

**Regaining Paradise
Sustainability in the
Early Years.**

John Muir Award

2109693

Discover

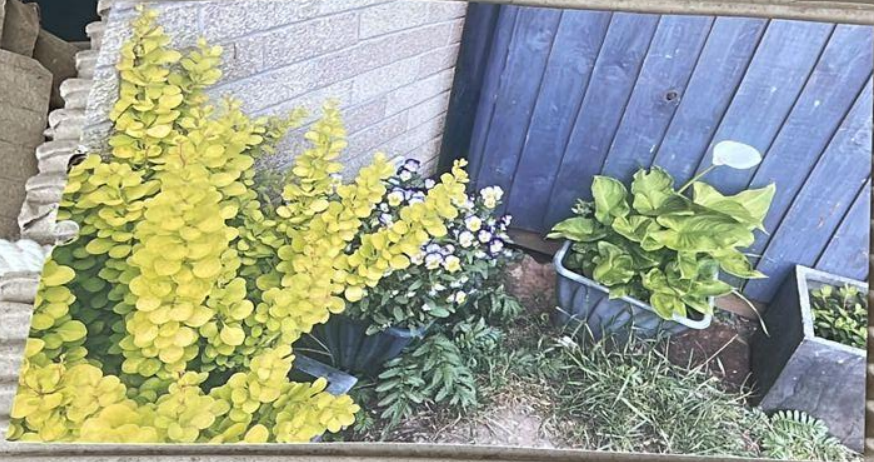


This is my garden; I discovered a love for gardening during the covid lockdown. It began by buying just one plant and now I have so many more.

**My area chosen is in the east side of Cardiff
called St Mellons**







Explore



My Garden attracts bees, birds and butterflies. I have many flowers, fruit trees and bushes which attracts them. I feel I could add more plant nectar rich flowers to attract more. I have made a bird house which has attracted a blue tit family to lay their eggs. They made a nest from the straw from my strawberry planter. I have provided food, water and meal worms to help them support their young.

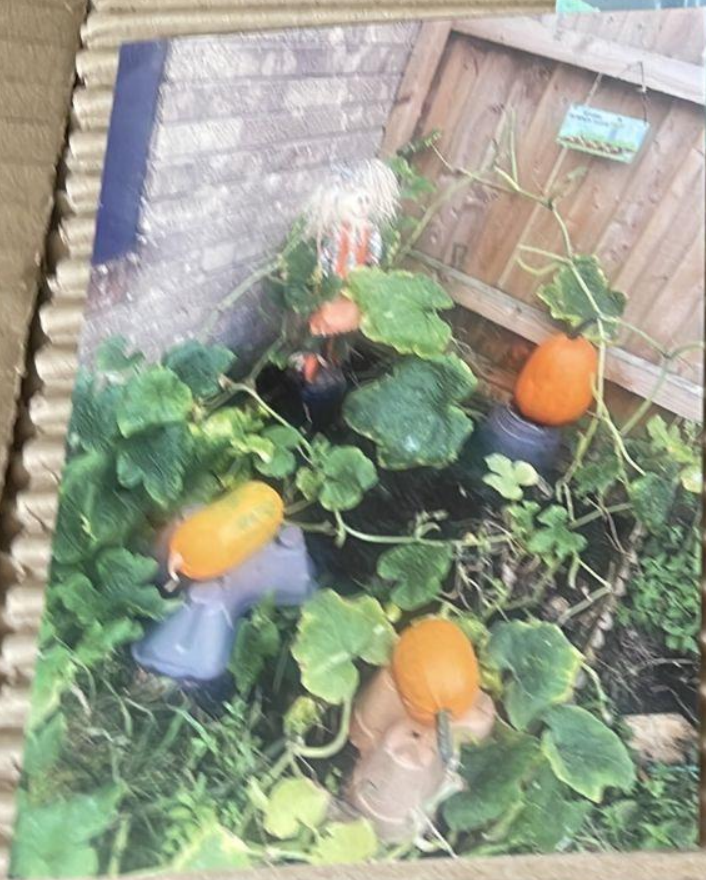


My garden is a place I love to relax in. I have solar nights for the evenings and have recently began growing my own herbs and vegetables. Being in the garden is great for my mental health. I love to unwind there after work, watering my plants and watching the nature it attracts and those her share my calm space.



Blackberries/ Blackcurrants

Some of the things I have growing



Pumpkins

Blueberries

Raspberries

Tomatoes





Apples



Plums

Conserve



Nature in the Uk is in decline. There are fewer bees, pollinators, wildflowers, birds, bats and hedgehogs, all the creatures and plants we need for a sustainable healthy planet. My garden is chemical free as pesticides, herbicides and slug pellets all harm wildlife.

Although I have spotted bees and birds in my garden there are many ways, I could improve to attract more and help conserve water.



I have planted seed bombs which are plastic free, fully biodegradable, and environment friendly. The flowers that have grown have created a cascade of colour in the garden. It will attract butterflies and other pollinating insects into the garden. These flowers will also support bees to thrive and help promote population of those and other insects.



Pollinating insects like bees, hoverflies and butterflies also allow plants to reproduce. They also attract other wildlife to the garden as birds and mammals rely on them as a food source.

I will also add a bird feeding station to provide food and water for the birds that visit.



To conserve my water usage and rely less on my water hose to water plants I have purchased a water butt to collect rainwater. Having a water butt is beneficial as they reduce water usage and waste. It has been found having one can save you 24L of water a year it is a more sustainable use of water.

Share

I have shared this scrap book with friends and family. I have also made a second copy for my colleagues and children in the nursery setting I work in and placed it in the book corner.

