



## New Course! Garden Design

Transform your garden into a beautiful and practical outdoor space

### Bot Tots

**Mondays 10 - 11.30am (term time only)**

Gardening and nature themed activities for preschoolers. Drop-in during school term time (*gold coin entry*). [Facebook Event](#)

### Green Thumbs Podcast

**Monday 13 June 9am** Plains FM96.9

Along with seasonal gardening advice, Ray and Lorraine are chatting to Tyler Jane Blackadder from **Freedom Flowers Foliage**.

**These 3-hour workshops at Richmond Community Gardens include concentrated hands-on practical tuition.**

### Stone Fruit Pruning

**Saturday 11 June 9am - 12pm**

Does pruning your plum, apricot, peach or nectarine trees leave you stumped? Come and find out the how, when and whys of pruning stone fruit trees.

\$52 (\$65 Non-Members)

[Book online](#)

### Establishing Fruit Trees

**Saturday 2 July 9am - 12pm**

A practical introduction to establishing fruit trees in Canterbury. By the end of this workshop you will be able to confidently choose trees for your garden outlook and ensure they have the best start. This is a concentrated 3-hour workshop including hands-on practical tuition.

\$52 (\$65 Non-Members)

[Book online](#)

### Pip Fruit Pruning

**Saturday 6 August 9am - 12pm**

Tame your apple, pear and quince trees! Understand how pruning can increase production and ensure the longevity of your fruit trees.

\$52 (\$65 Non-Members)

[Book online](#)

### Fruit Tree Grafting

**Saturday 24 September 9am - 12pm**

Produce your own fruit trees and preserve heritage trees

\$52 (\$65 Non-Members)

[Book online](#)

### Garden Design Course

**Tuesday evenings 7 - 9pm 5 July - 9 August**

**Create an aesthetic and functional outdoor space.**

A short course introducing concepts of landscape theory and design that can be applied immediately to your own garden.

\$180 (\$225 Non-Members)

Online bookings available soon.

### Introduction to Botanical Drawing

**Thursday 4 August 10am - 3pm**

Capture the delicate beauty of nature with visiting artist Dr Tabatha Forbes

\$85 (\$105 Non-Members)

[Book online](#)

## ALL ABOUT GARDENING

### JUNE

**Monday 6th 7pm & Tuesday 7th 9.30am**

160th CELEBRATION



We are looking forward to seeing you at The Kiosk over Queen's Birthday.

Our June meetings are the chance to look back together and celebrate the 160th year of the Canterbury Horticultural Society.

Although we're unlikely to have any royal guests we will have cake! And this special catered event is free to all members (\$10 non-members).

RSVP essential - if you have not already registered please call the office:

Tel: 366 6937

## Free Mona Vale Guided Walks

**Saturday 25 June 1.30pm**

Meet at the Rose Garden adjacent to the carpark by the Eros statue.

*Free guided walks of the Christchurch Botanic Gardens resume in October.*



## Christchurch Envirohub

### Providing support for environmental and community groups in Christchurch.

Christchurch Envirohub's developing digital map and directory is now live with over 300 environmental and sustainability organisations being uploaded to it. This is specific to organisations doing work or located within the Canterbury region. Please get in contact with [katmiller@chchenvirohub.org](mailto:katmiller@chchenvirohub.org) for any enquiries regarding the map.

**Envirokids** is on every Saturday. Drop in anytime between 10am and 3pm, usually on at The Kiosk in the Botanic Gardens but

occasionally we will explore other areas so check out the Facebook page [here](#) for updates. It is about connecting kids with our environmental community, aimed at children aged 5-13.

Every week there are different activities and crafts inspired by organisations in our network. If you would like your organisation to be showcased please contact us at [envirokids@chchenvirohub.org](mailto:envirokids@chchenvirohub.org). It does not need to be more work for you. You can have as much or as little input as you like. Our role is to make it easy for you.

### For more information contact Ben Alder

tel: 022 157 2413

[benalder@chchenvirohub.org](mailto:benalder@chchenvirohub.org)

[www.chchenvirohub.org](http://www.chchenvirohub.org)

## Botanic Gardens Uncovered

**Thursday 16 June 1.30pm**

Meet at The Kiosk

Dean Pendrigh is the collection Curator for the Water Garden, Azalea Garden and Pinetum. He started his apprenticeship at the Christchurch Botanic Gardens in the mid 80's, travelling to Melbourne in 1989 as the recipient of the PC Browne Scholarship. Dean will show Members around the Water Garden and Pinetum, sharing the history of the area and his extensive knowledge on the plant collections in the area.

This special outside talk is free to any current CHS Member. No need to register, just show up on the day.

Members attending will also qualify for a 25% discount on a coffee and a cabinet item at Ilex Café on the day.



## Garden Club Reps

**Tuesday 7 June 12.30pm**

The Kiosk, Christchurch Botanic Gardens

## Fruit & Vegetables

**Winter recess.**

**Next meeting:**

**Wednesday 31 August 7.30pm**

The Kiosk, Christchurch Botanic Gardens

## Floral Design

**Wednesday 15 June 2pm**

The Kiosk, Christchurch Botanic Gardens

This month we are practicing using tsubo vases which are round. Branch material should be sturdy and can be with or without leaves. At least five single flowers with some fine material to add balance.

