

# Kingswood, Walton and Tadworth Horticultural Society

Spring 2024  
Newsletter



## Chairman's Jottings

Welcome to the first newsletter for 2024.

We are now hopefully approaching a season with a little dryer weather, as the lawns are in a terrible state, full of moss and weeds and as we nip up to the greenhouse on a daily basis to see everything is alright and the mice are not eating our precious green shoots, we hope that the vernal equinox will bring us better weather so that we can get out in the garden and press on with jobs.

The Dahlia tubers and the seed potatoes are starting to look hopeful sat in egg boxes ready for shooting, and the dahlia tubers are nice and firm sitting in the frost free greenhouse. I had a bumper crop of Charlotte potatoes last year and we are still eating them, Josie harvested six large bags of climbing French beans (Cobra) and we are still eating them, generally we had quite a good year. I do not think I will do so well this year as I have lost my extra garden where I used to garden in the late Ray Strank's garden, 2 doors away as that house is now up for sale. It's a shame but that is life.

Do not forget that Buckland Nurseries on the main A25 at Buckland near Reigate offers all Society members 10% discount on all your new plants for the spring.

Just to give you a heads up on a couple of things in the new schedule in the spring show, in the photographic division we are looking for a nice photograph of Hellebores and the second one of a photograph in a church yard, and the two classes for the nominated daffodil classes named 'A' is Tahiti and 'B' is Sealing Wax.

Cathy and David have some great talks and outings arranged for the year ahead, bookings are coming in fast – see website and below.

[www.kwthortsoc.co.uk](http://www.kwthortsoc.co.uk)

Jasmine organises the Sociable Gardens for the Society. You can attend and have a chat, a coffee, tea and cake, you do not need to open your garden to invite members around but this does add to the variety of visits for our members. You can e-mail Jasmine for more details [jasmine.heath@btinternet.com](mailto:jasmine.heath@btinternet.com)

We would like to see you and your friends at the flower shows and events throughout the year – keep gardening!

Regards,

**Graeme - Chairman**

## **Garden Thoughts**

The Snowdrops are well ahead of where we would normally expect them to be. Whether that is a reflection of the weather patterns last autumn or winter so far. Some snowdrops were photographed for the first time at the beginning of February so this month they are a month earlier. In Devon, daffodils were already out at Knighthayes NT on 31<sup>st</sup> December!

## **Dates for your 2024 Diary**

**Discussion led by Sylvia Pocock**  
10<sup>th</sup> February

**Talk by Dan Cooper**  
2<sup>nd</sup> March

**Spring Show**  
13<sup>th</sup> April

**Self-Drive to Orchard Cottage**  
28<sup>th</sup> May

**Gardeners Delight**  
22<sup>nd</sup> 23<sup>rd</sup> June

**Early Summer Show**  
29<sup>th</sup> June

**Self-drive to Tollsworth Manor**  
11<sup>th</sup> July

**Visit to West Dean (Coach)**  
25<sup>th</sup> July

**Annual General Meeting**  
14<sup>th</sup> August

**Late Summer Show**  
24<sup>th</sup> August

**Talk by Steve Edney**  
28<sup>th</sup> September

**Talk by Caroline Halfpenny**  
2<sup>nd</sup> November

## **Talk Saturday 2<sup>nd</sup> March Dan Cooper Container Planting**

We are pleased to advise that we have Dan Cooper coming on 2<sup>nd</sup> March, doors open 2.30pm, talk 3.00 pm in the Main Hall, where the flower shows are held. Refreshments will be available and a raffle, plus time to shop as Dan will bring a selection of his goodies.

A little bit of information re Dan.

Dan, aka The Frustrated Gardener, has 40 years of hands-on gardening experience. He tends 2 coastal courtyard gardens, 1 large allotment, 150 dahlias and over 200 houseplants at home in Broadstairs, Kent. Dan's gardens have opened for the National Garden Scheme since 2014 and he appeared on BBC Gardeners' World in 2019 & 2020. The gardens have appeared in print across multiple magazine titles, including the FT, Homes and Gardens and RHS The Garden (2020 and scheduled for April 2024), and in books including 'Fearless Gardening', 'Garden Design, A Book of Ideas' and 'Garden Design, A Book of Style' (published in 2023).

