

A woman with long brown hair, wearing a light blue top and dark pants, stands in a lush garden. She is holding a large, vibrant green plant with serrated leaves. The garden is filled with various plants, including yellow flowers and green foliage. In the background, there is a wooden lattice fence and a large tree. The overall scene is bright and natural.

GARDENING WORKSHOPS

WITH CASEY JOY

ABOUT ME

Hi! I'm Casey.

I am a writer and passionate gardener living in Cottesloe in a little house with a rambling organic, edible and wildlife-friendly garden.

I completed my PhD in psychology in 2019, but my first love has always been the garden. My experience in academia has given me a passion for teaching and communicating and a drive to pursue scientific understanding in everything I do. These days, I apply that to my garden.

I believe that impacts of gardening are both profound and far-reaching. From providing us with food, physical activity and a sense of purpose, to alleviating anxiety, reducing depression, building connected communities and creating safe homes for native wildlife; these humble spaces are filled with enormous possibility.

I am now lucky enough to be able to share what I have learned with others. Through my workshops and seminars I aim to give others the confidence and motivation to begin building their own gardens, reengaging with nature, reducing waste, improving their health and reconnecting with their neighbours.

I would love to offer a source of encouragement and inspiration to members of your community as they begin their own gardens. If you would like to book an upcoming workshop with me please don't hesitate to get in touch.

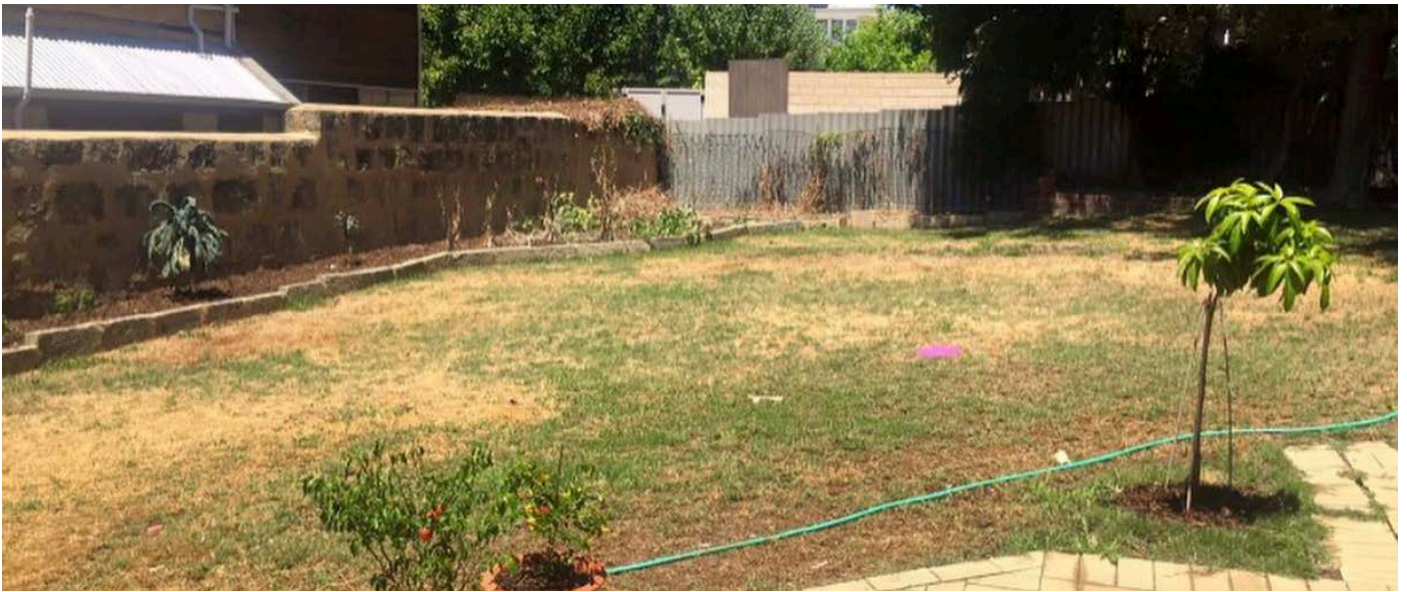
Until then, happy gardening!
Casey

MY GARDEN

Everything I teach, I teach from first hand experience, gathered from a lifetime of gardening and almost a decade of building my own garden.

I began work on our garden in 2014. Over the last 7 years (with help from my lovely parents and partner, Luke) I've filled our once barren backyard with trees, shrubs, herbs, vegetables, bird baths and flowers.

What started as an empty, dry patch of couch grass is now home to countless insects, birds and lizards. It rewards us with flowers and food and it is one of my favourite places to be.





THIS BOOKLET

This booklet outlines the workshops I currently offer. My style of teaching is informative, interactive and approachable. I welcome questions and regularly incorporate demonstrations into my talks.

I am often contacted by audience members who have left my workshops and headed immediately to their local garden centre, inspired to get to work creating their garden - this, more than anything, is what makes my work feel worthwhile and meaningful!

If you'd like to discuss any of the workshops outlined here in more depth, or to enquire about my rates and availability, please feel free to contact me at hello@caseyjoylister.com. You can also visit my website at www.caseyjoylister.com.

I look forward to hearing from you!



SEED SAVING 101

Learn how to become a master of seed saving, storing and sowing in this comprehensive 2 hour workshop. Seed saving is so much fun and incredibly satisfying. After this workshop you'll have full confidence in growing new plants from seed, your gardening will become less expensive and you'll be able to start growing a much wider range of cool, interesting and delicious plants!

