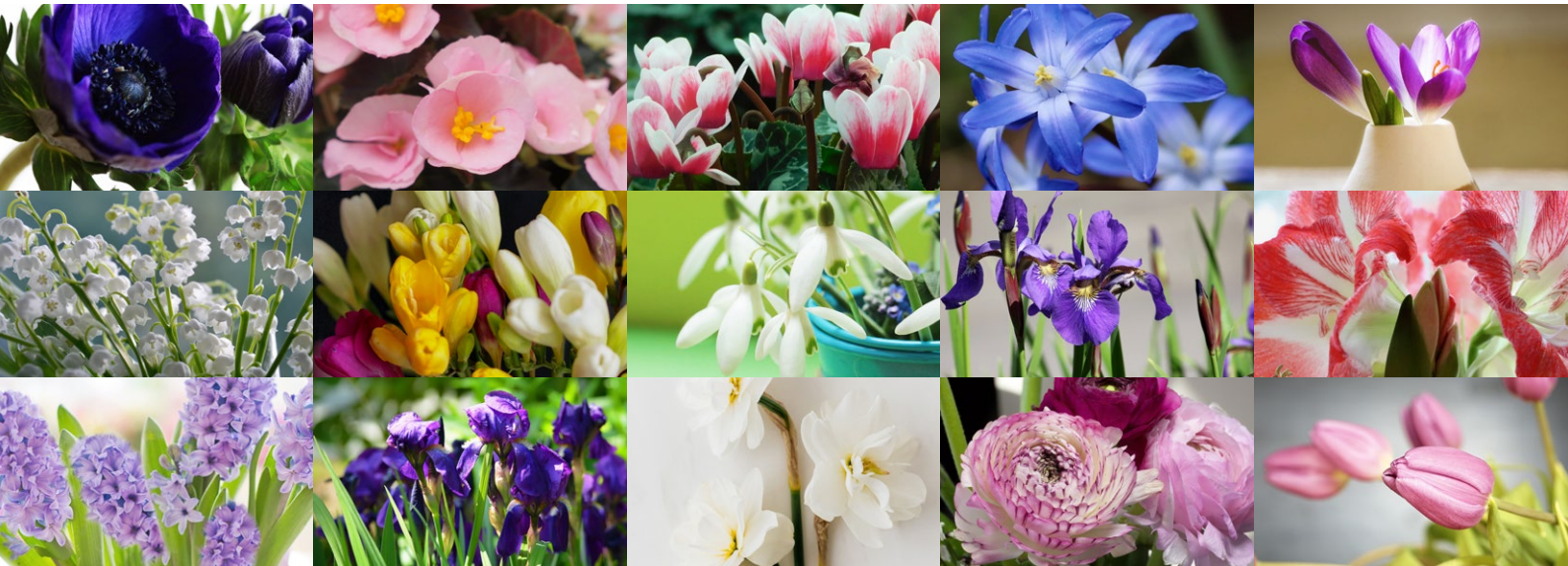


INDOOR BULB PLANNER

Use this handy, informative planner to brighten and fill your home with the beautiful scent and blooms of indoor bulbs.



www.highground-uk.org



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Andy Wright

This book has been written by Andy Wright, the Therapeutic Gardens Manager at Stanford Hall, to raise money for the important Horticultural Therapy work that HighGround do at DMRC Stanford Hall.

“I hope I can help to enable others to feel the joy I get from growing things and from the wider natural world. I feel hugely lucky to be able to work with our Armed Forces and to play a part of their rehabilitation, and to help HighGround to move forward and to further our knowledge as to how best to use Horticultural Therapy within the Armed Forces community.”

KEY

 Plant
  Flowers
  Scented varieties
 
 Health warnings

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HIGHGROUND AT DMRC STANFORD HALL



HighGround deliver the Horticultural Therapy service for injured members of the armed forces at DMRC Stanford Hall. This is considered to be an important part of patient care and is greatly valued by patients and staff alike.

HighGround's sessions help in many different ways to get patients back on their feet – figuratively and literally. The weekly sessions help to: improve standing tolerance and endurance; increase fine motor skills and cognitive processing; improve confidence and self-esteem; encourage social interaction and promote transferable skills. Being outdoors in the fresh air away from the clinical side of rehab in a safe, peaceful environment, taking part in meaningful activity improves mindfulness and is very calming.