Dan founded Dan Cooper Garden in 2022 with a mission to curate the best gardening products and present them alongside sound advice. Dan works with leading horticulture brands such as Niwaki and Gold Leaf Gloves as well as developing his own range of tools. He offers garden consultations and mentoring programmes to people who want to develop their garden and gardening skills. Dan has 15.4K Instagram followers @thefrustratedgardener and 3.8k @dancoopergarden. His podcast with Julia Parker, Two Good Gardeners, launched in March 2023 and is now in its second series.

As we are in the Main Hall, no need to book, but if you could let David/Cathy know you are attending it will help with the catering. Price is £3.00 members and £4.00 Non-Members.

Please encourage your friends and neighbours to attend as it should be a fun introduction to the Society.

### **Self-Drive to Orchard Cottage 25<sup>th</sup> May**

This is a NGS garden owned by a Sussex Hardy Plant Society member in Crowborough and we have arranged a visit at 2.30pm on 25<sup>th</sup> May.

Cathy and David visited last year (Marion Mason visited the day after!) and we were impressed by the variety in this 1½ acre informal garden from colour themed herbaceous borders, to woodland and meadow areas, pond/bog area and a kitchen garden. There is an array of amazing and unusual plants, something for everyone plus great cake. We have organised a private visit for KWTHS members and friends.

The cost will be £12 per person. £6 going to NGS and £6 in aid of Motor Neurone Disease. The owner will give us a short talk and tour with tea and cake at your leisure. You may spend as long as you like, (within reason!) in the garden. There is plentiful parking on the road outside and facilities are available.

Orchard Cottages, Boars Head Road, Boarshead, Crowborough, TN6 3GR. The journey time from Tadworth is approximately 50 minutes.

Please contact David and Cathy to reserve your place and arrange payment.

### **Gardeners' Delight**

This year Sarah Azhashenin has agreed to coordinate the Gardeners' Delight weekend over the weekend on 22<sup>nd</sup> and 23<sup>rd</sup> June. We are sure that you will join the Committee in wishing Sarah the best of luck after Sue Edwards decided to step aside after 25 years. More details to follow about the weekend later in the year but if you would like to include your garden in the event,

please let one of the Committee know, the more the merrier.

### **Subscriptions for 2024/2025**

Your subscriptions are now due. If you have not yet set up a standing order, please do consider this as it makes life easier for us. If you do wish to continue to pay by cash/cheque Cathy and David will be at the various events and this may save you postage. Schedules and membership cards will be issued on receipt of your subscriptions.

### **Sociable Gardeners**

Jasmine will be issuing the annual programme shortly.

### **Garden Thoughts**

The kiss of the sun for pardon,  
The song of the birds for mirth,  
One is nearer to God's heart in a garden,  
Then anywhere else on earth.

Dorothy Frances Gurney

### **Coach Trip to West Dean 25<sup>th</sup> July**

Our coach trip this year is to West Dean Gardens near Chichester.

This is one of the best restored gardens today. Originally started in 1622, with many changes over the years, go and admire the walled kitchen garden, Victorian glass houses, Edwardian pergola, arboretum, sunken garden, river garden and much more. The garden is mainly flat but West Dean only have 2 manual wheelchairs (these cannot be pre-booked and the gardens are over a large area). There is a restaurant and coffee shop but do check their website ([www.westdean.ac.uk](http://www.westdean.ac.uk)) for more details.

Pick up will be Walton Ponds – 9am, Tadworth Bridge – 9.05am and Kingswood – 9.10am. We will aim to leave West Dean at 3.30pm so back approximately around 5pm.

The cost will be £32 per person. To secure your space we will require a deposit of £10 per person and the balance of £22 by 13<sup>th</sup> July. (The cost of hiring the coach has increased this year).

Please contact Cathy and David for more information.

### **Annual General Meeting 14 August at 7.00pm followed by a talk Beekeeping and the Asian Hornet by Pauline Lane**

This will be held at St John's Church, The Avenue, Tadworth, KT20 5AB

Pauline and her husband started beekeeping 8 years ago and they have 2 hives in their garden in Cranleigh and 3 more in a field on a nearby estate. They are active members of the Guildford Association and are both involved in the Theory and Practical Training course for new Beekeepers. They find this a very fulfilling and enjoyable activity and bees continue to amaze and enthral them. They will also bring some honey for us to buy.

### **Self-Drive Visit to Tollsworth Manor, Chaldon 11<sup>th</sup> July**

We have arranged a self-drive visit to Tollsworth Manor on 11th July at 2pm. The maximum number that can be accommodated is 21.

