



National Garden Scheme

Gardens open for charity 2023

The booklet for the Yorkshire open gardens is available from the Admissions Table.

Further information for other areas is available from ngs.org.uk and we will keep you up to date on local gardens opening for this scheme.

Harrogate Spring Flower Show

The spring flower show will be held 20 – 23 April 2023.

At the Great Yorkshire Showground, Harrogate.



Discounted pre-booked tickets, offering a £3.50 saving are available to purchase online until 23:59pm on Tuesday, 4th April.

Pre-booked full price tickets (£25) will be available after this date.

Garden Club Trip to RHS Bridgewater : Sunday 17 June 2023

There are a few spaces left for our trip in June and the trip is now open to non-members. Peter will give details at the March meeting.

Email address:

We now have a dedicated email address for any queries you may have:-

enquiries@bluebellgardenclub.co.uk

We are always interested in feedback from members about the speakers and any particular topics you would like. Or if you know of any upcoming garden related events that we can recommend to members.

Future Contributions

Please submit any comments or contributions for future newsletters to Mary Harrison at 73 Pavilion Way, Meltham, Huddersfield, HD9 5QN.

Alternatively by:

E-mail - me@thepigsty.me

Telephone - 07912 513236

BLUEBELL GARDEN CLUB

MARCH 2023 NEWSLETTER

This Month's Meeting : 7th March 2023 : 7.30pm

“Happy House Plants ... The Indoor Jungle” A talk and presentation by Geoff Hodge

Geoff Hodge is a freelance garden writer and editor, writing for and working for various national gardening magazines and websites – as well as lots more besides! Previously, he was the Online Editor for the Royal Horticultural Society, Gardening Editor and Editor of *Garden News* magazine and Technical Editor of *Garden Answers* magazine.



He has written eight gardening books, including five for the RHS, with titles ranging from pruning and propagation to allotments and bulbs and a topic close to his heart – botany for gardeners. He is a regular guest on gardening programmes on BBC Radio Cambridgeshire. He appears on Q&A panels at flower shows across the country, gives lots of talks and demonstrations at garden centres, garden shows and for gardening clubs and answers hundreds of gardening questions every year for various organisations.

Houseplants are a great way of bringing joy to you and colour to your home. They help lift the spirits – as well as helping to create a healthier environment. But are your houseplants happy, healthy and a beautiful and colourful addition to your home? Or are they spindly, sickly and looking sad? Geoff Hodge shows you how you can make sure your indoor plants are a picture of health and something you can show off to your friends and neighbours – rather than having to chuck them out after a week!

Upcoming Meeting : 4th April 2023 : 7.30pm

“Unexpected Tales of Plants and Gardens; History, money, royalty, intrigue, even a little sex!”

A talk by Janette Merilion

Janette has had a love affair with plants all of her life and her plant knowledge is second to none.

Janette attended De Montfort University studying horticulture and garden design, winning the student of the year award.



WHAT'S YOUR CUP OF TEA?

(Extract from Sainsbury's magazine)

Here are some of the most versatile plants to grow for tea brewing.

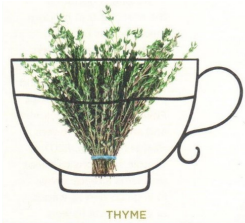


CHAMOMILE -

Chamomile is known to calm anxiety, which makes it a great herb to drink before bed. It's also an excellent remedy for upset stomachs. Harvest the flowers in mid-summer.

PINE -

Brewing up a cup of pine needles tea combined with a spoonful of honey will help shift mucus from the lungs; pine is also a good antimicrobial. Avoid when pregnant or breastfeeding.

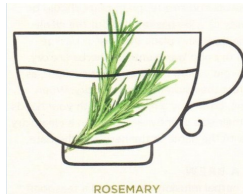


THYME -

Thyme's antimicrobial, expectorant and warming effects help to loosen mucus and fight off stubborn infections. Sweeten thyme tea with honey for congestion. Avoid large quantities when pregnant.

ROSEMARY -

Known as 'the herb of remembrance', rosemary can be used as an antimicrobial, memory booster, gut and hair tonic, and circulatory stimulant. Avoid larger quantities during pregnancy and breastfeeding.

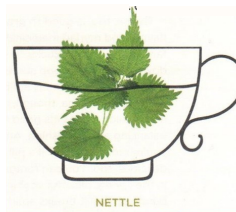


LEMON BALM -

With its delicious flavour, lemon balm makes a lovely tea to soothe nerves, ease anxiety and raise the spirits. Try adding a bundle to a bath to aid relaxation. Avoid if you have a hypothyroid condition.

PEPPERMINT -

There are many different varieties of mint, but peppermint has the cleanest, freshest flavour. Brew an infusion for gastric issues such as nausea, cramps and discomfort. Avoid when pregnant or breastfeeding.

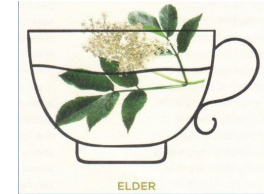


SAGE -

Helpful for a sore throat thanks to its anti-inflammatory and antimicrobial effects, sage has decongestant qualities that can help ease a cough. Avoid during pregnancy and when breastfeeding.

ELDER -

With anti-viral properties, research suggests elder may help regulate a fever; the flowers are often used in an infusion as a cold remedy. Only use the flowers, not the leaves or twigs which are toxic.



NETTLE -

Nettles are powerhouse plants, containing vitamins A and C, iron, calcium, selenium, zinc, magnesium and potassium. Sip a cup when you find yourself feeling burned out and tired.

Competition Time

We would like you to make a small planter using any old item of household use, eg a cracked cup, kitchen utensil, a toy, footwear, tin can etc.

Use any type of plants you feel appropriate for the item, be inventive and imaginative, we are looking for something quirky and unusual.

Please bring your completed planter to the June meeting for judging. There will be a prize!!



Mosaic Workshop



Jan will be providing further information at the March meeting and you will have the opportunity to express your interest.

