

**30th April - 6th May 2018**

# NATIONAL GARDENING WEEK at Duthie Park

Encouraging gardeners to share their love of gardening.

## Monday, 30th April

### GARDENING FOR HEALTH

1.30 – 2.30pm

Talk by Anne McAlister on sharing the experience of how gardening has and can help people in recovery from addiction and other associated health problems.

## Tuesday, 1st May

### FLOWER ARRANGING WORKSHOP

6.00 – 7.30pm

Opportunity for participants to learn a skill and create their very own flower arrangement. Workshop will be led by qualified teacher of flower arranging from the Royal Horticulture Society of Aberdeen. They are also members of Scottish Association of Flower Arranging Societies and past award/prize winners.

## Wednesday 2nd May

### MICRO VEG GARDENING

10.00 – 11.30am

Want to grow some vegetables, but got no space, this Workshop will show you how to grow vegetables in small spaces, all you need is sunlight.

### HERB PLANT WORKSHOP

1.30 – 3.30pm

Learn how to use home grown herbs with confidence for common complaints such as indigestion, cuts and bruises, anxiety, insomnia, sore throat, colds etc. Workshop is run by the North East Scotland Herb Group

### TOUR AROUND THE DAVID WELCH WINTER GARDENS

6.00 – 7.00pm

Ever wandered around the Winter Gardens and just wanted to learn more about the plants, then join the tour with the Facility Manager to discover something more about the unique and wonderful plants within the Winter Gardens.

## Thursday 3rd May

### CACTI/ALOE TOUR & WORKSHOP

10.00 – 11.30

Duthie Park has one of the largest collections of Aloe & Gasteria. Come along to the workshop to learn more about this National Plant Collection, then how to plant and take care of a cacti/aloe.

### FLOWER ARRANGING WORKSHOP

6.00 – 7.30pm

Opportunity for participants to learn a skill and create their very own flower arrangement. Workshop will be led by qualified teacher of flower arranging from the Royal Horticulture Society of Aberdeen. They are also members of Scottish Association of Flower Arranging Societies and past award/prize winners.

## Friday 4th May

### COOKING WORKSHOP

1.30 – 3.00pm

Join Claire Jessiman aka The Foodie Quine in the Winter Gardens for a Veggie Cooking Workshop as part of National Gardening Week. Claire will be demonstrating a selection of vegetable based dishes including fritters, slaw, pesto, juice and stir fry. There will be opportunities to taste the results and get hands on and preserve some veggies to take home.

**All of the workshops and talks require booking in advance. For more information and to book the workshops then please email: [wintergardens@aberdeencity.gov.uk](mailto:wintergardens@aberdeencity.gov.uk)**

*Workshops will be held in the David Welch Winter Gardens. The workshops are organised in partnership with the Friends of Duthie Park, Royal Horticulture Society of Aberdeen and Aberdeen City Council.*

*All of the workshops are free, but donations are welcome to help support the Friends of Duthie Park.*