



Blanche Coupland's best buys to make your garden great

Short Stemmed Asiatic Lilies

Create a stunning display with our vibrant varieties



Exotic Short Stemmed Lilies

Our carefully selected range of dwarf Asiatic Lilies grow to just 30-50cm tall. They are sturdy and self-supporting, bursting into a colourful show throughout the summer months, from August through to late September. The colour combination of the blooms are sure to brighten any garden and they are ideal subjects for pots and tubs. 14/16cm bulbs supplied.

Free delivery within 14 days.

- A. 5 Lily Red Carpet £7.99
- B. 5 Lily Lollipop £7.99
- C. 5 Lily Inuvik £7.99
- D. 5 Lily Butter Pixie £7.99
- E. 5 Lily Abbeville's Pride £7.99
- F. 5 Lily Foxtrot £7.99

30 Half Price Short Stemmed Lily Collection £23.97. You will receive five each of A-F.

Call **0843 922 5000** (calls cost 7p/min) (quoting SM33712) or visit **MirrorGardenOffers.co.uk**
Call our UK-based sales team or visit our website now for hundreds of great offers

ALTERNATIVELY COMPLETE THE COUPON IN BLOCK CAPITALS AND SEND IT TO:
Mirror Short Stemmed Lilies (SM33712), PO Box 64, South West District Office, Manchester, M16 9HY

TITLE <input type="text"/> INITIAL <input type="text"/> SURNAME <input type="text"/>		PLEASE SEND ME		QTY	PRICE	TOTAL
ADDRESS <input type="text"/>		5 LILY LILLOPUP PLANTS STARTED			£7.99	£
POST CODE <input type="text"/>		5 LILY INUVIK PLANTS STARTED			£7.99	£
DOB <input type="text"/> EMAIL <input type="text"/>		30 SHORT STEMMED LILY COLLECTION (A-F) - HALF PRICE			£23.97	£
TEL. NO (for queries only) <input type="text"/>		P&P			FREE	
NAME ON CARD <input type="text"/> SIGNATURE <input type="text"/>		TOTAL			£	
I enclose a cheque/PO for the amount of £ <input type="text"/> made payable to SM33712 (name and address on the back please) or debit my credit/debit card for the sum of £						
CARD NO. <input type="text"/>		MAESTRO 16+ NOS <input type="text"/>				
VALID <input type="text"/> / <input type="text"/> / <input type="text"/> EXPIRY <input type="text"/> / <input type="text"/> / <input type="text"/>		MAESTRO ISSUE NO. <input type="text"/>				

Calls cost 7p per minute plus your phone company's access charge. These goods are sold and supplied by J. Parker Dutch Bulbs (Wholesale) Ltd, with whom you contract when you accept this offer.

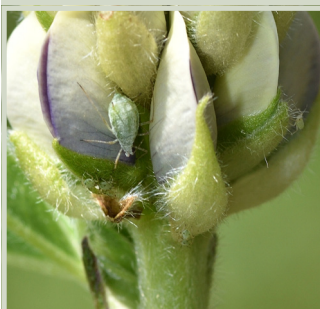
Gardening

Q&A



Cherry aid for my thirsty blossoms

» The blossoms on my cherry tree are dropping early. Is this a bad sign for my cherries? Rose, Margate, Kent
DAVID: Blossom may drop prematurely for a number of reasons. Wind, frost damage or a lack of water could be to blame, so make sure you are watering in dry spells and provide shelter if your tree is particularly exposed. Better shelter should increase bee activity. Fertilise as normal to encourage your crop of fruit.



Spot the safe way to fight off aphids

» I'm struggling with an aphid infestation. What are the best methods of non-chemical pest control? Jon, Bromley, London
DAVID: Aphids are a common garden pest and they love the new growth of spring. You can try attracting their natural predator - ladybirds - by buying or making an insect hotel. Or spray affected plants with water mixed with a few drops of washing-up liquid using a hand sprayer.

TIP of the week

Use empty eggshells as tiny containers to start off small seedlings. When transplanting, crush the shell so roots can grow through - the plant will get nutrients from the shell.

