



AMERICAN  
**HORTICULTURAL**  
SOCIETY™

# Sensory Garden Examples and Resources

FEATURING A SELECTION OF AHS NETWORK GARDENS  
TO INSPIRE PROPOSALS FOR THE AHS SENSORY GARDEN GRANTS

Prepared by Nancy Brooks, with contributions from AHS Network Gardens.  
The generosity of Charlotte S. Bingham and the Anna I. Snyder Trust made this project possible.

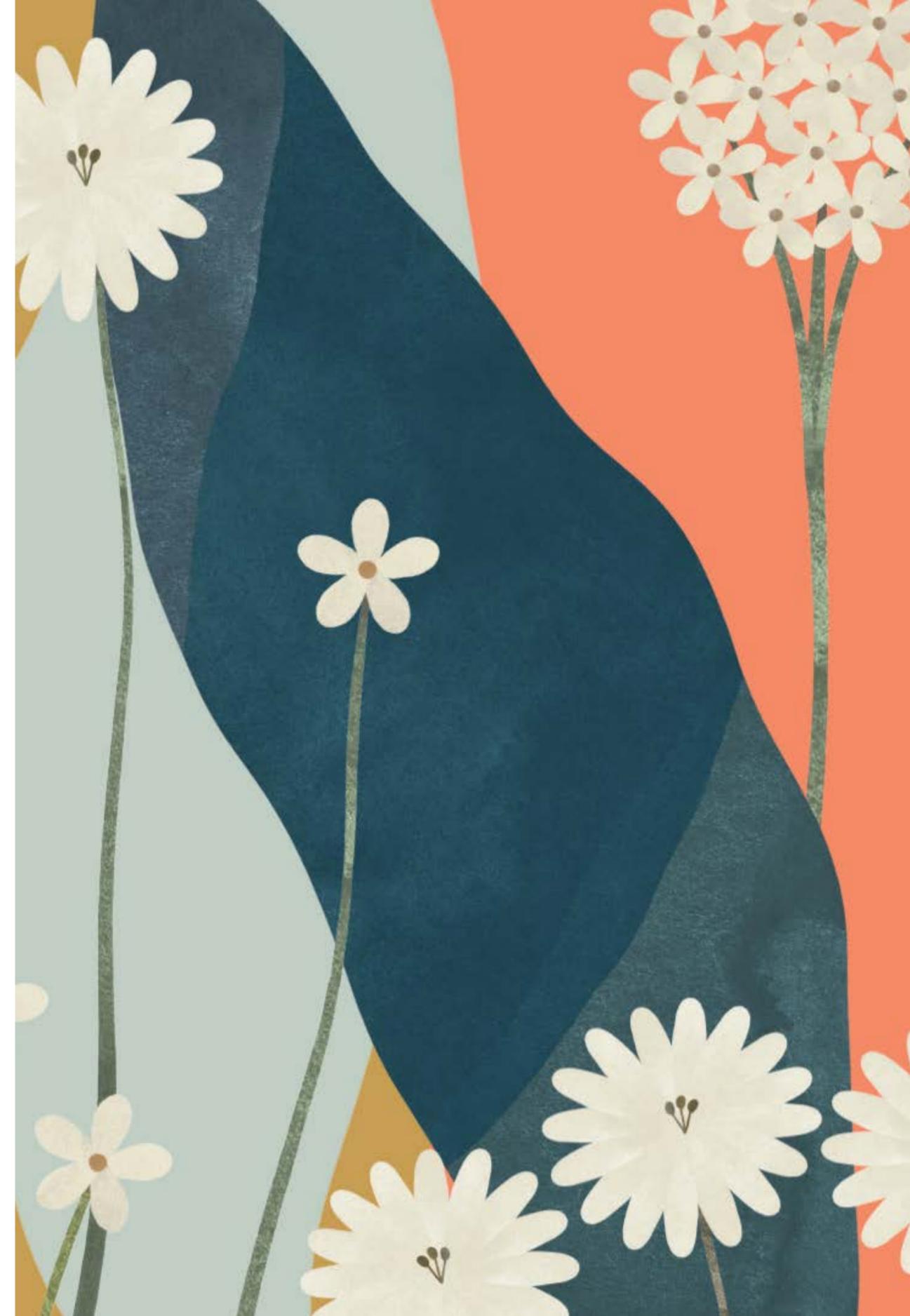


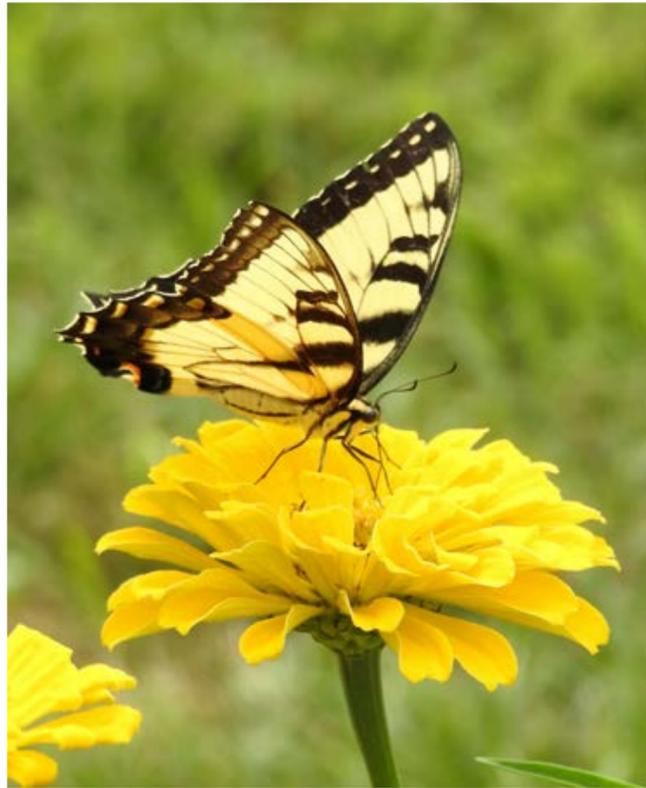
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## Missouri Botanical Garden Zimmerman Sensory Garden

4344 Shaw Boulevard  
St. Louis, MO 63110  
(314) 577-5100  
[www.mobot.org](http://www.mobot.org)

Acknowledgments: with thanks to staff members who shared text, photographs, and additional information about the garden beyond the web-page: Jennifer Smith-Simms, HTR, Manager of Public Programs-Education Division and others

### Description of Garden

Written by Jeanne Carbone, Supervisor of Therapeutic Horticulture and Jessika Eidson, Public Information Officer

The Missouri Botanical Garden's Therapeutic Horticulture Programs are designed to provide creative and stimulating nature-based activities

to enhance the physical, mental, and social lives of the participants. In harmony with the Missouri Botanical Garden mission to enrich lives by sharing knowledge about and interacting with the diversity of life in our natural world, Therapeutic Horticulture practices deepen an individual's connection to nature.

Therapeutic Horticulture is a process in which plants and gardening activities are used to improve the body, mind and spirit, through passive or active involvement. Therapeutic Horticulture is effective and beneficial for people of all ages, backgrounds, and abilities. The program is designed to deepen each participant's connection to nature with the goal of improving well-being. This is done through hands-on activities and practices.

At the core of therapeutic horticulture is the practice of using the senses to be more present and aware of the natural world around you.



Learn about some of our initiatives on our Discover + Share Blog:

- Therapeutic Horticulture: The Intersection of Nature and Well-Being
- Therapeutic Horticulture for The Ronald McDonald House

The Garden's Therapeutic Horticulture team partners with several groups in the St. Louis area to offer tailored activities to participants. A significant amount of programming occurs in medical facilities, including cancer centers, bedside in hospitals, with hospital staff and medical students. Other partners include social service agencies, senior living facilities, and community centers. Activities include flower arranging, creating herbal tea blends, sachets, nature printing and much more, all designed to connect the individual to the natural world.

For seniors, the Garden offers a new program called "What's in Bloom." Each month a volunteer will come with a "What's in Bloom" cart and, through sensory exploration, share a variety of flowers and plants that are in bloom or have an interesting story.

"In some cases, we actually work with other therapists to reach a particular therapeutic goal for an individual such as stress reduction, improving fine and gross motor skills, language skills," said Jennifer Smith-Simms, Manager of Public Education Programs at the Garden. "At times it can be a welcomed diversion from what life throws at them."

### Here are a few beginner tips for incorporating therapeutic horticulture into your life.

#### 1. Take a 1-minute nature vacation

One of our favorite suggestions for those interested in exploring a deeper connection with nature with just a little bit of time, is a one-minute nature vacation.

Pause sometime during the day, perhaps as you leave home in the morning or look out the window while drinking your morning coffee, or sometime in the middle of a busy day, step outside.

Be attentive to what you see, hear, notice, wonder about. Use the minute to bring your senses into focus on the natural world. Notice the calm that overcomes and embrace it. Now move on with the day.

You can also try a color walk or rainbow walk. Color walks encourage participants to stay present by following or seeking out a certain color in their environment, while rainbow walks challenge you to find each color of the rainbow on your walk.

#### 2. Visit the Sensory Garden

Designed to delight the senses, the Zimmerman Sensory Garden offers an engaging sensory experience for both the young and young-at-heart. Here you can smell the scented flowers and spicy herbs, hear the trickle of the Shell Fountain, and the ring of



the Solari Bell Tree and touch the texturally tantalizing annuals, perennials and herbs. Individuals of all abilities can enjoy what this garden has to offer.

The sensory plants in this garden are harvested and used in the community for therapeutic horticulture programming. The Therapeutic Horticulture team brings nature to those who are unable to come to the Garden and who are going through a challenging time. Healthcare and senior living communities, as well as other community support agencies benefit from the rich engagement that comes from nature and plants. The goal is to improve one's wellbeing through connecting to nature.

### 3. Bring Nature to You

Especially during the winter months, it can be challenging to connect to nature when you just want to be warm and cozy. One way to connect with nature is to bring the outdoors in. Having rocks, acorns, shells, flowers, or artwork of nature can bring joy and reminders of the natural world. Be sure to follow the rules and guidelines anywhere you may want to collect natural mementos.

## Plant Selection List

From the enticing scent of lemon verbena to the smooth texture of a pansy petal, there are so many possibilities for sensory exploration in your garden. The Therapeutic Horticulture team at the Missouri Botanical Garden has compiled their top plants for a sensory experience.

