Lochac

Herb & Garden Guild

Guild Journal, Volume 6, No. 4. Summer 2025-26.

Summer's lease hath all too short a date

Summer in Australia has been far too hot for my taste. Spare a thought for all those gardeners whose good work was destroyed in the Victorian bushfires.

I spent a week or so in New Zealand too, around New Year, which was actually a bit chilly.

Rowany Festival will be upon us soon, and the Guild needs an Administrator, known in these parts as the Head Gardener. This is not an arduous job, and hopefully involves coming up with a few cool things to do, or encouraging those who do have such ideas. As the outgoing Acting Administrator, I encourage you to chat with me if you could take it on.

I am happy to do another year as Chronicler.

Master Cristoval, Guild Chronicler
rhysh@iinet.net.au

Contents

Contacts

Website: www.sca.org.au/herb/

Facebook: Lochac Herb & Garden Guild

Email list:
Go to lochac.sca.org/mailman/listinfo/garden
Send Garden mailing list submissions to garden@sca.org.au

Articles: Please send to the Chronicler at rhysh@iinet.net.au.

Patron: Master Seger Boom.

Gerard's Herbal

Whence the sweet orange?

The origins and spread of citrus

By THL Melissa Wijffels

Citrus is a diverse genus containing many species of fruit trees high in vitamin C. As a group, citrus are now one of the most produced fruits globally, second only to bananas and plantains.

However, of the cultivars widely produced today – oranges, mandarins, lemons, limes, grapefruit, and pomelo – only mandarins and pomelo are true species, the rest are complex hybrids which were developed and selected with human assistance over the course of the last 3,000 years.

Citrus has two principal centres of diversity, one in South-Central China, and another in Australia (Heads 2025), with most of the commercial varieties recognised today originating in the former group.

Across the range, citrus species inhabit places with slightly alkaline limestone soils (Heads 2025).

Figure 1: Native range of Citrus according to Heads (2025)

