

It's good that we're looking after **trees as they are sentient** and can remember... https://www.instagram.com/reel/C_D-PmMS7ld/?igsh=Mzhidmh6M3lrczA2

The science behind **plant sentience** <https://www.instagram.com/reel/DAK01LkyEq8/?igsh=eHU1ODBpbXJndWs4>

Healthy **soil has a resonance frequency** https://www.instagram.com/p/C_5b8m2OVWh/?igsh=MWRrbGo3MWVqNXVtYw%3D%3D

Tendrils growth time-lapse - it's like a dance! <https://www.instagram.com/reel/DANjp5Nxxv7H/?igsh=am82ZWFucG54NHh6>

Time-lapse of **growing pine tree from seed**: this is lovely <https://www.instagram.com/reel/DAbalHmyBDY/?igsh=aDFnMmxkazk2Y3dv>

Tree spacing for optimal growth <https://mail.google.com/mail/u/1/?ogbl#label/Newsletter/FMfcgzQXJQKQbpxlhrctnKnDJvqjqRxB>

Enormous tree - these are always amazing <https://www.instagram.com/reel/DAwE8OFudXG/?igsh=MWdtcXhpb3I4M2V4aw==>

Big banyan tree - 250 yrs https://www.instagram.com/p/C_3P5F0qluh/?igsh=MThjc2x5MDdtZnF0dQ%3D%3D

Hugging trees https://www.instagram.com/p/DAAdnh_xRDNv/?igsh=MWRwem1kZms5ZXVsaQ==
1000-year-old seed, found at an archeological site to grow a tree maybe mentioned in the Bible https://www.instagram.com/p/DA6OA6uO_7M/?igsh=MTFnYzZcwNjdmZG1iZWw==

2. Veggies

Tomato wreaths - this is a great idea and relatively easy to do. <https://www.instagram.com/reel/DAGlPSGOFQC/?igsh=cmtOxPqM3k5dHV0>

Alpine rhubarb - and its origins... another complete news to me. <https://www.instagram.com/reel/DAP3EAHNQSp/?igsh=MWlybGwxbzA1M3Qxbw%3D%3D>

Garlic - tips on how to plant for best results. This is a timely piece!

Growing garlic: Best way to plant, time to harvest, etc. <https://www.instagram.com/reel/DA6BokLsxcO/?igsh=MW1qaHBxNWE4cHo1ZQ==>

Garlic #2 experimental confirmation - how deep to plant: <https://www.instagram.com/reel/DAreiC1SVak/?igsh=bGhcnl1bnh4OWFj>

Bulb planting guide - you'll have to watch this several times as it moves fast <https://www.instagram.com/reel/DBBuW0mqMNs/?igsh=M3FmaHQ4bnh5ZDh6>

How to make quick **origami seed packets** - perfect for this time of year! Keeps the seeds dry - not like plastic bags. <https://www.instagram.com/reel/C--Vz0LMzvl/?igsh=cHl4cDd3YTg1YWll>

Anti-pest solutions - will be useful in the spring https://www.instagram.com/reel/C_wIYbOOoryP/?igsh=MTNpdWJIY2RxejVnbw==

3. Flowers/arranging

Flower frog - or arranging helper https://www.instagram.com/reel/C_GQV2eiYwn/?igsh=MWx2ZW4zcmZuMHNIMg==

Flower arranging using twigs – this will be useful for our Christmas party! [https://www.instagram.com/reel/DAAp9NyMs_x/?igsh=MTluOXh1eD\]lcXRyOQ==](https://www.instagram.com/reel/DAAp9NyMs_x/?igsh=MTluOXh1eD]lcXRyOQ==)

OK so I hate him – a **beautiful arrangement** and it seems so damned easy! <https://www.instagram.com/reel/DABQVOwtSko/?igsh=YzR2czA0cTN6czd6>

Easy home-made **hanging baskets** – this is BRILLIANT!! Also for Christmas arrangements etc. <https://www.instagram.com/reel/C-IUZsAtMiL/?igsh=MTR0cWd6ZnQ1OTk3NA%3D%3D>

A **flower panel** for your wall – with flowers that dry well. A lovely idea, if only I had the patience. https://www.instagram.com/reel/C_794B0ITrb/?igsh=amY2Zzg1dHR4aWJv

This is brilliant **3D planting** – again – if only I had the patience. <https://www.instagram.com/reel/DAJhqqkSsXZ/?igsh=a3k4eGN6d3kzMG4x>

Daffodil **pollen growth** – time-lapse. <https://www.instagram.com/reel/DAlMGVjthxk/?igsh=ODdjcNExbmtxYnF0>

Amaryllis propagation: if you have tried this, let me know as my amaryllis is pouring out of its pot and taking over. https://youtu.be/CZOwsJYcB_0

Dahlias: Some interesting background details eg; source of the name :dahlia”; the tubers are edible and taste like potatoes; etc. https://www.instagram.com/reel/C_TMwmCAaly/?igsh=MTV3YXRwemJrZHRnZg==