#### Lemon verbena (*Aloysia triphylla*)

- Scented leaves
- Textured leaves

#### Scented geranium (*Pelargonium sp.*)

- Hundreds of varieties
- Scented leaves
- Textured leaves

#### Globe amaranth (*Gomphrena globosa*)

- Bright colored flower
- Textured flower head

#### Lavender (*Lavandula angustifolia*)

- Scented leaves, flower buds, stems
- Textured foliage

#### Cockscomb (*Celosia argentea*)

- Visually attractive, bright colors
- All varieties have interesting texture

#### Rosemary (*Salvia rosmarinus*)

- Entire plant is scented
- Savory taste for cooking

#### Pansy (*Viola x wittrockiana*)

- Textured petals
- Scented

#### *Salvia leucantha* 'Santa Barbara'

- Texture
- Attracts butterflies and hummingbirds

#### *Cosmos sanguineus* 'Hot Cocoa' -Chocolate Cosmos

- Scented flower

#### *Zinnia elegans*

- Bright bold colors
- Great cut flower
- Attracts butterflies

# Coastal Maine Botanical Gardens Lerner Garden of the Five Senses

105 Botanical Gardens Drive

Boothbay, ME 04537

(207) 633-8000

<https://www.maine gardens.org/>

<https://mainegardens.gardenexplorer.org/>

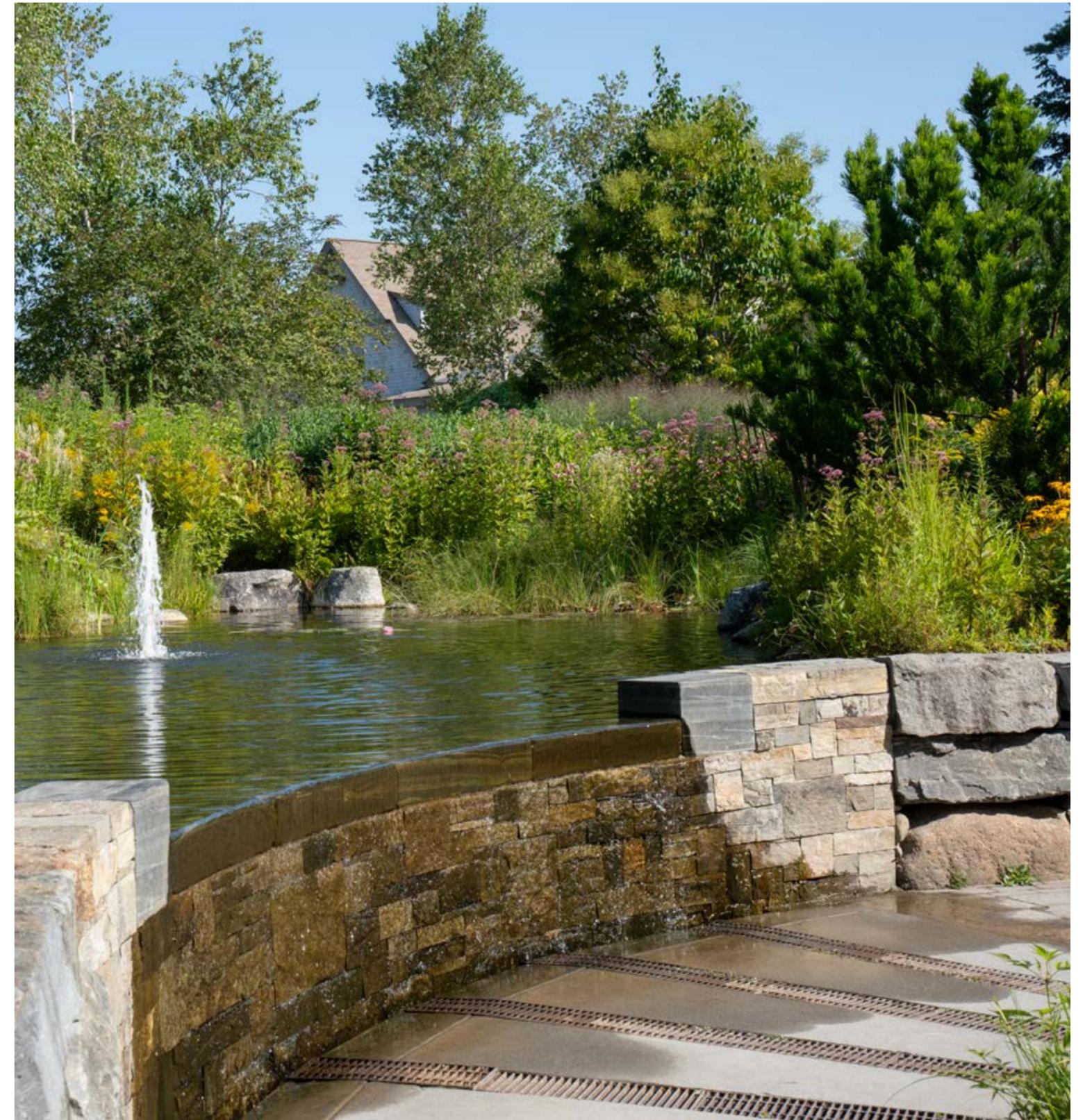
Acknowledgments: with thanks for this text and additional information beyond the website to Garden staff members, including Annual Giving and Membership Manager Betsy Hills and Director of Marketing Katie Hey. Thanks, too, to Gregory Harris, LASN, for his informative online article.

## Description of Garden

The mission of Coastal Maine Botanical Gardens is to inspire meaningful connections between people and nature and promote plant conservation through horticulture, education, and plant science.

After much planning and a generous gift from Daniel and Lyn Lerner, the Lerner Garden opened in June 2009. Less than an acre in size, winding paths

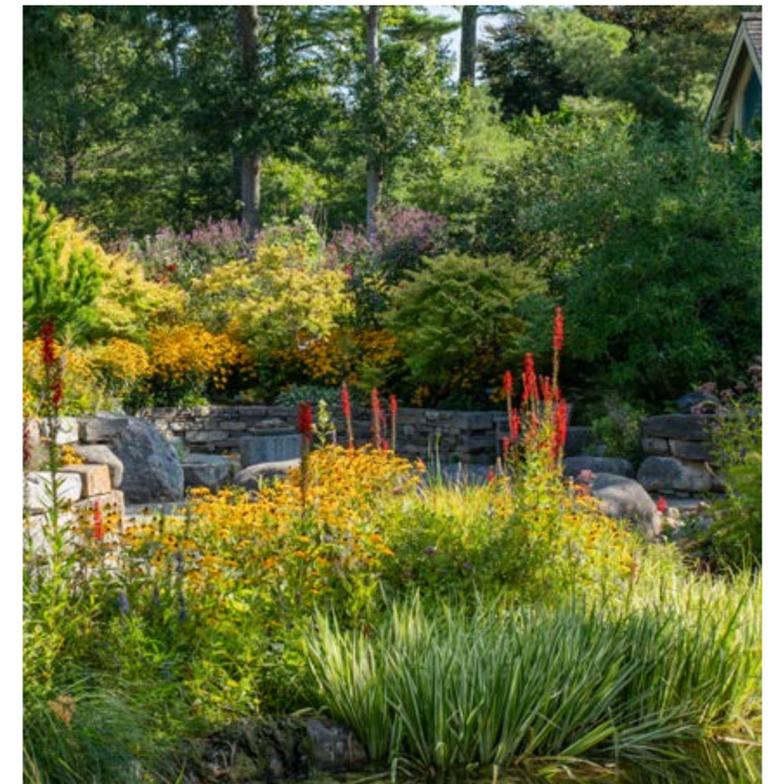
circle through five regions emphasizing the five senses. The olfactory node is planted with fragrant herbs and flowers; the taste node features edible fruits, vegetables, and flowers. At the garden's high point, the sight node offers a panoramic view of the garden. The path descends to a reflexology labyrinth marking the beginning of the tactile node. The final node, sound, features a large area in which to sit, pause, and listen to the surrounding birds, running water, and resident frogs. The garden also features several designs geared toward universal accessibility. The brick paving's changes in the surface and pattern help guide visually impaired visitors while providing a smooth, hard surface and gentle slope for wheeled mobility aids. The fountain provides a constant sound to help orient those who



cannot see, while ample opportunities for tactile and visual stimulation provide interest for those who cannot hear. Raised beds in the horticultural therapy area feature cutaways to make room for gardeners in wheelchairs.

The upper pond in the Lerner Garden has a small fountain to create both a visual and audible orientation element near the center of the garden. Note the bold visual foliage texture and color contrasts and the interesting spatial quality created by the grade change and use of terrain. The creation of a bi-level interior water feature provided the drainage, detention, and spatial, visual, auditory, and tactile elements needed to unify the garden. The strong use of natural stone walls and boulders in conjunction with natural ledges blends the garden with its surroundings.

The bridge railing is constructed from a locally harvested, storm-damaged oak tree and is smoothed and sculpted for the tactile experience. There is much to hear on the bridge, including the sound of footsteps on the wood decking, the babbling



brook below and central fountain splashing to the left, frogs croaking and wind swishing through the larches, the flapping of cottonwood leaves, and the rustle of rain tree pods in plantings beyond the right of the photo.

Many works of sculpture are part of the Garden's permanent collection of regional artists whose works relate to its mission. Three pieces are in the Lerner Garden of the Five Senses. George Sherwood is an artist and engineer well known for his kinetic sculpture made of stainless steel. The piece called "Flock of Birds" is located beside the bridge in the Lerner Garden. Lisa Becu draws on Inuit my-



thology and imagination to create stone carvings of animals and people. The piece called "Rabbit" is located by the Reflexology Maze in the Lerner Garden. Val Bertoia continues his father's legacy with sound sculptures at Sonambient studios, including the metal piece called "Windsound."

A free add-on Docent-led tour designed for families encourages children to use all five senses to see, smell, hear, feel, and even taste as they tour the Lerner Garden of the Five Senses.

### Plant Selection List

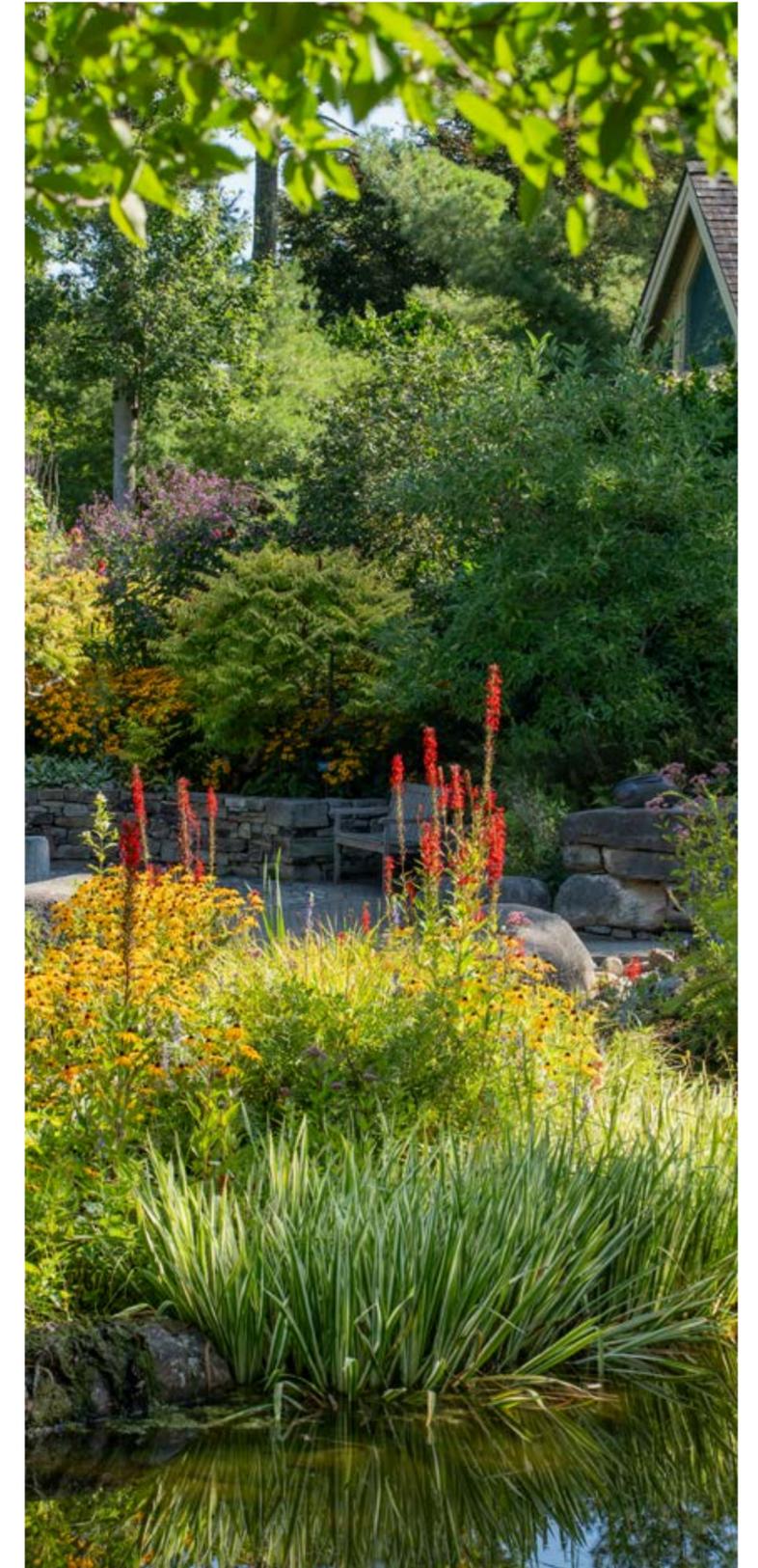
The website includes a list of plants called "What's in Bloom" that lists plants by estimated blooming time in May-October, common name, Latin name, and features a photograph.