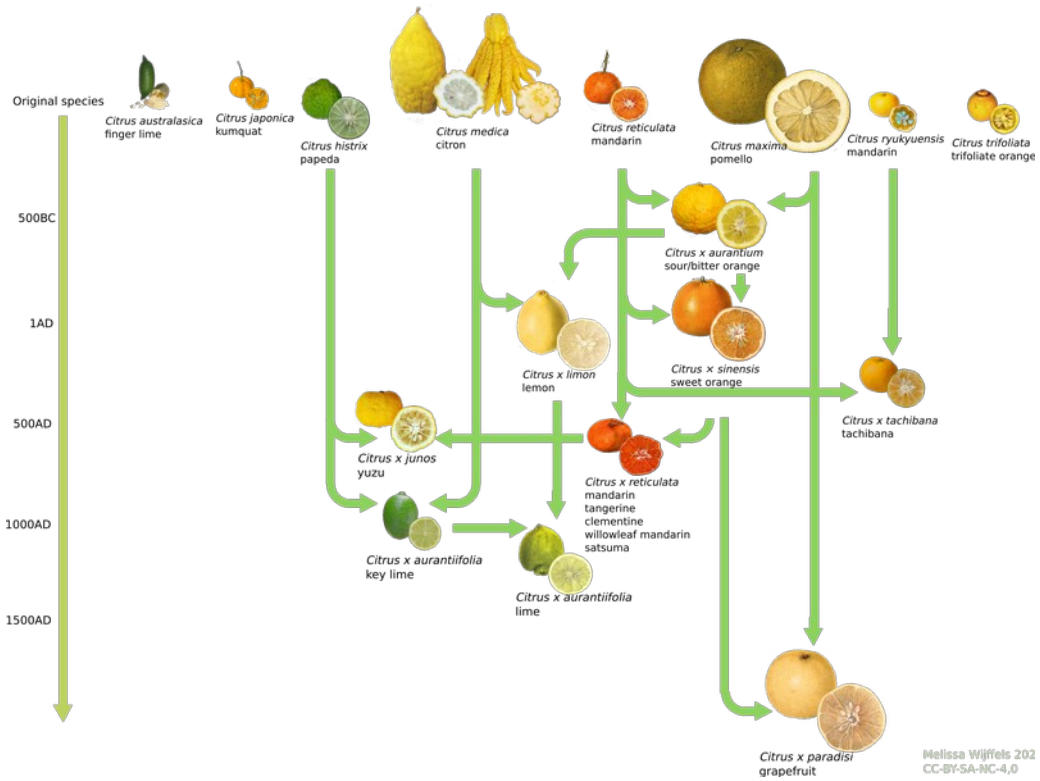

Figure 2: Diagram of citrus species and their hybrids and an approximate date of their origins. See 'References' for more details.

Cultivars

Discussion about the origins of different citrus hybrids have been ongoing for over 100 years in the scientific literature, with some authorities naming over 160 species (Tanaka 1969), and others as few as 26 (Heads 2025).

Modern genetic analysis has allowed a clearer understanding of the parentage of different varieties, which I have summarised in Figure 2 based on Heads (2025), Wu et al. (2018), Fuller et al (2017), Fukutome (2020) and others.

Of the parent species, only mandarins (*C. reticulata*), and to a lesser extent, pomelos (*C. maxima*) have much sweetness to them. I suspect that, for this reason, these two species are parents of the most common varieties today.

Sour oranges (*C.* x *aurantium*) are the first hybrid to appear, from what we now know is a cross between mandarin and pomello.

Until recently, the origins of sweet orange have been more obscure. A recent paper (Liu et al. 2025) re-produced the sweet orange from a cross of sour orange and mandarin c.v. “Ponkan”, providing a final proof that these plants are the parent cultivars of sweet orange.

Although Figure 2 represents the (very approximate) latest time at which each hybrid came into existence, it does not represent the time when these fruits were available in specific localities.

In Europe, it is widely known that citron was the first cultivated citrus, written about by Roman authors along with the lemon (Kron et al. 2025).

New archaeological techniques, including pollen analysis (Barone Lumaga et al. 2020), seed identification (Grasso et al. 2018), as well as the examination of citrus peel and charred wood (Fuller et al. 2017), have allowed an expansion of knowledge, indicating that sour oranges probably existed at that time as well, potentially supported by contemporary mosaics (Figure 3; Barone Lumaga et al. 2020).

These Roman orange orchards subsequently fell into disuse except in a couple of local areas, leaving the sour orange to be (re)introduced into Europe and North Africa with Arab influence from the 7th to 10th centuries.

Figure 3: Mosaic depicting fruits, including a lemon, citron, and possibly an orange, displayed in the National Roman Museum, Palazzo Massimo alle Terme, Rome (from Barone Lumaga et al. 2020)

Dispersion

Most of the scientific enquiry to date has followed the introduction of citrus into Europe, but this is not the only, nor even the primary location where citrus has been grown in history.

Fortunately, recent enquiry into the literary sources of North Africa, China, Japan, and India (Brouchard et al. 2017; Fuller et al. 2017; Fukutome 2020), mean that it's now possible to put together a more complete picture.

Using these and other sources, I have put together a timeline of the different citrus species across several major global regions (Figure 4).

Sweet oranges appear first in China, where they are included in a Han Dynasty treatise on citrus (Fuller et al. 2017). They appear in Japan after the Nara period, but before the Muromachi.

At some point, prior to Portugese exploration in the late 15th century, the sweet orange arrived in India.

Because most of the citrus headed toward Europe were being transported from India, the species in India made it westward first.

By the time of Vasco da Gama's 1489 journey around Africa, sweet oranges had already made it to East Africa along Arab trading routes.

