



www.plantforlife.info/colour

PlantforLife has been created by the Horticultural Trades Association with the aim of helping people get the most out of their garden with gardening advice, information and inspirational ideas, highlighting the health and well-being benefits of plants and gardening.



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Colour me, colour my garden

PlantforLife Look Book 2009/10



Introduction

Colour can represent different feelings and emotions, and often we express this through fashion. Choosing to wear certain colours can say a lot about our personality, but does the same apply when we choose our plants?

PlantforLife has teamed up with TV's fashion expert, Mark Heyes, plus gardening's hottest designer, Chris Collins, to advise on choosing the right colours to suit you and your garden.

Colour me, colour my garden will help you achieve your perfect garden by taking inspiration from the methods used in colour style consulting and applying these to the plants you choose.



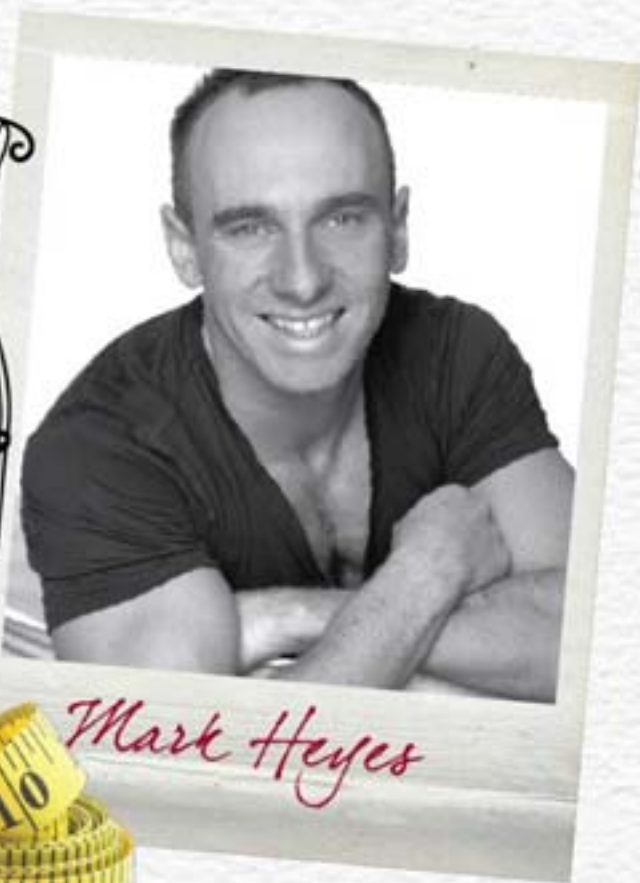
80% of people admit their moods are positively affected when surrounded by colourful plants¹



More than a fifth wish they could be braver and have the confidence to experiment with colour in the garden¹

¹: Market research conducted in May 2009 by One Poll. 2000 people were interviewed.

The colour experts



Mark Heyes



"The thought of introducing colours you're not used to wearing can be daunting, but once you start bringing in the smallest hints of colour the difference is often unbelievable. Colour can have a huge impact on the way you feel, so it is important you know what's right for you. Have fun and experiment with these simple guidelines, and you'll be the talk of the next garden party!"

Mark Heyes. Style Consultant



"Colour can liven up any outdoor space and create atmosphere. Planting hot colours for example, creates an exciting and intense mood, whilst opting to plant cooler colours can radiate feelings of restfulness and calm, but whichever colours you pick it's important they reflect you. Whether you just have a simple window box, courtyard or lawn garden, there are colour options and shades for everyone."

*Chris Collins.
Celebrity Plantsman*



Chris Collins



Planting with colour

Research from PlantforLife shows that 92% of people think colour is important, yet, 76% admit they don't think about the way in which colours can work together. It seems people want to be able to use colour in their gardens but they lack confidence and often don't know the true benefits.

If used correctly colour can add drama and effect to any garden, yet just 16% think about colour being used in this way.

31% are envious of other people's colourful gardens^{1,2}

48% of people agree colour can make them feel happy and have an uplifting effect¹

76% don't think about the colours they are planting¹

24% of women think about the way in which colours can complement each other when it comes to plants¹

20% admit to playing it safe with colour in their garden¹

So if this has left you wondering how you can use colour in your outdoor space, turn the page and follow our easy guide to breathe life (and colour) back into your garden.

