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# EMBRACE SOME FLOWER POWER

How to cultivate a blooming wonderful garden

BY KATRINA KIEFFER-WELLS OF EARTH DESIGNS

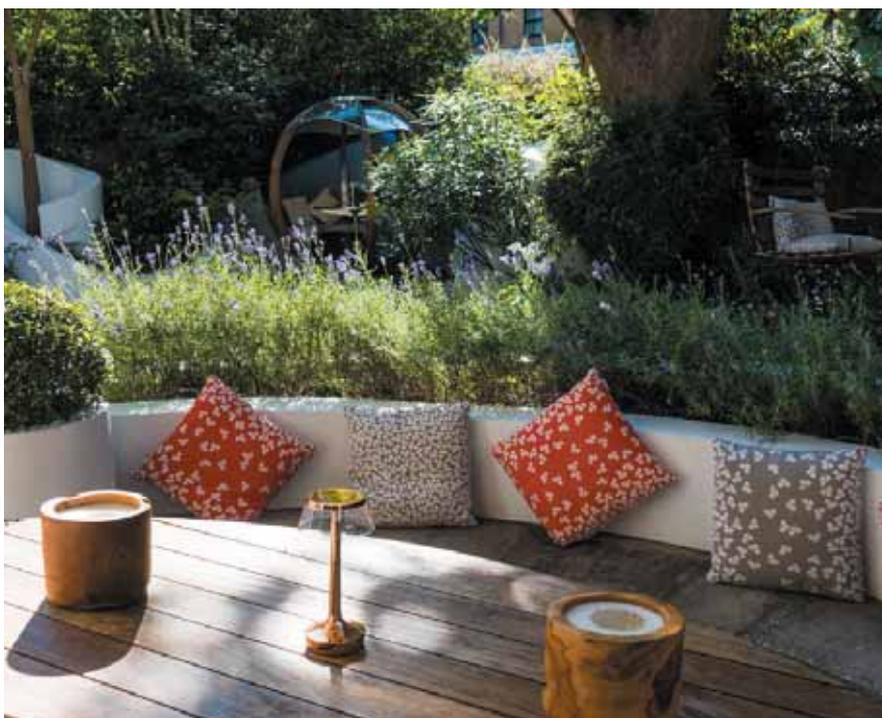


**T**he term 'growing your own' usually refers to fruit and veg, but there is a new growing your own trend taking over – growing-your-own fresh flowers. Obviously this isn't a new idea, as gardens have always had flowers. Until recently, however, the trend in garden design has been towards minimalist and low-maintenance gardens. Often this style has seen floral displays replaced by plants and features that require less attention.

Since Covid, however, people have been spending more time at home, and there has been renewed interest in cultivating and caring for plants indoors and out. This, alongside the rise of nature-friendly rewilding, means flower-growing power is back. Which is good news for you and your garden.

## Why flowers are good for you and your garden

Flowers, wild or otherwise, bring many rewards. Not only do they add colour and texture to your view, but blooming plant varieties have many other benefits too. As well





as bringing you joy, they are beneficial to your garden and the environment, enriching the soil and promoting healthy biodiversity.

Flowers and seeds provide food and habitats for wildlife and encourage pollinators to your garden. And then there is the pleasure of being able to decorate your home with flowers you have grown yourself, or pass them on as gifts to friends and family.

#### **No fuss, big reward**

If you choose the right varieties, flower beds and particularly wild flower beds can be relatively low-maintenance. Taller varieties bring instant height and texture to your beds and borders. This creates stunning backdrops to seating areas, or around benches or water features. Plus, with a little dead-heading and watering, wildflowers often keep producing flowers over several weeks, providing you with a constant supply of beautiful blooms.

#### **What to grow**

For the best results and the most environmentally friendly approach, choose indigenous varieties, or at least flowers that you see growing well in your local area. These will likely grow stronger and require less intervention from you. Plant them in areas that get plenty of sun and have well-drained soil.

#### **Fill your home with flowers**

Once your garden is blooming, cut your flowers in the morning when they are freshest. When you are ready to put them in a vase, trim them just below a leaf or shoot. Remove any stray leaves below the waterline and place in a shady spot. Then renew the water each day to enjoy your home-grown flowers for as long as possible.

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