DMRC Stanford Hall treats 3 patient groups – Neuro (head injuries), Complex Trauma (amputees) and Force Generation (joints and spines). Horticultural Therapy is used by the referring Occupational Therapists as a rehab intervention across all the patient groups.

It costs HighGround £92 to deliver one session of Horticultural Therapy. Please help to fund these sessions by clicking the donate button opposite.



Jane Taylor, HighGround's Horticultural Therapist working with a patient.



Anna Baker Cresswell,
HighGround's Executive Director.



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African Corn Lily

Ixia

Ixia are indigenous to South Africa's warm climate and, consequently, would freeze in our winters outside, so they are ideal for growing indoors. They grow from corms. These are bulblike structures with stored food. But unlike true bulbs, the old corm withers away as the plant grows, and tiny new corms grow from the base for the next generation. Exotic members of the Iris family, Ixia produce brilliant blossoms with often dramatically contrasting spots and blotches. Ixia flowers have wiry stems and are opened faced with six petals. They are simple to grow and are ideal if you want indoor colour during late spring and early summer.

What to do

Plant in autumn for spring flowers, or spring for summer flowers. Plant half a dozen or so in a five-inch pot about an inch deep in a free draining compost. Keep the pots cool and the soil lightly moist until growth starts. Then the pots can be moved into bright light for the flower stalks to push up and bloom. Keep turning to promote even growth and keep moist while flowering.



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Image by Beverly Buckley from Pixabay

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Amaryllis

Hippeastrum

This is definitely one of the best well known indoor bulbs and certainly one of the biggest and most showy of them all. These bulbs produce enormous trumpet like flowers up to two feet tall. They are often in flower around Christmas and will continue into early summer. They come in a huge range of different colours and are available in single and double forms. These amazing flowers are native to Africa but most people don't realise that as long as the danger of frost is passed that these will happily flower outside in the UK in borders and pots.

What to do

Plant September, flowers December onwards. Very easy to grow, these big bulbs are best potted in pots that are slightly too small, (flowering best when pot bound) in a free draining compost. Once potted leave in a warm dark place for approximately 2 weeks then when a shoot starts to appear move into a cool light room. The flower stem will develop slowly and produce enormous flowers which may need staking with a small cane.



Blossom Peacock • Dancing Queen • Apple Blossom
Pink Floyd • Misty



May cause stomach upset.
Skin irritant.

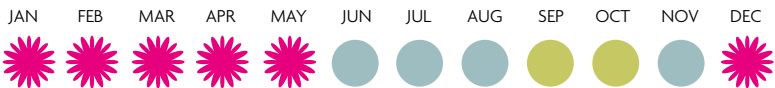


Image by Annette Meyer from Pixabay

Begonia Tuberos and Rhizomatous types.

These also are technically not bulbs they are Tubers and Rhizomes which are essentially swollen underground stems. The two types best suited for indoor growing are the Tuberos varieties which are principally those that are grown for flowers and the Rhizome types those that are grown for their foliage. They do flower but they are not as showy as the tuberous varieties. There are many different colours and sizes of flowers and equally there are all sorts of different leaf shapes and sizes. The trick with tuberous ones is to keep them fed during the growing season and to keep removing the dead flower heads when they fade. Begonia flowers are a rich source of vitamin C and are considered anti-viral and anti-bacterial.

What to do

Plant from late February onwards, flowers from May onwards. Plant individually in decent sized pots with a good multi-purpose compost and plant them just below soil level and keep them moist but not soaking wet. Keep them on a window sill and don't let the temperature drop below 15 degrees. Shoots will appear after 5 – 6 weeks. Once growth starts, water regularly and give an application of liquid feed.



Odorata 'Pink Flamingo' • Odorata 'Red Glory' • Heaven scent • Fragrant Fountains.



Image by Claudia Felbermayer from Pixabay

Crocus

We are all familiar with seeing Crocus either Autumn or Spring flowering in parks and gardens but they make a lovely little indoor splash of colour. The Crocus like many others in this book is a corm and if planted and treated right will flower in the middle of the deepest and darkest days of winter. Crocus are traditionally yellow and purple in colour but there are also white and blue ones and combinations of colours too. The Crocus 'Sativus' is where the spice Saffron is collected from. It takes over 4,000 dried crocus stigma to yield one ounce of saffron making it the most expensive spice in the world. Saffron has a great many health benefits including being a powerful antioxidant and also potentially having cancer fighting properties.