¹: Market research conducted in May 2009 by One Poll. 2000 people were interviewed.
²: 31-35 year olds



What's your colour personality?

With the help of Mark Heyes, PlantforLife has developed a two-step guide to uncover your colour palette, but your colour palette is only the first step to fashion success! To ensure you always step out in style you need to know the dominant colour from your palette as this will form the basis of your wardrobe.

1. Choosing your colour personality

Colours can reflect your personal qualities so it's crucial you choose the right colour personality for you. Mark has defined four main colour personalities which people commonly fall into, each with its own distinct colour palette to enhance your natural tones.

2. Working out your dominant colour

Every colour personality has a dominant colour, which is determined by your natural tones. This acts as the foundation to your wardrobe, which you can mix and match your palette around to create countless fashionable outfits.

Once your wardrobe is in order, Chris Collins can show you how these fashion principles can help bring colour into your garden. Read on to discover your colour personality...



Romantic

If you love life and see the good in everything, you must be a romantic at heart. You love the smaller things in life and are always considerate of others. You like to put a finishing touch to something so it stands out and shows how much you care.

If you're a true romantic turn to pages 8-9 to learn more about your perfect colour palette...



Vivacious

If you're confident in yourself and have a bubbly personality, then this is the one for you. Friends and family come to you when they are feeling down as they know you can always add a cheer and a put a smile to their face.

If you're a lively vivacious turn to pages 10-11 to learn more about your perfect colour palette...

Sultry

If you have an underlying sexy edge, but don't always like to show it then this is the personality for you. You are sophisticated in nature and glamorous in style with a sultry but subtle twist.

If you're a sexy sultry turn to pages 14-15 to learn more about your perfect colour palette...

Mysterious

You may not be that confident in yourself but have a love of fashion, beauty and style. You keep people second guessing and are always one to surprise and keep secrets. You err on the side of caution and can be difficult to read.

If you're a quiet mysterious turn to pages 12-13 to learn more about your perfect colour palette...



Your dominant colours are...



Deep Romantics

- Eyes are dark in colour, often with a hazel tinge
- Hair is anything from a deep brown to jet-black
- Skin tones can be either ultra pale or black as a deep romantic

If you're a deep romantic then fuchsia is your dominant colour

Light Romantics

- Eyes tend to be light in colour
- Hair is light blonde including more ashy tones through to grey and white
- Skin tone is pale and delicate with a cool undertone of pink

If you're a light romantic then rose pink is your dominant colour

Soft Romantics

- Eyes can be any colour
- Hair goes from soft blonde, mousey brown through to darker brown shades
- Skin tone is neutral but may have a yellow undertone

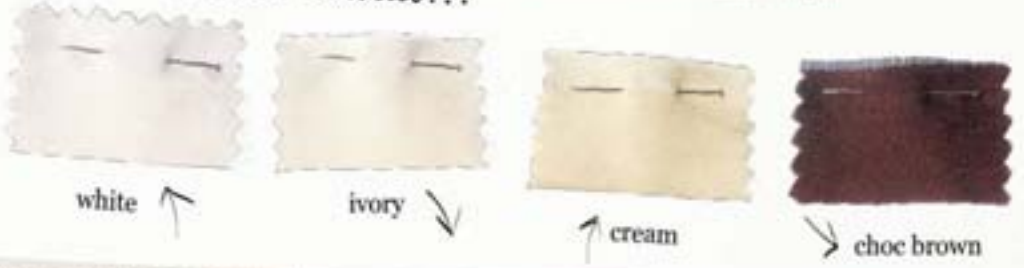
If you're a soft romantic then bluebell is your dominant colour

Warm Romantics

- Eyes can be any colour
- Hair is flame red to strawberry blonde
- Skin tone tends to be golden in nature or pale with a spattering of freckles

If you're a warm romantic then mint is your dominant colour

Other romantic colours...



Romantic Palette



You love your florals and sway towards the colour pink. Pastels are a must for you and you look gorgeous in creams, ivories and whites. If you tend to opt for darker shades, then you should try to include dusky colours and chocolate browns. The most important thing is that you remember to keep it light, bright, breezy and beautiful!

Mark Hayes,
Style Consultant

Fashion Advice for your Romantic Garden

Now your wardrobe is in order it's time to consider how you can plant with your colour palette. Celebrity plantsman Chris Collins has identified the plants that match the colours of your personality and by following his simple advice you can ensure your garden will stay colour-beautiful and personal to you...