This is a listed building dating back to 1326 and was derelict when the current owner, Gordon Gillett (and his late wife) bought it in 1983. The garden is open one day during June and we have been invited just after the annual open day so the garden should be in tip top condition.

Gordon will give us a short-illustrated talk in the manor hall on the history and then the group will divide into two groups, half are taken round the house and are asked questions based on what they had heard, whilst the other half tour the garden. Then we swap over. At the end we see

which team got the most answers right and of course there are prizes.

Teas and cakes follow with a chat and we will depart around 5 pm.

The cost of the visit including teas and cakes will be £11 per head which is in aid of St. Catherine's Hospice. For ease we would appreciate money in advance as we will have to pay cash (at the owner's request) on the day.

Tollsworth Manor, Rook Lane, Chaldon, CR3 5BQ. Approximately 20 minutes from Tadworth.

Please contact Cathy and David to book your space.

### **Talk by Steve Edney in September 28<sup>th</sup> September (Topic to be advised)**

You will have seen on the website and last years' Late Summer Newsletter, that we have arranged for Steve and his partner, Louise, to visit us in September and we have booked the main church hall for this. *Steve is a very popular speaker on the gardening circuit (we had to book him a year in advance!)* and usually receives very good reviews from Societies and members who attend.

Steve and Louise created the No Name Nursery out of a desire to share great garden plants with fellow garden lovers. They are both professional gardeners and used to run the Salutations Garden in Sandwich, Kent.

Please contact Cathy and David to reserve your space. There will be a charge of £3 per member and £4 for non-members.

### **Talk by Caroline Halfpenny 2<sup>nd</sup> November.**

Scentsational Gardening. A month by month look at different plants that can be grown to give us wonderful scents in our garden. Interactive with sample plants to sniff.

Caroline is passionate about gardening and the landscape, she began her horticultural career with Gravesham Borough Council with responsibility for the Grounds Maintenance Contracts from the Riverside out to Camer Park. In addition, she managed to secure the role of Allotments Officer which she loved, as she enjoys growing fruit and vegetables and wandering round allotments was a dream job. She was guilty of organising the daffodils growing through the verges from Meopham to Gravesend (cheeky as it was her route to work).

She then became a self-employed gardener while she completed her degree in Landscape Management and became a Mum.

From 2007 to 2014 she managed the Diploma in Horticulture at Hadlow College at both the Tonbridge and Canterbury site, in addition to lecturing at all levels at Hadlow College from schools and foundation levels through to Higher Education. She still lectures part time today as well as running Growth Matters, which covers all her loves Gardening and Education.

Please contact Cathy and David to reserve your space. There will be a charge of £3 per member and £4 for non-members.

### **Harnessing the Power of Black Veg: The Remarkable Benefits of Anthocyanins in Fruits and Vegetables (let us know if you grow any and does it work?)**

In the quest for optimal health, we are increasingly turning to nature's bounty to discover the key to longevity and vitality. Among the many gifts that fruits and vegetables offer, one powerful and vibrant compound takes centre stage – Anthocyanin. This natural antioxidant exists in a vibrant array of dark coloured fruit and vegetables that we just love to grow here at She Grows Veg.

Black carrots, tomatoes, red onions, radishes, purple cauliflower, aubergines, and blueberries are antioxidants that can absolutely be part of your growing.

Let's delve into the world of Anthocyanins and explore the reasons why incorporating them into our diet can be a game-changer for our health.

#### **1. Potent Antioxidant Properties**

Anthocyanins are part of the flavonoid family, known for their potent antioxidant properties. Antioxidants play a crucial role in neutralising free radicals, unstable molecules that can damage cells and contribute to ageing and chronic diseases. By scavenging these free radicals, Anthocyanins help protect our cells from oxidative stress, promoting overall cellular health.

#### **2. Anti-Inflammatory Effects**

Chronic inflammation is at the root of many diseases, including cardiovascular issues, arthritis, and certain cancers. Anthocyanins have demonstrated anti-inflammatory effects, helping to mitigate inflammation and reduce the risk of developing inflammatory conditions. Incorporating a variety of fruits and vegetables rich in Anthocyanins can contribute to a more balanced and inflammation-resistant body.

