



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.)

### ***Celebrating the Winter Solstice***



Welcome to another weekend flower lovers.

With Christmas Day fast approaching, we're winding down on the farm for a short break until the new year. Even though it's less than a fortnight until January, going out onto the plot in the first few days of a new year seems like a different season altogether. If we put it in 'school term' terms, the difference between the autumn/winter term when daylight hours shorten - and the spring term as days lengthen and our thoughts turn to new growth, is marked.

You'll hear me saying 'sit on your hands!' a lot during the next few weeks – in reference to holding your nerve and not beginning to sow seed too soon (sweet peas being the main exception). However, we'll be *planning* in a big way for our 2026 blooms and hope that you'll join us. My annual Cut Flower Kick-off will run again on Facebook from 19th to 23rd January. Details of how to join the group will be in our first January newsletter.

I'd like to take this opportunity to thank you for your support and engagement this year, whether you've been a student on one of our courses, commenting on my social media posts or simply digesting this email each week. I have big plans for 2026 and very much hope you'll be a part of them in some way.

Wishing you a peaceful and joyous period over Christmas and into the New Year.

Roz

## HANDS UP FOR THE WINTER SOLSTICE



Have you been counting the days to the Winter Solstice? 21st December marks the day with the shortest period of daylight. Of course, it doesn't noticeably get lighter in the following days, but it does still seem like a landmark and one that the positive side of our natures can embrace. Although for most of us (northern hemisphere), winter is just beginning, below the soil's surface, lots is going on and plants will be sensitive to the gradual increase in daylight hours. In the Pagan calendar, Yule marks the winter solstice as a time of renewal and celebration. For astronomers, it's the moment when the sun stands above the Tropic of Capricorn (15:03 GMT, if you want to run outside and celebrate). For

gardeners it signifies the date from which the daylight hours start to lengthen, heralding the start of a new growing season.

The ancient people of Northern Europe were hunter gatherers and would celebrate the winter solstice by lighting bonfires, telling stories and drinking ale. This was also the time for making sacrifices to the gods to earn blessing on the forthcoming crops. As flower growers, we don't need to go that far(!) but it's a good time for reflection on the season that's passed and to open up to the new one, with new opportunities, that's just beginning.

For those with a more practical eye on the weather and daylight hours, [here's the UK Met Office's 6 facts about the winter solstice.](#)

Happy Solstice All!

## GET PLANNING FOR 2026



Your Propagation Calendar	
Based on being in the UK.	
<b>JANUARY</b>	<b>Delink:</b> Check on your stored Delink. <b>Hardwood Cuttings:</b> Take hardwood cuttings of shrubs like rose, dogwood, or viburnum. <b>Seedling of cover crop</b>
<b>FEBRUARY</b>	<b>Stem Cuttings:</b> Take cuttings from indoor plants like African violet or another shrub like hydrangea. <b>Propagate Perennial Herbs:</b> Divide and put up herbs like rose, thyme, and oregano. <b>Soil:</b> Start sowing of seeds. <b>Water Holly Cuttings:</b> (Saxifraga/terminal) If weather has been dry. Gently but...
<b>MARCH</b>	<b>Start New Hardy Annuals:</b> Start sowing of hardy annual flowers such as cornflower and columbine directly into the ground. <b>Softwood Cuttings:</b> Take softwood cuttings of woody herbs like lavender and rosemary. <b>Start Summer Bulbs:</b> (Lilium) Begin Tulips, Begonias, and Gladiolus indoors. <b>Delink Division:</b> Divide established Delink tubers for more plants.
<b>APRIL</b>	<b>Soil:</b> Start sowing of seeds. <b>Take Root Cuttings:</b> Divide and propagate perennial plants like oriental poppy or Verbena by root cuttings. <b>Herbs:</b> Off seedlings. Prepare indoor-started plants for outdoor planting.



We're getting close to the cut-off date for ordering 2026 Planners in time for Christmas. [Do order now to ensure UK mainland delivery by 24th December.](#)

[Have a look at Roz's Instagram post from earlier this week for a preview of the planner.](#)

The planner, including many downloadable resources (PDFs, Masterclasses and 'How To' guides) are yours for the price of just £24.00. [Click here to order directly from Roz](#) if you're in the UK mainland. Or, you can order from outside the UK [via](#)

[Amazon at this link.](#)

## THE CUT FLOWER PODCAST: FLOWER ESSENCES FOR LIFE



Roz's podcast guest this week has over 30 years experience as a professional gardener and florist – including making buttonholes for Charles and Camilla's wedding as assistant florist at Highgrove. It's a career path which has led her to explore, and subsequently specialise in, making flower essences.

Saskia's Flower Essences are packaged in droppers to be taken on the tongue or dissolved in water. "They work deeply and gently bringing positive and effective change to our lives", says Saskia. "They act as catalysts, bringing awareness and shifting patterns enabling you to move forward in a safe, natural and simple way." Her work has attracted a loyal following — including celebrities and journalists — and she also creates personalised blends for individuals with a wide range of emotional and life challenges

In her conversation with Roz, Saskia talks about working with the Royal Family, the methods she uses to create flower essences, the emotional value of flowers and how she's spreading the power of flower essences around the world.

Listen here and if you'd like to bookmark a few more episodes to listen to over the holidays, you can find the podcast archive [here](#). Subscribe and listen on Apple Podcasts, Google Podcasts, Spotify or your chosen podcast provider, to receive new episode notifications.

**SAVE THE DATE: SEED TO VASE 2026**



February to  
September

*NEW FOR '26:  
Career Changer  
add-ons*

## SEED TO VASE 2026

Whether you want to grow flowers from seed as a hobby or have dreams of starting your own cut flower business, our 8 month online course, Seed to Vase, will guide you every step of the way.

This is Roz's flagship cut flower growing course and 2026 will see its sixth run. The course will begin slightly earlier this time, from the second week in February, so if you're looking for a learning experience that covers all the basics of cut flower growing, with regular live support, [join our Wait List here](#).

For 2026, we are giving student the option to join Seed to Vase as a 'Career Changer'. As well as the full *Seed to Vase* course, Career Changer students will receive additional modules covering business start up for flower farmers. It's an exciting development – stay tuned for more details soon.

**JOBS FOR THE REST OF 2025**



Put your feet up.

Browse seed catalogues.

Look back on photos of your plot this year and plan for next season's magnificent blooms!

## **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