

## Adam Frost video transcript

A clip of a record player as instrumental music starts to play.

A series of clips play showing Adam in the garden as he talks to camera and is planting and tending to plants and flowers. We also see a series of clips of him in his home, writing, reading and listening to music.

Throughout the video Adam is talking. He says, 'They say music can feed the soul well, I also think it can play a big part in the garden too. I'm Adam Frost and I'm going back out on the road with a brand new tour and I'm going to be sharing the inspiration behind my work. Come along and discover the songs, yes, I said songs, that have influenced the creation of this garden. I'll also be talking about the people that have inspired me, the places I've been to, also the pickles that I've got myself in along the way. Don't worry there will be loads about plants and how you can get the best out of them for your own garden so go on get yourself a ticket because I promise you, we will have some fun plus on top of that it will just be lovely to see you.'

An image of Adam Frost appears on screen with text that reads 'Adam Frost'.

\*\*ends\*\*