For those wanting to explore the full living collec-



tions at the Gardens, there is a Garden Explorer database with a map and search function.

<https://mainegardens.gardenexplorer.org/>



# Bernheim Forest and Arboretum Sensory Garden

2075 Clermont Road  
Clermont, KY 40110  
502-955-8512

<https://bernheim.org/must-sees/sensory-garden/#>

Acknowledgments: with thanks to Arboretum staff members Membership Manager Lauren Furjes, Director of Marketing and Communications Lynette Cox, Director of Education and Interpretation Caitlin Eckard, and Horticulture Manager Drew Combs, who shared this text and additional information beyond the Arboretum's website.

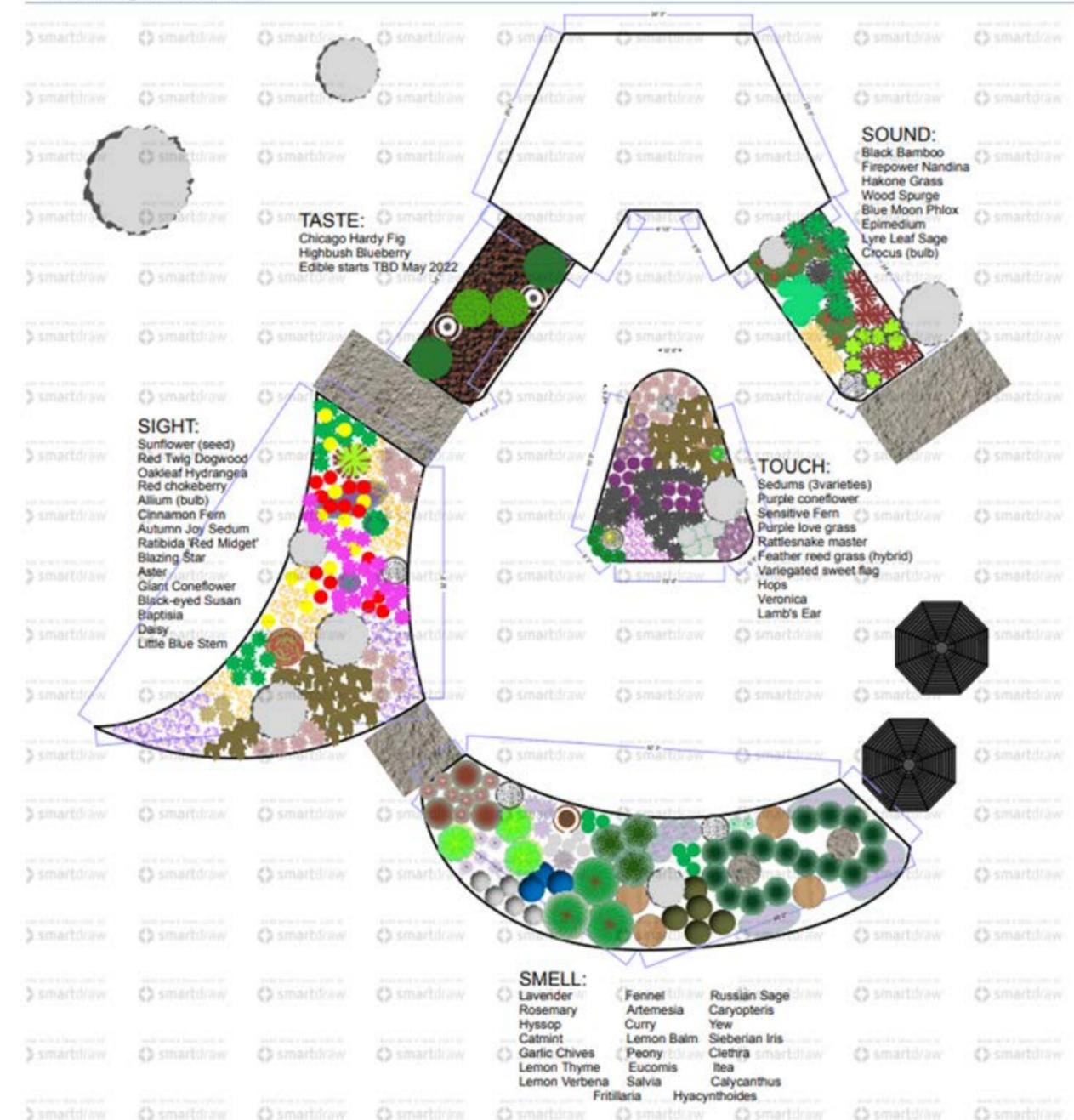
## Description of Garden

The Sensory Garden is a place of inclusion that features five beds, each dedicated to one of the senses, plus a quiet space for those needing a calm environment. This thoughtfully designed space fosters acceptance, support, and a harmonious connection to all who visit. During the garden's design and development in 2022, the team worked closely with communities such as Families for Effective Autism Treatment, Dreams with Wings, and the Kentucky

School for the Blind Charitable Foundation. Through meaningful conversations with these partners, the Bernheim team gained a better understanding of how individuals with autism spectrum disorder and visual impairments use and navigate spaces. This collaboration led to an amplified sensory design, creating a more accessible space for individuals with sensory challenges to experience nature independently. Generous support from the Crusade for Children and Kosair Charities also helped bring this cohesive vision to life.

Bernheim Forest & Arboretum now offers visitors an extraordinary way to explore nature through a unique, multisensory experience. The Sensory Garden, originally crafted to highlight the five senses—hearing, sight, smell, taste, and touch—using an array of carefully selected plants, has been enhanced

## Planting Scheme





with an audible walking tour. Accessible through the Otocast audio application, this tour allows visitors to listen to recordings about eleven distinctive locations within the garden. By scanning a QR code on their smartphones, guests can learn about the interplay between the senses and the surrounding environment, as well as gain insights into native trees and other unique features. Additionally, Braille signage at each stopping point ensures that the experience is accessible to visually impaired visitors, making the garden a welcoming space for all.

### Plant Selection List

The Bernheim's Arboretum Explorer allows one to search first on the Sensory Garden and then on the hearing, sight, smell, taste, and touch individual beds to identify what is planted in each bed. The site provides the Latin name, family name, and common name as well as a photograph.

<https://bernheim.arboretumexplorer.org/>



# Bartlett Arboretum and Gardens Sensory Garden

151 Brookdale Road  
Stamford, CT 06903  
203-322-6971

<https://www.bartlettarboretum.org>

<https://www.bartlettarboretum.org/our-collections>

**Acknowledgments:** with thanks to staff members Tracy R. Kay, CEO, Bartlett Arboretum & Gardens, Dana Weinberg, Advanced Master Gardener/manager of the Sensory Garden, and Lucille Oricchio, Advanced Master Gardener/manager of the Herb Garden, who shared this text and additional information about the garden beyond the Arboretum's website.

## Description of Garden

The Bartlett Arboretum's Sensory Garden is part of the Herb Garden. It was built in 2020 and physically connected via an "accessible for all" path to the Herb Garden the following year. Six raised beds in the Sensory Garden are filled with plants chosen specifically to engage the five senses: Seeing, Touching, Smelling, Hearing, and Tasting. Plants and materials of different textures, colors, scents, sounds, and heights foster this interactive journey through the senses, making nature accessible and fun! Narcissus 'Tete-a-tete' and *Muscari armeniacum*



*arum* herald the beginning of spring, as does the new growth of the perennial plants that form the foundation of all the planting beds. Annuals are added as the season progresses to enhance visual and textural interest, and to fill in empty spaces left by plantings that have gone seasonally dormant.

In our Sensory Garden, there are two SIGHT beds, one with predominantly cool-colored foliage and blossoms, the other with predominantly warm colors. The beds tie together visually with stands of *Monarda* 'Bee Happy' that put on a show with their blue-green foliage and vibrant fuchsia blooms. Our TOUCH bed is filled with a range of textures from the lush, furry foliage of *Stachys byzantina* 'Countess Helen Von Stein' to the nubby textures of various sedums to the feathery foliage of *Foeniculum vulgare* 'Purpureum.' In our SMELL bed, you'll find various *Lavandula*, fragrant *Rosa* and *Hemerocallis* cultivars, *Calamintha nepeta* and other delightful plants. In our HEAR bed, you'll enjoy the rustling



leaves and seed heads of various grasses and the rattling seed pods of *Cassia senna*. Our TASTE bed, a favorite among visitors, is filled with herbs and vegetables yielding small fruits like tomatoes, tomatillos and peppers, all ready to be shared.

Head down the connected path to the Herb Garden where similar principles are on display in four planting quadrants: Medicinal, Economic, Culinary, and Aromatic. The garden was redesigned in 2021 to be "accessible to all." It is surrounded by a mature *Buxus* hedge and the plants within also delight the senses. The Bartlett Arboretum Sensory and Herb Gardens, both places for relaxation and stimulation, are widely used by the Bartlett's Education and Outreach Directors for many of their programs and are loved by the general public. Visitors are always welcomed, and the Arboretum's "GrowMobile" takes both gardens out into the community to reach more people.

