

Garden's Newsletter



St Mary's Secret Garden

www.stmaryssecretgarden.org.uk

SPRING 2011

Although the weather has a nip to it, spring is definitely in the air. The bulbs in our woodland are flowering, the bees are buzzing and we're getting into the busiest time of the gardener's year.

NEWS

Our Ecominds Changing Minds garden is coming along in leaps and bounds. We are dismantling two large, old beds in order to create a well-being garden for the whole community. It's hard work, but so far, everyone's enjoying it. If you are someone who experiences mental distress, or know anyone who might be interested in joining the project, please take a look at our website:

[www.stmaryssecretgarden.org.uk/
EcomindsVolunteering](http://www.stmaryssecretgarden.org.uk/EcomindsVolunteering)

Or drop us an email to
info@stmarysgarden.org.uk



We will be hosting an Introduction to the World of Bees and Beekeeping here at St Mary's run by expert bee man, Gustav Montes De Oca and the Bee Guardians from the Golden Co. on the course you'll get an understanding of the bee, the colony, their place in the wider environment and the role of the beekeeper. The course is on Saturday 19th March from 11.00 – 4.00pm and will cost £45 waged and £20 for concessions. To book, please call the Golden Co. on 07886 214329 or email zoe@thegoldenco-op.com



INSIDE THIS ISSUE:

GARDENING COURSES	2
GARDENING TIPS	3
GARDENING TIPS	4

Changing Minds* has been funded by Ecominds, a £7.5million funding scheme run by Mind on behalf of the BIG Lottery Fund. Ecominds involves people with direct experience of mental distress in environmental projects that improve their mental and physical health, and local communities.

GARDENING COURSES

St Mary's Secret Garden is branching out; we'll be working south of the river, in the Moorlands community centre in Brixton, running an accredited gardening course for Metropolitan Housing residents. This follows on from a number of successful courses we have been running here at the garden with tenants from housing associations Peter Bedford and Circle 33.



We will be running a 6 week Basic Gardening Course this spring at the garden. Come and learn how to grow food, propagate plants, make compost and lots more; the course will cover the theory but will focus on giving hands on, practical experience. It runs on Wednesday afternoons, from 4 – 6 pm starting on March 30th, and costs £120 waged, £60 for concessions. To book, please contact the garden by phone on 0207 739 2965, email

info@stmarysgarden.org.uk

or visit our website at www.stmaryssecretgarden.org.uk

We will also be running one-day courses on 2 Saturdays this summer. The courses will run from **11am – 3pm**.

Cost: £50 waged/ £30 unwaged

And will run on:

Saturday May 21st

The urban vegetable patch

This will include planning your site, choosing what to grow, and how to get a bumper crop the organic way.

Saturday June 4th

Plants for free – propagation. This will include collecting and sowing seeds, when and how to take stem cuttings, taking root cuttings and division.

To book, please contact the garden by phone on **0207 739 2965**, email

info@stmarysgarden.org.uk

or visit our website at www.stmaryssecretgarden.org.uk

Come along to the garden on Saturday 14th May for a FREE Grow Your Own day as part of The Learning Trust's Adult Learners Week. The day will introduce you to the potential of growing your own vegetables, fruit and herbs – no matter how small a space you have.

Contact the garden to book.

We will then harvest some of the garden's produce to create a healthy tasty meal for participants to enjoy.

This spring in the garden... Gardening tips

It's time to start sowing your flower and vegetable seeds. Tomatoes can be sown now on a warm windowsill. If you have an electric propagator, this will help, as many seeds from hotter countries need some bottom heat to germinate. You can use recycled containers to sow your seeds into, like the plastic punnets you get fruit and veg in (but make sure they have drainage holes). Once seeds have germinated and are showing 2 pairs of leaves, they can be pricked out and planted into individual pots to grow on. You can grow vegetables and salad whether you have a large garden, a balcony or just a window box. Tumbling Tom is a good variety, which can be grown in a hanging basket or on a window ledge.

Once again this year we will be taking part in London's Open Garden Squares Weekend. We will be open on both the Saturday and Sunday the 11th and 12th June, when you'll have the opportunity to wander round the garden, see what's growing and get advice and tips from our experts. We'll be selling plants and garden produce and serving tea and cakes. Plan your day out by going to the Open Gardens website: www.opensquares.org

Keep an eye out for details of what else will be happening at the garden over the weekend. www.stmaryssecretgarden.org.uk

Don't forget to mulch your beds and borders with farmyard manure, leaf mould or garden compost. It will suppress weeds, keep in moisture and improve the texture of your soil.



WE'RE ON THE WEB
www.stmaryssecretgarden.org.uk

50 Pearson Street, London, E2 8EL
Tel: 020 7739 2965
E-mail: info@stmarysgarden.org.uk