

# New Year New Garden with [gardencourses.com](https://www.gardencourses.com)

Submitted by: e-Zone UK

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At [gardencourses.com](https://www.gardencourses.com) (<https://www.gardencourses.com/>) we've been catching up with our members and experts to see what's happening in the garden world right now. What are our members looking for help with and how will people use their gardens in 2021?

## Time out gardens

Many of us are working from home and will pop into the garden for some time out during lunch and quick breaks away from our screens. Going outside can top up our Vitamin D levels which doctors are concerned we may be low on following lockdowns and increased amounts of time at home. Gardens can play an important role in keeping us healthy.

## Gardens of fascination

Gardens that are high in biodiversity can offer more opportunities for 'soft fascination'. Soft fascination is the term psychologists use to describe the process of switching off and becoming engrossed in our surroundings, which can lower stress. Our experts recommend planting a wide range of plants, thus creating more opportunities to engage with the garden and with the visiting wildlife.

## Gardens to produce basic, staple food crops

Sometimes we grow our own food in case of disruption to the supply of our favourite fruit and veg or to cut down on our food bills. Growing basic staples even in small gardens, such as herb and salad leaf crops and quick and easy crops like spring onions, tomatoes and leafy greens can help reduce food costs. But more of us are growing our own crops because we know where our food is coming from, we can have these basics on hand without having to go shopping and it cuts down on packaging and food miles. It's good fun too!

## Growing a garden from scratch

With more people turning to gardening for the first time with limited budgets this could be the year we create a garden from seeds and cuttings. The satisfaction of growing our own trees, shrubs and perennials from scratch and watching our plants develop and mature is coming back, in a big way.

## Slow gardening

The movement to grow our own garden from simple beginnings, whether it's for food or flowers, ties in with a connection to nature that engages us with the seasons. We're slowing down and observing the rhythm of the seasons as we watch our gardens grow.

## Gardens for fun

Our gardens are our own canvas where we can express our individuality; through the use of striking colour

themes, creating home-made pieces of art, craft and DIY construction projects, garden areas for children, pet play areas etc. Every season brings a new opportunity and whatever we choose to do it benefits our health and humour as well as that of our families and wildlife.

## Front gardening

Not everyone has a garden but everyone can benefit from each other's front gardens. Gardeners are finding new uses for their front gardens to raise everyone's spirits with wildlife meadows, new tree planting, plant swaps at the gate and growing veg together. Whatever we decide to do in our front gardens we can all share this with our families and our neighbourhood.

Now is the time to plant your 2021 Summer garden with [gardencourses.com](https://www.gardencourses.com/) (<https://www.gardencourses.com/>)

We've got courses on colour, cabbages and nature to help you get your garden ready for a summer at home with our launch courses on:

- \* introducing seasonal colour
- \* growing your own salads and vegetables
- \* making a home for wildlife

These courses are now available to help you develop your dream garden ready for Summer relaxation and enjoyment and they're on sale with a 25% discount until midnight on 31 December.

We'll also be launching some new courses in February to help you create the garden sanctuary you've always dreamed off. Sign up for news on our website to take advantage of limited time offers when they become available.

## ENDS

For further details, join up to the newsletter on the website or you can follow [gardencourses.com](https://www.gardencourses.com/) on social media.

[www.gardencourses.com](https://www.gardencourses.com/)

Instagram @onlinegardencourses

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For further information, please contact Sarah Wilson on [sarah@gardencourses.com](mailto:sarah@gardencourses.com) Telephone 07834 451729

## NOTES

Gardencourses.com is a new brand training provider. It is a collaboration between the founders of the London College of Garden Design with Roots and All founder Sarah Wilson.

The London College of Garden Design has colleges in London, UK and Melbourne, Australia and has become recognised as the benchmark for professional garden design training with graduates progressing to successful international careers.

Roots and All was awarded “Best Garden Podcast or Broadcast” at the Garden Media Guild Awards in 2019. It has found a large following of people interested in gardening and the environment.