea



Calendula is used as an anti-inflammatory and anti-viral agent.

Rosemary, also has many uses including to alleviate headaches and for muscle pain



The Sky Garden

Sandra Henson

On a recent stay in London, Jim and I made a call to this wonderful visitor attraction, THE SKY GARDEN at the top of the WALKIE TALKIE building in Fenchurch Street. It is the 5th highest building in the City of London. You travel 35 floors in seconds and the views of London and beyond are amazing, most say better than from The Eye.

The Tropical Gardens are interspersed with fragrant herbs, including Rosemary and Lavender, and are being "misted" most of the time. The slope of the Gardens goes to the 38th floor, the very top of the building. The middle of the Gardens is the Sky Pod Restaurant, and below this is a Brasserie serving snacks and drinks.

On the outside is a glass fronted terrace to walk around. The SKY GARDEN is free, you just need to make a reservation time slot. It is well worth a visit but be prepared to queue. The Gardens came about because the Site of the building was originally a Public Garden.



The Punchbowl

Since Battsford Punchbowl reopened as a community pub John Budd has done an excellent job of maintaining the back lawn and seating area. Other club members have planted up various pots and hanging baskets in the spring and autumn to keep the front of the pub looking attractive.

In the spring of this year Luke, the then manager, had seven new planters made up and these were packed with plants - some bought, some home grown, some carried over from last year. This year, with the petunias predominating, these new pots have looked really good. Thank you to the rota of volunteer helpers from me and the Punchbowl management. Support your local pub.

Bill



Chelsea garden fights back

Following criticism in the last newsletter, the Chelsea Best Show Garden answers back

The award for Best Show Garden deservedly went to [James Basson for the M&G Garden](#), a monumental evocation of a Maltese limestone quarry where nature and a gardener of exceptional talent have worked together to heal the scars of excavation.

The effect is beautiful but austere - and not necessarily to everyone's taste. So kudos to James Basson for pushing his vision further than most Chelsea show gardens would dare - he's an uncompromising designer and that approach has paid off brilliantly.

His garden is one of the boldest and most arresting seen at [Chelsea](#) for many years: a great chunk of limestone quarry with exposed walls and scattered stone blocks, infiltrated by wild plants and presided over by gnarled old trees and broad stone stacks soaring up to 26ft.

James expects his 2017 garden will be "a shock" to visitors as they turn the corner into the heart of the showground. He says, "The quarry is not supposed to be pretty. It is stark and monumentally brutal."

His theme, is the vulnerability of nature, how it is damaged by man but also how it rebounds and recolonises – even in the brutal context of a quarry – both by itself and with man's help. "This defunct quarry is one that has now been turned into a private garden, full of plants."

Daphne's roses from seed

Has anyone else tried to grow roses from seed? Back in June I was given a "Grow your own birth flower" kit. On the pack it said "Disclaimer -The seed can die before or after germination." I didn't hold out much hope! I felt I may have had more luck if my birth flower had been a poppy or a daisy.

Lo and behold soon after I sowed them several seedlings appeared. They actually flowered a few weeks later, before I had dared to prick them out, looking like tiny wild dog roses.

At present I have five plants in individual 2 inch pots, still being nurtured on the kitchen window sill. Not quite ready for the show just yet!

Well done Daphne! - we'll introduce a new class on the Schedule just for you

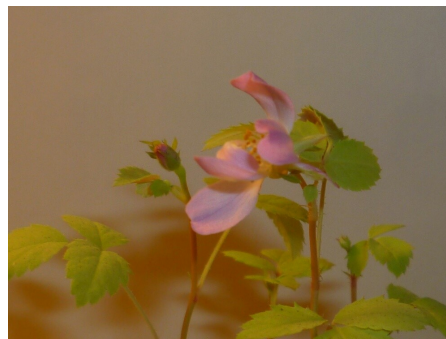
A taste of things to come 2018



May - Fuller's Mill Gardens



June - Peter Beales Roses



Daphne's miniature roses



Includes interesting and entertaining presentations on board, plus private excursions

Experience the beauty of springtime in Holland and Belgium from only **£1569** per person

There's simply no better way to experience Holland and Belgium than by river cruiser, gliding past fields of tulips and windmills to visit quaint villages and Renaissance cities seemingly frozen in time: Ghent, Antwerp, and Bruges. And, of course, we'll visit Keukenhof Gardens, 79 acres of breathtaking beauty, open only in the springtime. Don't miss your chance to visit one of Europe's most magical corners, at the most enchanting time of year! Price for River View Cabin from £1569pp or for a French Balcony Cabin from £1799pp. Contact us to find out more and book your place!

