



Dawlish Garden Society

Newsletter Spring 2026



Spring Programme

March 26th

Spring Show and AGM The AGM will start at 7.15, if you are exhibiting at the Members only Spring Show (the schedule is on the website) you can set up your exhibits between 6.45-7.15. Everyone welcome to both events.

April 30th, Thursday at 7.15

Burrator Wildlife by Paul Rendell who is a Dartmoor Guide. Paul looks at the plants and wildlife around Burrator Reservoir. Paul has been a guide on Dartmoor for over 21 years, he has published several books on Dartmoor and founded Dartmoor News in 1991.

May 26th, Thursday at 7.15

Gertrude Jekyll with David Usher who has had a 50 years career in Horticulture, 21 years at Hestercombe, 18 of these as Head Gardener. Hestercombe is a signature garden designed by Gertrude Jekyll the renowned Edwardian garden designer whose style epitomises the Arts and Crafts movement.

Spring Events and Outings

Trip to Lukesland by Train on April 22nd

We are not taking bookings for this trip, however we will need numbers a week before so that we can let the gardens know. The cost is £10.50 which includes a hours guided talk of the garden highlights (excluding train fare). The gardens are about 30 minutes walk up on to the edge of the moor from Ivybridge station. Day return on train, £6.05 with railcard, £9.10 without.

Toby Buckland's Garden Festival at Powderham

The society has secured 20 tickets for Friday May 1st at £16.25 group rate. Please let Suzanne know asap if you would like a ticket

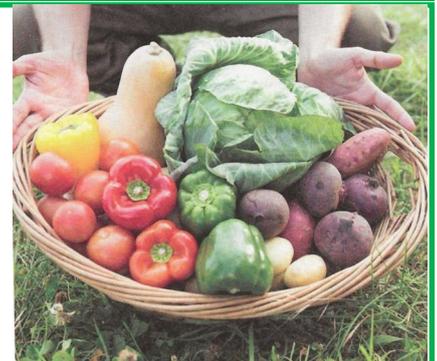
Spring Plant Sale—May 16th

We are holding the plant sale a week later than usual to free-up our key members to attend the Malven RHS Show. It will be in front of the Strand Centre as usual, and be from 9.00 until lunchtime. If you would like to donate any plants please contact Sally Gidney prior to the sale, sallygidney@outlook.com

Grow yourself a Rainbow this year

Colour is an excellent indicator of the health value of fruit and vegetables. Brightly coloured plants contain different types of phytochemicals that offer a range of health boosting properties. Polyphenols are the most abundant source of antioxidants and are present in red and purple foods. Carotenoids are found in many orange, yellow and red foods such as carrots, tomatoes and squashes. Sulphur compounds are found in cruciferous vegetables broccoli and brussels sprouts and in Alliums. So as we are busy buying and sowing our seeds for this year, how about trying some different coloured varieties. By growing a diverse range of fruit and vegetables from five different colour groups purple/blue, red, orange/yellow, green and white we can help maximise the levels of different types of phytochemicals we eat in our diet.

How vegetables are grown and stored also has an effect on their benefits to our health. Growing organically boosts the microbes in the soil, which has a positive impact of the produce. The fresher the fruit and vegetable is, the more of the positive polyphenols will be in it. Those who have grown sweetcorn know this, as the sweetness of a corn cooked and eaten straight from the garden has no comparison to anything bought from a shop.



Lemon Balm

These days an over looked herb, however it has a lovely fresh lemon flavour which makes a wonderful addition to a salad in spring. Lemon Balm was first recorded in 300 BCE and has been used for centuries as a flavouring and medicinally. In recent years clinical trials the rosmarinic acid it contains have demonstrated a clear benefit in regards to memory and cognitive performances. It is thought to reduce stress and enhance mood, helps anxiety and sleep disturbance.

Back in the 1980s and 90s it was a herb commonly found in health food shop for making into tea. I used to drink it daily as I found it a good stimulant as well as a lovely drink. Nowadays it is more difficult to find, however, it grows readily in our gardens in Dawlish. There should be a few pots of it for sale at the Spring Plant Sale.

Growing for the Society.

We have a dedicated team of members who grow for the society's plant sales. They choose what they produce and then deliver to the sales, and afterwards take home any unsold plants. This commitment is greatly appreciated by the committee.

We now aim to offer our members a good range of plants at every meeting, except In March, the Spring show and AGM.

To help us to have interesting and more unusual plants on offer we want to involve members on a smaller scale who enjoy propagating their plants, and who can donate a few plants for us now and then.

With the growing season just starting, splitting perennials, taking cuttings and growing from seed adds to the enjoyment of gardening. If you have no garden you can still have a go with your houseplants. They are very easy to propagate.

The pots need to be no bigger than 8 inches across, well rooted and in heathy growth. Anything in flower always sells well.

As we are selling throughout the whole year now, you can join in at any time and do as much as you want. Variety more than quantity is what we'd like. So if doing this appeals to you, please come and see me at the meeting's plant stall to register your interest, and then we can keep in touch of what you are growing through my email. I do like to know what's turning up at each sale, as any of these extra plants that are unsold have to stored, looked after and transported.

If you have never grown anything, you can still have a go. There's lots of advice always available.

Sally Gidney Plant Co-ordinator

Summer Coach Trip—July 8th

This year we are visiting Marwood Hill Gardens in North Devon, a gem of a garden with two national plant collections. July is the best month to see their magnificent collection of Astilbes. The trip is £27 for members and £30 for non-members. The booking sheet will be at the March meeting or let Suzanne know if you would like a place on this trip.



Coach Trip to Malvern Flower Show

This is a 3 day 2 night trip organised by the Starcross over 60s Club, it starts on Thursday May 7th. Staying at the Bromsgrove Hotel and Spa and includes, all coach travel, 2 nights Dinner, Bed and Breakfast and entry to the flower show. It picks up Teignmouth/Dawlish/Starcross/Kenton, at a cost of £230, single supplement £40.

Payment must be paid by March 31st.

To book or for further information please contact Shirley on 07557536597 or Sally on 07974219282.

The ever-reliable microgreens can be sown and grown on the windowsill now. You can use up old packets of chard and beetroot, or sow fresh cut-and-come-again salads and wild rocket. Sow thickly in pots or recycled tomato punnets. Sow three or four containers making sure you sieve compost over the top of the seeds and gently tamp the compost surface. Stand them in a draining tray, and place on the windowsill. For a consistent supply, sow three or four more containers in a couple of weeks' time and swap over once your first sowings are ready to crop.