

# Ashley Cross Link August 2020 – Stay Healthy in your Garden

## Advice from Chestnut Nursery

Andrew Verreck, Nursery Manager



### Stay healthy in your garden

We have over 20 years' experience growing plants for their therapeutic benefits. There is no doubting the positive impact that plants and gardening has on our mental wellbeing. With all that is going on at the moment, our gardens have never seemed so important. Even a small window sill can bring joy and there's a lot you can grow. We have heard of some wonderful stories over lock down, of people finding solace through growing plants.

Over the last months, we supplied plants and compost to the community through our new web shop. Thank you all who supported the charity and made purchases with us. It was great to deliver plants and smiles to you all. There's great news as we are now open again for business at our nursery shop next to Poole Park. To tempt you in, we have heaps of wonderful home-grown plants calling out for you to buy.

Of particular rarity, we have a range of different types of Echium (pictured). Known as the 'Tower of Jewels' they have arguably the most impressive flower spike of any plant. Our unusual varieties range in colour from red, pink, white and blue. With just a bit of care, these plants survive well in our local climate and bring a really dramatic, exotic effect.

Our shop is setup for a safe shopping experience, so come on down and stock up on plants, then you too can stay healthy in your garden.

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Chestnut Nursery is a registered charity providing meaningful work for adults with enduring mental illness through the therapy of horticulture. Visit us at our nursery site next to Poole Park; 75 Kingland Road BH15 1 TN. Open 7 days a week. Free customer parking.