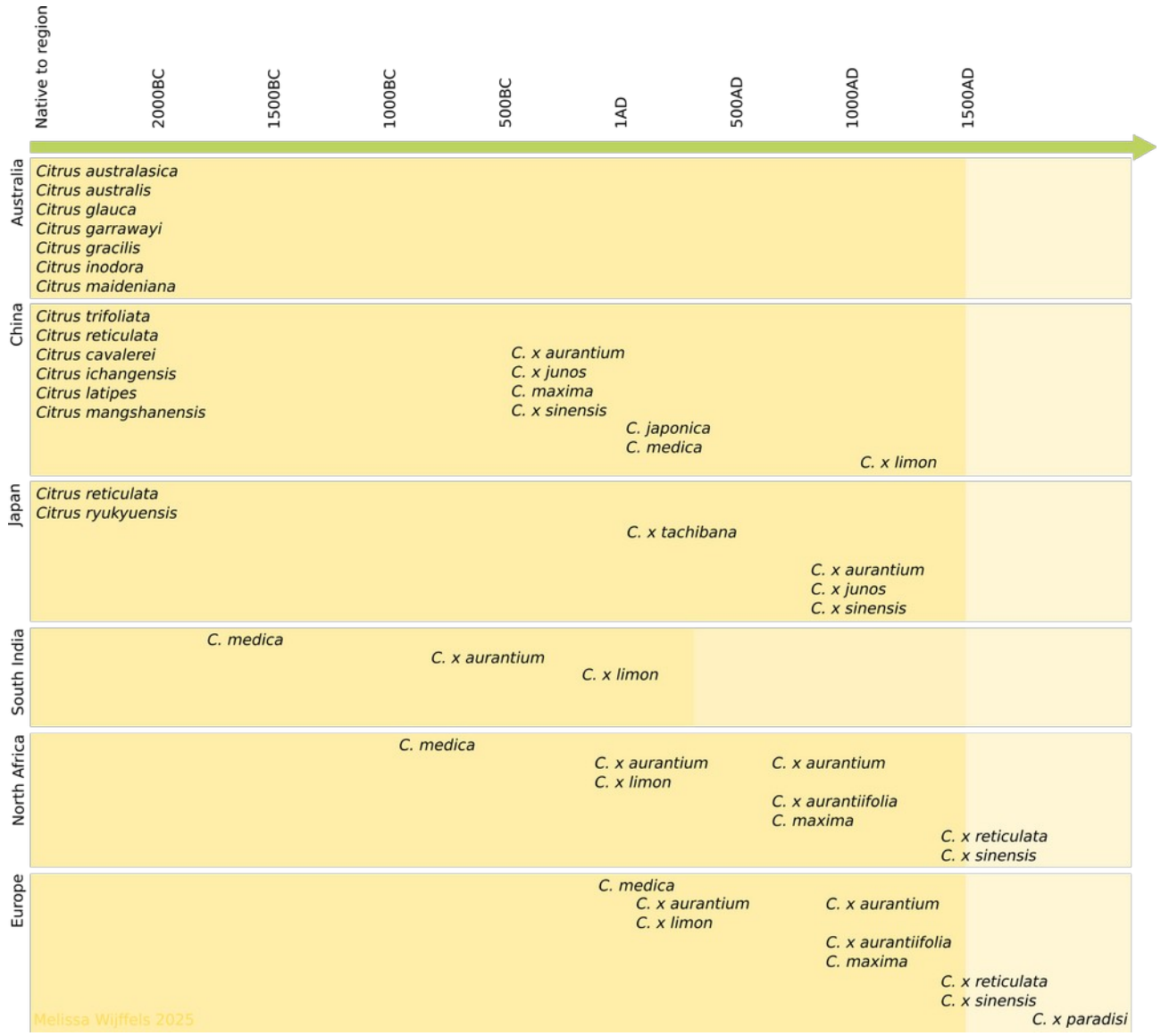

Figure 4: Approximate initial records of different Citrus cultivars in different global regions utilising iconographical, literary, and archaeological sources.

Impressed with the sweetness of the fruit (and with not getting scurvy on such a long journey! Martini 2003), the Portuguese used their newly established sea-route to Asia to bring sweet oranges back home to Portugal.

The Portuguese shortly after began growing them commercially, starting with plantations in Portugal, and continuing into late 15th century plantations in the Caribbean and Florida.

From Portugal, the fruit spread throughout the rest of Europe, seen in etymological connections today, with the word for ‘orange’ being closely linked to the word for ‘Portuguese’ in Greek (πορτοκαλί; portokali), Turkish (portakal), and Romanian (portocaliu).

