



Dalyah



Established 1964

Patron: His Majesty the King of Bahrain,
King Hamad Bin Isa Al Khalifa

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Dear members, please send your articles about your own gardening experience to the garden club editorial team.

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Images for newsletter were contributed by garden club members.



Cover image © Irina Averinos

Chairperson Word



As we mark **sixty years of annual flower and vegetable shows**, the Bahrain Garden Club celebrates a remarkable legacy of service, creativity, and community engagement. For six decades, these annual competitions have provided an inspiring platform for keen gardeners, school students, floral arrangers, crafts enthusiasts, resident gardeners, commercial establishments, and lovers of nature to present their talents and share their passion. Over the years, this event has grown into one of the most significant horticultural and community-based showcases in the Kingdom of Bahrain, and indeed stands as a unique initiative in the region, with few parallels across the Middle East.

This milestone is not only a celebration of longevity, but also of purpose. The Bahrain Garden Club has consistently sought to promote gardening, floral arts, and environmental awareness as meaningful contributors to the cultural and ecological life of Bahrain. As an organization affiliated with the **Royal Horticultural Society (RHS)**, the Club remains closely connected to current global developments in gardening, biodiversity, sustainability, and environmental stewardship. Through this affiliation and through our educational outreach, we strive to share these evolving international perspectives with our members and with the wider community.

A particularly proud moment in our history came in 2025, when, for the first time ever, the Bahrain Garden Club was invited to participate in the world-renowned **Chelsea Flower Show**. Our display in the Great Pavilion was honored with a **Silver-Gilt Medal**, a distinction that reflects the dedication, creativity, and commitment of our members. This achievement was not only a proud moment for the Club, but also for Bahrain, as it placed our work on one of the most prestigious global stages in horticulture.

New members are always welcome.

**To become a member of the Bahrain Garden Club,
please contact 17727625 or 39774194**

Since 2004, our annual flower show has been held under the umbrella of the **Bahrain International Garden Show**, which has greatly expanded its reach and impact. This broader platform has enabled the Club to engage with more diverse participants from Bahrain, the region, and beyond, creating valuable opportunities for exchange, collaboration, and wider public appreciation of gardening, agriculture, floral design, and environmental initiatives.

Equally important to our mission is our investment in future generations. In 2021, the Club launched its **Kids and Youth Initiative**, which has since developed into a comprehensive programme involving both government and private school students through workshops, classes, and practical activities. This initiative reflects our firm belief in the vital role of young people in shaping the future of our world. Today's youth are making meaningful contributions across many fields, including politics, the environment, agriculture, science, and technology. By engaging them early, we aim to nurture values of responsibility, creativity, sustainability, and active citizenship.

The Bahrain Garden Club remains steadfast in its commitment to enhancing the beauty and ecological well-being of Bahrain. As a non-profit, volunteer-managed organization, the Club continues to serve the community through weekly educational activities for members, the production of this newsletter, and the successful organization of an annual show that has endured for sixty years. This sustained work is a source of great pride and stands as a testament to the dedication of all those who have contributed to the Club's journey over the decades.

We are deeply honored by the continued support of our esteemed patron, **His Majesty King Hamad bin Isa Al Khalifa, King of the Kingdom of Bahrain, and Her Royal Highness Princess Sabeeka bint Ibrahim Al Khalifa, Wife of His Majesty the King of Bahrain**, whose encouragement and support have greatly contributed to the Club's continued growth and achievements.

This issue of the newsletter is published during a particularly special moment in our history, as we celebrate sixty years of the Club's annual flower and vegetable show. It is both a reflection on our proud heritage and an affirmation of our forward-looking vision. With gratitude for the past and confidence in the future, we remain committed to serving our community, supporting environmental awareness, and inspiring a lasting love for nature in generations to come.

