



HIT: Bee on caffeine

## Insects buzzing on drug

BEES get a buzz from caffeine – just like humans.

The vital pollinators also learn better when nectar is laced with the pick-me-up, scientists found.

Caffeine could help save the threatened insect and boost farming by keeping bees “on task” as they remember to work on more nectar-rich crops.

Dr Sarah Arnold, from Greenwich University in south-east London, said: “When you give bees caffeine, they don’t do anything like fly in loops but do seem more motivated and more efficient.”

### THE MENO-CURES

DANCE sessions can help with the effects of menopause, such as weight gain and poor fitness, says a study by US scientists.

# TEARAWAY’S GROWN UP AND SAYS...

# I’m well bee-hived



**GARDEN RESCUE:** Adam was troubled teen

### ADAM Frost’s life could have played out very differently.

He’s ended up doing all right for himself. He’s got his own garden design and landscape business. He’s won seven gold medals at the Chelsea Flower Show.

And he’s on telly a lot, especially *Gardeners’ World*.

But back in the 80s, in his teens, he admits: “I wasn’t easy.”

“My schooling wasn’t great. I wasn’t the best behaved...”

What changed things dramatically for this one-time self-confessed “toerag” were certain key people in his life.

First, his grandparents (“Scruffy Nan” and “Tidy Nan” and their respective spouses), got him interested in the great outdoors.

Then Jim and George, a couple of foremen with North Devon Parks Department, took him under their wing.

Adam was just 16 when he left his Essex home



THE MIKE WARD INTERVIEW  
**ADAM FROST**  
TELEVISION GARDENER

and moved to Devon. And he admits: “I just wanted a job. I loved my football, my beer, y’know.”

“But I was lucky enough to get a parks department apprenticeship and those old boys put me back on the straight and narrow.”

“People could’ve gone, ‘Frosty, we can’t be a\*\*\*d with you.’ But those two rekindled my love of the environment.”

Thirty-five years older and wiser, Adam now hopes he can pass on that passion to today’s kids. Hence his involvement in this weekend’s BBC Big Bee Challenge.

BBC Radio 2 is asking us all to do just one thing – large or small – to help support bees, stressing their importance to our ecosystem.

Adam is one of the judges for its Design A Bee-Friendly Garden competition, which is open to six to 12-year-olds.

And he’ll be turning the winning

design (to be announced on Zoe Ball’s Breakfast Show on August 19) into a real garden, on an NHS Trust site used by young people with mental health needs.

“We can all play a part,” Adam says, “to help bees and other precious pollinators.”

It’s a project that’s bound to have met with the approval of Geoff Hamilton, the former *Gardeners’ World* presenter who died in 1996.

Adam credits Geoff as being yet another huge influence in his life, having landed a job with him in London in his early 20s. He was “blown away” by the man’s forward thinking.

So he is frustrated that schools still sneer at the idea of teaching horticulture. “It’s looked upon as something you do if you’re not academic,” he sighs.

If nothing else, just learning to appreciate “the green,” Adam insists, can be life-changing.

“Over the past year I’ve really loved that space outside my back door,” he says. “It’s done me a power of good.”

● *Gardeners’ World*, 8pm, Fridays, BBC Two

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