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**More from**

June 2010

# Your Garden™

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British cherry revival



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## Mini veg plot tried & tested tips



How to help  
save bees

Is leaf scorch  
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Make your own  
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## Grow your own saffron

While it is easy to grow a wide range of leafy herbs in the garden, exotic spices tend to be tricky. Now Suttons Seeds are offering gardeners the chance to grow their own saffron – one of the most rare and expensive spices. Saffron comes from a hardy crocus, it colours and flavours a variety of dishes from rice to scones. Just 1g can flavour 10 plates of food. Research at the University of Sydney has found

that after taking a saffron pill, patient's vision improved. It is believed that saffron affects the amount of fat stored by the eye, making vision cells 'tougher and more resilient'.

Suttons saffron crocus mean you can grow your own 'Red Gold'. Plant the bulbs anytime before August and you will have beautiful blooms in four to six weeks. You do not need a lot of space, as they will thrive well in a well-drained border or patio

pot. Suttons advise harvesting in the morning, looking out for the saffron dangling from the throats of the flowers. Just snip them off and then once cut and dried they can be stored for months. Order by the end of June for delivery in August, and you will be picking your first crop in October. 35 bulbs for £9.95 (catalogue number 230169) from Suttons. Call 0844 922 0606, or turn to page 72 for a free pack when you subscribe to *More from Your Garden*.

**New  
variety**



## A bee line to Hampton Court 2010 with Copella

Copella – the UK's best loved apple juice – has joined forces with award-winning landscape designer, Sadie May Stowell, to help the British bee.

Pressed on Boxford Farm in the heart of the Suffolk countryside, Copella relies on local bees to pollinate the apples from which it makes its delicious cloudy apple juice. Partnering with Sadie, Copella is working to raise awareness of the issue of bee decline in the UK and providing tips on the little things people can do to help support bees, including how to make your garden as

**3 pairs  
of show  
tickets  
to win**

bee-friendly as you possibly can.

At RHS Hampton Court Palace Flower Show in July this year, Sadie – a previous Bronze Medal winner – will be building 'The Copella Bee Garden'. The garden, sponsored by Copella, is designed from a bee's point of view and will be created to attract and support bees, including an interactive sculpture based on a natural beehive. To find out more, go to [Copellafruitjuices.co.uk](http://Copellafruitjuices.co.uk)

*More from Your Garden* has three pairs of tickets to RHS Hampton Court 2010 for Saturday 10th July for three lucky winners.

*Full Terms & Conditions available on [gardensmonthly.co.uk](http://gardensmonthly.co.uk) or on request. Only one entry per household. Lost, delayed, damaged or photocopied entries are invalid. Proof of posting is not proof of delivery. Winner will be notified by post, phone or email. Judges decision is final and no correspondence*

*will be entered into. No cash alternative. The prize is one pair of tickets per winner to the RHS Hampton Court Flower Show 2010 for Saturday 10th July. Please note the prizes are the show tickets only – the prizes do not include travel, accommodation or any other costs associated with attending the show.*

### Copella Bee Garden competition

For your chance to win and visit The Copella Bee Garden first-hand, answer this question:

**Question:** Where is Copella pressed?

**Answer:** \_\_\_\_\_

**Send to:** More from Your Garden Hampton Court Tickets Giveaway 480 (June), PO Box 269, Rossendale BB4 0DG

**Or enter online:** [gardensmonthly.co.uk](http://gardensmonthly.co.uk)

Closing date: 25th June 2010 ☐ Tick if you are a subscriber

Name: Mrs/Ms/Miss/Mr \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Date of Birth \_\_\_\_\_

Telephone \_\_\_\_\_ Mobile no \_\_\_\_\_

Email \_\_\_\_\_

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*Sadie's previous flower-filled Hampton Court Flower Show garden for Copella in 2008*