Artichoke flower: Just one photo of the flower that results if you don’t harvest the artichoke <https://www.instagram.com/p/DAYWatnxs1t/?igsh=ODB3enZ2NWJnOTI5>

Flowers and their chemical weapons <https://www.instagram.com/reel/DAGP3nSsVon/?igsh=MXI2cTQ5YWY4dWRn>

Nasturtiums are edible and gorgeous. https://www.instagram.com/reel/DA15_PApDA_/?igsh=bm01aWs3MXd4ODNt

Guerilla gardening we should all aspire to

https://www.instagram.com/reel/C_eQqhaSD-I/?igsh=MXRzMWs0Z2Nsc3N3NQ==

How **plants sustain each other** – lawns vs weeds <https://www.instagram.com/reel/C8xcfrHvzLF/?igsh=MXF6MGxpcGdzYW82bA==>

We know that **gardening is good for us...** so this video explains some of it – and the following list of items support this idea. https://www.instagram.com/reel/C_qUbaasIKo/?igsh=MWY0end1cmk4dXB5ag%3D%3D

Viewing **plants increases serotonin** level – and makes you happy <https://www.instagram.com/reel/C-78hwBxji1/?igsh=MWFzYm52ejVhbHlzbG==>

Pollinator Structure: This is a brief video about a scaffolding structure built (near Harvard) to accommodate native plants at different elevations and with different levels of shade/sun/moisture. It is apparently part of a study to look at the impacts of climate change, but there are no comments on the results of the study! <https://www.instagram.com/reel/DAT3FDFBFFs/?igsh=MXNrOXlpejhkcjV0Nw==>

London’s **green oasis** in the docklands <https://www.instagram.com/reel/DAGP3nSsVon/?igsh=MXI2cTQ5YWY4dWRn>

Boston's green **roof pollinator pathway** <https://www.instagram.com/reel/DAqv44ehoqr/?igsh=YzE4OWZpd3FmcDU2>

5 plants for a successful **pollinator garden** <https://www.instagram.com/reel/C9vNK2XO2kP/?igsh=MXZkNTFyczl0NmFlcQ==>

Weeding: This is a poster -to add a smile. <https://www.instagram.com/p/DAn-X2lhnsE/?igsh=MXVjamRqa2Uyc213Mw==>

Designing a **cottage garden** <https://www.instagram.com/reel/C99siJGxCQL/?igsh=c3pnMDVwY3VmbjZy>

4. Plants & art

London - **roots as art** and functional materials https://www.instagram.com/reel/DAd0S_UoGh0/?igsh=eDJhcGQ0cXA3c3Ns

Paris plant people: A very odd clip of an expo where plants have been used to represent people in some exhibits. Text in French, no commentary. <https://www.instagram.com/reel/DAniHOGIUGi/?igsh=MWpyeWZndHNhOWc5dw==>

Headdress - no comment <https://www.instagram.com/reel/C9tvq5GCqu8/?igsh=cjBja2YzeGpzZTQ0>

5. Food and sustainability

Sorghum - I had heard about these, but had never really known what they were like. <https://www.instagram.com/reel/DAkWce0gt3m/?igsh=OG4wczVpZGN5bjFl>

Cocoa beans contain flavonols, maybe the "fountain of youth". https://www.instagram.com/reel/C_tUzP1Nc4C/?igsh=MWI5NzR1dG91eXdhZQ==

Quality of food and **soil depletion** <https://www.instagram.com/reel/DACP3hIN91b/?igsh=MTFvdnl2aGoxajg1bQ%3D%3D>

Tulip trees are excellent at **carbon capture** <https://www.instagram.com/p/DAoHhPsOxku/?igsh=eGlzNnd0dnhwZmh0>

6. Science:

Live **plant cells** under a microscope -

<https://www.instagram.com/reel/DA-RBfxq6S/?igsh=Z3YwYnJraXY0aTRm>

Oxalis cannon - who knew? <https://www.instagram.com/reel/DAU-H0iyGcF/?igsh=dXhtMGg4b2hkZDB2>

Eco-regions and native plants https://www.instagram.com/reel/C_stdqeOgrd/?igsh=bHV6aGZ4b28zNnYx

7. Fun nature stuff - not just plants

Slime molds - while not technically plants, they grow in the forest like mushrooms and are incredibly interesting. <https://www.instagram.com/reel/DAJeWoguPqD/?igsh=OWY5bjF2ZHN2bThz>

Not plants - but amazing **micro-videos** <https://www.instagram.com/reel/DABry5Cp-IE/?igsh=MWs2MHg5cTBxbXJqMg==>

Spider: A brief clip showing how a spider hauls a small shell into a tree to act as shelter. <https://www.instagram.com/reel/DAeCzm6o3Gl/?igsh=cTE0eWx1cTdoZDcz>

Bee venom a potential cancer cure <https://www.instagram.com/p/DAXX46oTShq/?igsh=YmZ0c2Ewbm5tYWWM4>