What to do

Plant in October, flowering mid January onwards. Plant in well drained compost in small groups but make sure corms are not touching each other. The corms then need a period of cold for at least 12 weeks (shed, greenhouse, garage etc). It is sometimes possible to buy 'prepared' corms, removing the need for the cold period. When shoots start to appear gradually move into the light and into warmer conditions eventually onto a warm sunny window sill.



Blue Pearl • Cream Beauty • Snow Bunting • Goldilocks.

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



Image by suju from Pixabay



Cyclamen persicum

Technically again these are not bulbs and like Anemone they are corms. Cyclamen is happy growing indoors and makes a lovely splash of colour in the darker months especially running up to Christmas. Cyclamen come in a variety of colours ranging through reds, whites and pinks. These are often given as gifts as they symbolise lasting feelings and sincere affection. Cyclamen have historically been used for various medicinal treatments such as eye diseases and gout but have many dangerous side effects and need to be used very carefully.

What to do

Plant from September onwards, flowers from December onwards. Plant individually in any good multi-purpose compost or preferably well rotted leaf mould, they do not like over rich soil, plant them shallow so that the crown of the corm is only just below the surface, they grow best in cooler rooms and kept out of direct sunlight. Do not over water.



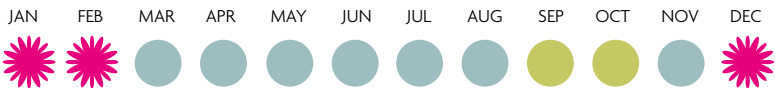
Cyclamen persicum



May cause stomach upset.
Skin irritant.



Toxic to pets



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Daffodil

Narcissi

Probably the most known flower in this book and I very much doubt that anyone has never seen the amazing sight of a 'Host of golden Daffodils'. An amazing bulb to grow indoors and also a classic to have as a cut flower in a vase. As well as being bright and cheerful they also are to one degree or another very perfumed. The principle varieties grown indoors are, 'Tete a Tete', 'Paperwhite', 'Avalanche' and 'Pheasant Eye'. The 'Tazetta' varieties are best for indoor growth. The main colours are yellow, white and orange and they will flower from early winter depending on variety.

What to do

Plant from October onwards, flowering December onwards. To grow the best indoor Narcissus make sure you buy 'prepared' bulbs. Plant tightly packed in groups with the top third of the bulb exposed, into pots of free draining compost, leaving them somewhere warm and sunny. If using non prepared bulbs, plant them in the same way but give them a period of about 12 weeks in a dark cold place before bringing them into a warm sunny room.



Paperwhite • Bridal Crown • Curlew
Grand Soleil D'Or • Silver Chimes.



May cause stomach upset.
Skin irritant.



Toxic to pets

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



Photo by Karolina Grabowska from Pexels

Freesia

Freesia spp.

Freesia are often considered difficult to grow but given the right attention can be very rewarding to have in the home. It is important when looking for corms to grow indoors that you buy 'prepared' corms, meaning they have been subjected to a period of heat; 30 degrees plus. This is used to break dormancy by mimicking the conditions of their native South Africa where they would naturally dry out and not begin growing again until the cooler wetter autumn. Freesias come in all sorts of different colours and are blessed with the most amazing scent. The essential oils from Freesia are often in homeopathic treatments to help with alertness and to strengthen memory.

What to do

Start planting from August onwards, for January flowering, sowing at intervals to extend the flowering season. Plant pointy end up, 2" apart in loosely packed compost covering with about 1" compost. Water sparingly until growth starts. Keep in a warm sunny room for approx 8 weeks. When growth starts move to a cooler sunny bright location avoiding direct sunlight. Keep turning to promote even growth and keep moist while flowering.



All Freesia spp are scented but red, yellow and white tend to be stronger scented.



Photo by Krisztina Papp from Pexels

Glory of the snow

Chinodoxa lucilae

Generally grown outdoors in the border or at the woodland edge where they naturalise freely through propagation by bubils and often seed when they are happy with their situation. They have pale blue and white star like flowers on dark stems and sparse foliage and are slightly scented. They are often overlooked for growing indoors and well worth the effort to brighten up the early days of spring. The plant gets its name from Lucile the wife of the Swiss botanist, Pierre Edmond Boissier who discovered it. *Chinodoxa* appear to have no benefits other than being a very pretty flower to enjoy.