What's Included

- Return flights from Southend and non UK transfers
- Cocktail Reception and Welcome Dinner
- Services of an experienced Horticultural Enthusiast
- Excursion to Aalsmeer Flower Auction
- Half day excursion to the model gardens of Appelterm
- Excursion to Arboretum Trompergans
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- Free-flowing quality red & white wines from Europe's famous wine regions, draft beer and soft drinks, as well as coffee and tea with every lunch and dinner on board
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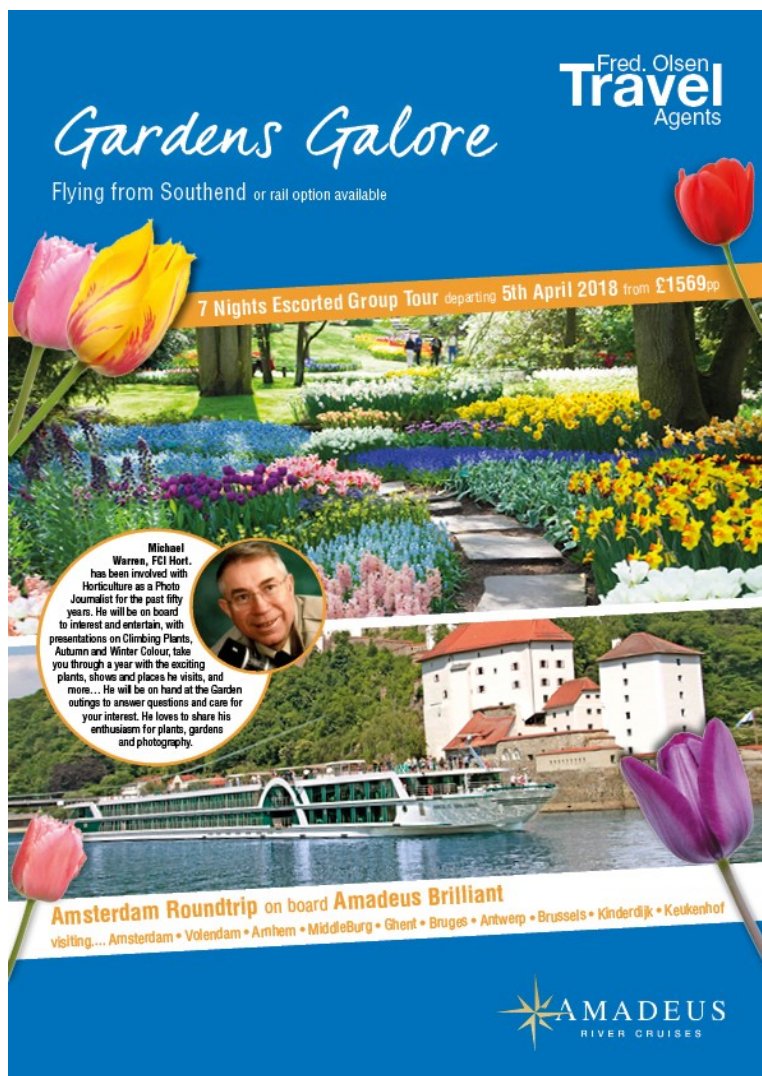
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Lead in flew based on 2 adults sharing a C1 grade. Price includes estimated economy flights from London Southend, transfers and port charges. Rail option available. Subject to minimum numbers. Prices are correct at time of print and are subject to availability and/or change and can be withdrawn at any time. All excursions other than those noted in italics are additional. *Michael Warren (Secluded unavailable, the bar will be escorted by a Fred. Olsen Travel specialist)

Find us on       



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Gardens Galore
Flying from Southend or rail option available

7 Nights Escorted Group Tour departing **5th April 2018** from **£1569pp**

Michael Warren, FCI Hort.
has been involved with Horticulture as a Photo Journalist for the past fifty years. He will be on board to interest and entertain, with presentations on Climbing Plants, Autumn and Winter Colour, take you through a year with the exciting plants, shows and places he visits, and more... He will be on hand at the Garden outings to answer questions and care for your interest. He loves to share his enthusiasm for plants, gardens and photography.