Remember

"Use your dominant colour as the foundation colour for your garden. Then mix and match the rest of your colour palette into your garden."

Chris Collins



Chris' Top Tips:

This shrub flowers throughout the summer but remember it prefers a sunny position in the garden and grows best in well-drained soil.

Fashion Tip:

To add drama to your garden, plant in a sunny border surrounded by pink Roses.



Chris' Top Tips:

Produces clusters of delicate fragrant flowers throughout the summer and likes a sunny location. Remove old flower heads regularly to encourage further flowering.

Fashion Tip:

Great for framing a border of pastel or soft colours of the Yucca.



Chris' Top Tips:

A flowering bulb that needs partial shade. It's perfect for planting under trees and prefers heavy soil with some moisture.

Fashion Tip:

For the perfect colour combination plant with Magnolia.



Chris' Top Tips:

A climbing evergreen that likes a sunny spot. In the summer it is covered in pink buds that open out into pure white flowers with an incredible scent.

Fashion Tip:

For a great colour contrast plant with Fuchsia.



Chris' Top Tips:

This herbaceous perennial has a short but impressive flowering period producing chocolate scented, single flowers in late summer.

Fashion Tip:

Subtlety is key so plant with Magnolias and other pastel colours.



Chris' Top Tips:

An impressive evergreen which is generally grown as a wall shrub. It needs well-drained, moist soil and full sun for healthy growth.

Fashion Tip:

Make use of your palette and plant Bluebells underneath.



Chris' Top Tips:

This evergreen shrub produces bell shaped ivory white flowers and sword like leaves. It likes well-drained soil and grows well in open ground.

Fashion Tip:

Try planting with Chocolate Cosmos to add a touch of drama to your garden.



Chris' Top Tips:

A spreading perennial whose leaves, when crushed, smell like apple. Best planted in a container, it rarely produces flowers but will benefit from pinching of growing tips to keep the plant bushy.

Fashion Tip:

The perfect colour accessory is Poet's Jasmine or white and cream plants.

Your dominant colours are...

Light Vivacious

- Eyes tend to be light in colour
- Hair is light blonde including more ashy tones through to grey and white
- Skin tone is pale and delicate with a cool undertone of pink

If you're a light vivacious then apple green is your dominant colour

Soft Vivacious

- Eyes can be any colour
- Hair goes from soft blonde, mousey brown through to darker brown shades
- Skin tone is neutral but may have a yellow undertone

If you're a soft vivacious then jade is your dominant colour

Other vivacious colours...



coral ←



← azure



↓ tangerine



↓ emerald



apple green ↑

cobalt blue ←

jade ↑

↓ daffodil yellow

Deep Vivacious

- Eyes are dark in colour, often with a hazel tinge
- Hair is anything from a deep brown to jet-black
- Skin tones can be either ultra pale or black as a deep vivacious

If you're a deep vivacious then cobalt blue is your dominant colour

Warm Vivacious

- Eyes can be any colour
- Hair is flame red to strawberry blonde
- Skin tone tends to be golden in nature or pale with a spattering of freckles

If you're a warm vivacious then daffodil yellow is your dominant colour

Vivacious Palette

You must feel comfortable in your skin, and be prepared to be daring with colour. Be bold, bright and beautiful and style yourself with fashionable, basic colours including coral, azure and tangerine. Don't be afraid to introduce vibrant colours through accessories and statement garments.

Mark Hayes.
Style Consultant



Fashion Advice for your Vivacious Garden

Now your wardrobe is in order it's time to consider how you can plant with your colour palette. Celebrity plantsman Chris Collins has identified the plants that match the colours of your personality and by following his simple advice you can ensure your garden will stay colour-beautiful and personal to you...

Remember

"Use your dominant colour as the foundation colour for your garden. Then mix and match the rest of your colour palette into your garden."

Chris Collins



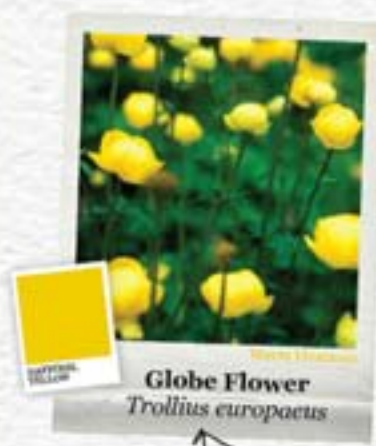
September Charm
Anemone hupchensis

Chris' Top Tips:

This herbaceous perennial produces soft pink flowers and provides colour late into the summer. It prefers partial shade with well-drained soil.

