

# THE LIFESTYLE ISLAMIC GARDEN CLUB

APRIL 2008 NEWSLETTER



## In and around the garden



*Cinerarias (Senecio cruentus) in blues, pinks and violets of velvet richness to shady beds.*

► Saving seeds is saving money; collect the seeds from flowers that have finished flowering and store them in a brown paper packet, keep these in a dry and possibly a dark area for the next season. Do be sure to label them, to ensure you remember what seeds you had collected!

► If you have an area in your garden that is very dark, consider planting foliage plants that have either silver or grey leaves; plants that have this colour foliage will help to lighten up any dull or dark area in a garden.

► For a beautiful winter display, plant some of the following *annuals* now: - **Primulas, Stocks, Cinerarias, Pansies or Poppies, Violas, and Antirrhinums** Seeds that will add a blaze of winter colour that you can plant now would be **Virginian Stocks, California Poppies, Nasturtiums, and African Daisies**. And now, there are special seed packs just for **balcony's and small spaces!** Vegetables seeds that you can plant this month are: **Radish** (both red & white), **Turnips, Broad Beans, Kohlrabi, Leeks, Parsnips**. And why not try planting some

Oriental Vegetable. (I have and they are wonderful!) seeds like Chinese Cabbage and Pak Choi you will not regret planting these.

► If you have not already got one, please invest in a 'gardener's notebook/dairy'. This will help you to remember all the gardening tips and ideas that you have learnt and in so doing improve your gardening knowledge.

► So many gardeners when thinking of plant protection during winter, cover the tops of their plants. Remember, when you think about providing protection against the frost and cold during winter for those tender plants, the protection should start on the *top* of the soil. Add a generous layer of compost around your plants by doing so you will be protecting the roots of tender plants and then consider covering the top of your plants.

► Start collecting the fallen leaves in the garden, as these act as a wonderful mulch and protection during the cold winter months.

► Beetroot has been proved to play an important part in fighting colon cancer. Beetroot is rich in vitamins A and C, it helps tone the blood and provide nutrients for the building of red blood cells. What a good reason to plant some this season. Fennel is a very good companion herb to plant together with the beetroot, in addition, Fennel is good for the digestive system, improves memory and is an excellent tonic. Other winter vegetables that can be sown now are, broad beans, broccoli, cauliflower, leeks and spinach.

## OUR NEXT MEETING

**Date:** 5th April 2008  
**Time:** 1:30 for 2:00p.m.  
**Venue:** Lifestyle Lecture Hall  
**Topic:** All about small gardens  
**Guest Speaker:** Colin Thompson of Green by Nature

## QUIZ OF THE MONTH

*Enter and stand a chance to win a prize!*

**Explain what is Potassium and what is Nitrogen?**

(please write down these answers and place them in our quiz box, in the front of the lecture hall)



*Yours  
in the  
garden*

**Pam Groen**

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

Any comments or suggestions should be in writing and addressed or faxed to Pam Groen at:- PO Box 2568, Northcliff 2115, or Fax: (011) 792-5626

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