#### **3. Heart Health Booster**

A growing body of research suggests that Anthocyanins can significantly benefit cardiovascular health. These compounds contribute to lower blood pressure, improved cholesterol levels, and enhanced blood vessel function. Including Anthocyanin-rich foods in your diet may play a role in preventing heart disease and supporting overall cardiovascular well-being.

#### **4. Brain Health and Cognitive Function**

The brain is not immune to the effects of ageing, but Anthocyanins may offer a natural defence. Studies have indicated that these antioxidants have neuroprotective properties, promoting brain health and potentially delaying cognitive decline. Blueberries, in particular, have been singled out for their positive impact on memory and cognitive function.

## 5. Cancer Prevention

While no single food can guarantee protection against cancer, the powerful antioxidants found in Anthocyanin-rich fruits and vegetables may contribute to reducing the risk. These compounds have been linked to inhibiting the growth of cancer cells and suppressing the formation of tumours. Including a colourful array of fruits and vegetables in your diet can be a proactive step towards cancer prevention.

## 6. Weight Management Support

Maintaining a healthy weight is essential for overall well-being, and Anthocyanins may play a role in supporting weight management. Some studies suggest that these antioxidants can help regulate metabolism and reduce inflammation, potentially aiding in weight loss and preventing obesity-related complications.

Incorporating Anthocyanin-rich fruits and vegetables into your daily diet is a delicious and effective way to harness the power of nature for improved health. From protecting against oxidative stress to supporting heart health, brain function, and beyond, the benefits of Anthocyanins are both diverse and impressive. Embrace the vibrant colours of nature on your plate, and let these antioxidants work their magic in promoting a healthier and more vibrant you.

## Lavender – A How to Grow Guide

Known for their beautiful scent, abundant purple/blue flowers which appear in abundance in summer and silver-grey aromatic leaves which can remain ever-green, they make a wonderful addition to any garden.

Lavender doesn't only come in blue, have a look at white (*Lavandula x intermedia* 'Alba') and pink (*Lavandula angustifolia* 'Hidcote Pink') varieties too to add to garden. Also, worth a mention is Lavender pinnata which is a tender variety better to plant in a pot where it can be moved into a frost-free area if required, but a beautiful plant well worth having.

## When and where to plant

- Excellent as a hedging plant and a great pairing with roses. Growing from 30cm (1ft) to 90cm (3ft) tall there is a variety to suit any space or container.
- Lavender is a versatile plant it works well in borders, herb gardens and grows well in containers too, great paired with Rosemary as they like similar growing conditions.
- It will also work as a low hedge to mark out different areas in a garden or to use as an edging plant.
- Best planted in Spring after any risk of frost has past and the soil is warming. This will give the plant its best chance of establishing before Autumn and winter as the plant does not like the cold and wet.
- Lavender is a flowering plant in the family Lamiaceae, being originally from the Mediterranean it needs lots of sun and free-draining soil, preferring dry soil.
- The soil does not have to be rich in nutrients, it will tolerate a poor soil ,
- It will not perform well in heavy clay, shady, damp or extremely cold conditions. It will die if soil becomes water-logged over winter.

## History and Herb Usage

The flowers of all Lavenders have long been harvested for their essential oil, as well as its insect repellent properties, infusions can ease headaches and encourage restfulness. Dried Flower heads can be used in Lavender pillows to freshen clothes and repel insects in drawers. They can also be used in cooking such in biscuits and even in ice-cream.

## Pruning and Maintenance

If you do not prune your Lavender, they can become woody and ungainly. To keep plants, compact and attractive, or to maintain a Lavender Hedge trim them annually in late summer, just after flowering has finished. Remove any spent flower stalks and about 2.5cm (1in) of leaf growth.

If growth is untidy & needs management or frost damaged then foliage can also be clipped in spring. It does not break new growth easily from old woody stems so don't cut back into the woody stems.

Lavender enjoys being cut back hard (to 2 cm above the hardwood) after flowering in mid Sept and to maintain a neat shape they can be trimmed again in Spring after the first flush of new growth. Ideally plants should be replaced every 3-4 years as they will eventually become woody at the base especially if not regularly pruned, however, with the correct regular pruning they can last much longer.

Even if pruned annually, older lavender plants can still become woody and leggy so, as they are fast growing and establish quickly, they are best replaced if you want to keep everything looking neat. You can try to revive an old Lavender by either taking cuttings from the younger growth or by layering the plant. If you can bring the lavender down to ground level and scratch the bark back on the woody stem just until you can see green underneath as close as you can to the new growth then pile compost onto the woody stems up to the level of new growth keep well-watered and hopefully in a month or so it will root and you can use this to replace the plant you have or move to a new area.

