How to make:
A Simple Autumn Planter

trellis
gardening for wellbeing

When summer blooms fade away, don't discard those planters just yet! There's a vibrant array of hardy plants ready to brighten up your doorstep through the autumn and winter. By reusing summer containers and exploring garden centres for fresh ideas, you can plan an inspiring tabletop activity in planting up a simple container.

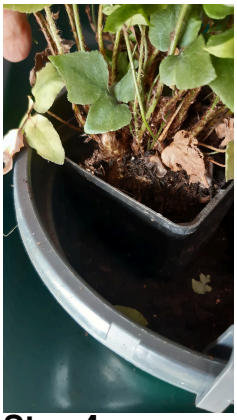
This activity not only revives your planters but also offers a fun way to get some light exercise, reduce stress, boost cognitive skills, and inspire lively chats.

Step 1. Plan the activity. Identify the containers to be rejuvenated, and empty out the compost and tired plants—preferably composting them if possible.
Give the container a wash out to be rid of any bugs.

Step 2. Visit the garden centre (supermarkets also have good choices) and enjoy making your selection. Winter bedding plants—violas and pansies, along with small evergreen ferns and shrubs such as euonymus, and winter flowering heathers, are great choices for Autumn and Winter interest. Pick up a handful of small spring flowering bulbs such as dwarf daffodils (narcissi) - they will make a surprise colourful appearance early next year. .

Step 2

Step 3


Step 4

Step 5

Step 6

Step 3. Have the 'tallest' plant to hand and start filling the container with compost.

Step 4. Part fill the container with compost so that when the tallest plant is placed on top of the compost, this plant and its root ball will be 2cm below the rim of the container.

Step 5. Repeat this planting process with any other shrubs.

Step 6. Pop a few daffodil bulbs onto the compost where there are spaces between shrubs.

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How to make:
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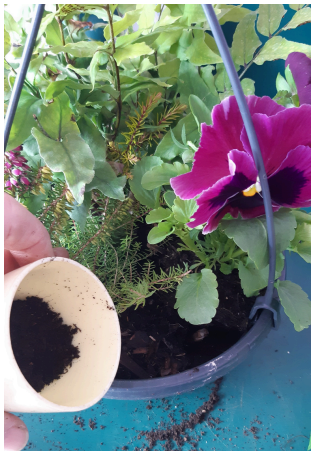
Colourful pansies

Step 7


Step 8

The finished look

Step 7. Our chosen evergreen heather and fern provide interesting shape and colour with their foliage - now add in bright violas and pansies.

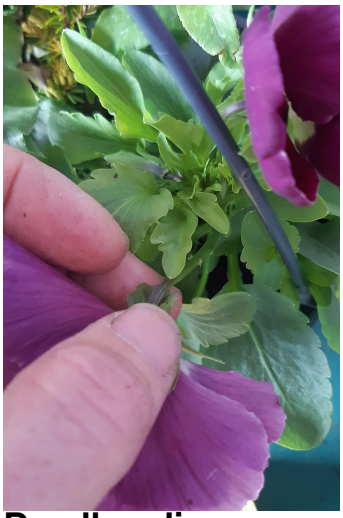
Place the small root ball directly on top of the bulbs - don't worry about the bulbs finding their way through the roots and stems of their neighbouring plants – they will!

Step 8. Carefully fill in and around the plants with compost, ensuring the compost level is 2cm below the container rim.

Water well to settle the compost, but do be wary of watering too much as there will be plenty of rainfall throughout the Scottish Autumn and Winter months! Now, enjoy that cheery welcome!

Here's a helpful tip: If selecting heathers for your display, ensure you choose an Erica—these are the Winter/Spring flowering heathers—avoid 'Callunas', they flower during Summer into Autumn only.

Extension activity: deadheading (using small scissors or your fingers) to nip off dying flowers from the pansies and violas will encourage the plant to continually produce a constant supply of flowers. Doing this weekly keeps the plant compact, healthy and productive.


Deadheading