Thus, approximately 1000 years after the initial hybridisation, sweet oranges had finally made the journey to Europe and the New World, preceded by lemons and other citrus not commonly used today in Western culinary traditions, including citron, bitter orange, and pomello.

References

Anon. 2023. かんきつの歴史. 経済産業部農業局農芸振興課. https://www.pref.shizuoka.jp/kurashikankyo/shokuseikatsu/kaju/1003353/1003354/1027536.html

Barone Lumaga, M. R., Russo Ermolli, E., Menale, B., & Vitale, S. (2020). Exine morphometric analysis as a new tool for Citrus species identification: a case study from Oplontis (Vesuvius area, Italy). Vegetation History and Archaeobotany, 29(6), 671-680.

Bouchaud, C., Morales Mateos, J. B., Schram, V., & van der Veen, M. (2017). The earliest evidence for citrus in Egypt.

el-Din Ahmed, S. 1931. Egyptian Ministry of Agriculture Technical Science Service Bullitien No. 109. p. 61

Fukutome, Nami. (2020). Yuzu in Japan and South Korea: A comparative study of usage. 紀要, 1-17.

Fuller, D., Castillo, C., Kingwell-Banham, E., Qin, L., & Weisskopf, A. (2017). Charred pomelo peel, historical linguistics and other tree crops: approaches to framing the historical context of early Citrus cultivation in East, South and Southeast Asia. Publications du Centre Jean Bérard.

Grasso, A. M., Mavelli, F., & Fiorentino, G. (2018). Quantitative evaluation of modern Citrus seed shape and comparison with archaeological remains discovered in Pompeii and Rome. AGRUMED: Archaeology and history of citrus fruit in the Mediterranean.

Heads, M. (2025). Biogeography, evolution, and ecology of oranges and their relatives (Rutaceae: Aurantioideae). Journal of Systematics and Evolution.

Isaac, E. (1959). Influence of Religion on the Spread of Citrus: The religious practices of the Jews helped effect the introduction of citrus to Mediterranean lands. Science, 129(3343), 179-186.

Kron, G. (2025). Food crops known from literary and documentary sources in Roman Italy and the empire. Vegetation History and Archaeobotany, 1-39.

Liu, S., Xu, Y., Yang, K., Huang, Y., Lu, Z., Chen, S., Zheng, X., Wang, L., Zheng, W., Liu, Z., Liao, G., He, F., Liu, J., Wan, P., Ding, F., Ye, J., Jiao, W., Chai, L., Pan, Z., Lin., Z., Zan, Y, Guo, W., Larkin, R.M., Xie, Z., Wang, X., Deng, X., & Xu, Q. (2025). Origin and de novo domestication of sweet orange. Nature genetics, 1-9.

Martini, E. (2003). How did Vasco da Gama sail for 16 weeks without developing scurvy?. The Lancet, 361(9367), 1480.

Ramon-Laca, L. (2003). The introduction of cultivated citrus to Europe via Northern Africa and the Iberian Peninsula. Economic Botany, 57(4), 502-514.

Tanaka, T. (1966). Does citrus creation repeat?. Bulletin of the University of Osaka Prefecture. Ser. B, Agriculture and biology, 18, 31-36.

Tanaka, T. (1969). Misunderstanding with regards citrus classification and nomeclature. Bulletin of the University of Osaka Prefecture. Ser. B, Agriculture and biology, 21, 139-145.

Wu, G. A., Terol, J., Ibanez, V., López-García, A., Pérez-Román, E., Borredá, C., ... & Talon, M. (2018). Genomics of the origin and evolution of Citrus. Nature, 554(7692), 311-316.

Notes on Figure 2: This diagram is released under a CC-BY-SA-NC 4.0 licence. Images of oranges from the USDA Pomological Survey. Image of Citrus × aurantium CC-BY-SA-4.0 Genet, C. trifoliata CC-BY-SA-3.0 Gmihail, cross-section of fingered C. medica CC-BY-SA-3.0 Katherine Preston, images of C. australasica CC-BY-SA-4.0 Ivar Leidus and Roberto Ricci, C. histrix CC-BY-SA-4.0 Auckland Museum and Herusutimbul, key lime CC-BY-3.0 T. Voekler, yuzu CC-BY-4.0 경빈마마.