### **How to Plant a Lavender Hedge**

Firstly, you need to prepare your garden soil by digging over and ensuring it is weed free. Soil should ideally be free-draining, but if your soil is heavy, you can still plant Lavender by planting on a ridge or mound approx. 20-30cm (8in-1ft) to ensure that the roots are not sitting in water.

Plants should be spaced 30cm (1ft) apart or 45cm (18in) for larger cultivars, After planting, water regularly, especially in dry weather, for the first season. Lavender will grow quickly if planted correctly and from April onwards after all risk of frost is passed even by the end of the first summer they will have 'joined up'. By the end of

the second year, your hedge should be bushy and approximately between 60-80 cms tall.

### **Suggestions for hedging**

- Lavandula angustifolia 'Folgate' (Lavender 'Folgate') – A great choice for a hedge
- Lavandula angustifolia 'Hidcote' (Lavender 'Hidcote') - A darker richer purple blue than most lavenders
- Lavandula angustifolia 'Little Lottie' (Lavender 'Little Lottie')– Dwarf variety

### **How to divide Agapanthus**

The best time to divide Agapanthus is in early Spring when new leaves are just showing and it is getting warmer. If your plant is in a pot, divide into three divisions. Plant each section in a pot in good peat free compost, add fertiliser and leave a gap of 4-6 in(10-15cm) between the roots and the side of the pot. Your plant should flourish and flower this year. It is recommended that you stand the pot on 'feet' to allow the surplus water to drain away.

### **Munstead Wood (extract from January's Gardeners' World)**

Some of you will have joined us last year for a self-drive trip to see the former home of Victorian plants woman Gertrude Jekyll who designed Munstead Wood in Godalming that has been saved for the nation following the death of the previous owner Lady Marjorie Clark. The challenge of restoring and opening this historic private garden to the public, without losing its charm, is demanding a radical rethink of how we visit gardens.

“We're not going to do a full-on restoration” says Andy Jasper, the National Trust's Director of Gardens, who oversaw the purchase with the help from government funding. “The one fear of those involved in getting property to us was that the place would become commercial – but we're determined to make sure it's as accessible as can be, without being overcrowded”.

The Trust will not be changing the long single driveway leading to the garden or installing a carpark. Andy says visits are likely to be via pre-booked tours, with pilot tours starting this spring, the move follows similar restrictions at popular gardens such as Woolbeding in West Sussex, where mini buses bring pre-booked visitors from a nearby carpark.

**This edition's funnies (send them in if you think you can do better!)**

What did the big flower say to the little flower?  
What's up, bud?

What do you call a cheerleading herb?  
An encourage mint!

I think I saw Michael J. Fox at the garden centre yesterday. It might not have been him though, he had his back to the fuchsia.

I put an electric fence around my garden. My neighbour is dead against it.

Why couldn't the gardener plant any flowers?  
He hadn't botany!

What do you call a nervous tree?  
A sweaty palm!

What position does a baby plant serve in the army?  
Infant tree

**This edition's poem**

Apple Blossom

If I could dip my pen and write  
In words of coral pink and white.

If I could trace a single line  
The secret of some strange design.

If I could fashion, for a Queen  
A tapestry of living green.

It might be possible for me  
To pen a poem that would be  
As lovely as an apple tree.

**2024 Committee**

Chair - Graeme Boast (01737 832395)  
[gboast@gboast.co.uk](mailto:gboast@gboast.co.uk)

Hon Secretary – Keith Lewis (01737 210707)

Hon Treasurer – Ian Garrett (01737 362610)  
[lc\\_garrett@hotmail.com](mailto:lc_garrett@hotmail.com)

Show Captain – **Vacancy**

Membership Secretaries – David Dunning and  
Cathy Varney (0208 660 9242)  
[kwths@btinternet.com](mailto:kwths@btinternet.com)

Sociable Gardeners and Minute Secretary –  
Jasmine Heath (01737 814291)  
[Jasmine.Heath@btinternet.com](mailto:Jasmine.Heath@btinternet.com)

Lesley Milne

Show Secretary (non-Committee) Gillian Ross  
(01737 362675) [g89ross@gmail.com](mailto:g89ross@gmail.com)



