



GARDEN 2 GARDEN CLUB

MARCH 2015 NEWSLETTER

LAWNS

Give lawns their last fertiliser and water deeply. Raise the height of lawn mower blades as winter approaches.

ROSES

Maintain a monthly feeding and spraying programme to prevent mildew and black spot on your roses. Dead heading of roses will encourage them to flower well into winter. Water deeply and regularly.

Gardeners friend



Frequently one is asked, "how can I get rid of lizards in the garden?" Why I wonder? As lizards are truly the gardener's friend! The various species of lizard play an important royal in combating ants, termites, moths, flies and mosquitoes, all the more reason to encourage them into our gardens.

PLANT CHOICE OF THE MONTH

My plant choice of the month must be *Physostegia* (Obedience plant). Easy to grow, tall perennial in shades of lilac and white, reach a height of 80cm. Flowers right through summer into autumn and multiplies quickly. *Physostegia* makes wonderful cut flowers.

IN THE VEGGIE PATCH

(Food gardening is a healthy life long habit)

Continue watering the last of the summer vegetables. Sow seeds of brussels sprouts, cauliflower, broccoli, beetroot, onions and cabbage. March is a good month to plant garlic cloves. Nasturtiums planted around your cabbages will deter aphids attaching these cabbages and just as an added bonus, nasturtium flowers are edible! Red cabbage has a much greater vitamin C than green cabbage. It has been documented that the antioxidants found in red cabbage may even assist in the prevention of Alzheimer's disease. So many of us suffer with iron deficiencies, the dark green leaves of rocket introduce a very valuable source of iron into our daily diets, as well as being very rich in potassium.



Red cabbage

Do remember to feed the veggie patch every third week with either Nitrosol or 3.1.5. To preserve the life of your vegetables and also to get rid of those little bugs and bacteria, soak veggies in a sink filled with cold water add vinegar and salt, swish around with your hands, allow soaking for 20-25 minutes.



Physostegia (Obedience plant)

Did you know? To enhance the flavour of your strawberries, inter plant with garlic.



strawberries

MEMBERS

Please bring you competition forms to our March meeting to enter out competition; for the re-naming of the club.

Even the smallest garden can have a glorious display of bulbs.

At our March meeting we will learn just how easy it is to create a stunning bulb garden.



OUR NEXT MEETING

Date: 14th March 2015.
Time: 1:30pm for 2:00pm.
Venue: Lifestyle Lecture Hall..
Topic: Creating a beautiful garden by planting bulbs.