



What to Plant in May

Vegetables

Sunflowers (*Helianthus annuus*)

- Planting: Ready plants or seeds directly into the soil.
- Care: They need plenty of sun and water to grow. Ideal for adding height and color to your garden.

Tomatoes (*Solanum lycopersicum*)

- Planting: Ready plants or seeds in well-drained soil with plenty of light.
- Care: Water regularly and add organic fertilizer for better yield.

Peppers (*Capsicum spp.*)

- Planting: Ready plants or seeds in sunny spots.
- Care: Regular watering and good drainage. They prefer full sun.

Cucumbers (*Cucumis sativus*)

- Planting: Seeds or ready plants in sunny locations.
- Care: Regular watering and addition of organic fertilizer for better yield.

Bulbs

Gladiolus

- Planting: Bulbs in sunny spots with well-drained soil.
- Care: Water regularly and protect the plants from winds. Blooming from summer to autumn.

Calla Lilies

- Planting: Ready plants or bulbs in semi-shaded areas.
- Care: Prefer moist soil but with good drainage. Ideal for areas with higher humidity.



Fruit Trees

Pomegranates (*Punica granatum*)

- Planting: Plant in sunny spots with well-drained soil.
- Care: Regular watering during the summer for good fruit production.

Lemon and Orange Trees (*Citrus spp.*)

- Planting: In areas with plenty of light and good drainage system.
- Care: Regular watering and fertilization with potassium-rich fertilizer for better fruiting.



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Flowers and Ornamental Plants

Bougainvillea

- Planting: Ready plants in sunny spots.
- Care: Require minimal care, resistant to heat and drought. Offer rich flowering.

Geraniums (Geranium spp.)

- Planting: Ready plants in pots or flowerbeds in sunny spots.
- Care: Regular watering and periodic fertilization for rich flowering.

Portulaca

- Planting: Ready plants or seeds in sunny locations.
- Care: Prefers well-drained soil and is resistant to heat and drought.

Bignonia capreolata

- Planting: Ready plants in sunny or semi-shaded spots.
- Care: Needs regular watering and good drainage. Ideal for covering fences and pergolas.

Aloha hanging

- Planting: Ready plants in hanging baskets or pots in sunny spots.
- Care: Needs regular watering and good drainage. Ideal for balconies and terraces.

Trachelospermum jasminoides (Star Jasmine)

- Planting: Ready plants in sunny or semi-shaded spots.
- Care: Needs regular watering and good drainage. Offers a wonderful fragrance and can cover fences or pergolas.

Philodendron silver

- Planting: Ready plants in semi-shaded spots, suitable for indoor spaces.
- Care: Needs moist soil and regular misting. Ideal for shaded spots and indoor decoration.

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Climbing Plants for Cyprus

Cyprus, with its warm and dry climate, is an ideal environment for growing climbing plants. These plants can provide shade, cover unattractive surfaces, and create beautiful, lush corners in your garden. Below are some of the best climbing plants for Cyprus.

Bougainvillea

Bougainvillea is one of the most famous and beloved climbing plants in Cyprus. It is drought-resistant and thrives in sunny locations. Its striking flowers in shades of pink, red, purple, and white last all summer and autumn, making it an excellent plant for fences and pergolas.



Jasminum officinale (Common Jasmine)

Common jasmine is known for its sweet scent and white flowers that bloom from spring to autumn. It is a hardy plant that prefers sunny or semi-shaded spots and is ideal for covering fences and walls.

Trachelospermum jasminoides (Star Jasmine)

Star jasmine is an evergreen climbing plant with small, white, fragrant flowers. It is very hardy and can grow in sunny or semi-shaded locations, making it ideal for walls and pergolas.

Hedera helix (Ivy)

Ivy is an evergreen plant that easily climbs various surfaces, offering green coverage all year round. It prefers shaded spots and is ideal for walls and fences.



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Passiflora caerulea (Blue Passionflower)

Passionflower is a striking climbing plant with exotic flowers in shades of blue and white. It is hardy and prefers sunny locations. It blooms in summer and autumn and can be used to cover large surfaces.

Wisteria

Wisteria is known for its hanging, fragrant flowers in shades of purple and white. It is ideal for pergolas and large supports and requires sunny locations.

Parthenocissus quinquefolia (Virginia Creeper)

Virginia creeper is a deciduous climbing plant that offers stunning autumn color with its red leaves. It is hardy and thrives in sunny or semi-shaded locations.

