



WINTER LANDSCAPING

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IN THIS ISSUE:

Welcome «GreetingLine» to our 2nd newsletter of 2010.

This month, some information about what's happening in the home garden in winter, and talk about news. Angelique will also offer a conversation on "Designing by Health" and the importance of sustainable landscape designing for our children's wellbeing. To finish, Angelique will give you another one of her famous recipes.



Arriving Soon.... [Watch this space http://www.fpb.co.nz/showhome/6/renovation-showhome.aspx](http://www.fpb.co.nz/showhome/6/renovation-showhome.aspx)

See us on the FPB (Future Proof Building) Web site with our Eco-friendly landscape design @ work



Gardening in Winter

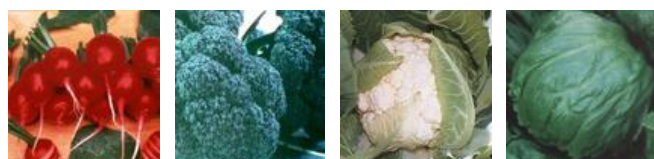
Winter - the time when you benefit from all those late summer and autumn planted crops - lovely heads of green broccoli, Savoy cabbages, carrots, leeks etc. However, the several ranges of climates in New Zealand mean that you need to be aware of the weather in the area in which you live, and plant accordingly.

In the warmest areas with little or no frost, you can plant or sow broad beans, cabbage, lettuce, onion, and spinach in the next couple of months. In the coldest areas, the best advice is to plant nothing. Plants will not succeed if planted out in areas subject to heavy frosts.

Concerning flowers, winter roses are one of the plants of winter, flowering in the middle of winter onwards to spring. There is also a range of winter flowering shrubs such as winter sweet, one of the most popular.

Winter, a time to prepare for spring

In the vegetable garden, soil preparation is important. It's a good time to add compost to the soil so it's ready to go in the spring. Digging soil and leaving it to let the winter rain soak in will give you a good friable soil come spring. Late winter is also a good time to mulch the rose bed. These techniques are important in looking after the soil, providing it with minerals and humus to enable good crops to be grown.



Designing by Health



In the 21st century, populations are more exposed to pollution, have fewer healthy food choices, and live in communities with less access to green spaces. It has shown that well-designed areas can foster social interaction, that increases social support and psychological wellbeing—two determinants of health



interaction, that increases social support and psychological wellbeing—two determinants of health status and recovery from illness. If you know of an area that needs good environmental design please let me know @ angelique@talc.co.nz Glad to help!

Healing and Therapeutic Gardens

Did you know that gardens have played a role in healthcare for centuries? A 'therapeutic garden' is more specifically designed to produce a given outcome upon a disease process.

From these gardens a general design guide-line can be developed and are generally accepted based on theories of stress reduction, encompassing some of these principles:

Provide spaces for a sense of control.

Provide spaces for physical movement and exercise.

Provide spaces for access to nature and positive distractions.

Minimise intrusive stimuli such as noise, and bright light - Using LED lighting is energy efficient & reduces bright light.



"Gardens have played a role in healthcare for centuries"

Plants properties

The design of any garden is always important, but plants also play a huge role, especially in healthcare.

Let's see some of their properties:

Vegetables and fruits: Not only do they contain essential vitamins and minerals for your body, they also contain substances that help fight off damage caused by free radicals. For best results, have at least 5 servings of fruits and vegetables everyday. Another good reason to fill up on vegetables: you simply won't have room to eat junk foods and high calorie meals! (Mind you I don't think I will ever stop doing that though!)

Herbs: Did you know many drugs commonly used today are of a herbal origin. For example, the powdered leaf of a foxglove plant is known as the cardiac stimulant digitalis to the millions of heart patients it keeps alive worldwide. :-)



Angelique's cold remedy recipe

I don't know about you, but I really need to keep my household free of those nasty winter bugs! This delicious cold remedy will get rid of symptoms of cold pretty fast. It will also clean your system.

- 100 grams seedless raisins
- 80 grams ginger root
- 3 cups of honey
- 6 lemons
- 4 oranges
- 4 litres of distilled water

Put the water in a large pan. Add the softened ginger root, honey, and seedless raisins. Bring to a boil and simmer for about an hour. Skim the top as needed. Cool, strain and place in a tightly closed container overnight in the refrigerator. The next day, squeeze 6 lemons and 4 oranges and add to the mixture. Mix well. Drink 2-3 glasses per day. Absolutely Yummy!





A sustainable landscape design

What is sustainable landscape architecture?

Sustainable landscape architecture can be a very confusing subject to many of us, but to keep it simple it is primarily concerned with the planning and design of outdoor space that includes ecological, social and economic aspects of sustainability. The design of a green roof can contribute to the sustainability of any project, no matter how large or small as the roof will help manage surface water, provide for wildlife and possibly recreation. Why not create a roof garden on your garden shed? Every little bit helps.

Importance of biodiversity

Another reason why sustainable landscape architecture is so important is that we need it to maintain biodiversity of our planet. For example, without the humble bee at our side we would have a lot less food and production available, not just for us but also our feathered friends & friendly animals. Biodiversity supports a number of natural ecosystem processes and services such as air quality, climate, water purification, pollination, prevention of erosion and discovery of useful drugs and other products. So if we design sustainably it will teach our children well, and they will have a better chance at a healthier future for all.



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