## Sensory Garden Plant Selection List

### SEE (cool colors):

Nasturtium - *Tropaeolum magus* 'Night and Day'  
Bee Balm - *Monarda* (Bee-You series) 'Bee-Happy'  
Meadow rue - *Thalictrum nimbus* lavender  
Plantain lily - *Hosta* 'Abiqua Drinking Gourd'  
Purple basil - *Ocimum* 'Red Rubin'  
Grape hyacinth - *Muscari armeniacum*  
Star tickseed - *Coreopsis pubescens* 'Sunshine Superman'  
Sweet pepper 'Purple Beauty' - *Capsicum annum* 'Purple Beauty'  
Anise hyssop - *Agastache foeniculum*  
Clematis 'Edda' - *Clematis* 'Edda'  
Coral bells - *Heuchera* 'Plum Pudding'  
Pepper 'Carmen' - *Capsicum annum* 'Carmen'  
Summer snapdragon - *Angelonia angustifolia*  
Summer snapdragon 'Angel Flare Black' -  
*Angelonia angustifolia* 'Angel Flare Black'  
Catmint - *Nepeta faasseni* 'Purrsian Blue'  
Thai basil - *Ocimum basilicum* 'Siam Queen'

### SEE (warm colors):

Lungwort 'Mrs. Moon' - *Pulmonaria saccharata* 'Mrs. Moon'  
Plantain lily - *Hosta* Shadowland 'Diamond Lake'  
Bee Balm - *Monarda* (Bee-You series) 'Bee-Happy'  
Meadow rue - *Thalictrum nimbus* lavender  
Bronze Fennel - *Foeniculum vulgare*  
Swiss chard 'Bright Lights' - *Beta vulgaris* var. *flavescens* 'Bright Lights'  
Ornamental onion 'Globemaster' - *Allium* 'Globemaster'  
Smooth aster - *Symphotrichum laeve*  
Pepper 'Carmen' - *Capsicum annum* 'Carmen'  
Pepper 'Cherry Bomb' - *Capsicum annum* 'Cherry Bomb'  
'Tete-a-tete' daffodil - *Narcissus* 'Tete-a-tete'  
Grape hyacinth - *Muscari armeniacum*



Yellow garlic - *Allium moly*  
 Cherry tomato 'Red Profusion' - *Solanum lycopersicum*  
 'Red Profusion'  
 Red Rubin basil - *Ocimum basilicum* var. *purpurascens*  
 Begonia - *Begonia boliviensis* 'Beauvilia Lemon'  
 Clematis - Clematis 'Guernsey Flute'

## HEAR:

Senna - *Cassia sens*, *Cassia angustifolia*  
 Fountain grass 'Burgundy Bunny' - *Pennisetum alopecuroides*  
 'Burgundy Bunny'  
 Bamboo - Bambusa  
 Anise hyssop - *Agastache foeniculum*  
 Siberian carpet cypress - *Microbiota decussata*  
 Black Eyed Susan 'American Goldrush' -  
 Rudbeckia x 'American Goldrush'  
 Northern sea oats - *Chasmonthium latifolium*  
 Plantain lily - Hosta 'Waterslide'  
 'Tete-a-tete' daffodil - Narcissus 'Tete-a-tete'  
 Grape hyacinth - *Muscari armeniacum*  
 Cinnamon-scented geranium - Pelargonium 'Cinnamon'

## SMELL:

Northern sea oats - *Chasmonthium latifolium*  
 Lavender 'Hidcote' - *Lavandula angustifolia* 'Hidcote'  
 Chamomile - *Chamaemelum nobile*  
 Lavender 'Phenomenal' - *Lavandula x intermedia* 'Phenomenal'  
 Rose 'Easy on the Eyes' - Rosa 'Easy on the Eyes' (lavender-pink with darker centers)  
 Rose 'The Poet's Wife' - Rosa 'The Poet's Wife' (yellow)  
 Rose (Easy Elegance) 'Kiss Me' - Rosa (Easy Elegance) 'Kiss Me' (clear pink, fragrant)  
 Rose (Easy Elegance) 'Pinktopia' - Rosa (Easy Elegance) 'Pinktopia' (bright pink, double)  
 Ornamental onion 'Purple Sensation' - Allium 'Purple Sensation'  
 Daylily 'Rosy Returns' - *Hemerocallis* 'Rosy Returns'  
 Daylily 'Joan Senior' - *Hemerocallis* 'Joan Senior'  
 Daylily (Rainbow Rythm) 'Nosferatu' - *Hemerocallis* (Rainbow Rythm) 'Nosferatu'

Daylily 'Buttered Popcorn' - *Hemerocallis* 'Buttered Popcorn'  
 Calamint 'Montrose White' - *Calamintha nepeta* 'Montrose White'  
 Star tickseed - *Coreopsis pubescens* 'Sunshine Superman'  
 Grape hyacinth - *Muscari armeniacum*  
 Yellow garlic - *Allium moly*  
 Zonal geranium - Pelargonium 'Vancouver Centennial'  
 Cilantro - *Coriandrum sativum*

## TASTE:

Tomato 'Sungold' Cherry - *Solanum lycopersicum* 'Sungold' (orange/supersweet)  
 Tomato 'Tomatoberry' - *Solanum lycopersicum* 'Tomatoberry'  
 Tomato 'Black Cherry' - *Solanum lycopersicum* 'Black Cherry'  
 Basil 'Everleaf Genovese' - *Ocimum basilicum* 'Everleaf Genovese'  
 Yarrow 'Strawberry Seduction' - *Achillea millefolium*  
 'Strawberry Seduction'  
 Cilantro - *Coriandrum sativum*  
 Garlic chives - *Allium tuberosum*  
 Chocolate mint - *Mentha x piperita* 'Chocolate Mint'  
 Pepper 'Sweet Banana' - *Capsicum annum* 'Sweet Banana'  
 Pepper 'Carmen' - *Capsicum annum* 'Carmen'  
 Pepper 'Cherry Bomb' - *Capsicum annum* 'Cherry Bomb'  
 Blueberry 'Jelly Bean' - *Vaccinium angustifolium* x 'Jelly Bean'  
 Strawberry - *Fragaria x ananassa* 'Earliglow'  
 Strawberry - *Fragaria x ananassa* 'Sparkle'  
 Strawberry - *Fragaria x ananassa* 'Sweet Kiss'  
 Anise hyssop - *Agastache foeniculum*  
 Yellow garlic - *Allium moly*  
 Beet 'Bull's Blood' - *Beta vulgaris* 'Bull's Blood'  
 Golden sage - *Salvia officinalis* 'Aurea'  
 Rosemary - *Rosmarinus officinalis*  
 Collards - *Brassica oleracea*  
 Goldenrod - Solidago

## TOUCH:

Lambs' ears 'Helen Von Stein' - *Stachys byzantina*  
 'Countess Helen von Stein'  
 Bronze fennel - *Foeniculum vulgare*  
 Wood betony 'Hummelo' - *Stachys officinalis monieri* 'Hummelo'

Hens and chicks 'Commander Hay' -  
 Sempervivum hybrid 'Commander Hay'  
 Foxglove beardtongue 'Blackbeard' -  
*Penstemon digitalis* 'Blackbeard'  
 Hairy mountain mint - *Pycnanthemum verticilatum*  
 var. *pilosum*  
 Clustered mountain mint - *Pycnanthemum muticum*  
 Yellow garlic - *Allium moly*  
 Sedum 'Autumn Joy' - *Sedum spectabilis* 'Autumn Joy'  
 Little angel burnet - *Sanguisorba officinalis* var. *microcephala*  
 'Little Angel'  
 Thyme 'Caborn Wine & Roses' - Thymus 'Caborn Wine & Roses'  
 Stonecrop 'Sapphire Tuffet' - Sedum (Sun Sparkler)  
 'Sapphire Tuffet'  
 Sensitive fern - *Onoclea sensibilis*  
 Sedum - *Sedum sexangulare* 'Gold Digger'  
 Blue spruce stonecrop - *Sedum reflexum* 'Blue Spruce'  
 Cliff dwelling stonecrop - *Hylotelephium caudicola* 'Coca Cola'  
 Ladies mantle - *Alchemilla mollis*  
 Plantain lily - Hosta 'Waterslide'  
 Curry plant - *Helichrysum angustifolium*  
 Ornamental onion 'Purple Sensation' - Allium  
 'Purple Sensation'  
 Grape hyacinth - *Muscari armeniacum*  
 Zonal geranium - Pelargonium 'Mrs. Pollack'  
 Collards - *Brassica oleracea*

## 2026 Plants

*Aloysia triphylla*  
*Athyrium niponicum* 'Crested Surf'  
 Clematis x Boulevard 'Nubia'  
*Cymbopogon citratus*  
 Echinacea x 'Sunmagic Vintage Mango'  
 Monarda Bee-You 'Bee Happy'  
*Nepeta x faassenii* 'Lemon Purrfection'  
*Ocimum basilicum* 'Everlasting Genovese'  
*Ocimum basilicum* 'Rutgers Passion DMR'  
*Ocimum basilicum* 'Sweet Thai Basil'  
 Pelargonium 'Sweet Mimosa'

Pepper 'Ancho Poblano'  
 Pepper 'Carmen'  
 Pepper 'Cherry Bomb'  
 Pepper 'Purple Beauty'  
 Pepper 'Shishito'  
 Pepper 'Sweet Banana'  
 Rosmarinus 'Gorizia'  
*Rosmarinus officinalis* 'Salem'  
*Salvia lyrata* 'Purple Knockout' Lyre Leaved Sage  
*Salvia officinalis* 'Purpurescens'  
*Spigelia marilandica* 'Little Red Head'  
 Swiss Chard 'Bright Lights'  
 Tomato 'Crockini'  
 Tomato 'Black Cherry'  
 Tomato 'Sungold'  
 Tomato 'Tomatoberry'

## Herb Garden Plant Selection List

### Economic Quadrant:

Angelica – *Angelica archangelica*  
 Bay – *Laurus nobilis*  
 Blue Passionflower - *Passiflora caerulea*  
 Comfrey – *Symphytum officinale*  
 Common Milkweed – *Asclepias syriaca*  
 Germander - *Teucrium chamaedrys*  
 Goldenrod - *Solidago*  
 Lemon Balm – *Melissa officinalis*  
 Lemon Thyme – *Thymus citriodorus* 'Aureus'  
 Lemon Verbena - *Aloysia triphylla*  
 Ornamental Onion - *Allium aflatunense* 'Purple Sensation'  
 Passionflower - *Passiflora incarnata*  
 Purple Coneflower - *Echinacea purpurea* 'Magnus'  
 White Coneflower - *Echinacea purpurea* 'White Swan'  
 Sage – *Salvia* 'Violet Profusion'  
 Senna - *Cassia angustifolia*  
 Stevia – *Stevia rebaudiana*  
 Teasel – *Dipsacus fullonum*  
 Yarrow - *Achillea millefolium* 'Firefly Diamond'

Bear's Breeches – *Acanthus mollis*  
 Chamomile – *Matricaria chamomilla*  
 Lavender – *Lavandula angustifolia*  
 Santolina – *Santolina chamaecyparissus*  
 Stevia – *Stevia rebaudiana*  
 Teasel – *Dipsacus fullonum*  
 Wormwood – *Artemisia absinthium*

### Culinary Quadrant:

Basil – *Ocimum basilicum* 'Genovese'  
 Basil Sweet Thai - *Ocimum* 'Sweet Thai'  
 Holy Basil - *Ocimum tenuiflorum*  
 Blue Passionflower - *Passiflora caerulea*  
 Bronze Fennel – *Foeniculum vulgare*  
 Chives – *Allium schoenoprasum*  
 Cilantro - *Coriandrum sativum*  
 French Tarragon – *Artemisia dracunculus*  
 Garden Sage – *Salvia officinalis*  
 Germander - *Teucrium chamaedrys*  
 Horseradish – *Armoracia rusticana*  
 Lamb's Ear – *Stachys byzantina* 'Helen von Stein'  
 Lemon Thyme – *Thymus citriodorus* 'Aureus'  
 Oregano – *Origanum vulgare*  
 Ornamental Onion - *Allium aflatunense* 'Purple Sensation'  
 Parsley - *Petroselinum crispum* 'Italian'  
 Purple Coneflower - *Echinacea purpurea* 'Magnus'  
 Rosemary – *Rosmarinus officinalis* 'Tuscan Blue'  
 Rosemary – *Rosmarinus officinalis* 'Barbeque'  
 Sage – *Salvia* 'Violet Profusion'  
 Spearmint – *Mentha spicata*  
 White Coneflower - *Echinacea purpurea* 'White Swan'  
 Wild Yam Vine – *Dioscorea villosa*  
 Yarrow - *Achillea millefolium* 'Firefly Diamond'  
 Nasturtium – *Tropaeolum majus*  
 Spearmint – *Mentha spicata*  
 Thyme – *Thymus vulgaris*  
 Winter Savory – *Satureja montana*