Topics we'll cover include:

- Why saving seeds is one of the best ways to level-up your gardening
- How different plants are pollinated & how to boost your pollination success
- The difference between hybrid seeds and heirlooms, and what seeds are actually worth saving
- How to avoid accidental cross-breeding between your different veggies
- How to collect, store and sow different kinds of seeds
- How to successfully sow seeds of different sizes and varieties
- When to sow seeds in punnets and when to sow direct
- How to care for your new seedlings and keep them alive
- Plus lots more!



DREAM GARDEN DESIGN

Learn how to master principles of garden design and discover ideal layout solutions to maximise the health, productivity and beauty of your own backyard. In this 2 hour masterclass on garden design, I'll explain how to plan, plant and structure your dream garden from the ground up to make it a place that you love to spend time in.

Topics we'll cover include:

- How to begin the planning process (especially if you're overwhelmed and don't know where to start)
- How to assess your garden for key features (sunlight, soil composition, wind tunnels and rainfall)
- How to create a garden that draws you in and makes you want to spend all day out there
- How and where to grow trees to create cool areas that you can retreat to (without sacrificing sunlight for your veggies)
- Design tricks and techniques used by landscape architects to make gardens feel secluded, mysterious and beautiful
- What to plant (and where) for a garden with a natural, wild and inviting feel (that also attracts beneficial insects and local wildlife)



A DEEP DIVE INTO SOIL

Good soil is the secret to a healthy garden, but it is so often the last thing on our minds when we start growing. In this 2 hour workshop we take a deep dive into soil, learning what makes soil healthy, what processes do our soil harm, and how to boost soil health in your own garden.

Topics we'll cover include:

- What is soil really, and why does it matter for our plants (and our environment at large)?
- How to assess the quality of your soil (including its pH, moisture levels and whether it is clay-based or sandy)
- Three easy steps to repairing Perth's sandy, dry soil
- What soil amendments are worth your time, and which aren't worth bothering with
- The difference between different kinds of manure (and how to select the best one for your garden)
- Why mulch is vitally important, the pros and cons of different kinds of mulch, and how to choose the right mulch for you
- How to plant a garden that is protected from the harsh sun (and why you can start embracing your weeds)
- Why starting a compost tumbler or worm farm is great for your soil (as well as reducing waste)
- How getting our hands in the soil can help improve our mental health

WILDLIFE FRIENDLY GARDENS



These days it's easy to feel hopeless about the state of our environment. Insect diversity is plummeting and a lot of our native wildlife is endangered. But as a community we can all make small, positive changes for good. If you have a backyard, a balcony, courtyard or verandah you can grow plants that provide food, safety and security for our endangered wildlife. In this 2 hour workshop I describe how my organic, diverse approach to gardening has created a backyard filled with insects, frogs, reptiles, spiders and birds and explain how you can achieve the same in your garden too.

Topics we'll cover include:

- How to design a wildlife friendly garden from scratch, including trees, shrubs and flowers that entice wild animals into your garden
- The best plants to grow to improve insect diversity
- Why an organic, pesticide-free approach is essential to maximise insect diversity and protect native birds
- How and where to provide water-access in your garden for birds, lizards, bees, wasps and frogs
- What is a 'beach' for your pond, and why is it helpful
- How letting your herbs and salad greens go to flower will improve diversity in your garden
- Why healthy soil is vital in a wildlife friendly garden (and how to improve your own soil)



GROW A KITCHEN GARDEN

Growing your own herbs, fruits and veggies is one of the most satisfying things we can do as gardeners. And, if you've ever tried home-grown food, you'll know it's infinitely tastier than anything you can buy at the supermarket! In this 2 hour workshop on kitchen gardens we'll discuss how to set up your own kitchen garden.

Topics we'll cover include:

- How to set your kitchen garden up for success with healthy soil
- Why its important to grow things that are 'in season' and how plant nurseries can lead beginner gardeners astray
- What to look for when buying veggie seedlings from the shops to make sure you're picking the healthiest and strongest plants
- How to start growing veggies from seed (and why it's so much fun!)
- The truth behind companion planting - when it works and when it doesn't
- Why a pesticide-free approach will lead to a more resilient garden
- How to encourage beneficial insects to your patch (and why they're so important)
- How to ensure successful pollination of different veggies like sweet-corn and zucchinis
- Why 'succession planting' is such a good idea (and which plants you should use it for)
- Why you should let your herbs and veggies go to seed (and how to save and store the seeds for next time, when you do)



GARDENING FOR WELLBEING

Not only is gardening good for the planet, it's also good for your body and mind. Evidence for the beneficial effects of gardening on mental and physical wellbeing continues to mount; recent findings suggest it can help lower anxiety, reduce depression, even help people recover mobility after a stroke. In this 2 hour workshop, I explain why gardening can be so good for us, and outline ways to build a garden that offers you benefits physically and mentally.

Topics we'll cover include:

- The importance of wild spaces for mental wellbeing (and how these spaces are increasingly disappearing in our cities)
- How trees can affect the mental health of a community
- How to integrate more wild spaces into our community
- How we can use our gardens to build connections with our neighbours
- Seed sowing as a way of cultivating hope and confidence (plus tips for successfully growing from seed)
- How to grow a sensory garden for mindfulness (and how sensory gardens can help encourage your kids to join you outside)
- How growing our own food improves nutrition, builds community and helps us give back to the environment
- How to start a community garden in your suburb (or ways to build the one you're already in)