Zahra Abdul Malik







BGC Activities



Annual Luncheon 2026



Teachers Workshop



Annual Bazaar



Advancing Mangrove Conservation Through Remote Sensing in the Kingdom of Bahrain

by Tefla Alromahi



Mangroves play a critical role in coastal protection, biodiversity conservation, and carbon sequestration. In the Kingdom of Bahrain, these coastal forests are a valuable natural asset, and understanding their health and carbon storage capacity is essential for effective conservation and long-term sustainability.

As the Kingdom expands its mangrove afforestation and climate change initiatives, the ability to accurately measure mangrove biomass and carbon stocks becomes increasingly important. Such measurements are essential for assessing ecological value and supporting the National Energy Strategy. Remote sensing offers a modern, efficient, and scientifically robust approach to achieving this objective.

The capacity to monitor mangrove biomass at scale provides significant national benefits. Reliable biomass data enable government entities, such as the Supreme Council for Environment, to track restoration progress, evaluate program effectiveness, and identify priority conservation areas.

Over the years, Bapco Refining, a subsidiary of Bapco Energies, has invested considerable effort in mangrove conservation through its dedicated mangrove nursery and plantation initiatives across Ras Sanad, Dohat Arad, and the Ma'ameer Channel. By integrating a scientifically validated remote sensing model, Bapco Refining can

quantify the ecological impact of these initiatives and estimate the amount of carbon stored in planted mangroves. Importantly, remote sensing is not limited to mature mangroves; it can also be applied to monitor mangrove seedlings, enabling early-stage growth tracking and improving survival rates through timely intervention.

A study conducted by Tefla Alromahi from Bapco Refining's Health and Environment Department, as part of her graduation project at the University of Bahrain, explored a non-invasive approach to mangrove monitoring. The research focused on the use of remote sensing techniques through the analysis of satellite imagery. By integrating field-measured tree data with patterns identified in satellite images, a model was developed to estimate the biomass and carbon stock of mature mangrove trees with high accuracy in Ras Sanad. The study demonstrated that remote sensing can reliably estimate mangrove biomass without the need for extensive field surveys.

By embracing remote sensing technologies, Bahrain can strengthen its conservation strategies, ensuring that mangrove restoration efforts are effective, measurable, and aligned with national sustainability objectives. Integrating remote sensing into mangrove restoration not only enhances conservation outcomes today but also positions Bahrain as a regional leader in climate-smart environmental management.



Going Peat-Free: The Future of Sustainable Gardening

by Eng. Zahra Abdul Malik



Promoting Ecological Gardening Through Sustainable Alternatives

The Hidden Power Beneath Our Feet

Peatlands - those misty, moss-covered landscapes - are far more than quiet corners of nature. They are the largest natural terrestrial carbon stores on Earth, holding nearly one-third of the world's soil carbon. In fact, peatlands sequester more carbon than all other vegetation combined, playing an irreplaceable role in stabilizing the planet's climate. Their preservation is essential not only for carbon storage, but also for supporting biodiversity and maintaining clean water supplies.

The Problem with Peat in Gardening

For decades, gardeners have relied on peat-based composts for their lightweight texture and moisture-retention properties. However, each time peat is harvested, ancient carbon stores are released into the atmosphere - a process that directly contributes to greenhouse gas emissions and climate change. Peat extraction also devastates fragile bog ecosystems, destroying habitats for countless plant and animal species. Simply put, that bag of peat compost on the shelf carries an environmental cost far greater than its price tag.

Why Peat Is Harmful to the Planet

When peatlands are disturbed, carbon dioxide and methane both potent greenhouse gases - are released. Damaged peatlands can shift from natural carbon sinks to carbon sources, accelerating global warming. The degradation of these ecosystems also undermines biodiversity, air quality, and water regulation, leaving behind long-lasting ecological damage.

The Ecological Importance of Peatlands

Beyond their carbon-storage capacity, peatlands provide vital ecosystem services. They act as natural water filters, purifying groundwater and reducing soil erosion. Peatlands also offer refuge to rare plants, insects, and bird species, forming some of the most ecologically rich habitats on Earth. Protecting them helps maintain the delicate balance between water, soil, air, and life.