### Medicinal Quadrant:

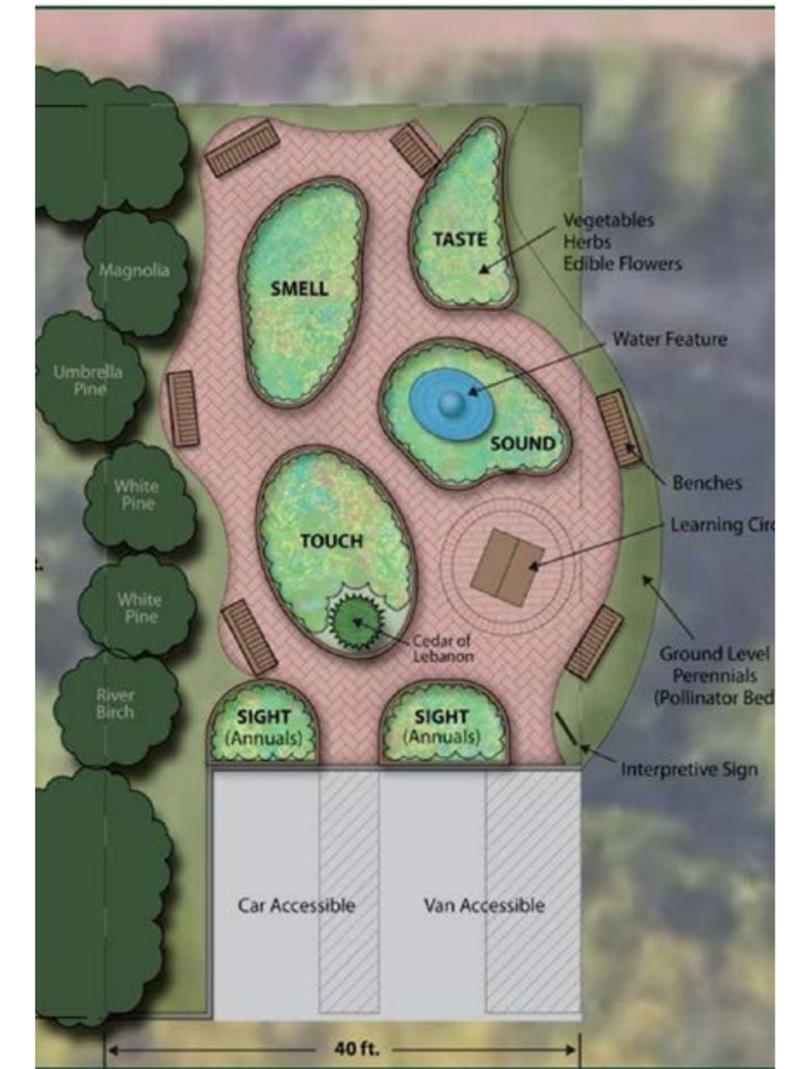
Chamomile – *Matricaria recutita*  
 Feverfew – *Chrysanthemum parthenium*  
 Foxglove - *Digitalis purpurea*  
 Germander - *Teucrium chamaedrys*  
 Lemongrass – *Cymbopogon citratus*  
 Lemon Thyme – *Thymus citriodorus* 'Aureus'  
 Lovage – *Levisticum officinale*  
 Oregano – *Origanum vulgare*  
 Ornamental Onion - *Allium aflatunense* 'Purple Sensation'  
 Purple Coneflower - *Echinacea purpurea* 'Magnus'  
 White Coneflower - *Echinacea purpurea* 'White Swan'  
 Purple Passionflower – *Passiflora incarnata*  
 Rue – *Ruta graveolens*  
 Sage – *Salvia* 'Violet Profusion'  
 Senna – *Senna marilandica*  
 Tansy - *Tanacetum vulgare*  
 Yarrow - *Achillea millefolium* 'Firefly Diamond'  
 Borage – *Borago officinalis*  
 Cardamom – *Elettaria cardamomum*  
 Motherwort – *Leonurus cardiaca*  
 Musk Mallow – *Malva moschata*

### Aromatic Quadrant:

Anise Hyssop – *Agastache foeniculum*  
 Blue Passionflower - *Passiflora caerulea*  
 Catnip – *Nepeta cataria*  
 Chocolate Mint – *Mentha piperita* cv.  
 Germander - *Teucrium chamaedrys*  
 Lavender – *Lavandula x Intermedia* 'Sensational'  
 Lemon Thyme – *Thymus citriodorus* 'Aureus'  
 Lemon Verbena – *Aloysia triphylla*  
 Ornamental Onion - *Allium aflatunense* 'Purple Sensation'  
 Orris-root – *Iris germanica*  
 Passionflower - *Passiflora incarnata*  
 Peony – *Paeonia* spp.  
 Pineapple Sage – *Salvia elegans officinalis*  
 Purple Coneflower - *Echinacea purpurea* 'Magnus'  
 Scented Geranium – *Pelargonium* sp.

Spearmint – *Mentha spicata*  
 Sweet Woodruff – *Galium odoratum*  
 White Coneflower - *Echinacea purpurea* 'White Swan'  
 Yarrow - *Achillea millefolium* 'Firefly Diamond'  
 Bee Balm – *Monarda didyma*  
 Nasturtium – *Tropaeolum majus*  
 Valerian – *Valeriana officinalis*

## Planting Scheme



Photographs  
 Used with permission of the Bartlett Arboretum and Gardens as well as the "diary" of Lee and Karen Duquette's travels and adventures

# University of Minnesota Landscape Arboretum Clotilde Irvine Sensory Garden

3675 Arboretum Drive  
Chaska, MN 55318  
612-624-2200

<https://arb.umn.edu/specialty-gardens/sensory>

Acknowledgments: with thanks to staff members who shared this text and additional information about the garden beyond the Arboretum's webpage: Terre Kemble, Executive Accounts Specialist, Jean M. Larson, Nature-Based Therapeutic Services, and Tom Lany, Senior Marketing and Communications Manager at the Minnesota Landscape Arboretum.

What is the purpose of the Clotilde Irvine Sensory Garden?

The Clotilde Irvine Sensory Garden is a demonstration of accessible containers, paving surfaces and planting designs to show ways to bring the healing power of plants and the therapeutic benefits into homes, schools, and health care settings. It is a place for people to get ideas they can replicate in their own spaces. The design elements of the sensory garden include hardscapes like walkways/pavement/benches/raised beds/signage, simplicity, habitat, plant selection for sight/sound/taste/smell/touch, movement and balance as well as considering the audience's needs. The Arboretum fosters

a deeper understanding of the human connection with the natural world. This essential relationship between people and plants is known as biophilia, which means "love of life" and describes humans' innate, biological, and genetic connection to the natural world.

"Sense-a-tional Gardening:" experiencing all five senses through plants

What is a sensory garden?

Sensory gardens are planted spaces where people can be immersed in the scents, textures, and sounds of nature by closely experiencing the attributes of selected plants. They can be any size or shape, and planted just about anywhere, in anything. Some sensory gardens are designed specifically for one of the senses, while others focus on several. These important gardens encourage human interaction with plants. They often include interpretive signage, and access for the visitors to engage with the planted areas. Because of the physical interaction visitors have with the plants in a sensory garden, it is





best to eliminate pesticides to manage plant health issues. You can minimize potential pest issues by choosing plants with growing requirements (sunlight, soil type, moisture needs, planting space) that match the garden site conditions, planting properly, and physical removal of any pests. Accept that it's ok for plants to have some cosmetic damage from weather or light insect feeding; it won't kill them.

What are the benefits of a sensory garden?  
A well designed and cared for sensory garden is best if you're looking for an immediate positive ex-

perience with plants. Sensory gardens can have a positive physical, mental, and spiritual impact on those that use them. Sensory gardens are an excellent place to recall past experiences and renew the senses making them a good choice when designing gardens for people with memory-related disorders. A sensory garden can enlighten and educate and is also a good option when working with children as they can interact with the plants in a hands-on experiential manner, which might be prohibited in other gardens.

### **Rubric:**

**When choosing plants please pay attention to the following:**

- **No poisonous plants that would harm people and/or animals**
- **Scented throughout the growing season (can be at different times of the day)**
- **Woody plants have an aspect of winter interest**
- **Tactile stimulating but not harmful when it is touched**
- **No ambiguous plants such as ornamental peppers**
- **Pollinator friendly**
- **Must have all aspects of sensory stimulation: touch, taste, sight, sound, smell**

## What are some suggested plants for Minnesota sensory gardens?

Plants for Touch engage the somatosensory cortex

COMMON NAME and SCIENTIFIC NAME

Lamb's Ear *Stachys byzantine*  
Curly Leaf Parsley *Petroselinum*  
Scented Geranium *Pelargonium*  
Borage *Borago officinalis*  
Pussy Willow *Salix discolor*  
Globe Thistles *Echinops*  
Caladium *Caladium x hortulanum*  
Gomphrena *Gomphrena*  
Sensitive Fern *Onoclea sensibilis*  
Ornamental grasses

## Plants for Taste

Tomatoes (fruits) *Solanum lycopersicum*  
Garden Peas (fruits) *Pisum sativum*  
Mints (leaves) *Mentha*  
Pineapple Sage (leaves) *Salvia elegans*  
Nasturtium (flowers) *Tropaeolum majus*  
Daylily (flowers) *Hemerocallis*  
Chives (leaves, flowers) *Allium schoenoprasum*  
Blueberries (berries) *Vaccinium*  
Chokecherry (berries) *Aronia*  
Lemon Balm (leaves) *Melissa officinalis*

## Plants for Smell

Connect to the limbic system, which is responsible for emotion and memory

Petunias (not hybrid) *Petunia*  
Stargazer Lily *Lilium*  
Lilacs *Syringa*  
Flowering Tobacco *Nicotiana glauca*  
Fragrant Heliotrope *Heliotrope arborescens*

## Herbs

Which can be the backbone of a sensory garden:

Garden Sage *Salvia officinalis*  
Thyme *Thymus*  
Lavender *Lavandula angustifolia*  
Dill *Anethum graveolens*  
Sweet Basil *Ocimum basilicum*  
Rosemary *Rosmarinus officinalis*

## Plants for Sight

Restore our attentional capacity (Attention Restoration Theory)

Sunflower *Helianthus*  
Zinnia *Zinnia*  
Morning Glory *Ipomoea purpurea*  
Bearded Iris *Iris germanica*  
Elephant Ear *Colocasia*  
Marigold *Calendula officinalis*  
Clematis *Clematis*  
Coneflower *Echinacea*  
Coleus *Coleus*  
Allium *Allium*  
Swiss Chard *Beta*

## Plants for Sound

activate the parasympathetic nervous system

Love-in-a-Mist *Nigella damascena*  
False Indigo *Baptisia*  
Butterfly Weed *Asclepias tuberosa*  
Balloon Flower *Platycodon grandiflorus*  
Oriental Poppy *Papaver orientale*

# Denver Botanic Gardens Sensory Garden

1007 York Street  
Denver, CO 80206

720-865-3500

<https://www.botanicgardens.org/>

[https://navigate.botanicgardens.org/webui/oecgi2.exe/INET\\_ECM\\_Disptour?TOURCODE=SENSORY](https://navigate.botanicgardens.org/webui/oecgi2.exe/INET_ECM_Disptour?TOURCODE=SENSORY)

Acknowledgments: with thanks for this text and additional information beyond the website to Gardens staff members including Alyssa Scott, the horticulturist who manages the sensory garden at Denver Botanic Gardens and the therapeutic horticulture program, as well as Interim Director of Marketing and Social Responsibility Erin Bird.