**Interested? Contact:** Ray King: 021 037 0675

## Ramblers

**Tuesday 14 June 9.45am**

**Avebury Park**

Meet Evelyn St

**Tuesday 28 June 9.45am**

**Styx Mill Reserve**

Meet Hussy Rd carpark

[www.chsgardens.co.nz/ramblers](http://www.chsgardens.co.nz/ramblers)

**Contact:** Alison Fussell tel: 027 251 3757

## Monthly Tips & Tasks

*with Michael Coulter*

June; the month of the shortest day, the start of the colder weather and clean up time in the garden!

The last of the leaves will have fallen from trees and shrubs and most of the perennials will have finished, so a good tidy up of leaves and plants can be completed.

Before the ground becomes too wet and cold the lifting of tuberous begonias and dahlias ready for storing should be finished. Chrysanthemums and other summer/autumn perennials need to be cut back by about two thirds if they are to be left in the ground. Alternatively, they can be lifted, trimmed up and stored in plant trays to overwinter in the green house or conservatory.

Many of the spring bulbs will be starting to emerge through the ground or will be

just below the surface, so be careful when working around them.

The pots of my Freesias are through the soil and as I have cut back all my pots of chrysanthemums I now have room to move them into the green house to flower in early August.

I have also moved my cymbidium orchids in as they have plenty of buds ready to flower.

The lawns are slower growing so need to be mown less often. This time of year moss can be a problem and may need to be treated.

Fruit trees will benefit from a winter spray programme of copper and conquer oil over the next 2 to 3 months. Pruning of fruit trees and roses and other trees and shrubs may now be started (take a look at the [Pruning Workshops on offer here](#) if you're unsure of where to start).

The green house clean up and disinfection ready for the next season will help to keep it

pest and disease free.

Winter time is also time to have the lawn mower serviced and other tools cleaned, repaired and sharpened.

This year I have planted my garlic in May, and in a new place in the garden to see if this will help to avoid the rust that spoiled the quality of the bulbs last season.

*Good Gardening, Michael Coulter*

Post problems on [HortTalk](#) or email [coulchrys@extra.co.nz](mailto:coulchrys@extra.co.nz)





Members enjoyed wonderful autumn weather in the Heritage Rose Garden last month. Many thanks to Lizzy Bristow for sharing her knowledge with us.



## From the President

160 Years (over two average NZ lifetimes) is an impressive milestone and needs celebrating! Come and join your fellow members at All About Gardening in June and let's celebrate together. The event is happening on both the evening of Monday 6th June and on the Morning of Tuesday 7th June. This will be a special moment to learn more about the CHS' history and be appreciated as our current members.

Thanks to everyone who joined us in May - it was a great opportunity to reconnect with other members and enjoy each other's company. We held a quiz which was heaps of fun, it's amazing the knowledge that we all hold.

**Challenge:** For those of you who have not joined in on a workshop or course, look at what's coming up. Bring a friend and enjoy a fun and creative learning experience.

**Invitation:** CHS members - bring a friend to the Botanic Gardens and take them for a cuppa at the Ilex café. Pop into The Kiosk from Monday to Friday to collect your exclusive voucher which entitles members to receive 2 coffees and 2 scones for \$20 at the Ilex café at any time during the months of June and July 2022. CHS and Ilex Café have worked together to bring you back to the most enjoyable space here at the Botanic Gardens. This offer allows you a bit of break to unwind and enjoy this stunning facility while living your busy days.

Two things to have on your radar - All About Gardening is going through a metamorphosis and will re-emerge with a new identity in Spring. Can you think of a fabulous and catchy name? We are also trialling new days and times for AAG in July and August. These meetings are going to be on the first Wednesday of the Month. Two sessions in one day **1-3pm** and **7-9pm**. Dates are Wednesday 6th July and Wednesday 3rd August - pop them in your diary! **Allan Paterson** CHS President

## Canterbury HERB Society

Thursday 23 June 7pm

### Toxic Plants and Remedies

As usual the HERB Library will be open from 6:45pm. Please bring a plate for supper preferably with a Herb theme. Avic Hill Craft Centre, 395 Memorial Ave

Members FREE, casuals \$5

Subs due now or pay at the meeting, only \$10 this year.

## Chrysanthemum Circle

No meeting this month.

New Members please contact Robyn on Tel: 942 9871

## Watercolour Painting

Wednesday 8 & 22 June 10am

All welcome, BYO materials

The Kiosk  
Christchurch Botanic Gardens.



## Herb of the Month

### Bay Leaves

Bay leaves have become almost ubiquitous in the kitchen due to their ability to enhance a wide variety of dishes, but they are also surprisingly good for our health.

The bay (*Laurus nobilis*) is an aromatic evergreen tree that belongs to the Lauraceae family. It has smooth green leaves that can be used fresh or dried. Bay leaves taste a bit like menthol with a hint of black pepper and wood.

