

THE LIFESTYLE ISLAMIC GARDEN CLUB

JULY 2007 NEWSLETTER



HONEY

The most holy Qur'aan talks about the amazing properties of Honey. Let us all try to incorporate more honey into our diets. When you are feeling really, tired or stressed, reach for a glass of hot water combined with two tablespoons of lemon and two teaspoon's of honey, this has an amazing therapeutic effect, this is because honey has a natural restoring ability. A teaspoon of honey eaten twice a day is a great cure for heartburn.

PLANTS

Hellebores have become a popular winter flowering perennial in a shady garden. Hellebores make good cut flowers especially as floating flowers in a glass bowl.



Gazania

Gazania's are indigenous and a true winter winner for the sunny garden. These plants are tough and drought hardy, flowering in the morning and then closing again at night. Gazania's come in shades of yellow, white and pink and last for many months of the year.

In & Around your Garden

- * If you have climbing roses these can be cut back this month, trim down to the main stems. Pruning of rose bushes should be done in July.
- * Continue to provide protection for tender shrubs at night, where frost is experienced.
- * Don't be tempted to cut back foliage on shrubs that have been hit by the frost as this serves as a protection to the crown of the plant.
- * The coldest place is at a window during winter - even when the window is closed. In-door plants should be moved to a warmer position in your home.
- * The herb "Thyme" has a very strong antiseptic properties, tea made from it is an excellent remedy for sore throats or when used as a gargle.
- * Be sure to build up your immune system this winter with plenty of garlic and chives they can be used in soups and stews.
- * Clean, sharpen and repair your pruning equipment; service lawn mowers now for early spring/summer use.

- * Soak lawns fortnightly to keep roots alive.
- * Start planning now for the competition (see attached forms) .

SECATEURS

Please do **NOT** forget to take advantage of the **Fantastic Special** on secateurs, that Lifestyle is making available to our garden club members, this special is only for the 7th of July (which is the day of our July meeting). If you do not require any secateurs, please be sure to bring your secateurs to the meeting as we will be doing a hands-on workshop.

TIP OF THE MONTH

To eradicate mildew, red spider and viral disease, try the following - it is amazing! Add 1 litre milk to 15 litres of water. Spray every 10 days if necessary.

OUR NEXT MEETING

Date: 7 July 2007
Time: 1:30 for 2:00p.m.
Venue: Lifestyle Lecture Hall
Topic: Hands-on workshop
Lets get down and garden!



*Yours
in the
garden*

Pam Groen

This Newsletter is produced for the members of the **Lifestyle Islamic Garden Club**

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