Amsterdam Roundtrip on board Amadeus Brilliant
visiting... Amsterdam • Volendam • Amhem • Middelburg • Ghent • Bruges • Antwerp • Brussels • Kinderdijk • Keukenhof

AMADEUS RIVER CRUISES

Quizzes

What is the common name for these plants & trees?

1. Kniphofia
2. Aesculus hippocastanum
3. Buxus sempervirens
4. Hyacinthoides non-scripta
5. Hedera helix
6. Helleborus niger
7. Acer rubrum
8. Buphthalmum salicifolium
9. Spartium junceum
- 10 Salix babylonica

Answers on next page

Complete the missing word from these songs

1. My eyes become large and, the light that you shine can be seen.
Baby, I compare you to a kiss from a ---- on the grey
2. Why do you build me up, ----, baby just to let me down, mess me around
3. You got a reaction, you got a reaction, didn't you? You took a white ----, you took a white ----, turned it blue.
4. Need a little time to rest your mind, you know you should so I guess you might as well. What's the story ----
5. ----, ----, every morning you greet me. Small and white. Clean and bright, you look happy to meet me
6. Shadows on the hills, sketch the trees and the ---- Catch the breeze and the winter chills
7. Are you going to Scarborough Fair? ----, ----, ---- and ----
8. ---- been handed down to us ---- is a flower that's free
9. If there's a bustle in your ----, don't be alarmed now
- 10 ---- fields forever

2017 /18 Future events

Saturday 2nd December. 10am - 1pm

Christmas Wreath Workshop

£13 - to book or more details contact Caroline on 01449 770980 or email caroline@wicking.me

Monday 4th December, 7pm

Quiz with George Bethell

Free food, bring own drink & glasses

Friday 19th January 7 for 7.30pm

Meal the Barn, Alder Carr

Menu & more details to follow

Monday 5th February, 7.30pm

'Cambridge Colleges and their gardens'

Rodney Tibbs

Monday 5th March, 7.30pm

'A complete guide to Clematis'

Peter Skeggs - Gooch

Common plant names: 1. Red-hot poker 2. Horse chestnut

3. Common or European box 4. Bluebell 5. Ivy 6. Christmas rose
7. Red maple 8. Yellow ox-eye 9. Spanish broom. 10. Weeping willow

Missing words: 1. **Rose**, Kiss from a Rose, Seal

2. **Buttercup**, Build Me Up Buttercup, the Foundations

3. **Orchid**, Blue Orchid, the White Stripes

4. **Morning Glory**, What's the Story (Morning Glory), Oasis

5. **Edelweiss**, Edelweiss, Sound of Music

6. **Daffodils**, Vincent, Don MacLean

7. **Parsley, sage, rosemary, thyme**, Scarborough Fair, Simon & Garfunkel

8. **London Pride**, London Pride, Noël Coward

9. **Hedgerow**, Stairway to Heaven, Led Zeppelin

10. **Strawberry**, Strawberry Fields, the Beatles

10 surprises in your garden

1. **A sunflower is not just one flower.**

Both the fuzzy brown centre and the classic yellow petals are actually 1,000 – 2,000 individual flowers, held together on a single stalk.

2. **There are more microorganisms in one teaspoon of soil than there are people on earth.**

3. **Plants really do respond to sound**

Research shows that plants respond to the vibration made by music or the human voice and they grow more

4. **Butterflies might be more attracted to your weeds**

because they often have more perfume and nectar than garden plants

5. **A little baking soda can help you grow sweeter tomatoes.**

6. **Some orchids smell like chocolate or lemon or cinnamon**

7. **Some bamboo can grow 35 inches in a single day**

8. **Gardening can burn 300 calories an hour**

9. **Apples, pears, peaches. Cherries, raspberries, strawberries are part of the rose family**

10. **Hemerocallis (day lily) petals are edible**



Edible hemerocallis - the yellow ones are the most flavoursome



Oncidium (orchid) 'Sharry Baby' smells of chocolate