A single bay leaf will add a subtle but unmistakable flavour to savoury dishes such as stews, soups, and simmering sauces. It can also enhance sweet sauces, custards,



and rice puddings; in the old days, before vanilla became widely available, cooks relied on bay leaves to add a subtle aroma to these sweet dishes.

Bay leaves work well when combined with other herbs (they are essential in a bouquet garni) and also in complex dishes, where they enhance bolder flavours. A good example is [bobotie](#), in which bay leaves are combined with a simple un-sweet custard, to round off the beautifully complex flavours and aromas of a spicy, sweet-and-savoury meat dish.

The longer the bay leaves are cooked, the stronger and better the resulting flavour, but since the leaves themselves are difficult to chew and digest, they should be removed before consuming the dish.

As is often the case with culinary herbs,

bay leaves have additional uses outside the kitchen. For instance, bay leaves are said to deter weevils when you store it alongside grains like wheat.

Bay leaves are also very good for human health. As an article on [WebMD](#) so aptly put it, they "can pack a mighty punch when it comes to health benefits". Tea brewed from bay leaves supports your immune system, helps to soothe upset stomachs, and can even help relieve blocked sinuses.

Bay trees are fairly easy to look after. They like full sun to partial shade in a sheltered spot, prefer well-drained soil, and will benefit from regular watering. Give it a good prune in the summer.

Supplied by [Canterbury HERB Society](#)

If you missed a Herb of the Month post catch up [here](#).

## All About Gardening

Wednesday 6 July

Afternoon: 1-3pm Evening: 7-9pm

Lisa Williams from Tresillian Truffles

Lisa will introduce you to the mystique world of truffles. The fungi that is worth more than gold! Which is grown here in Canterbury. She will focus on what a truffle is, the symbiotic plants for growing truffles, the life cycle and the sensorial analysis of the truffle, including tastings! She will demonstrate the grading of truffles. How to care for them when you get them home, most importantly how to appreciate and get the most out of this prestigious product.

Tresillian Truffles is a family business, with a shared vision to be creative and innovative in developing premium truffle products using locally sourced ingredients. Lisa comes from an agriculture /horticulture background

where she has used these skills to develop Tresillian Truffles into the largest producing white bianchetto truffiere in the southern hemisphere, and the first truffiere exporting to Japan out of New Zealand.

### The Kiosk

Christchurch Botanic Gardens  
(Just over the footbridge - Armagh Street carpark).

\$5 (non-members: \$10)

Tea, coffee and biscuits included



Tresillian Truffles



up to **20% off**  
courses and workshops for Members

Sign-up Online  
[chsgardens.co.nz](http://chsgardens.co.nz)

become a **Member**

# BOT TOTS

Gardening & Nature themed activities for Children

[view the facebook event page](#)

**Mondays during term time 10-11.30am** at The Kiosk. All welcome, no bookings required. Gold coin entry per child.  
Generously supported by Christchurch City Council

## CHS 160th Merchandise available for purchase from the office

**Tote Bag \$15**

**Tea Towel \$30**

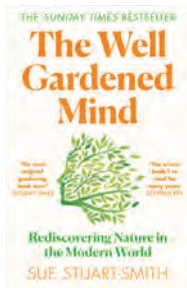
## Scorpio Books

### The Well Gardened Mind: Rediscovering Nature in the Modern World

Sue Stuart-Smith  
9780008100735 | \$27.99

Our June Book of the Month is not a new book, but a Scorpio staff favourite. An essential addition to any gardener's bookshelf, it's the perfect read to retreat into when the weather prevents us from going outside.

In *The Well Gardened Mind*, Sue Stuart-Smith explores why gardening can relieve stress and help us look after our mental health. What lies behind the restorative



power of the natural world?

In a powerful combination of contemporary neuroscience, psychoanalysis and brilliant storytelling, *The Well Gardened Mind* investigates the magic that many gardeners have known for years - working with nature can radically transform our health, wellbeing and confidence.

Stuart-Smith beautifully describes how gardens can be so much more than a mere physical space - however cherished. She argues that the act of gardening provides a particular mental space too that "gives you quiet, so you can hear your thoughts". When your hands are busy with the rhythms of planting or weeding or pruning, it's astonishing how your mind is both calmed and freed up to sort out problems or process built-up feelings. So when you garden, you are also tending your

inner world, giving your thoughts some breathing space as the unrelenting pace of modern life ever quickens.

With illuminating stories of how people struggling with stress, depression, trauma and addiction can change their lives, this inspiring and wise book of science, insight and anecdote - now translated into fifteen languages - shows how our understanding of nature and its restorative powers is only just beginning to flower.

"Gardeners will love to curl up with this beautifully written book in winter."  
*Charlotte, Scorpio Books*

"A thought-provoking, well-researched yet very readable book that confirms what most gardeners know instinctively."  
*David, Scorpio Books*

*David, Scorpio Books*

Many thanks to [Scorpio Books](#) for this review.