

## Episode 148 show notes and advice

### Episode description

This week, Sarah catches up with Arabella Preston, founder of luxury skin care brands, Votary & Verden, to discuss her love of gardening, the importance of scent, and how to get started if you're a beginner gardener. Listen to her top choices for introducing colour and scent, and why it's important to bring the outside into your home.

### In this episode, discover:

- Arabella Preston's top picks for her Kent-Sussex garden
- An introduction to Votary and Verden
- Why it's important to embrace the seasons

## episode 148 advice sheet

### Plants Arabella adores and why she values gardening (11:58)

Growing up with parents who were passionate gardeners, Arabella had some instinctive knowledge on how to cultivate her garden when she first moved to the Kent Sussex border, but a lot of her approaches have been based on trial and error.

Arabella's absolute favourite botanical scent is neroli, although this can't be grown in the UK. Otherwise, lavender, jasmine, florals, moss, and lichen are firm favourites.

### Rhinanthus minor (Yellow Rattle)

This is the key to success with any wildflower meadow. It is parasitical on grasses and so weakens them, giving wildflowers a chance to compete and gradually establish themselves.

### Lavandula stoechas 'Sancho Panza' (French Lavender)

An excellent seed grown lavender, super-early to flower, in May, and right through summer. We have this lining our veg garden paths to draw in pollinators and smell delicious. Keep picking for longer flowering. It dries brilliantly too.

### **Jasminum officinale 'Clotted Cream'**

Jasmine officinale 'Clotted Cream' is the traditional cottage garden jasmine with flowers right through the summer. It is unusual in being hardy enough to grow outside on a sheltered sunny wall, as well as indoors. You can make your own jasmine tea with the petals.

### **Hydrangea arborescens 'Annabelle'**

Arabella's love of hydrangeas come from her mother who's based in Shropshire. The buds open a sharp green - like guelder - in July and gradually pale to ivory-green as they open. Pick or deadhead and it flowers until winter.

### **Eschscholzia californica 'Fire Bush'**

A wonderful tangerine poppy with delicate, silvery foliage. A perfect garden plant for edging paths, giving a naturalistic feel.

### **Discover more about Arabella's brands:**

- <https://votary.co.uk/>
- <https://verden.world/>