GET IN TOUCH

For loads more hints and tips on gardening visit **daviddomoney.com** or follow me on Facebook at **@DavidDomoneyTV** or on Twitter **@daviddomoney**

Connecting with nature helps your mind as well as your body so make these simple changes outside and tune in to some inner calm

Gardening does wonders for your health. Not only can it help keep you fit but it's a brilliant way to relieve stress and anxiety.

Mental Health Awareness Week starts tomorrow, and the garden has such an important role to play in the battle against mental illness.

We are instinctively more at ease in a natural environment, loads of studies have shown. And the act of gardening itself releases endorphins, making us happier.

Different cultures and religions across the world have long since used the garden as a place for reflection and meditation, allowing for a better sense of well-being and understanding.

If your garden is not quite the tranquil haven you'd like it to be yet, there are a few simple changes you can make.

Go green

If your outside space is limited - or you've never got into gardening - take a look at some prime plants.

If you have a small space like a balcony or alleyway garden then all you need is a few compost-filled pots and some fresh plants.

You can pick up everything you need from a garden centre. The staff will be able to help you, so don't feel intimidated if you've never done it before.

You can even take along photos of your garden so they can help to find something that suits.

I suggest starting with some easy outdoor herbs - just make sure you

Growing plants gives a sense of purpose and responsibility

find them a sunny spot to grow and water during dry spells.

You will soon find out how easy it is to care for plants. Sometimes, just the satisfaction of growing plants and the responsibility that comes with it, is enough to give us a newfound sense of purpose and pride.

Sounds and smells

The garden should be a place to escape from the stresses of modern life. So add some calming elements.

Many people find the trickle of a water fountain or the tinkle of a wind chime very relaxing.

A Japanese-style zen garden is a low-maintenance space made up of large rocks and gravel raked into patterns to emulate the flow of water.

This can easily be created in a little



TIME TO CHANGE

SUNDAY Mirror FIGHTING FOR MENTAL HEALTH

BREAK STIGMA
Our campaign to encourage better understanding of mental health

SCENT
Lavender to relax minds and bring in butterflies



corner of your garden and makes for a lovely basis for a wider design.

Bamboo and long grasses are a great addition to this style as they contribute a gentle rustling in the

Watching an

We are handing out £20,500 in prizes for this year's Cultivation Street.

Britain's brightest gardening competition, with sponsor Calliope Flowers, could be coming to your street - it just needs you to enter.

Ruthin Community Woodland Garden, in Denbighshire, North Wales, is hoping to catch the eye of our judges. Dr Victoria Ward, 38, is involved through the Allotment

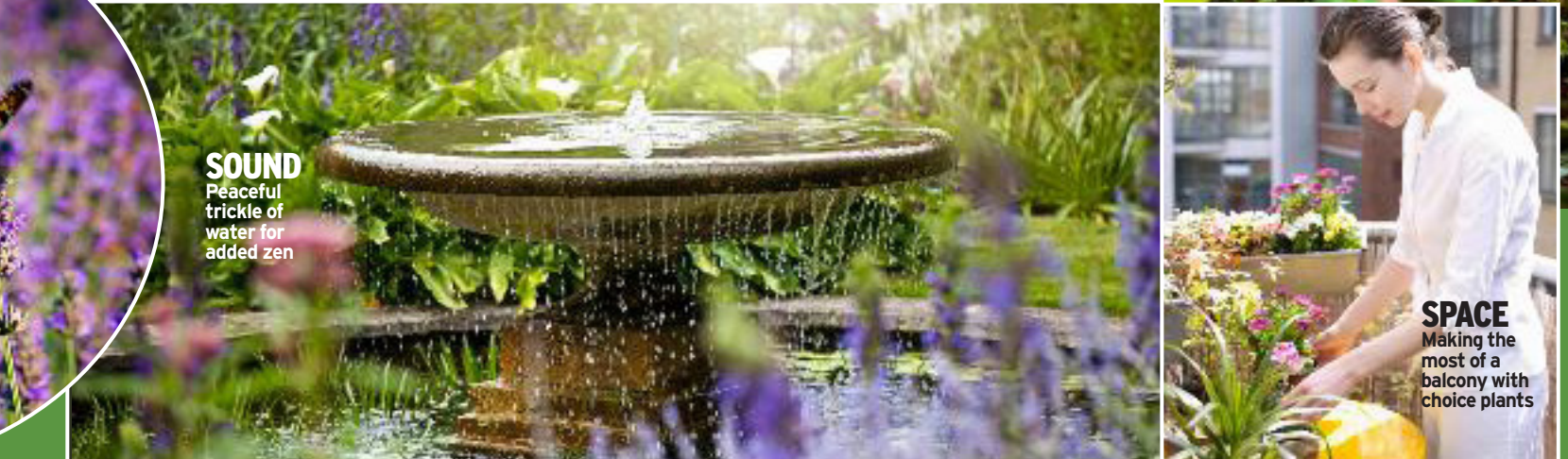
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Serene saver