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Cultivation and Maintenance Tips

- **Irrigation:** Water the plants regularly, especially during the summer months.
- **Fertilization:** Use organic fertilizers in spring and autumn.
- **Pruning:** Prune the plants to maintain their shape and encourage flowering.
- **Support:** Provide suitable supports such as pergolas and wires.



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Maintaining Biodiversity in the Garden

Biodiversity in the garden is not only a matter of beauty but is a key element for the health of the ecosystem. Preserving and enhancing biodiversity helps stabilize the environment and provides significant benefits for both nature and humans.

The Necessity of Biodiversity

Biodiversity refers to the variety of living organisms and ecosystems that interact with each other. It is fundamental to the functioning of ecosystems and the survival of species. The existence of rich biodiversity ensures:

- **Ecosystem Resilience:** A biodiversity-rich ecosystem is more resilient to environmental changes and natural disasters.
- **Soil Fertility Improvement:** A variety of plants contributes to maintaining soil health, increasing its fertility and structure.
- **Pest and Disease Control:** The presence of many species can limit the spread of pests and diseases.
- **Attracting Beneficial Insects:** Pollinators like bees and butterflies enhance plant reproduction.



Benefits of Biodiversity

The benefits of maintaining biodiversity include:

- **Better Food Production:** Diverse crops are more resistant to diseases and can offer better yields.
- **Environmental Stability:** Biodiversity contributes to maintaining climate stability and water quality.
- **Aesthetic Value:** A biodiversity-rich garden is more attractive and offers a rich environment for recreation and relaxation.

How to Ensure Biodiversity in Your Garden

Plant Variety Selection:

- Plant a variety of species with different heights, colors, and flowering seasons to attract different species of insects and birds.
- Use native plants that are adapted to the local climate and require less care and water.



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Natural Pest Control:

- Use yellow sticky traps for pest control.
- Introduce beneficial insects like ladybugs and parasitic wasps to control harmful insects.

Maintaining Natural Habitats:

- Preserve areas with natural vegetation and let some parts of the garden grow naturally to provide shelter and food for wildlife.
- Create small ponds or water bowls to support local wildlife.

Rainwater Harvesting:

- Install rainwater harvesting systems to reduce potable water consumption and provide natural, nutrient-rich water to your plants.

Soil Improvement:

- Use organic fertilizers and compost to enhance soil fertility and structure.
- Apply biological fertilization to add nutrients to the soil and improve its health.

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GARDENS
a green gift for everyone

Constructing a Pyramid Planter

The pyramid planting method is a creative and effective way of growing plants in small spaces. This technique allows the cultivation of plants at different levels, making the most of the available space. In this article, we will explain how to build a pyramid planter using wooden planks or bricks, as well as the advantages of this method.

Materials Needed

- Wooden planks or bricks
- Screws and screwdriver (if using wooden planks)
- Hammer and nails (if using bricks)
- Geotextile (for the base)
- Potting soil
- Plants or seeds of your choice
- Corner brackets (if using wooden planks)



Steps to Build a Pyramid Planter

Step 1: Design and Preparation

Decide on the size and scale of your pyramid based on the available space and your needs. Draw a plan with the dimensions of the base and the following levels. Typically, the pyramid has 3-5 levels.

Step 2: Creating the Base

1. Wooden Planks: Cut the planks to the appropriate dimensions. Connect the planks with corner brackets and screws to create the first square level.
2. Bricks: Place the bricks in a square shape for the base. Use a hammer and nails or mortar to secure them.

Step 3: Adding Levels

Continue with the next levels, gradually reducing the dimensions of each level to create the pyramid shape. Repeat the process for each level, adding wooden planks or bricks and securing them well.

Step 4: Preparing the Planting Surface

Place geotextile at the base and levels of the pyramid to prevent soil loss and retain moisture. Fill the levels with potting soil.

Step 5: Planting

Plant the plants or seeds of your choice at the different levels of the pyramid. Choose plants that suit the light and moisture conditions of your space.



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Advantages of Pyramid Planting

- Space Saving: Maximizes vertical space, ideal for small gardens and yards.
- Improved Drainage: The pyramid structure allows better water drainage, avoiding waterlogging problems.
- Easy Access: The pyramid layout makes it easy to access all plants, making care and harvesting easier.
- Aesthetic Value: The pyramid adds a beautiful and impressive structure to your garden, creating a visually appealing element.

Tips and Techniques

- Plant Selection: Choose plants with similar light and water needs to avoid problems.
- Watering: Use a drip system to maintain moisture at all levels.
- Fertilization: Add organic fertilizer to ensure nutrients for your plants.
- Maintenance: Regularly check for weeds and pests and remove them immediately.