What to do

Plant mid October, flowering February onwards. Plant in any decent free draining compost and pack the bulbs quite tightly but not touching and with the pointed ends just proud of the surface. Water and then leave somewhere cold for approximately 10 – 12 weeks (shed, garage, cellar etc). When shoots begin to show move into a light but cool room and keep away from direct sunlight to prolong flowering period.



Image by Manfred Richter from Pixabay

Hyacinths

Hyacinthus orientalis

Hyacinths are one of the more traditional bulbs we may see growing in our houses over the winter months they are often grown and given as presents around Christmas time, unlike most of the other bulbs in this book there are two different ways Hyacinths can be grown for indoor use. They come in an amazing range of different colours and are most welcome in the home from early winter onwards due to their wonderful perfume.

What to do

Plant in September, flowers December onwards. Always buy 'prepared' bulbs for growing indoors. Plant bulbs either singularly or in small groups in pots of free draining compost. Plant them so that approximately the top third of the bulb is above the surface, then move to somewhere dark until shoots begin to appear. Move them to a warm light room and the flowers will begin to develop pretty quickly. Alternatively grow them in water in a specially available glass vase. They still need 10 weeks of darkness and keep an eye on the water level and quality.



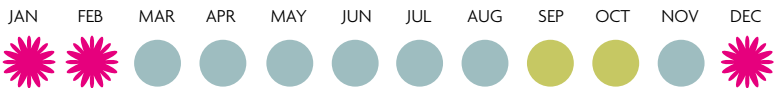
Blue Pearl • Carnegie • Pink Pearl • Delft Blue.



May cause stomach upset.
Skin irritant.



Toxic to pets



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Photo by Jill Wellington from Pearls

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Iris

Iris spp.

Irises are widely grown in our gardens and there are forms suitable for environments varied from miniatures in rock gardens through to large flowered varieties for growing along water margins. The principal Iris for growing indoors are 'Iris reticulata', 'Iris histroides' and 'Iris danfordiae'. Indoor grown Iris tend to last longer than their outdoor counterparts as they are less likely to succumb to pests and diseases and there will be no issues due to weather. Varieties suited to indoor growth are dwarf varieties and are coloured shades of purple and yellow and will flower from late winter onwards. The Iris gets its name from the Greek Rainbow Goddess 'Iris' and the flowers are associated with wisdom, strength and valour.

What to do

Plant from September onwards, flowers January onwards. Plant in shallow pots in close groups but not touching. Use a very free draining compost. Once planted water and keep somewhere dark and cool for approximately 12 weeks. When they start to shoot move into a light and warm room and enjoy.



Reticulata • Histroides • Danfordiae.



Image by S. Hermann & F. Richter from Pixabay

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Lilly of the valley

Convallaria majalis

Lilly of the valley is best known for being white bell shaped flowers which are highly scented woodland flowers which flower in early spring and are curiously part of the Asparagus family! There is one variety that leads itself to be grown indoors, 'Convallaria majallis'. The Lilly of the valley has many apothecary connections and has been used to treat everything from heart failure to Epilepsy.

What to do

Plant from December onwards, flowers from March onwards. Plant in small groups in free draining compost. Plant root side down horizontally and only lightly cover with soil. Keep in a warm bright spot away from direct sunlight and flowering will begin in approximately two months from planting. Keep moist but not water logged.



Persian Buttercup

Ranunculus asiaticus

Most people will be familiar with a member of this family; the bright yellow summer flowering 'weed' the Buttercup. The cultivated variety is commonly grown in beds and borders and is used as short stemmed cut flowers. The Ranunculus is grown from corms and comes in a huge variety of different colours which will brighten the home from mid summer onwards. There are no known health benefits from this type of Ranunculus and whilst the wild yellow counterpart does historically have medicinal uses it is not recommended.

What to do

Plant from March onwards, flowering from July onwards. Plant 2" deep in small groups in pots of free draining compost, water initially and then don't water again until growth starts. Place them somewhere warm and sunny and when growth starts continue to water and feed when flowering starts. Do not over water.



May cause stomach upset.
Skin irritant.



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Image by Stux from Pixabay

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Poppy Anemone

Anemone coronaria

Technically not a bulb but a corm. They are commonly grown outdoors in the border and flower early in the season, April – June. They are smallish poppy like flowers and come in a variety of different colours, they have darker centres and come in a mixture of single and double flowers. Some compounds contained in Anemone have been shown to have anti-cancer and anti-inflammatory compounds.

