



FIELD GATE FLOWERS  
THE CUT FLOWER COLLECTIVE

Field Gate Flowers &

The Cut Flower Collective weekly newsletter

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(Please note if reading this at a later date that some links may no longer be valid.)

*A week in retreat... and back on the farm*



Roz has been living the floral life in Catalonia this week at *Mas Generós*. As you may have seen [on her Instagram account](#), retreat guests have been fully immersed in local flowers, floristry and culture, learning the ancient Catalan tradition of natural dyed silk ribbons, and working together to create a floral tablescape under the guidance of Ali Conway. See above for an idea of the stunning result. Yoga sessions, pottery, social media workshops and plenty of Catalan food and drink are also on the agenda. From what we hear, this is likely to become an annual event. So if you're experiencing FOMO, take a leaf from Gatehouse Floral's book and, 'Say "yes" first then work out the "how".'

Back on the farm, we considered taking long lunches and generally basking in the sun... but the plants were having none of it! Everywhere we turn there are jobs to do and just when we think we've compiled a definitive 'to do' list, we remember that that dahlias will need uncovering (not a small job as there are so many but quicker at least than covering them over and a lot more satisfying).

Tulips are still blooming with May-flowering varieties now at their peak. To complete the cycle, our marketing team are putting finishing touches to the 2026 Field Gate bulb catalogue – open for orders soon. Sweet rocket, honesty, *Aquilegia*, *Euphorbia*, roses, cornflowers, *Calendula*, *Salvia*... all are blooming now, with peonies and sweet peas just around the corner. We even found a newly planted *Cosmos* flowering this week. We know we should snip it off but it's just so pretty!

Anyway, time and tide wait for no-one (and Roz will be back soon), so we're off to do some more digging, weeding, planting, watering, staking.... Have yourselves a great growing week.

*The Field Gate Flower Team*

## **MENTAL HEALTH AWARENESS WEEK: 12-18 MAY**



It's not news that gardening and spending time outdoors is good for both our mental and physical wellbeing. In the UK, gardening is one of the activities encouraged as part of the NHS's 'social prescribing' initiative to support mental health. Studies around the world have found that people living near to green space reported less mental distress, even after adjusting for income, education, and employment, and researchers found a lower incidence of 15 illnesses – including depression, anxiety, heart disease, diabetes, asthma, and migraines – in people who lived within half a mile of green space.

The theme of this year's Mental Health Awareness week is Community. How apt for the gardening and cut flower

growing space, where there are *so many* ways in which we can become involved with, and promote, community. Whether it's the Instagram gardening gang, where lots of us have found 'our tribe' and favourite accounts for horticultural tips and advice... the allotment down the road where people from all walks of life converge in a desire to grow plants... or 'back alley' gardens where neighbours have come together to transform neglected spaces and inspired others to do the same... it all helps to combat loneliness, give us purpose and create more green environments. Win, win, win!

If you're looking to become a part of a local growing community, the RHS have set up a directory where you can [search for a local group](#). Or maybe you'll feel inspired to start your own?

The topic of gardening and mental health is often discussed in Roz's podcasts. Here's a couple of particularly relevant episodes for you to enjoy during Mental Health Awareness Week and beyond:

[Self-care and the well-gardened mind with Dr Menije Boduryan](#)

[Therapeutic gardens with health psychologist Bethany Harries](#)

## THE CUT FLOWER PODCAST: FROM SPREADSHEETS TO SEEDLINGS



This week's podcast guest is Donna Sutton. If we tell you that she's currently a WRAG (6 months into her placement), some of you will say, 'Aha!', whilst many will be scratching their heads. WRAGS ([Work and Retrain as a Gardener Scheme](#)) is a horticultural career changing placement run by [the WFGA](#) (Working For Gardeners Association – yes, they love an acronym). Roz is no stranger to WRAGS, having taken on several over the past few years, with the majority

staying on to work on the farm after their placement finished.

If you're thinking of moving from another career into horticulture but the gap between the two seems just too far to breach, have a listen to Donna's conversation with Roz to get an idea of how the scheme helps people transition gradually and – as Donna is doing – fit in formal (RHS etc) qualifications, if needed.

As the title of this podcast episode suggests, Donna was a chartered accountant before moving into horticulture. After taking maternity leave, she felt she wanted a job which would give her more flexibility and time with her son. Her husband suggested she do something she really loved, to which Donna replied, 'my allotment... but I can't really do that'. But she *did* and does and, better than that, she's about to create a show garden for Gardeners' World Live later this year.

[Listen to Donna's conversation with Roz here](#) and follow her on Instagram [@thegranarygarden](#).

Ready for more episodes? [The Cut Flower Podcast archive has them all here](#).

Subscribe via your chosen Podcast provider (Apple/Google/Spotify etc) and you'll be sent notifications as each new episode arrives.

## **FLOURISH ON THE FARM... OR ON DEMAND**

# The Great British Flower School



### **Visit us for small group floristry training**

With eco-florist Ali Conway at the helm, **Flourish at the Farm** is a series of sustainable floristry trainings on site at Field Gate Farm (MK16) and nearby venues.

Ranging from half day bouquet-making to two-day installations, workshops run on various dates throughout the summer. [View details of each course and register to join at the Great British Flower School website here.](#) On-site courses have limited availability so we advise you to book as soon as you can.

## **Floristry training to fit around you**

For those unable to commit to a longer online course or attend our workshops in person, we've put together two 'on demand', self-taught eco-floristry packages for you to purchase and access at a time that suits you. These courses are designed for beginners or those looking to upgrade their floristry skills or transition to environmentally friendly methods:

### **1. Blooming Basics**

Your simple start to the art of eco-floristry in 4 video lessons + downloadable PDFs for each module.

### **2. Flourish Foundations**

Go a little deeper and build your eco-floristry confidence with 6 video lessons, each with an accompanying PDF to download.

[Explore more about these courses and find the links to purchase them here.](#)



## **JOBS FOR THE WEEK**

### *Tie in climbing and rambling roses*

One minute they're tidily pruned back, the next they're living up to their names – climbing and rambling. Add any additional hooks you need and tie the growing stems horizontally to produce more flowers.

### *Keep an eye out for powdery mildew*

This can spread especially quickly in greenhouses and polytunnels. Ensure you have enough space between your planting for air to circulate and keep the doors open during the day (and at night once danger of frost has passed). [The RHS website has good advice for preventing, diagnosing and treating powdery mildew.](#)

### *Take basal cuttings from dahlias*

If you have tubers sprouting in containers, these are ideal for taking basal cuttings to make more dahlia plants.

## [COURSES AND MEMBERSHIPS](#)

Any questions? Ask me in my Facebook groups:

[The Cut Flower Collection from Field Gate Flowers](#) (for anyone passionate about growing cut flowers) [Growth &](#)

[Profit in your Cut Flower Business](#) (for flower farmers or those about to embark on a cut flower business)

### ***Membership groups:***

The Best Bunch

Growth Club.

Roz