

Episode 179 show notes and advice

Episode description

While Andy Murray's tennis career is well documented, and the Cromlix hotel has brought years of joy for he and wife Kim Murray, the home-grown haven of the garden plays such a huge role in Kim's life.

It's a delight to host Kim on 'grow, cook, eat, arrange' this week as she shares her experience discovering gardening, what she grows to indulge her artistic creativity, and the local, sustainable roots behind the hotel project.

In this episode, discover:

- Kim's discovery of gardening, and how it grew into a passionate part of her life
- How Kim's creativity means that she uses flowers in different, unique ways
- The garden's role in life for Kim, Andy and the family

Kim's gardening in Surrey, complementing her love of creating things (2:40)

Opening the episode, we learn that Kim describes herself as a 'home bird' having grown up close to the place that's now Kim and Andy's forever-home. Being an outdoors-y country girl, they've made sure there's a lovely patch where they could start from scratch.

Kim's past in painting evidences a creative spark which is exactly the reason she grows so many tulips - she's able to bring them into the house to spread splashes of beauty throughout the home all season long.

The role of the garden in Kim's life (9:20)

Whether it's tending to the chickens, sorting out the greenhouse or chasing the children around, Kim describes her garden as having become central to her lifestyle.

Particularly in today's world with so many screens around our children, having a green space for them to explore is such an important part of the family's life.

Favourite plants, varieties and colour palettes (11:35)

For those looking to take inspiration from Kim's embrace of horticulture, we learn of her persuasion for sweet peas, an evocative, aromatic flower family which brings back memories of her grandmother in particular.

When it comes to colour palettes, the temperature of the colours seems to flow with the season, and whether it's the soft lilacs or the stronger tones of tulips and dahlias, it all catches Kim's eye.