What to do

Plant in September, flowers from February onwards. It is advisable to soak the corms overnight to rehydrate them, they will germinate quicker this way. Plant in loamy free draining, multi-purpose compost mixed with sand and grit. Plant several in deep pots and plant 2” deep and about 4” apart. Keep them watered but not over-watered. Once planted they need to be kept cool for approx. 6 weeks (cold greenhouse, garage etc.) once foliage starts to appear move them to a bright room inside the house.



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Image by Nika Akin from Pixabay

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Snowdrop

Galanthus

A common sight growing in the wild during late Winter and into Spring, a real sign that the long days of Winter are drawing to a close. Few people realise that these can also be grown indoors and after flowering can make an interesting little foliage plant. As the name implies these flowers are largely white but have different patches of green and sometimes yellow colouring. There are many different varieties of *Galanthus* and certain varieties can be very sought after and cost hundreds of pounds just for one bulb. Collecting snowdrops is a common if sometimes expensive hobby. *Galanthus* are increasingly being used as an aid to memory for Alzheimer's sufferers.

What to do

Plant from September onwards, flowering December onwards. Plant about 1" deep in groups in pots containing very free draining compost. Keep in a cool room, (garage, shed) away from direct sun for approx 6 – 8 weeks and don't let them dry out but do not over water. When shoots start to emerge bring into a warm sunny room on a window sill. Rotate pots occasionally to get even growth.



Atkinsii • Turkish Delight • Elwesii.

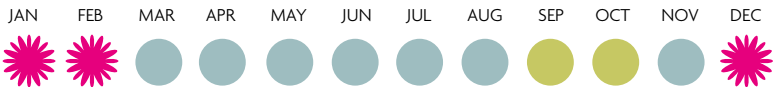


Image by S. Hermann & F. Richter from Pixabay

Tulip

Tulipa

Tulips are one of the best known late spring flowering garden bulbs, they make a great indoor flower, they come in a vast range of colours, sizes and forms. In the past studies have been conducted into the use of Tulip petals being used to treat bronchial conditions especially Hay fever.

What to do

Plant anytime from December onwards, flowering from March onwards. Plant in pots of well drained compost in small groups and water in, place somewhere dark and cold for approximately 8 weeks and then move out into a warm sunny room and flowering will start about 2 weeks later.



Bellona • Apricot Beauty • Verona
Angelique • Ballerina.



May cause stomach upset.
Skin irritant.



Toxic to pets

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



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Image by Andreas Lischka from Pixabay

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HORTICULTURAL THERAPY AT DMRC STANFORD HALL – WHAT THE PATIENTS SAY



“I think Horticultural Therapy returns humans to a natural state. We are made to feel the soil and grow food.”

“It has helped me make contacts and focus on my own enjoyment.”

“This has been a thoroughly beneficial part of my therapy and I really cannot recommend it enough.”

“It has hugely helped to improve my cognitive and mental abilities. I have also found it to be very beneficial to my mindfulness and mental well-being. I have also learnt a lot of things that I will take away with me.”

“I could use my injured hand without even knowing. It is a calm environment where not only do you feel relaxed, but good about yourself.”

“Horticultural Therapy has given me the confidence in completing activities whilst standing.

I enjoyed the peaceful environment.”

“It takes your mind off the pain and there are a lot of useful and interesting things to do.”

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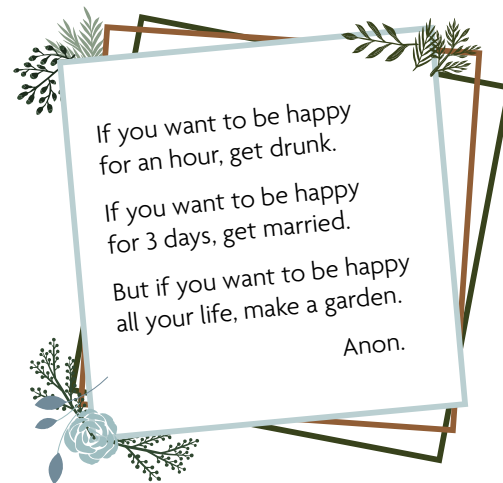
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and **Vitax** for their continued and generous support
of our work at DMRC Stanford Hall.