Notes on Figure 4: Data compiled from Kron (2025), Anon (2023), Bouchard et al (2017), Fuller et al. (2017), Ramon-Laca (2003), Tanaka (1966), el-Din Ahmed (1931) (cited in Isaac 1959), Nihon Shoki (日本書紀). The spread of citrus in southern India post 200AD is not included in this diagram due to a dearth of sources in the English language literature.

Rosa gallica

Rosa gallica 'Officinalis' in the suburban garden

By Lady Alessandra Torrigiani d'Arezzo

'Though it be a shrub full of prickles'

When the chance came to plan a medieval garden in suburban Tasmania, roses were an obvious thought. Once gifted a potted *rosa gallica* 'Officinalis', roses went from possibility to centrepiece.

Roses carry a range of meanings from the medieval period, from heralding political allegiances in the Wars of the Rose to Christian spiritual significance as a symbol of eternal paradise, prayers, and martyrs.

Rosa gallica 'Officinalis', known amongst other names as the Apothecary's Rose, was 'planted in virtually every monastic herbal garden on the Continent and in England' (McLeod 2008, p.75).

With its glossy deep green leaves, mounded form, and spectacular scarlet flowers, 'Officinalis' has obvious design attractions as well as being a way to invoke a medieval gardening heritage.

Recorded uses

The versatility of 'Officinalis' means that there are records of it being cultivated in a range of setting and scales.

McLeod notes large scale production of medicinal and recreational products made from the vast fields of *rosa gallica* in the town of Provins, south east of Paris.

Sylvia Landsberg (1995) uses roses in many of her recreated medieval gardens, from Queen Eleanor's Garden, suggesting the three herbers built in Winchester Castle in 1235, to Sir Roger Vaughan's Garden at Tretower Court, recreating a courtier's garden from the fifteenth century. Here, alternating *rosa alba* (white) and *rosa gallica* (red) alternating around the edges of herber help to produce a sense of enclosure where the seasonal delights of flowering can be appreciated. For Landsberg, scent as well as sight is a crucial design element, which she sees as reflecting the ways in which medieval gardens would have been experienced and understood at the time.

Issues

Compared to some other medieval plants, which can be hard to source and to cultivate, 'Officinalis' presents few problems. It's stocked by a range of Australian suppliers, usually as bare-rooted stock that can be shipped around the country in winter. It is also easily replicated through cuttings.

As a deciduous perennial, it has easily handled our frosty winters – though it may struggle in more drought-prone areas as it likes moist but well-drained soil. It will thrive in chalk, clay, loan and sandy soils and handles semi-shade as well as full sun.

While the RHS lists the pests and diseases that it may be susceptible to, our 'Officinalis' has had only minor issues with aphids and black spot and has continued thriving despite our benign neglect (or preoccupation with the annuals and fussier perennials). Black spot and mildew may be more challenging in tropical and sub-tropical climates.

Our experience

Here in northern Tasmania, it flowers for about four weeks around November. In our garden, we envisioned two ‘Officinalis’ shrubs framing a turf seat. Underplanting two heirloom apple trees, it would then mingle with lily of the valley, *iris florentina*, Madonna lilies and rosemary in raised beds lining one half of a rectangular garden. It was a lovely vision.

The reality is that ‘Officinalis’ is a garden thug. With the vigour of its wild ancestors spread across southern Europe through to the Caucasus and Türkiye, it’s a plant that likes to make a bid for world domination.

The turf seat has been overshadowed and encroached upon, runners have spread themselves through the drystone wall of the raised beds, and trying to get to the lower apple tree branches requires bravery and/or protective clothing.

I guess what I am saying is consider ways to contain your roses in the design and hardscaping stages, and not as a periodic attack with secateurs and shovel. But for all the complaining, it fills the space and has some degree of co-existence with other plants of a similar level of vigour. The apples and rosemary are doing well, and it seems to have come to a bit of a truce with the irises and lily of the valley on the shadier side.