## Description of Garden

The Sensory Garden showcases plants that evoke the five senses: sight, smell, touch, sound, and taste. Featured in the garden are interesting textures, bright colors, intriguing smells, and plants that will bring you back to childhood memories.

This garden is used for horticultural therapy programs, providing the opportunity for underserved individuals and groups to develop functional life and employment skills, build a sense of community with their peers, and improve their wellbeing through shared experiences and engagement in plant-based activities. Specific programs give these groups the experience and tools to continue gardening despite physical and mental health setbacks. Raised beds and vertical gardens allow those with physical barriers to experience plants up close.





The Sensory Garden was designed in 2009 in collaboration with the Denver Office of Disability Rights, Commission of People with Disabilities, and University of Colorado Denver.

Features include Madeline Wiener's "Flower Girl" statue that was created from Colorado marble, was made specifically for the Sensory Garden, and was added as a permanent art piece in September 2016; a Green Wall featuring plants encouraging touch/smell/sight/taste/sound; a kaleidoscope for an eye-catching display of patterns and colors; trough planters, being open underneath, allow for a chair or wheelchair to be pulled up for the ease of planting and maintenance; as well as a water feature that encourages visitors to let the water run over their hands and through their fingers.

#### Plant Selection List

The Denver Botanic Gardens provide an extensive Garden Navigator plant search feature and include a detailed list of 214 plants used in the Garden showcasing photographs and specific horticultural information. [https://navigate.botanicgardens.org/webui/oecgi2.exe/INET\\_ECM\\_FindPL?habit=A&garden-loc=GSEN&genus=A](https://navigate.botanicgardens.org/webui/oecgi2.exe/INET_ECM_FindPL?habit=A&garden-loc=GSEN&genus=A)

**Photographs** *Courtesy of Denver Botanic Gardens. © Scott Dressel-Martin. Additional photographs provided by Erin Bird.*





# Longview Arboretum and Nature Center

706 West Cotton Street  
Longview, TX 75604  
903-212-2181

<https://longviewarboretum.org/>

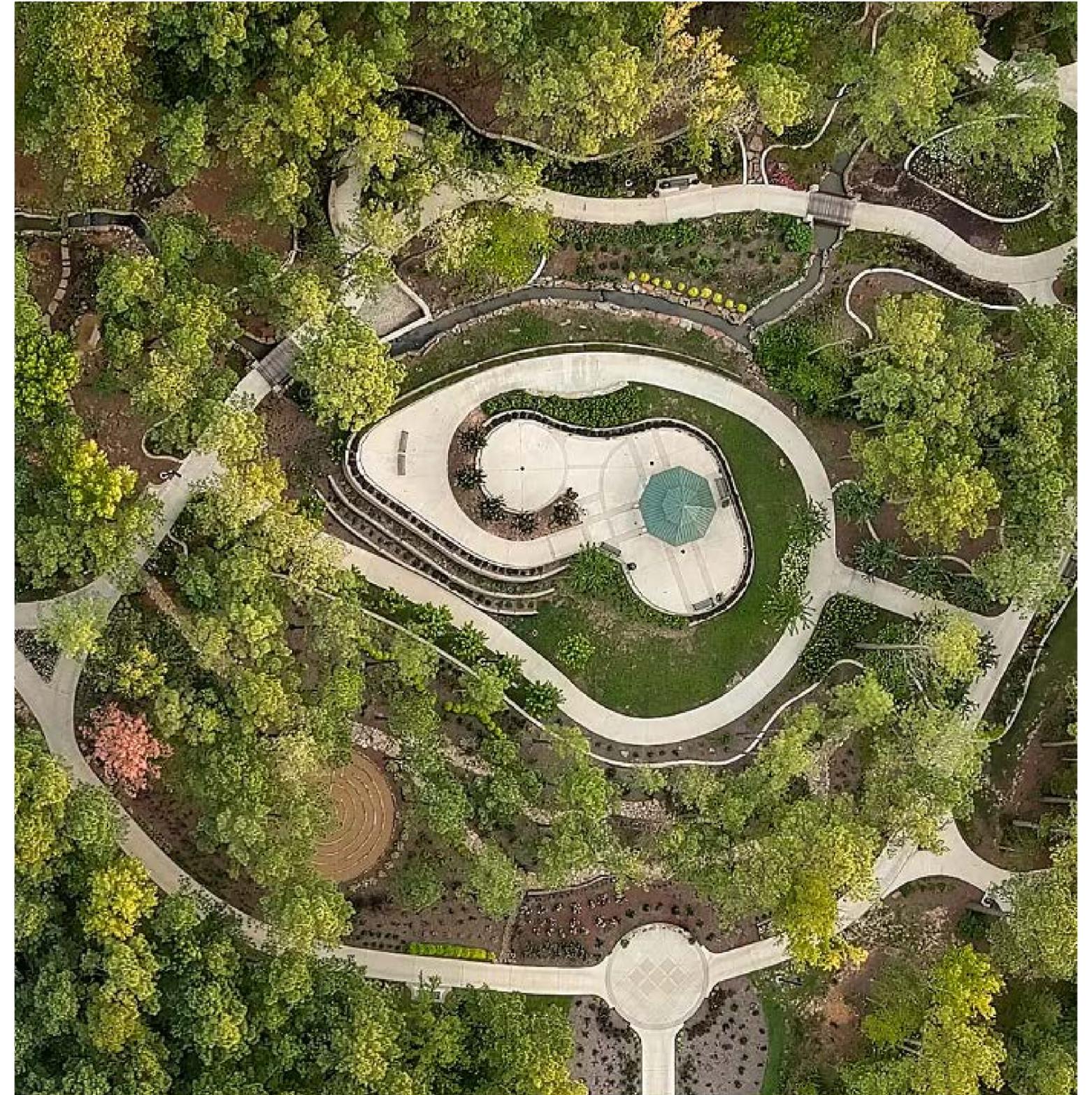
Acknowledgments: with thanks to staff members including Executive Director Claire Bissell, Guest Relations Coordinator Laurie Brown, and Marketing Director Kat Cochran who shared this text and additional information about the garden beyond the Arboretum's website.

## Description of Garden

In 2019, the Longview Arboretum and Nature Center began its role as a privately managed arboretum devoted to revealing the unique eco-system of East Texas. Longview Arboretum celebrates the unique natural beauty of East Texas and is committed to raising environmental awareness through education and conservation by inspiring the community through nature, art, and education to grow a better world.



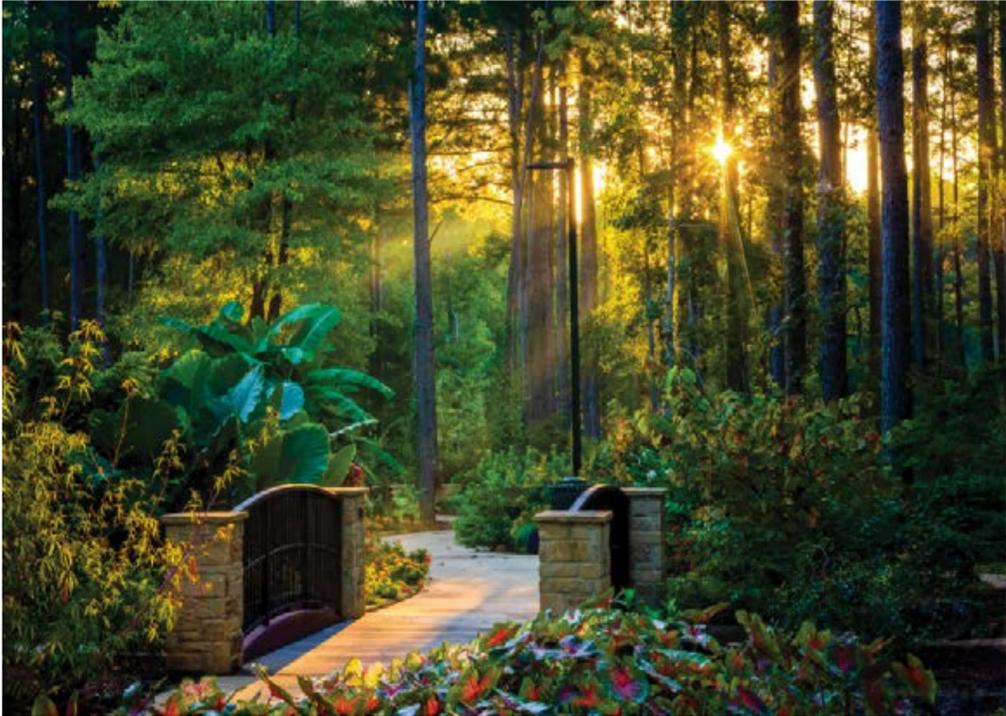
The Longview Arboretum and Nature Center is a privately managed arboretum garden in the heart of Longview. Like many other arboretums across the nation, a respectful partnership exists between the City of Longview and the Board of the Longview Arboretum and Nature Center regarding the sustainability of this massive endeavor. This public/private partnership allows for cultivation, development, private investment, and collaborative maintenance on 26-acres between the Longview Convention Complex and Grace Creek tributary. This ever-growing garden is a living testament to a love of community, and the soul enriching quality of spending time in nature.



### Planting Scheme

The Longview Arboretum's Sensory Garden is an interactive, educational space for exploration that is designed to engage and stimulate all five senses—sight, touch, smell, sound, and taste—through diverse plantings and features. Created in partnership with the Christus Community Impact Fund and Christus Good Shepherd Health System, it is designed for relaxation and curious minds.

It offers an accessible, relaxing experience that fosters a positive relationship with nature for everyone, including children, the elderly, and individuals with disabilities. The layout includes paved and stone walkways. Elements include lush gardens, fragrant scents, vibrant colors, and native plants. Amenities include water features, seating areas, and a 1/2-mile loop trail. Extension Master Gardeners offer free, monthly "Lunch and Learn" public education sessions about topics like planning a vegetable or flower garden and maintaining trees.



# Appendix A

## Annotated Bibliography Resources on Sensory Gardens

**Don, Monty.** *The Gardening Book*. New York: Clarkson Potter Publishers, 2024.

ISBN 780593797792

Designed to appeal to novice gardeners, Don's book recommends thinking "of your garden like a meal. When you select a recipe, you're choosing it based on inclination, experience, and circumstance. Making a garden, big or small, uses exactly the same process." Don describes six types of gardens: a garden to entertain in; an edible garden; a wildlife garden; a garden with small children; a peaceful oasis (pages 18-19); and gardening with houseplants. He includes two recipes for herbal container gardens. A Mediterranean herb container features rosemary, thyme, oregano, sage, bay, and French tarragon (page 202). A Hardy Herb Container includes chives, parsley, coriander, lemon balm, sorrel, and sweet cicely (page 204).

**Citro, Asia.** *A Little Bit of Dirt: 55+ science and art activities to reconnect children with nature*. Seattle: The Innovation Press, 2015.

ISBN 9781943147045

Citro includes clear directions and a detailed materials list for each project; some activities have extensions and bonus activities. Examples of sensory projects include creating a Texture Garden (pages 30-31), creating a Nature Sensory Bottle (pages 34-35), and keeping a nature journal (pages 110-111).

