



Comhairle Cathrach Chorcaí
Cork City Council

NATIONAL
WORKPLACE
WELLBEING DAY
WORKING TOGETHER FOR
A HEALTHIER FUTURE



Tips and advice for your garden

By Emer O'Callaghan, Executive Horticulturalist

If you're lucky enough to have a garden or even a small patch, there are plenty of jobs to keep you busy as the days get longer and we head into the summer. Here are some of the main gardening jobs to be done in May – if you can get your hands on plants and supplies. The health and mental wellbeing benefits of gardening are well documented, so get out there and garden! **“Gardening adds years to your life and life to your years.” – Unknown**

Also remember our bees and insects, so if you can leave an area wild – please do!



Shrubs and Flowers

- Plant out summer bulbs such as dahlia tubers and cannas after all risk of frost has passed
- Plant out hanging baskets, containers and summer bedding and tender annuals – keeping an eye out for any last frosts
- Remove faded spring bedding, such as wallflowers and forget-me-nots, once faded and add to your compost bin
- Dead head your daffodils which allows the bulbs to build up a storehouse of energy. Don't cut leaves until June.
- Sow sweetpeas in deep pots, so the young plants are ready to transplant into the garden in June
- Prune spring-flowering shrubs once they have finished flowering



Fruit and veg



- Earth up potatoes, covering the shoots with soil as they appear
- Reduce snail populations by going on regular evening hunts, especially during damp weather
- Start sowing beans and peas directly outdoors in warm weather
- Pick rhubarb stems as they develop, and water plants with liquid feed
- Sow batches of salad leaves every few weeks to provide continuous pickings
- Its still not too late to set some root veg like carrots , beetroot , turnips etc

General Maintenance

- Set up a compost bin so you can recycle more green waste from your kitchen and garden
- Apply nitrogen-rich summer lawn feed to encourage leafy growth
- Hoe bare soil and hand-weed beds weekly, so weeds don't have time to establish and set seed
- Sow grass seed or lay new turf by the end of this month, to create a new lawn or repair damaged patches. Continue to regularly mow your lawn and to apply lawn feed. Any moss or weeds in the lawn should be removed now too. This lawn care should be undertaken regularly until September.
- Check shrubs for nests before you start any pruning, to avoid disturbing nesting birds
- Clean out and scrub bird feeders regularly to maintain hygiene
- Watch out for aphids on shoot tips and young foliage, and wipe them off or spray with a soap-based solution