Fashion Tip:

Great in open borders and looks best when surrounded by the colours of the Sea Holly or Grace Ward.



Globe Flower
Trollius europaeus

Chris' Top Tips:

This perennial bears rounded yellow flowers and deeply serrated mid-green leaves. It loves to have wet feet so moist soil is a must.

Fashion Tip:

Create stand out and plant near to the French Marigold.



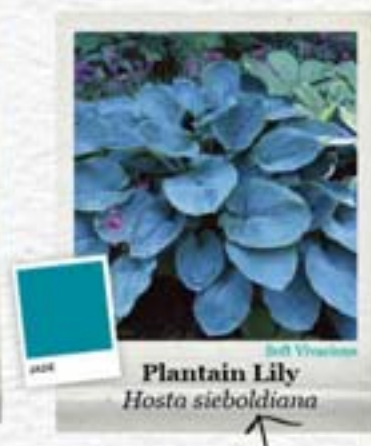
Sea Holly
Eryngium bourgatti

Chris' Top Tips:

In mid to late summer this herbaceous perennial produces blue, green, and then lilac flowers. It grows best in the sunshine and likes well-drained soil.

Fashion Tip:

This plant does not need to be the centre of attention so try planting with the coral of September Charm.



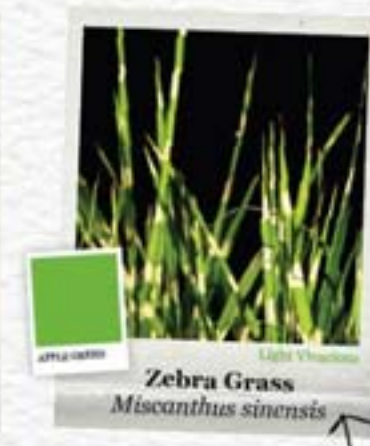
Plantain Lily
Hosta sieboldiana

Chris' Top Tips:

A perennial plant with rounded, heart-shaped leaves. Plant in full sun or partial shade and in well-drained soil to help maintain its attractive leaf colour.

Fashion Tip:

Complement the deep green leaves with the Globe Flower.



Zebra Grass
Miscanthus sinensis

Chris' Top Tips:

A clump-forming grass that grows best in partial shade and well-drained soil. It has upright bluish green leaves with flashes of yellow across each one.

Fashion Tip:

Ideal for planting with the deep shades of the Plantain Lily.



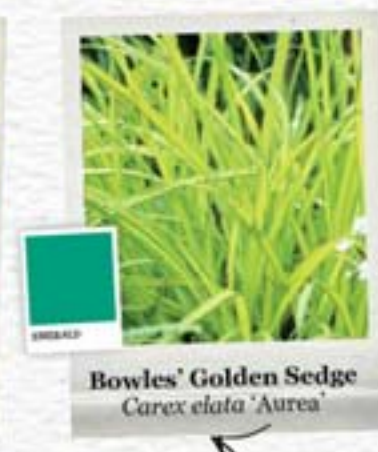
Grace Ward
Lithodora diffusa

Chris' Top Tips:

This evergreen shrub produces a mass of bright blue flowers in the early summer and is perfect for growing over walls or rocks.

Fashion Tip:

The blue flowers are complemented by coral so plant near September Charm.



Bowles' Golden Sedge
Carex elata 'Aurea'

Chris' Top Tips:

An evergreen perennial grass with solid triangular stems that bear black flower spikes in the summer. It thrives in well-drained soil and requires full sun to partial shade.

Fashion Tip:

To add drama, plant near to the yellow tones of the Globe Flower.



French Marigold
Tagetes 'Safari Tangerine'

Chris' Top Tips:

This easy to grow plant has a striking scent and double flowers. It is grown for summer colour and prefers full sun and a rich, well-drained soil.

Fashion Tip:

For a perfect colour combination plant with Zebra Grass or Plantain Lily.

