

# Adam Frost

## BIOGRAPHY



Garden designer and five times RHS gold medal winner **Adam Frost** grew up gardening. His first memories are of spending time with his grandparents in their gardens and allotments, where he developed not only a life-long love of growing but of building things too. Those early interests bloomed into a passion for garden design and landscapes, driven by Adam's desire to deliver beautiful, inspiring outside spaces that work for both people and plants.

**Adam's** career started at the North Devon Parks Department, after which he moved to Barnsdale Gardens in Rutland, close to his home in Stamford, Lincolnshire. Here he served as landscape manager to gardening great Geoff Hamilton, designing and building many of the TV gardens then used for the BBC's *Gardeners' World* programme.

Since establishing his own business in 1996, **Adam** has worked with many more of the gardening world's top names. His work takes him across the UK and Europe working closely with clients developing gardens that not only sit comfortably in their surroundings, but work for them and their families. His aim is to inspire a passion for gardens in everyone he meets.

**Adam's** solo debut RHS Chelsea garden, 'Realistic Retreat', won a gold medal. A year later he repeated this success with gold and a 'Best Urban Garden' title. Since then, a silver and three further consecutive RHS gold medals have followed. He has been called upon to design gardens for many high profile sponsors such as *Land's End*, *QVC*, *Honda* and *Volkswagen*. **Adam's** was recently commissioned to design the *Homebase* garden at RHS Chelsea Flower Show 2013, which showcases his passion for edible planting, with edible and ornamental plants working happily together, helping to balance the needs of wildlife with our own. The design received huge praise and **Adam** was awarded his 5<sup>th</sup> RHS Gold medal.

**Adam's** television appearances include *The Alan Titchmarsh Show* (ITV), and *The One Show* (BBC1). As a former Chairman of the Association of Professional Landscapers and former Board member of the Horticultural Trades Authority, **Adam** is an experienced public speaker and is often asked to speak at gardening events. He also lectures and delivers courses at Barnsdale, where his design studio is based, as well as working with the RHS and other industry bodies to promote gardening as a career and a pastime.

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