Sustainable Alternatives to Peat

The good news is that peat is not essential for successful gardening. A range of sustainable alternatives can deliver excellent results while protecting the environment:

- Bark and wood fiber - Improve aeration and drainage while naturally enriching the soil.
- Coir (coconut fiber) and recycled sheep's wool - Retain moisture, enhance soil structure, and make use of renewable by-products.

- Green waste compost and sustainably farmed sphagnum moss - Support soil health and beneficial microorganisms without depleting non-renewable resources.

Why It's Time to Go Peat-Free

Peat takes thousands of years to form under waterlogged conditions, making it effectively non-renewable on a human timescale. Harvesting peat faster than it can regenerate is unsustainable. Transitioning to peat-free gardening reduces carbon emissions, protects wildlife habitats, and supports healthier ecosystems. Every peat-free purchase helps safeguard remaining peatlands and preserves their role as critical carbon sinks.

A Call to Gardeners Everywhere

Choosing peat-free compost may seem like a small step, but its impact is profound. By making this conscious choice, gardeners become part of a global movement that prioritizes climate action, biodiversity, and environmental responsibility. Together, we can cultivate a greener, more sustainable future - one garden at a time.



Photos courtesy of RHS

Bringing Greenery Home in Limited Spaces

Transforming Small Areas into Lush, Personal Retreats

By Dr. Nahla Aboushadi, Ph.D.



Throughout history, people have found ways to bring greenery into their homes and living spaces. Ancient civilizations in Egypt, Mesopotamia, and China cultivated plants in containers, valuing them for their beauty and symbolic meaning. The Hanging Gardens of Babylon stands as one of the earliest examples of integrating plants

into living environments. Over time, these traditions evolved, influenced by cultures including the Romans, Greeks, Renaissance, and Victorian era, leading to the diverse indoor gardening practices we see today.

The Modern Benefits of Household Plants

Today, the role of plants in our homes extends beyond mere decoration. Research demonstrates that indoor plants can enhance air quality, reduce stress, create a calming atmosphere, and even boost productivity. In an era marked by urban living, where space is often limited, incorporating plants indoors allows people to reconnect with nature, regardless of where they live.

Transforming Limited Spaces into Personal Green Oases

Whether residing in a high-rise apartment with only a balcony or a townhome with a small courtyard, limited space should not be a barrier to enjoying a green environment. With creative thinking, anyone can cultivate thriving indoor and outdoor spaces tailored to their lifestyle and available square footage.

Maximizing Indoor Plants in Limited Spaces

Indoor plants infuse vitality and a touch of nature into compact areas. To make the most of limited space, consider vertical arrangements. Shelves, wall-mounted planters, and hanging pots can transform otherwise dull areas into vibrant green displays. Choosing plants that thrive in indirect light and require minimal maintenance - such as pothos, peace lilies, and snake plants - ensures success even with occasional neglect.

Sunny windows are ideal for small succulents and culinary herbs like basil and mint, providing both greenery and fresh flavors for your kitchen. Experts recommend grouping plants of various heights and textures to create depth and visual interest without using more space. For instance, trailing vines can be paired with upright plants to form a focal point in a corner of a room.

Small Outdoor Spaces: Making Every Inch Count

Even the smallest balcony or patio can be transformed into a personal retreat. Picture starting your morning with coffee or enjoying a meal beside a wall filled with fresh herbs and colorful blooms. Vertical gardening is key to maximizing these areas - trellises allow for the upward growth of flowers, herbs, and other plants without taking up precious floor space. Climbing plants like Madagascar or Arabian Jasmine, Bougainvillea, and Esperanza not only add fragrance and privacy but also foster a relaxing mood.