Your dominant colours are...



violet



purple



amber



claret

Light Mysterious

- Eyes tend to be light in colour
- Hair is light blonde including more ashy tones through to grey and white
- Skin tone is pale and delicate with a cool undertone of pink

If you're a light mysterious then violet is your dominant colour

Warm Mysterious

- Eyes can be any colour
- Hair is flame red to strawberry blonde
- Skin tone tends to be golden in nature or pale with a spattering of freckles

If you're a warm mysterious then amber is your dominant colour

Deep Mysterious

- Eyes are dark in colour, often with a hazel tinge
- Hair is anything from a deep brown to jet-black
- Skin tones can be either ultra pale or black as a deep mysterious

If you're a deep mysterious then purple is your dominant colour

Soft Mysterious

- Eyes can be any colour
- Hair goes from soft blonde, mousey brown through to darker brown shades
- Skin tone is neutral but may have a yellow undertone

If you're a soft mysterious then claret is your dominant colour

other mysterious colours...



deep red



rich aubergine



metallics



navy



You lean towards a love of deep reds and rich aubergines, not forgetting some fabulously glamorous metallics. Apart from the obvious choice of black, navy can always look great. But if you're a fan of black try introducing a splash of colour like a vibrant purple - this versatile colour works with any skin tone.

Mark Hayes,
Style Consultant

Mysterious Palette

Fashion Advice for your Mysterious Garden

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Chris Collins



Smoke Bush
Cotinus 'Grace'

Chris' Top Tips:

A deciduous bushy shrub with deep reddish-purple foliage and tiny purplish-pink flowers. Likes full sun and well-drained soil.

Fashion Tip:

Add drama to your borders and plant near to the Delphinium 'Blue Nile'.



Viola
'Huntercombe Purple'

Chris' Top Tips:

This perennial produces a mass of flat faced, rich coloured flowers. It loves the sun and fertile soil.

Fashion Tip:

For dramatic colour contrast plant close to the deep red leaves of the Common Houseleek.



Common Houseleek
Sempervivum tectorum

Chris' Top Tips:

A succulent plant with waxy leaves and clusters of reddish-purple flowers. Likes the full sun and grows well in containers.

Fashion Tip:

Plant next to softer coloured plants such as the Freesia 'Yellow River'.



Larkspur
Consolida ajacis

Chris' Top Tips:

A perennial plant with striking flower spikes and delicate scent, the Larkspur requires deep, rich, well-drained soil in sun or partial shade.

Fashion Tip:

Looks great next to the metallic hues of the Mugwort.



Lantern Tree
Crinodendron hookerianum

Chris' Top Tips:

This evergreen shrub likes the shade. It has dark, green, glossy leaves and red flowers that hang from its branches.

Fashion Tip:

A perfect back drop for the violet tones of the Viola 'Huntercombe Purple'.



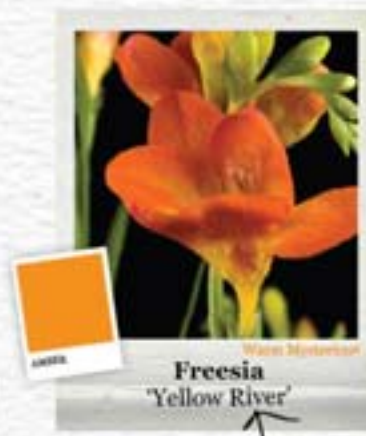
Delphinium
'Blue Nile'

Chris' Top Tips:

This herbaceous perennial has glossy, dark green leaves with rich coloured, blue flowers.

Fashion Tip:

To create drama try planting near to the Lantern Tree.



Freesia
'Yellow River'

Chris' Top Tips:

This plant has bright green leaves and beautifully fragrant flowers which form on a large spike. Requires a sunny but sheltered spot.

Fashion Tip:

For a great colour combination plant with Delphinium 'Blue Nile'.



Mugwort
Artemisia 'Powis Castle'

Chris' Top Tips:

This frost hardy, evergreen shrub is known for its finely cut, aromatic silver, grey foliage. Grows best in well-drained soil.

Fashion Tip:

The perfect backdrop to any border and enhances any colours close by.

Your dominant colours are...

