

# The NEWSLETTER

## January: goals, growth and garden goodness

Hi {FIRSTNAME},

Christmas is complete and amidst all the celebrations is the promise of a new year. I like to think of New Year as a way to encourage personal growth—as well as garden growth, making it the perfect time to set your gardening goals for the year ahead! For inspiration, look at these charismatic [colours for January](#) and get going with my [top January gardening jobs](#).

If your New Year's resolutions are aimed toward better health, then look no further.

Gardening is a great way to amp up your exercise and improve your diet. Read my [gardening for fitness](#) blog for motivation on being physically active outside or get [growing your own](#) vegetables for a delicious diet to last the year.

Throughout December, I made a bundle of seasonal surprises available as part of my Christmas advent calendar and it was brilliant to see you all getting involved. **Find out if you are one of the lucky winners in my Ultimate Christmas Giveaway below** and stay tuned for more competitions and updates throughout January, including how to take part in the RSPB's Great British Birdwatch!

Read on for more on planning your veg patch, pruning plants in winter, and how to get 2019 off to a blindingly good start.

**Happy gardening!**

**David**



Provide nectar and pollination sources for bees to make sure they don't starve in the winter months.

### Top jobs

New year, new garden! Here are my top jobs to get you outside and preparing for the fantastic year of gardening ahead.





## Top plants for January

### Top plants

Get some colour in the garden and announce the coming of spring with this month's top plants for crisp, compelling colour in the coolest month of the year!

### Veg planner

New to 2019, my handy veg planner and veg of the month series will provide a plenitude of cropping aspirations.



## Veg of the month: Planner



## New Year's resolution Eating Healthily

### New year's resolution: diet

How can gardening help you eat healthily? Find out with these top tips on using gardening as the basis for a health-promoting, nutrient-rich diet!

### New year's resolution: exercise

Swapping the treadmill for the lawnmower may just burn more calories than you think. Find out just how many in my blog on gardening exercise!



## New Year's resolution: gardening exercise



## SUNDAY Mirror Winter Pruning

### Winter pruning

Plummeting temperatures may mean curtains for other gardening jobs but pruning isn't one of them. Find out how to prune plants for best effect in the coming season.

## Cultivation and digging

Want to get started early by forcing plants or early crops? Here's a guide to help you on your way.



## Cultivation & digging



## Ultimate Christmas giveaway winners

This December, a treasure trove of prizes were up for grabs in my Ultimate Christmas giveaway and prize draws. Without further ado, the winners are:

**Anne Pearson** (winner of the Ultimate Christmas giveaway)

Congratulations!

With thanks to our partners who contributed like Kent & Stowe, Mr Fothergill's, Globus and YoYo

**Winners of a Kent & Stowe clay mule in my prize draw were:**

Louise Coppinger, Gillian Hitchen, Jill Osborne, Haydn Richards and Cat Holdcroft

## FREE prize draw

Win 1 of 10 of Mr Fothergill's potato kits in my January free prize draw.

Each kit comes with three bags and 15 top quality seed potatoes, 5 tubers each of:



## Mr Fothergill's free prize draw 10 patio potato kits to give away

**Casablanca (extra early)** A fantastic first early variety much famed for its fresh looking white skinned, long, oval tubers with creamy coloured flesh. The tubers are large in size and have an excellent flavour - particularly suited to boiling and steaming.

**Charlotte (salad)** A highly popular, French bred variety with tender, creamy-yellow flesh and a first rate flavour with a hint of chestnut. Potato Charlotte is delicious sauteed and lovely hot or cold in salads. Highly recommended.

**International Kidney (maincrop)** Long, white skinned tubers with firm, cream waxy flesh and excellent buttery flavour. Potato International Kidney can be either grown as an early when chitted or a maincrop.

**Terms & Conditions:** <https://bit.ly/2rNwI1M>

**Closes 31/01/19 at 11:59PM**

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