Smart Design and Maintenance Tips

When space is limited, focus on compact, container-friendly, and vertically growing plant varieties. Dwarf versions of popular plants like Ficus and citrus offer all the charm of their larger counterparts in a smaller package. Consider the light exposure of your space: south-facing areas suit succulents, cacti, and herbs like rosemary and thyme; east or west-facing spaces are ideal for peace lilies, orchids, and philodendrons; north-facing locations work well for ferns.

Plant stands and tiered shelves help create layers, making your collection appear lush and abundant. Placing mirrors behind plants can visually double their impact, while soft lighting adds warmth and ambiance in the evening.

Watering routines are crucial, always ensure good drainage-overwatering is the most common mistake when planting in containers. Fertilize lightly and regularly to maintain nutrients in the limited soil volume.

The Joy of Green Living

No matter the size of your green space - be it a windowsill or a small patio - caring for plants brings peace and a sense of achievement. Watching new leaves emerge is a daily reminder that growth comes from consistent care. A well-tended small garden can soften the feel of urban living, purify the air you breathe, and strengthen your connection to nature. Happy gardening!!



Creamy Feta, Cream Cheese & Walnut Dip

By Huda Pullyard

A rich yet refreshing dip that balances creamy cheeses with crunchy walnuts, fresh mint, and bursts of pomegranate. Perfect for entertaining or as a mezze-style appetizer.

Ingredients

- 1 cup creamy feta cheese (not overly salty)
- ½ cup cream cheese (such as Philadelphia)
- ⅓ cup fresh mint, finely chopped
- ½ cup walnuts, chopped or coarsely ground (do not over-process)
- 1 cup pomegranate seeds
- 2 tablespoons olive oil (for serving)



Optional, for serving:

- Crackers
- Toasted bread
- Pita bread

Method

1. Prepare the Dip Base

In a mixing bowl, mash the feta cheese and cream cheese together using a fork until smooth and creamy.

Stir in the chopped mint until evenly distributed.

Gently fold in the walnuts and approximately ½ cup of the pomegranate seeds, taking care not to crush the seeds.

2. Assemble & Chill

Transfer the mixture to a serving bowl.

Top with the remaining pomegranate seeds and a light sprinkle of chopped walnuts.

Cover and refrigerate for at least 1 hour to allow the flavors to meld

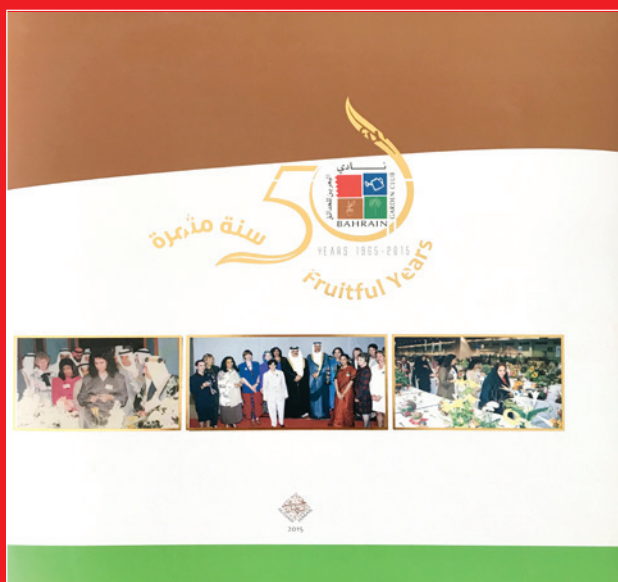
3. Serve

Before serving, drizzle with olive oil and garnish with a few fresh mint leaves.

Serve chilled with crackers, toasted bread, or pita.

Thank you to the judges





This historical book “50 Fruitful Years” was published on the occasion of the Golden Anniversary of the Bahrain Garden Club in 2015. It takes an in-depth look at the history of gardening experience in Bahrain from early days to the present time.

Our book is on sale at THE BAHRAIN GARDEN CLUB. Tel.: 17727625

Gift your friends or family with this memorial gardening history in Bahrain.



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