Constructing a pyramid planter is an excellent method for growing plants in small spaces, offering advantages such as space-saving, improved drainage, and ease of access and maintenance.



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Growing Mini Fruit Trees

Growing mini fruit trees is an excellent solution for those who want to enjoy fresh fruit without needing a large garden. Mini fruit trees are ideal for small spaces and can be grown in pots or limited areas of the garden.

Guide to Growing Mini Fruit Trees

Choosing Trees and Varieties

- **Dwarf Citrus Trees:** Lemon, orange, and mandarin trees in dwarf form are ideal for pots and small spaces.
- **Apples and Pears:** Choose dwarf varieties that are hardy and provide rich fruiting.
- **Pomegranates:** An excellent choice for limited spaces with hardiness and high productivity.

Selecting Pots and Location

- **Pot Size:** Use large pots, at least 40-50 cm in diameter and depth, to ensure enough space for the roots.
- **Pot Material:** Choose pots made of durable materials like clay or plastic that can withstand weather conditions.
- **Location:** Place the trees in spots with plenty of sunlight, at least 6 hours daily.



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Soil and Fertilization

- **Soil Selection:** Use high-quality potting soil rich in organic matter and well-drained.
- **Fertilization:** Add organic fertilizer to the soil before planting and apply fertilization every 6-8 weeks to enhance growth and fruiting.

Watering and Care

- **Watering:** Water regularly, keeping the soil moist but not waterlogged. Avoid overwatering, which can cause root rot.
- **Pruning:** Prune the mini fruit trees to maintain their shape and enhance fruiting. Remove dry and damaged branches.
- **Disease Protection:** Regularly check for pests and diseases. Use natural insecticides and fungicides if needed.



Growing mini fruit trees is a practical and efficient solution for those who want to enjoy fresh fruit in small spaces. With proper care and the selection of suitable trees, you can create a productive and beautiful garden that will provide you with fresh fruit year-round.



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How Gardening Can Help Reduce Stress and Improve Physical Fitness

Gardening is not just an activity that brings us closer to nature and beautifies our outdoor spaces. It is also an excellent form of exercise and therapy for mental and physical health. Below we will discuss how gardening can help reduce stress and improve physical fitness.

Mental Health

Reducing Stress and Anxiety

- Gardening offers an opportunity to relax from daily worries. The contact with nature, the feeling of soil, and the engagement with plants can reduce stress and anxiety.
- Contact with Nature: Contact with soil and plants has been shown to reduce cortisol levels, the stress hormone, in the body.
- Relaxing Activity: The repetitive motions of gardening and the focus on simple tasks help release tension and calm the mind.

The Benefits of
Gardening on
Mental and
Physical Health



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Improving Mood and Well-being

- Gardening can enhance mood and the sense of well-being. Creating and caring for a garden can provide a sense of satisfaction and pride.
- Sense of Achievement: Successfully growing plants and observing their growth can boost self-esteem and provide a sense of accomplishment.
- Creative Expression: Gardening offers opportunities for creative expression through the design and care of the garden.

Therapeutic Value

- Gardening is often used as a form of therapy in various settings, known as "therapeutic gardening" or "horticulture therapy".
- Addressing Depression: Research has shown that gardening can help reduce symptoms of depression.
- Combating Loneliness: Participating in community gardens can enhance social interaction and reduce feelings of isolation.



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Physical Health

Exercise and Physical Fitness

- Gardening is a form of physical activity that can contribute to improving physical fitness and general health.
- Aerobic Exercise: Activities such as digging, planting, and pruning can increase heart rate and provide aerobic exercise.
- Muscle Strengthening: The movements required for garden care, such as digging or carrying pots, can strengthen muscles and improve strength.

Improving Mobility and Flexibility

- Gardening involves various movements that improve the body's flexibility and mobility.
- Stretching and Bending: Reaching to plants, bending to care for the soil, and walking in the garden help maintain flexibility.
- Coordination and Balance: Gardening enhances hand-eye coordination and balance, especially for the elderly.

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Sun Exposure and Vitamin D

- Gardening is usually done outdoors, providing exposure to sunlight which is necessary for vitamin D production.
- Vitamin D: Vitamin D is essential for bone and immune system health.
- Reducing Disease Risk: Moderate sun exposure can help reduce the risk of certain diseases, such as osteoporosis and heart disease.

Gardening is an excellent activity that can significantly contribute to both mental and physical health. It offers an opportunity for relaxation, creation, and connection with nature, while also providing physical exercise and improving physical fitness. By incorporating gardening into your daily life, you can enjoy the multiple benefits it offers, improving your quality of life in a natural way.



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