

Wadhamville Garden for Wellbeing

Zone 2 (continued) You may notice the bins at the ends of the Vege Terrace. These contain comfrey and all the unwanted weeds on the property that may regrow if composted e.g. Bindweed. They make a highly nutritious liquid fertiliser which is then fed back to the veges on occasion.

The beds are also managed as “No Dig” which means that the soil is never tilled, excess growth is cut down in place and covered with hay which feeds the soil micro-organisms, which in turn feed the plants in return for sugars from photosynthesis. This garden has an elephant sized amount of soil microbes who constantly munch and breakdown the organic matter, recycling the nutrients. This means that food grown here is much more nutritious than that growing in non-organic, tilled soil.

Zone 3 at the top of the garden is visited occasionally, not every day. This zone is in transition from a traditional lawn to an orchard to eventually, a ‘Food Forest’. The latter will have 7 layers of plants growing including trees, vines, shrub, herb, ground cover and roots.

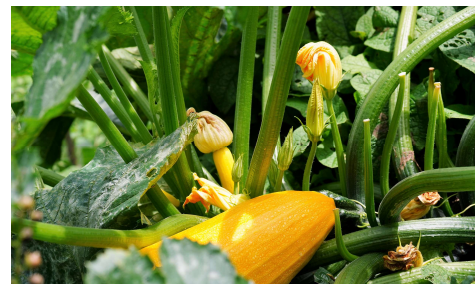
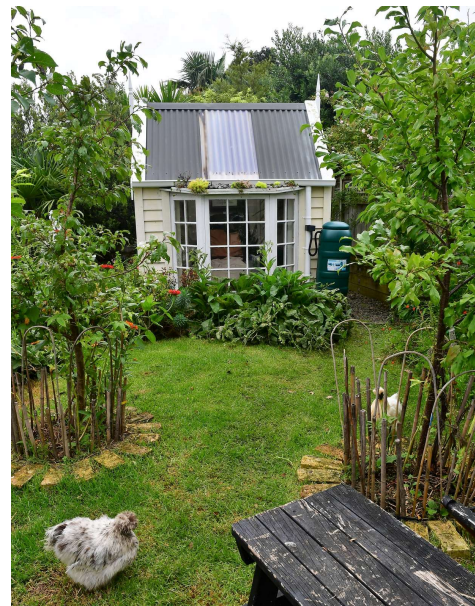
Our silkie bantam chickens roam free eating bugs and plants. They are good layers and can live to ten years old.



Above Right : Nutrient dense food from No Dig Ruth Stout method.

Right: Zone 3 Orchard and Chickens. Below Right: Zucchini like banana skins and eggshell smoothies

Above: Bug hotel seat made from recycled materials and a simple Koru with white stones for contemplation.



Wadhamville Garden for Wellbeing

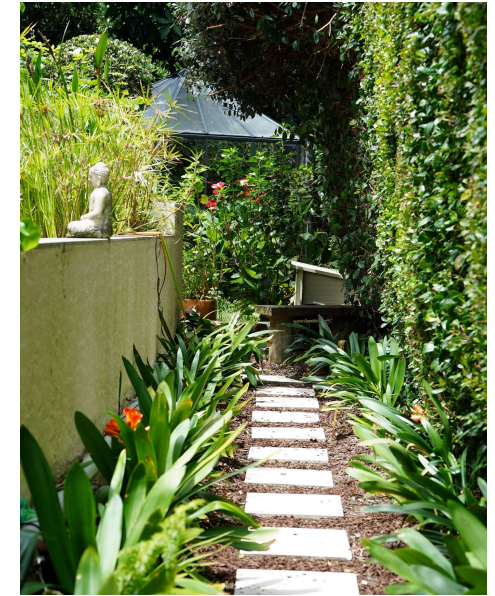
Welcome to our ‘city lifestyle block’. Based on Permaculture principles, Wadhamville Garden for Wellbeing has been emerging over nearly 20 years as an alternative to the 5-acre block in the country.

Being ‘village people’ from England, we, (Tim and Amanda Warren) wanted to grow our own food and experience all the wonders of the ‘The Good Life’ but within walking distance to the hub of the community, the village. Wadhamville, a small 3 unit art deco block on the side of a hill in St Heliers village offered that potential and more!

Combining the 3 units over the years gave us the whole ¼ acre section to play with, so we set about creating ‘vege terraces’ and other areas for food and recreation.

Studying Permaculture and Regenerative Design, I (Amanda) began to think in terms of zones (see the garden plan overleaf) that could provide food, medicine and pleasure but without a great deal of work. How can each area support each other and thrive without too much intervention.

As you walk through the property, I will describe the Zones and how they work together.



Above: The greenhouse for raising seedlings. Above Right: The ‘line of fire’ walkway with red flowering plants leading to the tortoises, greenhouse, mini-food forest and compost hub.

