

# PRESS RELEASE



**Les Jardins d'Aywiers**

**Plant and Garden Festival**

**4, 5 & 6 October 2019**

**Lasne – Belgium**

Coming from Belgium and abroad, the elite from the world of horticulture and botany will be present at the former Cistercian abbey in Aywiers on the **4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> October 2019**. Among the 200 garden professionals: nursery owners, landscape architects, artists and artisans, specialist bookseller and garden furniture designers gathered together in this magical and historic setting, lavishing valuable tips and advices to visitors at each turn of the walk. They will help expert gardeners and amateurs alike to pick up 1001 top tips for creating and embellishing their own green paradise.

## Beneficial roots

This autumn, the Aywiers Gardens continue to explore the world of roots. This time, we focus on those which play a major part in our daily lives, both in the kitchen and in the home. Those which are good for us and those which add life and excitement to the most ordinary meal and the humblest cup of herbal tea.

Root vegetables have been with us since the dawn of time. Many of them are already well-known as foods: carrots, beets, turnips, radishes, horseradish, parsnips and many others are both nutritious and tasty, a worthy challenge for talented cooks. Their wide range of flavours adds a whole new dimension to the pleasures of the table.

Not only are they delicious as foods: for instance, soapwort roots contain saponins, which cause water to foam and can be used to make a liquid soap. The roots of marigolds secrete a substance which protects neighbouring plants against certain parasites such as stem nematodes. Orris root is used in pot-pourri and yet other roots serve to manufacture dyes.

There are many, many good reasons to like and celebrate roots.



**Sophie Collet created the design that will feature on all the documents this autumn.**

**You can download the image on the Press section of our website.**

# Events and activities

**Anne Alexis** (florist and event decorator): “Large autumn bouquets” - Demonstration and advice in FR (Friday, 1:30pm)

**Claude Pohlig** (master chef): - “Of roots and men and tasty dishes” - Cookery lesson in FR (Friday and Saturday, 4pm)

**Marc Knaepen** (Editor of "L'Esprit Jardin" magazine): “Pesticide-free, 100 solutions” – Talk in FR (Saturday, 11am)

**Anne Alexis** (florist and event decorator): “Beautiful autumn wreaths” – Demonstration and advice in FR (Sunday, 11am)

**Pauline de Voghel** (dietitian – qualified nutritionist – herbalist):

- “Exploring edible wild plants and their benefits” – Guided walk in FR (Sunday, noon)
- “Edible wild plants: how they are good for us” – Talk in FR (Sunday, 2pm)

## What shouldn't be missed

- “Coups de cœur” of the exhibiting nurserymen and gardening tips by our specialists Marie-Pascale Vasseur and Marie-Noëlle Cruysmans, **Coups de Cœur** stand (all weekend).
- Guided tour of the old **Aywiers abbey** (meeting point in front of the castle) (Saturday/Sunday 3pm).
- Organic compost workshops by Marc Verhofstede, **Humus** stand (Friday 1pm-3pm-5pm, Saturday/Sunday 11am-1pm-3pm-5pm).
- Recycling workshop: Do your own insect hotel, Les **Hôtels à Insectes** stand (Saturday/Sunday 3pm: registration required at the stand)
- “Discover microorganisms for gardening without chemicals” by Geert Top, **Embo Tree** stand (all weekend).
- Pruning roses by Rudy Velle, stand **Lens Roses** (Saturday/Sunday 2pm)

## For kids

- Creative workshops by « **The Belgian Kids' Fund for Pediatric Research** » and « **Kids'Care the Human Touch** » - Contribution to the benefit of the non-profit organisations. (Saturday/Sunday all day)
- Tree climbing, **Grimpe d'arbres.be** stand (Saturday/Sunday all day : registration required at the stand)
- Donkey-back rides, **Balad'ânes** stand (Saturday/Sunday all day)



### **Agenda:**

- Friday, October 4<sup>th</sup> from 12 pm to 6 pm
- Saturday, October 5<sup>th</sup> from 10 am to 6 pm
- Sunday, October 6<sup>th</sup> from 10 am to 6 pm

### **Tickets:**

- Adults: 10 € online ([www.aywiers.be](http://www.aywiers.be)), 12€ at the entrance
- Week-end bracelet: one admission + 2 €
- Children: free of charge up to age of 16
- Catering in the park
- “Wheelbarrow” service for purchases

### **For more information, please contact:**

Patricia Limaugé

Ancienne Abbaye d’Aywiers

Rue de l’Abbaye 14

B-1380 Lasne (Couture-St-Germain)

Tél: +32(0)2 633 20 21

[infos@aywiers.be](mailto:infos@aywiers.be)

You can also visit our website: [www.aywiers.be](http://www.aywiers.be).

You will find there a photo section and more detailed information about our festival!

Join us on Facebook!

## **Plant and Garden Festivals 2020**

**1, 2 & 3 May**

**2, 3 & 4 October**

We thank you very much for your valuable support and look forward to meeting you in our gardens!

