



04 July 2023

## Gardening Sustainably with British Garden Centres

**Sustainable gardening involves doing things that are helpful to the environment. It's about reducing the number of resources we put into the garden and increasing the benefits we receive from it. Sustainable gardening combines organic gardening methods, resource conservation, and mimicking nature's ecosystem right in your garden. Here are some tips from the British Garden Centres team on how to start a sustainable garden that will continue to thrive and produce for many years to come.**

### **Rainwater harvesting**

Rainwater harvesting can make a huge difference in sustainable gardening. This is a great way to save water, reduce your water bills, and hydrate your plants more healthily and naturally. You can prevent runoff and water waste by collecting rainwater from your roof or other surfaces in a water butt, as well as avoid using chemically treated tap water, which can be harmful to your garden. Rainwater is also naturally soft and free of dissolved minerals, so it will be even more beneficial to your plants.

### **Native plants**

As the name suggests, native plants are the perfect choice for your garden as they're made for the environment around them. Adapting to the local climate, soil, and ecosystem, they require less upkeep than other plants. They also provide wildlife with a vital source of food and shelter. Plant native plants in your garden for a thriving ecosystem. Our top recommendations include:

- Primrose – a popular bedding plant
- Lily of the Valley – Great for gardens with lots of shade, bees will be attracted to its sweet scent
- Foxglove – statuesque flowers that bees love
- Forget-me-not – representing never-ending love, these delicate blooms come back year after year
- Blackthorn – Known for its berries in sloe gin, this tree's blossom is a haven for pollinators
- Cherry Tree – A quintessential British tree loved for its cherries and blossom in the spring
- Holly – synonymous with Christmas, this native plant provides winter interest and shelter for garden wildlife
- Willow – With attractive stems, willow also improves and stabilises local soil conditions and is a staple in the English landscape.



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### **Recyclable and biodegradable garden products**

Consider sustainable garden products like recycled receptacles for planting, biodegradable weed barriers and fleece, plastic-free garden tools and eco-friendly plant pots. These are specially designed to reduce waste and promote sustainability by using recycled materials and biodegradable materials that can be easily decomposed. Plant pots can come made from a range of sustainable materials, made from bamboo, recycled plastic, husk, coir and even hemp.

### **Composting**

Making compost at home is extremely easy. Composting reduces food waste and creates a nutrient-rich fertiliser for plants. Things you can add to your compost include fruit and veg scraps, eggshells, coffee grounds and tea bags. Meat, fish, dairy products and anything oily, or fatty are not suitable for composting.

You can also use dry materials such as shredded newspaper, cardboard, garden waste, and grass clippings. Find the right site in your garden for your compost bin - we recommend a reasonably sunny place on bare soil so the worms can access it easily. It takes between nine to twelve months for your compost to become ready for use, so keep adding your waste and turn it every so often before using.

### **Organic fertilisers and pest control**

Try using Organic fertilisers which are a fantastic way to give your plants a boost without resorting to the use of harsh chemicals. Try home composting or planting with manure to provide all the essential nutrients that plants need to thrive. There are also many organic alternatives to pesticides for plant health. Look for pest control that is derived from natural materials to have a green, blooming garden.

### **Green Roof**

A green roof is a fantastic example of sustainable planting. They are a great addition to any garden, providing habitat for wildlife and pollinators.

A green roof has multiple environmental benefits, such as better air quality, decreased water runoff, absorption of rainfall, insulation and prevention of overflowing gutters. They work best when there are less than 20-30 degrees of a sloping roof to work with, so a shed or bike store is ideal for this small eco garden.



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By following our tips, you will be able to garden in a smart and eco-friendly way, use fewer chemicals and adopt greener alternatives whilst giving back to Mother Nature.

**ENDS:**

**WORD COUNT: 713**

**Notes to Editors:**

About the business:

British Garden Centres (BGC) is the UK's largest family-owned garden centre group with 62 centres around the country. The group is owned and led by The Stubbs family, who also own and operate Woodthorpe Leisure Park in Lincolnshire.

BGC was launched in 1987 with the opening of Woodthorpe Garden Centre funded by brothers Charles and Robert Stubbs. Since 2018 it has expanded rapidly with the acquisition of 50 garden centres allowing it to grow from its heartland to the business it is now with 62 garden centres spread from Carmarthen to Ramsgate, Wimborne to East Durham.

The group has a team of 2,700 colleagues working across the garden centres, restaurants, 2 growing nurseries, 4 distribution centres and Woodthorpe Leisure Park and Woody's Restaurant & Bar.

**Social Media**

Facebook: British Garden Centres

Twitter: @BGCentres

Instagram: @BritishGardenCentres

Website: [www.britishgardencentres.com](http://www.britishgardencentres.com)

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