As the Apothecary’s Rose, there are many medicinal uses of different parts of the plant listed in *Gerard’s Herbal* (1597/ revised edition 1633), with ways to prepare it as a dried powder, syrup, and conserve.

In *Le Menagier de Paris* (1393), instructions for making rose water without an alembic (distilling vessel) suggest that preparing rosewater could be a domestic task. Plants for a Future notes that the hips are edible, cautioning the layer of hair around the seeds just beneath the flesh of the fruit can cause irritation. The hips aren’t particularly large and so I honestly can’t be bothered.

Rose Petal Jam

Instead, we make rose petal jam as a way to capture the fleeting sweetness of flowering.

The recipe below is based on Sylvia Fountaine (2024) but is quite similar to Gerard's description of the process for making rose conserve apart from the use of pectin.

According to Gerard, rose conserve strengthens the heart, liver, kidneys and 'other weak entrails' and comforts a weak stomach. I like it on toast or scones.

Ingredients

350ml water

60g rose petals (approx. 2 cups lightly packed)

400g sugar

3 tbsp lemon juice

1 tsp pectin

Method

Place water and roses in a saucepan and bring to a simmer. Simmer for 10 minutes then add 350g sugar, stirring to dissolve. The rose petals will look sad. Add your lemon juice and the colour will return to a soft pink.

Simmer for another 10 minutes over low heat.

Mix the remaining 50g sugar with the pectin. Sprinkle the sugar/pectin mix into the saucepan while stirring – you want to incorporate it without leaving lumps.

Simmer gently for 20 more minutes. Because you are using pectin, you don't need to test for setting the way you would with most other jams.

Ladle into sterilised jam jars. Don't bother with a funnel.

Commentary

In our suburban garden, *rosa gallica* 'Officinalis' marks the emergence of spring as the beginning of a new cycle of preserving seasonal harvests. While I've not found the turf seat welcoming, it makes a companionable backdrop to sitting in a deckchair.

The open form of the flowers, the fleeting profusion of blossoms and the gentle scent are all reminders to pay attention in the garden and to see points of connection between contemporary suburbia and the medieval past.

References

Fountaine, S. (2024). 'Rose Petal Jam', *Feasting At Home*, Retrieved 11 January 2026, from https://www.feastingathome.com/rose-petal-jam

Gerard's herbal – Chap. 1. Of Roses. (1533). Retrieved 11 January 2026, from https://www.exclassics.com/herbal/herbalv50534.htm

Landsberg, S. (1995). *The Medieval Garden*. British Museum.

McLeod, J. A. (2008). *In a unicorn's garden: Recreating the mystery and magic of medieval gardens*. Murdoch.

Medieval cookery. (n.d.). Retrieved 11 January 2026, from https://www.medievalcookery.com/search/display.html?menag:544

Plants For A Future. (n.d.) *Rosa gallica*, Retrieved 11 January 2026, from https://pfaf.org/user/Plant.aspx?LatinName=Rosa+gallica

Royal Horticultural Society. (n.d.). *Rosa gallica var. Officinalis (G)* | *apothecary's rose.* Retrieved 11 January 2026, from http://www.rhs.org.uk/plants/94206/rosa-gallica-var-officinalis-(g)/details

Thomasina's Kitchen

Rose Syrup

Recipes by Mistress Thomasina Coke, OP

Three original recipes are from *An Anonymous Andalusian Cookbook of the 13th Century*, Translated by Charles Perry, collated by David Friedman.

Syrup of Fresh Roses, and the Recipe for Making It

Take a *ratl* of fresh roses, after removing the dirt from them, and cover them with boiled water for a day and a night, until the water cools and the roses fall apart in the water.

Clean it and take the clean part of it and add to a *ratl* of sugar. Cook all this until it takes the form of a syrup.

Drink an *ûqiya* of this with two of hot water; its benefits are at the onset of dropsy, and it fortifies the stomach and the liver and the other internal organs, and lightens the constitution; in this it is admirable.