SOUND
Peaceful trickle of water for added zen

SPACE
Making the most of a balcony with choice plants

OFFER of the week

New for 2017 this superb new dwarf flowering Lupins produces a superb blend of colours that truly are eye catching.

Great for growing in groups for an effect as illustrated. Lupins make effective cut flower displays and are a regular sight in the modern British garden, regardless of size. Height 50-60cm. UK-grown 5cm module plants supplied

You can buy six for £9.99 or order 24 for HALF PRICE £19.98.

To order by debit/credit card call **0843 922 5000** quoting **SM33713** or send a cheque made payable to **SM33713** to Mirror Lupins Offer (**SM33713**) PO Box 64, South West District Office, Manchester, M16 9HY or visit **mirrorgardenoffers.co.uk**



GADGET



Air-Pots are a brilliant invention, designed to ensure plants develop the best possible root systems before planting out. All the trees in the London 2012 Olympic park were grown using Air-Pots.

They can be used to grow vegetables for the whole season too. The space-age design allows plants and shrubs to produce extensive fibrous roots.

These medium-sized nine-litre pots are ideal for large crops of vegetables, such as your tomatoes and cucumbers.

Delivered flat, simply assemble them and you're ready to go.

They cost £25.90 for a pack of five from **air-pot.com**, where you can also check out the video explaining exactly how they work.

wind or a pleasant tapping sound as they knock together.

Planting fragrant plants such as honeysuckle, sweet alyssum and roses will bring heavenly scents to your

nostrils, enhancing the whole outdoor experience and lifting moods.

Lavender is also a gorgeous smelling plant that will attract lots of lovely pollinating insects such as bumblebees

and butterflies, which all add to your garden ambience.

Laying zig-zag paths will help to make your garden seem larger and it is also a great way to inspire mindful

reflection. Remember your taste buds too. Buy strawberry plants and have a go at growing your own. Nothing beats the taste of produce you've grown – there is a real satisfaction in it.

Personal planting

Have you got a favourite plant? Fill your garden with it. Studies have shown that people are drawn towards plants they associate with happy memories or nostalgia.

So if jasmine makes you think of happy holidays, or sweet pea reminds you of times with your grandparents, include those in your garden.

This will help to promote positive feelings when you're outside or when you glance out from the kitchen.

For more on gardening for mental health, visit **thrive.og.uk** or for support, visit **sane.og.uk**.

orchard grow along with our confidence

Projects at Vale of Clwyd Mind. She said: "It is rural here and, with little public transport, it's easy to become isolated and hard to integrate, especially if you suffer from a mental health illness."

"The community garden provide somewhere where people can relax, undertake light physical activity and meet and engage with the community."

The plan is to have an orchard with a



path so visitors can pick fruit; a pergola, with a bench to enjoy the view of the Clwydian hills; two raised beds; bird feeding stations and a willow grove.

First prize for community garden of

the year is £5,000 and 100 Callopie plug plants. Four runners up each receive £1,000 plus 100 plants.

Victoria added: "We've seen a massive change in just a few weeks in some members. They have become much confident, socially and mentally, and have been integrating and socialising within the groups."

Enter at **acultivationstreet.com** and follow Cultivation Street on social media.