**Clarke, Victoria, Sorrel Everton, and Rosie Pickles, editors.** *The Contemporary Garden*. London: Phaedon, 2025.

ISBN 9781838668235

This book celebrates 300 contemporary gardens across the globe, created by some of the world's leading designers including familiar names like Fergus Garrett and Christopher Lloyd at Great Dixter, England (page 106), Piet Oudolf at The Oudolf Garden, Germany (page 216), Tom Stuart-Smith at Knepp Castle, England (page 277), and Larry Weaner at The Bower in Pennsylvania (page 163). One sensory garden example is Maggie's Dundee at Ninewells Hospital in Dundee, Scotland designed by Arabella Lennox Boyd with Frank Gehry (pages 164-165). Maggie's Centres are an international network of drop-in centers that offer support to cancer patients. One example of the American Horticultural Society's Garden Network is the Coastal Maine Botanical Gardens that include a sensory garden (page 240).

**James, Cathy.** *The Garden Classroom: hands-on activities in math, science, literacy and art*. Boston: Roost Books, 2015.

ISBN 9781611801644

This book promotes science and math, reading and writing, imaginative play (like creating garden sensory tubs, sensory treasure hunts, and sensory word activities) as well as arts and crafts through garden-based activities. The Garden Classroom provides a year of outdoor play and learning ideas like journal keeping for children ages 4 to 8 (pages 199-216). The activities will help children delight in the rich, sensory experience that a garden can offer. James describes several unique features of a garden

classroom: a richly varied curriculum, the environment as the third teacher in tandem with the teacher and learner, and the gifts of a connection to nature. "Create a riot for the senses. Children are sensory creatures, and using the garden to full effect gives them a paradise to explore... flowers...herbs...fruit and vegetables...trees, plants, and landscaping..." (page 6). The list of edible flowers includes basil, calendula, chives, cornflower, dill, evening primrose, fuchsia, lavender, mint, nasturtium, oregano, pansy, rose, rosemary, sage, scented pelargonium, strawberry, sunflower, viola, zucchini and other squash (page 191).

**Ku, Bon and Ellen Lupton.** *Health Design Thinking: creating products and services for better health*. New York: Cooper Hewitt, 2020.

ISBN 9780262539135

This book includes principles, methods, and case studies. The authors write "Two core principles illuminate the rich and varied practice of health design thinking. First, by embracing a human-centered perspective, each person becomes a more caring listener and a keener observer. This work requires patience and attention. Next, by actively applying a creative mindset to design and health care, we become inventors, makers, and storytellers, equipped to help build a culture of wellness. People don't think of health care as a creative field. Clinicians feel inspired when they discover that they can apply creativity to medicine" (page 13). Occupational Therapy Consultant Dr. Amy Wagenfeld offers the case study about the "Sensory Arts Garden" in Florida (pages 192-195). Features include sensory spaces, water spheres, focused space, varied experiences, trellis, swing, activity space, custom planter, sensory room, seating vestibule, activity table, as well as places away: hidden path, waterfall, and big tree.



## Appendix A Continued

**Lawson, Nancy.** *Wildscape: trilling chipmunks, beckoning blooms, salty butterflies, and other sensory wonders of nature.* New York: Princeton Architectural Press, 2023.

**ISBN 9781797222479**

Five chapters are devoted to the scentscape, the soundscape, the tastescape, the touchscape, and the sightscape. Many references are to the District of Columbia, Maryland, and Virginia area. Lawson describes the legal battle between gardeners embracing wildscapes and Homeowners Associations that embrace only turf (page 229).

**Martin, Tovah.** *The Garden in Every Sense and Season.* Portland, Timber Press, 2018.

**ISBN 9781604697452**

This detailed book is organized around four seasons (Spring, Summer, Autumn, and Winter) and within each season by five senses (sight, smell, sound, touch, and taste). Martin writes, with a great sense of humor, for gardeners and urges us that “now is the right moment to build on the cues that have accumulated over the years and listen up, look over, inhale, savor, and reach out. Come and join me. Explore your garden through the seasons for all it’s worth. Become attuned” (page 11). Kindra Clineff’s photographs are a gorgeous accompaniment to the text.

**Morrison, Susan.** *The Less is More Garden, big ideas for designing your small yard.* Portland: Timber Press, 2018. ISBN-13:9781604697919

A chapter called “The Sensory Garden,” pages 135-161, describes how to incorporate the elements of movement, sound, color, and scent to enhance your garden experience. A short table called “plants to create the illusion of water” lists six suggestions by plant name, USDA zones, description, and photograph (pages 142-143). Every page is illustrated with photographs.

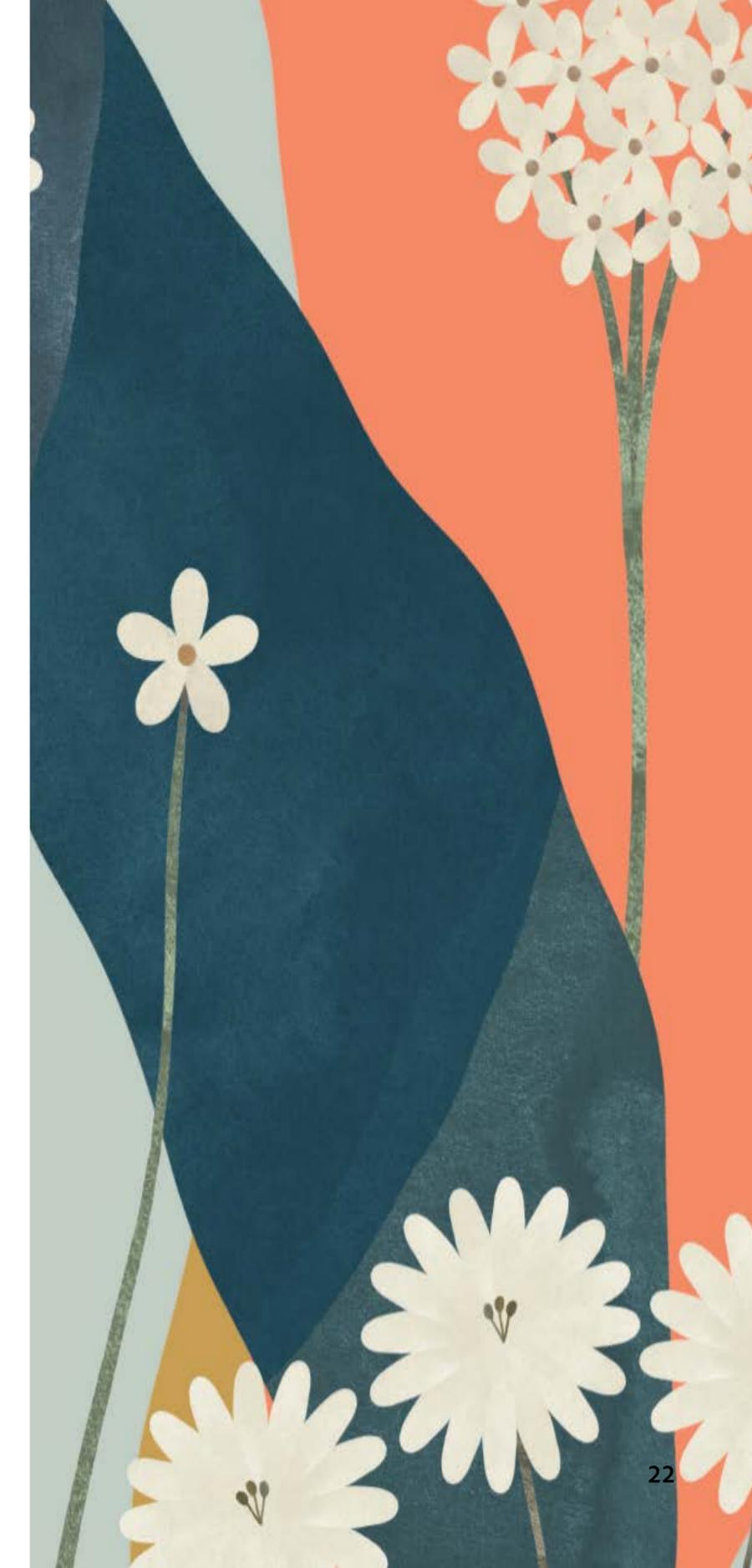
**Sayre, April Pulley.** *Touch a Butterfly, wildlife gardening with kids: simple ways to attract birds, butterflies, toads, and more to your garden.* Boston: Roost Books, 2013. ISBN 9781590309179

This book covers simple steps families can take to wildlife garden by providing food, water, shelter, and a place to raise young critters. Sayre describes how to incorporate a sensory garden at home (pages 187-188). She emphasizes the importance of investing in field guides for birds, insects, amphibians, and caterpillars. In addition, she recommends life history and behavior books like Kenn Kaufman’s “Lives of North American Birds” and David Allen Sibley’s “Sibley Guide to Bird Life and Behavior.” She includes a curated bibliography including books about gardening; books about nature play and education; field guides for wildlife watching and wildflowers; children’s books; websites for wildlife gardening, wildlife watching, and nature education; as well as state and regional wildlife gardening organizations (pages 195-200).

**Taylor, Katie.** *The Nature Adventure Book, with more than 40 activities to do outdoors.* New York: Dorling Kindersley, 2021.

**ISBN 9780744026665**

A chapter called “Sensory Games,” pages 36-44, includes directions for five activities: Tune into your senses, Guess the smell, Say hello to a tree, Amazing music, and Beach games. Each activity includes a list of materials needed and safety precaution information. The glossary provides a handy guide for children to use to find out what the unfamiliar nature related words mean.



# Appendix B

## Annotated Bibliography Resources on Healing Gardens

**Blankespoor, Juliet.** *The Healing Garden: cultivating and handcrafting herbal remedies.* Boston, Mariner, 2022. ISBN 9780358313380

Blankespoor's detailed book is organized around three parts: cultivating medicine, making medicine, and botanical medicine, including herbal profiles and recipes. One chapter usefully describes how to grow medicinal herbs in containers for small spaces, making healing gardens accessible to more people. Another useful chapter describes propagation: how to make new plants from other plants.

**Bloom, Jessi.** *Creating Sanctuary: sacred garden spaces, plant-based medicine, and daily practices to achieve happiness and well-being.* Portland: Timber Press, 2018. ISBN 9781604698930

Bloom writes that her intention is to help readers transform their lives by finding a deeper relationship with the land, share her love of plants and her knowledge of what they can offer us, and help the readers find sanctuary every day (page 11). Her five steps for creating a sanctuary garden are: clear out the space, improve the soil, manage the water, provide wildlife habitat, and build the plant layers (pages 59-77). She includes a chart called "plant allies for common emotional/mental conditions" listing the common name, botanical name, benefits, and how to use (pages 130-131).

**Bridgewater, Marcus.** *How to Grow: nurture your garden, nurture yourself.* New York: Harper, 2022. ISBN 97800631411445

Bridgewater, creator of the platform @gardenmarcus, describes lessons that the soil can offer your soul. His central lesson is that just like plants, life inside you yearns to grow and thrive. In "Marcus Tales #7, Our First House," he describes nourishing a plant back to life (pages 108-111). Topics include mental health (cultivating our garden within), physical fitness (managing growth), and spiritual awareness (find harmony by nurturing connection).

**Cameron, Jan.** *The Garden Cure: cultivating our well-being and growth.* Glasgow: Saraband, 2022. ISBN 9781912235872

Cameron focuses on the broad fields of health and well-being, horticulture and therapy. She uses examples from her work in therapeutic gardens designed for people of all ages experiencing mental health problems. The recollections, stories, and examples of tools described come from her experience working in community gardens. The book explores "the parallels between the phases of work in the garden and how they mirror human needs" (pages 5-6).