A Recipe for Making It by Repetition

Take the same, a *ratl* of roses or more, and place it in water to cover it, boiling for a day and a night.

Then take out the roses that are in the water and throw them away, and go with the same quantity of fresh roses, which are to be covered likewise with this water, after boiling it a second time, and leave this also a day and a night.

Throw away these roses likewise, and put in others and treat them as before, and continue doing this for ten days or more. Its benefit and the strength of its making are solely in the manner of repeating.

Then clarify the water of roses and add to it as much sugar, and cook it until it takes the form of a syrup. It reaches the limit in thinning and moistening the constitution, God willing.

Syrup of Dried Roses

Take a *ratl* of dried roses, and cover with three *ratls* of boiling water, for a night, and leave it until they fall apart in the water.

Press it and clarify it, take the clear part and add it to two *ratls* of white sugar, and cook all this until it is in the form of a syrup.

Drink an *ûqiya* and a half of this with three of water. Its benefits: it binds the constitution, and benefits at the start of dropsy, fortifies the other internal organs, and provokes the appetite, God willing.

Notes

From some general notes on Islamic cooking from David Friedman.

1 *ratl* (< the Greek litra < the Roman libra)=12 ûqiyas; in 13th century Andalusia, 1 ratl=468.75 g, about a pound.

1 *ûqiya* (< the Roman uncia)=10 dirham; in 13th century Andalusia, 1 ûqiya=39 g, about 1 1/3 ounces or 7 teaspoons.

My approach

I have chosen to follow a modern recipe that is close to a period style.

The recipe is from *Suqar; desserts and sweets from the modern Middle East* by Greg and Lucy Malouf.

My reason is that I have unsuccessfully tried to make my own rose water in the past and I preferred this recipe as it uses commercial rosewater and is a Middle Eastern recipe.

Rose Syrup

A sweetly perfumed syrup that makes a lovely chilled summer drink. Almost has a musk rose like flavour. Makes 600ml.

- 400g castor sugar
- 250ml water
- 1 tablespoon lemon juice
- 75 ml rose water
- Few drops of grenadine for colour

Put sugar and water into a saucepan and heat gently, stirring occasionally until the sugar dissolves.

Add the lemon juice and bring to the boil. Simmer for 10 minutes without stirring, skim off any froth from the surface.

Add the rosewater and grenadine. Stir and simmer for a further 2 minutes.

Remove from the heat and cool slightly, then pour into a sterilised bottle and seal.

When completely cold, store in the fridge. It will keep for up to 3 months without losing intensity.

To serve as a refreshing summer drink, mix I part syrup to 3 parts chilled water or sparkling water. Ice can be added.

Finished rose syrup bottled and served.

References

Suqar; desserts and sweets from the modern Middle East by Greg and Lucy Malouf, Hardie Grant Books, 2018 ISBN- 978 1 74379 413 5

http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian_contents.htm

http://www.daviddfriedman.com/Medieval/Cookbooks/Andalusian/andalusian10.htm

This article is adapted from one at Mistress Thomasina's blog, at **thomasinacoke.wordpress.com**

Baroness Buttercup

by Baroness Juliana de Northwood

Gardening on an apartment balcony or a windowsill

Part 4 - Watering, Feeding, and Finding the right microclimate

Plants need three things to grow. Light, Water, and Nutrients.

But how well they grow depends on their percentages of these three things, and the key is providing balance. Do they have enough light? Is it too warm, humid, or dry? Are the nights cooler or warmer? Are they placed in front of an air conditioning vent, which pumps dry, warm air?

If your plants are in the direct vent stream, you might as well abandon them to the Simpson Desert, or leave them to crispy fry in the hot Westerlies that dehydrate Australia every summer.

Light

The most important thing is light. Without enough light, your plants are going to grow more slowly, may not produce flowers, or may even just wither and die like my poor zucchini and Parisian carrots.

They will also likely 'stretch' in their search for light. This stretching is called etiolation. The plant is not growing in a healthy way. It is the plant stretching out, trying to get as much light onto it as possible.

All leafy plants photosynthesise. Essentially, this process is the plant converting light energy into a chemical energy to produce glucose carbohydrate which they use to grow, produce flowers, and ultimately fruit.