Deep Sultry

- Eyes are dark in colour, often with a hazel tinge
- Hair is anything from a deep brown to jet-black
- Skin tones can be either ultra pale or black as a deep sultry

If you're a deep sultry then red is your dominant colour

Warm Sultry

- Eyes can be any colour
- Hair is flame red to strawberry blonde
- Skin tone tends to be golden in nature or pale with a spattering of freckles

If you're a warm sultry then amber is your dominant colour

Light Sultry

- Eyes tend to be light in colour
- Hair is light blonde including more ashy tones through to grey and white
- Skin tone is pale and delicate with a cool undertone of pink

If you're a light sultry then buff is your dominant colour

Soft Sultry

- Eyes can be any colour
- Hair goes from soft blonde, mousey brown through to darker brown shades
- Skin tone is neutral but may have a yellow undertone

If you're a soft sultry then moss green is your dominant colour



buff ←



red ↓



amber ←



moss green ←



slate ←

Other sultry colours...



red wine ↖



charcoal ↖



stony taupes ↘



slate ↘



Sultry Palette



You like subtle soft shades of charcoal and stony taupes, but your favourite colour is black and you wear it with style. Certain key colours will play a part in your wardrobe through accessories and statement pieces so check out your prominent colour and see how you can add some pizzazz to any outfit!

Mark Hayes,
Style Consultant

Fashion Advice for your Sultry Garden

Now your wardrobe is in order it's time to consider how you can plant with your colour palette. Celebrity plantsman Chris Collins has identified the plants that match the colours of your personality and by following his simple advice you can ensure your garden will stay colour-beautiful and personal to you...

Remember

"Use your dominant colour as the foundation colour for your garden. Then mix and match the rest of your colour palette into your garden."

Chris Collins



Chris' Top Tips:

A ground hugging plant that has fleshy silver, green leaves which can become tinged with plum at certain times of the year.

Fashion Tip:

Try planting with Hart's Tongue Fern to break up the colours.



Chris' Top Tips:

A hardy plant that likes to grow in the sun or partial shade. It's known for its grass-like black leaves in the summer, lilac flowers and black fruits.

Fashion Tip:

For a great colour contrast plant near to the Scotch Marigold.

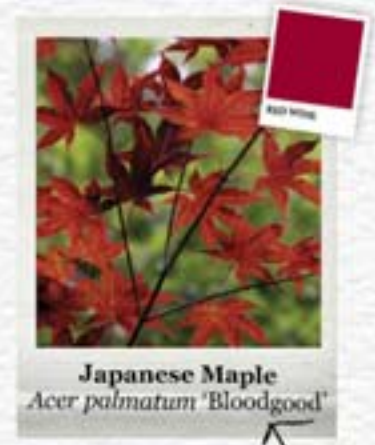


Chris' Top Tips:

A hardy plant, with dark orange daisy like petals. This annual needs a bright, sunny position and likes well-drained soil.

Fashion Tip:

For the perfect combination plant next to Lilyturf.



Chris' Top Tips:

A deciduous shrub with deep red leaves that turn brilliant red in the autumn. Don't plant in direct sunlight because the leaves can easily burn.

Fashion Tip:

Will work well with the contrasting colour of Stonecrop.



Chris' Top Tips:

A deciduous bushy shrub with twisty shoots. This is a hardy plant that requires little maintenance, just moist, well-drained soil.

Fashion Tip:

Will work against any colour just make sure it is the centre piece of your border.



Chris' Top Tips:

This herbaceous climber produces masses of red flowers followed by bright blue fruits. Plant at the back of a border to keep its roots in the shade.

Fashion Tip:

Looks great next to the Lilyturf.

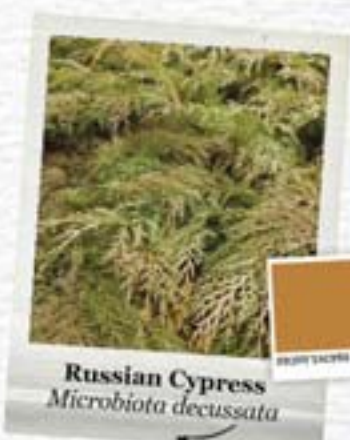


Chris' Top Tips:

This fern likes partial shade and moist but well-drained soil. It grows slowly and needs little attention apart from annual mulching and tidying in spring.

Fashion Tip:

Belongs in a green area so try planting near to the Russian Cypress.



Chris' Top Tips:

A spreading shrubby conifer. It has flat sprays of scale like foliage that is yellow-green in the summer and deep brown later in the year.

Fashion Tip:

Its ability to change colour makes it a versatile garden companion.

"Fashion is not something that exists in dresses only. Fashion is in the sky, in the street, fashion has to do with ideas, the way we live, what is happening."