Zone 1 comprises the ‘easy reach’ from the house area, frequented many times a day. This lends itself to herbs, salads that you want to be able to quickly grab for lunch or to embellish a dinner. Food is grown in with ornamentals for beauty including many herbs for teas.

This zone includes a greenhouse for raising seedlings, hence its shady position in the SE corner. Doubling as a warm ‘summer house’ in the winter and near to the compost hub and the tortoises who remind us to slow down. Their ‘picking bed’ is full of their favourite foods there are tortoise edibles in their enclosure such as Hibiscus flowers.

A fishpond provides nutrient rich (fish poo) water for the plants and also foods such as watercress, water chestnuts and Gotu Kola. The peaceful reflections, cooling effect of the water and the sound all help to create a relaxing atmosphere just metres from a busy road. Goldfish eat the mosquito eggs and larvae and a tall hedge provides shelter for birds and food such as Feijoas

The compost hub comprises a Maze rotating compost which delivers in around 6 weeks. We shred our waste to speed the process using a lawn mower. This mixes all the ‘green and brown’ and allows for fast decomposition. A wormery for ‘worm tea’ – a free fertiliser for plants and a larger compost bin for extra volume which takes a while longer to ‘cook’ – around 3 to 6 months.





Zone 1 (continued) Bananas, Peaches, Lemons and a coffee plant all nestle together in this tiny space, supporting each other with shade, shelter and nutrients through their leaf drops.

Don't miss the Bay tree where Billy Bob, our resident Blackbird has nested for several years, along with the mini food forest behind the greenhouse where the Avocado is now producing well having been grown by Tim from a seed on our arrival 20 years ago.

Continue up the wooden steps to a small anteroom. Enter the 'Garden Room' where we can sit all year round in comfort and enjoy the garden. Here, salads can be grown, note the 'back door mini herb gardens' which afford a quick grab when cooking.

From here, you can see the extent of the garden right up to the Money Apple Tree in the top right corner (beloved of Tiwaiwaka, fantails and Weta)

You can also pause and watch the birds enjoying the water features – they are an important part of the workforce at Wadhamville as they spend their afternoons picking off aphids and keeping the population of bugs in balance.

The Flowform is a Rudolph Steiner invention. This one was cast in Nelson by Ian Trousdell, our resident expert in this amazing technology whereby 1m of Flowform energises the water to the equivalent of 10m of mountain stream.

Zone 2 Continue up the wooden steps to the 'Guinea Pig Lawn'. This is an experiment to see if 5 rescue GPs can manage my lawn (Tim insists we have one) They eat, and fertilise with their poop and wee. The lawn was badly damaged during the wet winter and is still recovering but the GPs are, so far, doing a great job!

Our bees live here too, providing pollination services, wax and honey. Zone 2 is visited one or twice a day.



Wadhamville Garden for Wellbeing



Zone 3 (Orchard becoming Food Forest, Chickens)

Orchard becoming Food Forest

Silkie Bantam Chickens – Perfect for the City – no flying or eating your plants!

She Shed for making teal!

Vege Bed Terraces using the No Dig Ruth Stout, Gardening without work method

Bath Terrace Garden (Sustainable Alternative to a Spa)

Steps

Mini Food Forest – Peach, Feijoa, Hazelnut, Persimmon

Bees for pollination, honey and wax and great vibes!

Backdoor salad, herb and tea bowls

Zone 1 (all around the house – quick picking)

Salad beds with roses

Seating area

Fish pond for relaxation, mosquito control, food (water chestnuts, Cress and compost material (Orzala)

Tortoise enclosure (teach us to 'slow down' 😊)

Green House for raising Seedlings



Comfrey tea (for plants) bin 1 of 2

Banana Grove – Delicious! And Raspberry Support Fruit Trees

Zone 2 (Veges long growing season)

Guinea Pig Lawn- No mow experiment

Flow form

Seating area

Fig Tree

Fresco Garden Room

Pohutukawa and mini food forest, Avocado, Lemon, banana, Coffee



Zone 2 (continued) Across the GP Lawn, you will find our newest garden – The Bath Terrace Moon Garden. Designed as an alternative to the Spa, this garden allows for moonlit star gazing, enjoying the fragrance of night scented plants feeding moths. The hot water is fed from a roof mounted solar water heater and the waste water irrigates the garden. A free to operate and sustainable alternative.

Up the steps to the Vege Terraces. These terraces provide much of our food and are managed by [The Ruth Stout Gardening Without Work](#) method which means no watering and in fact very little work once planted, just picking and pruning.



Above left: Lunch by the fishpond. Above Right: The Bath Terrace. Above: The Ruth Stout method. Below Left: Maze rotating compost and Flowform. Below: Pest Control bird bath and Ruru box.