Water

Next is water. Because Australia has a huge variety of climates, we have everything from drought tolerant salt-bush, to shade loving tropical native terrestrial orchids. But even the most drought tolerant plants need some water occasionally.

You need to get water to your balcony. I tried several methods to maintain a consistent moisture level in the soil.

By far, the most effective I have found was the terracotta ewer system. This is an ancient method used by the Native Americans across the Americas, especially in desert environments.

Simply take a terracotta pot, plug the hole (White tak is the best), and bury it near the plant. Fill the ewer (olla), and use the saucer as a lid. This keeps the moisture levels up, and prevents the plant from dehydrating.

I use this on my rose, and you will see this in the attached image. You will still need to water, but it will be less. Don't forget to mulch to prevent rapid evaporation.

Nutrients

Simple, you try living on Australian tap water alone. Not happening, right? Fertilising replenishes the soil with trace elements that the plant also needs to make flowers or grow healthy fruit.

Misshapen or deformed fruits is usually some sort of macronutrient deficiency. Use whatever fertiliser suits your lifestyle.

I do rotate through a huge variety of fertilisers. Good organic fertiliser such as Nutrog's range of products. These are made in Victoria, are affordable and accessible, and are available from Bunnings. I typically use Go-Go Juice as my liquid, and Strike Back for Orchids as the pellet.

You can use whatever you want. Just remember that organic fertilisers smell and if that is not your gig, a good quality synthetic fertiliser will be just fine. I also keep a worm farm, and use the worm castings.

In a conventional garden, and with some over generalisation, terrestrial plants can often glean what they need from the substrate they are planted in. Vegetation drops to the ground, bacteria breaks down the vegetative matter, worms eat the bacteria and their droppings provide nutrients for the plants. Insects and other critters form the food chain, and their droppings also add to the nutrient loading in the soil.

This is not the case for our pot-culture garden. We need to give the plants all of these things manually. And even with a conventional garden, the soil nutrients will be depleted over time when it is supporting a planted garden bed, and need supplemental nutrients or fertilisers added to condition the soil.

Water management and drainage

Consider your water management. In Australia, strict water restrictions are a thing. Resource management is something we all need to consider.

Even now, when it rains, I collect rain water in 80L containers and choose to water with that for much of my potted collection. They appreciate it.

Just remember, you do have to water all of this, potentially by hand, and that can take a lot of time, even in a small garden. So go slow to start with.

It is more difficult when you don't have an outside tap, and I looked into my camping gear for ideas, and I found 'A Thing'.

This thing was a 10L pressure hand shower. Fill up the bladder, use the little foot pump to add pressure, and with the decently long hose, I was able to water quite easily.

There are also electric, USB rechargeable watering systems available at Bunnings, which helps if you cannot lift watering containers above your head. I just used the shower, because I had it and was too cheap to buy a separate item.

If you install a hanging basket and your plants are free from transmittable fungus and disease, you could place shade loving plants underneath and the water run off through the pots could water the plants below.

In a previous garden iteration, I had a 100L irrigation water container, with irrigation hose and drip spikes. It took a bit to fill that container with 10L buckets but 1 minute turned on every morning was all it took to successfully irrigate the 10 or so pots. I was also able to fertilise using a liquid fertiliser at the same time. So, if your space allows it, an irrigation system might be suitable. All of the components are available from your local hardware shop.

Concluding this series

Gardening in a small space can be both challenging and rewarding. It takes a lot of planning, observations, and a bit of effort, but ultimately, it is all worth it.

No matter what you grow, it is a little bit of nature in a space that you have designed, and the number 1 rule for any kind of gardening is 'Don't forget to stop occasionally, sit, and just enjoy the fruits of your labours'.

I no longer live in a space with a tiny balcony, I have a full garden to enjoy. But honestly? The rules apply. Little bit at a time, and it will all be worth it in the end.

I hope this series has been useful, informative, and enjoyable. Keep gardening, enjoy your plants, and remember, they are always going to surprise you, and it is usually when you are not looking.