



## FROST-PROOF YOUR GARDEN: EXPERT SHARES ESSENTIAL TIPS TO PROTECT PLANTS FROM THE JANUARY CHILL

- **Winter weather is here to stay and it's important to give gardens some extra protection to ensure plants are kept safe in the colder months.**
- **Mark Sage, Horticultural Buying Manager at B&Q has shared his top tips to frost-proof any garden, sharing the best products for the job.**
- **All products mentioned are available in-store and at [diy.com](https://www.diy.com) now.**

**JANUARY 2025:** As the temperatures remain frosty throughout the New Year, gardeners are being urged to take proactive steps to winter-proof their plants and ensure they're prepared for the cold months ahead.

B&Q's Horticultural Buying Manager, Mark Sage, is here to help customers safeguard their cherished plants and well-maintained gardens with his top tips and essential products every gardener needs this winter.

**Mark Sage, Lead Outdoor Buyer at B&Q says:** *"January is one of the coldest months, and the damage caused by frost and cold wind can be devastating to vulnerable plants. The good news is that most damage is entirely preventable with a few simple steps. Thinking proactively about frost protection now, especially for container plants and tender shrubs, will save you hassle and expense when spring arrives. We have all the necessary materials at B&Q to help protect your garden through the chill."*

### MARK SAGE'S TOP 5 TIPS FOR WINTER PROTECTION

1. **The tender plant wrap:** *"The best defence for tender shrubs and non-hardy exotics is a protective cover. Gently wrap vulnerable plants in an insulating horticultural fleece or fleece jackets. This keeps the wind and frost off while still allowing light and air circulation. Please note that it is crucial to ensure that the base is covered too."*
2. **Insulate your containers:** *"Potted plants are most at risk because their roots are exposed to the cold on all sides. Prevent root balls from freezing solid by insulating the pots themselves. Use bubble wrap secured with twine, or, for the most secure protection, bury the entire pot into the ground until the rim is level with the soil. You can then mulch the surface for extra protection."*
3. **Hands off the frosty lawn:** *"Never walk on frosty grass. The frozen blades are brittle and treading on them crushes the cell structure, causing brown patches and making the turf susceptible to disease when it thaws. If you must cross the lawn regularly, consider laying a series of stepping stones below cutting level to keep foot traffic off the grass."*
4. **Create a protective mulch:** *"Mulching is crucial to insulate the soil and protect shallow roots from deep frost penetration. Apply a thick layer (around 10cm) of bark*

chippings, compost, or even fallen leaves around the base of vulnerable plants like roses, salvias, and tender herbs. This acts like a blanket, keeping the soil temperature stable.”

5. **Check and secure structures:** “High winds and gales are common in January, so check your garden structures now. Loose fence panels, shed roofs, and climbing plant supports should be checked and repaired. For exposed sites, consider installing temporary woven hurdles or wind-permeable fencing to break up strong winds and prevent ‘wind scorch’ on evergreens.”

**Mark’s winter gardening essentials :**



[Verve White Plastic Fleece](#) - £5



[Honeycomb Paper Roll \(Bubble Wrap Alternative\)](#) - £42



[Verve Dark brown Large Bark chippings](#) - £13



[Diall External Black Tap cover](#) - £6.98






[Verve Peat-free Multi-purpose Compost](#) - £7



[Natural Bamboo Garden screen](#) - £36



		
<a href="#">Tarmac Meltaway Rock salt</a> - £8.70	<a href="#">Bypass Secateurs</a> - £5	<a href="#">Verve Laleh Terracotta Pot feet</a> - £4

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**Notes to editors:**

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B&Q launched the UK's first home improvement marketplace in March 2022, adding additional choice for consumers. The Marketplace offers a unique, integrated experience with in-store returns for many products and, as of July 2025, Click + Collect options too. B&Q's Marketplace at [diy.com](#) offers over 2 million products from over 2,000 third-party sellers alongside products for sale from B&Q.



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