**Cole, Becky.** *The Garden Apothecary: transform flowers, weeds and plants into healing remedies.* London: Hardie Grant, 2022. ISBN 9781784884376

Cole, an Irish home apothecary, shows the reader how to harvest and use 20 commonly found flowers, weeds, and herbs. She describes how to plant a doorstep container garden with pelargoniums, daisies, violas, calendula, rosemary, and sage to harvest. The book is divided into techniques and plant profiles. Recipes include infusions and

decoctions, vinegars and oxymels, herbal honeys, herbal syrups, infused herbal oils, tinctures and glycerites, salves and balms; fortunately, the book has a glossary of terms for the uninitiated.

**Griffiths, Alistair and Matt Keightley.** *Your Well-Being Garden: how to make your garden good for you, Science/Design/Practice.* New York: DK, 2020. ISBN-13:9781604697919

Griffiths (Director of Science and Collections at the Royal Horticultural Society) and Keightley (an award-winning garden designer) help the gardener understand scientifically based research about how certain plants can form a barrier against air and noise pollution, why green is good for us, the ways plants can help to save energy, and how birdsong alleviates anxiety. Topics include the protective garden, the healing garden (pages 62-129), the nourishing garden, and the sustainable garden. Every page is illustrated with photographs and illustrations.

**Grossman, Amber.** *Black Girls Gardening: empowering stories and garden wisdom for healing and flourishing in nature.* San Francisco: Chronicle Books, 2025. ISBN 9781797228242

This book includes a collection of 31 compelling stories edited by Grossman, creator of the platform @BlackGirlsGardening. For instance, she includes a chapter called "A Space of Healing and Connection" by Brittany Leavitt who is the garden coordinator for the Cooper Street Community Gardens in Brooklyn. New York (pages 198-201). She describes how to compost, control pests organically, and more. Most importantly, she shows how approachable, pleasurable, and empowering gardening can be, wherever you live.

**Groves, Maria Noel.** *Grow Your Own Herbal Remedies: how to create a customized herb garden to support your health and well-being.* North Adams: Storey Publishing, 2019.

Groves lists top six reasons to grow your own herbal remedies: freshness; less expensive; customization; self-sufficiency and empowerment; sustainability, stewardship, and confidence; and connection (pages 3-5). She describes how to design container gardens and lists container-friendly herbs: anise hyssop, bacopa, basil, bay leaf, cayenne, chervil, chives, fennel, gotu kola, Korean mint, lemon balm, lemongrass, mint, parsley, passionflower, rosemary, and thyme (pages 22-24). Part Three is devoted to healing garden herbs.

**Hobbs, Christopher and Leslie Gardner.** *Grow It, Heal It: natural and effective herbal remedies from your garden or windowsill.* New York: Rodale, 2013. ISBN 9781609615703

Hobbs and Gardner identify 35 common ailments and 50 herbs that treat those conditions with teas, syrups, tinctures, oils, compresses, salves, and lotions. Each herb merits two pages including a description, a photograph, a list of its healing properties, safety precautions, how to grow it in the garden, and how to harvest it. A useful chart, plants to grow for herbal healing, details the plant, life cycle, plant part to harvest, propagation method, whether it is suitable for a container, soil preference, light/shade preference, and water needs (pages 136-141). Another chart, using herbs in preparations, lists the herb, primary uses, dose, whether it is safe in pregnancy, infusions, decoctions, dried teas, bath teas, syrups, tinctures, oils, compresses, creams, lotions, and salves (pages 210-217).

## Appendix B Continued

**Simmons, Monique.** *The Gardener's Companion to Medicinal Plants: An A-Z of healing plants and home remedies.* Kew/London: Frances Lincoln, 2016. ISBN 9780711238107

This Royal Botanic Gardens at Kew publication is a beautifully illustrated introduction to herbs' medicinal value and properties. This book provides gardeners with an overview of plants used in traditional medicine. Simmons includes 24 practical projects for homemade teas (e.g., *Passiflora incarnata*/Passionflower sleep tea, pages 140-141), oils, tinctures, and creams.

**Soule, Deb.** *The Healing Garden: herbs for health and wellness.* New York: Princeton Architectural Press, 2021.

This book is a guide to gardening, drying, and preparing teas, tinctures, and remedies by the founder of Avena Botanicals. Soule's mantra is respect, reciprocity, gratitude, humility, and love (page 15). The four parts are gathering with gratitude, drying herbs, preparing herbal medicines, and healing with herbs. The book is well illustrated.

**Sternberg, Esther, M.D.** *Healing Spaces: the science of place and well-being.* Cambridge: Belnap, 2009. ISBN 9780674033368

Sternberg begins this book by describing the work of Roger Ulrich, who proved in 1984 that when hospital rooms have windows looking out on the natural world, patients heal more rapidly (page 2). She presents compelling examples of how visionary architects are taking architecture into the realm of neuroscience based on people's response to build space.

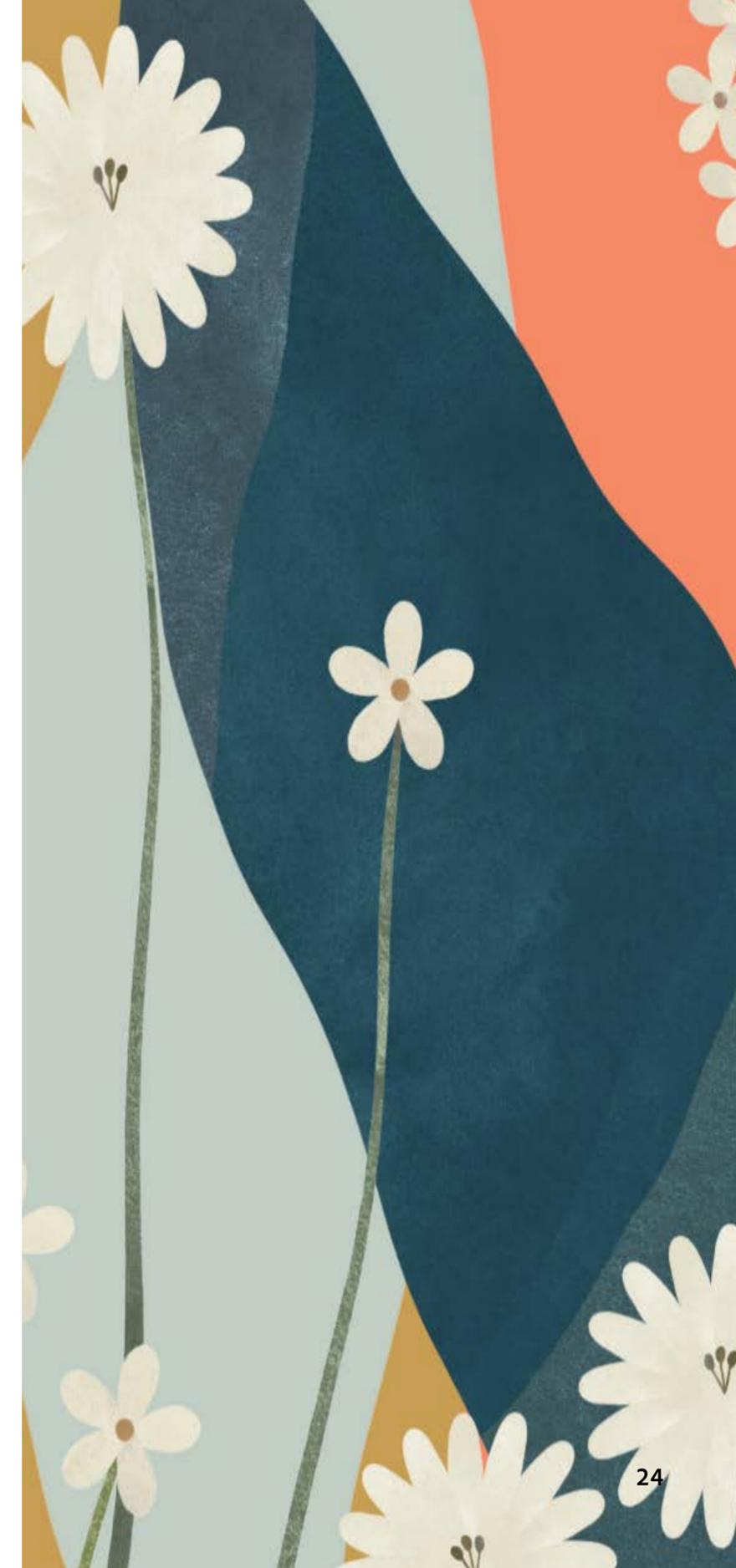
Nature is important to healing; that is the premise of this book. She cites research to emphasize this point, including work about how fractal patterns appeal to the human eye and how they appear repeatedly in nature (trees, waves, snowflakes, seashells, and flowers) and in humans (nerve cells, circulatory system, and brain), for example (page 34).

**Stuart-Smith, Sue.** *The Well-Gardened Mind: the restorative power of nature.* New York: Scribner, 2020. ISBN 9781476794464

Stuart-Smith, a psychotherapist, blends psychology, neuroscience, and stories to explore the power of interacting with the garden and how the garden can provide a vital place for cultivating the mind and good mental health. She uses case studies from history, community gardens, and horticultural therapy programs to describe how gardening can help transform people's lives. She is married to the celebrated English landscape architect, garden designer, and writer Tom Stuart-Smith with whom she gardens.

**Young, Devon.** *The Homegrown Herbal Apothecary: 120+ easy-to-grow plants for healing remedies.* Salem: Page Street, 2023. ISBN 9781645678649

Young, an herbalist, provides chapters about understanding herbal energetics and the doctrine of signatures; the simple science and magic of growing; creating healing garden vignettes (pages 19-20); as well as preserving the herbal harvest and stocking the apothecary. The healing garden vignettes are the spicy diffusive garden featuring garlic, bee balm, oregano, and thyme; the soothing spot featuring lavender, dill, chamomile, California poppy, and catmint; the cut and come again culinary container featuring holy basil, sage, rosemary, mint, coriander, and lovage; the breathe easy space featuring fir, Oregon grape, meadowsweet, violet, and wild ginger; the mindfulness retreat featuring rosemary, holy basil, ashwagandha, and St. John's wort; the first aid allies featuring calendula, aloe, yarrow, and arnica; heart's ease featuring hawthorn, mimosa, vervain, bacopa, and passionflower; Eve's garden for women's health featuring lady's mantle, black cohosh, motherwort, mugwort, and crampbark; in the flow featuring gravel root, stinging nettle, and hydrangea; and the immunity oasis featuring echinacea, sea buckthorn, pine, feverfew, and mint. The hand-drawn botanical illustrations are beautiful.



# Appendix C

## Online Resources for Identifying Plants

American Horticultural Society

[American Horticultural Society books](#)

Homegrown National Park

[Homegrown National Park](#)

Includes [Find your ecoregion](#) and lists of [North American Keystone Plants](#)

Less Lawn, More Life

[Less Lawn, More Life](#)

National Wildlife Federation

<https://www.nwf.org/About-Us/Our-Mission>

Includes information about Native Plant Habitats

Plant NOVA Natives

[Plant NOVA Natives](#)

Includes a [list of fragrant native plants](#)

Pollinator Pathway

<https://www.pollinator-pathway.org/>

Includes native pollinator plant lists, native garden designs, and examples of container garden designs. Includes links to [Virginia Native Plant Guides](#)

The Herb Society of America

[The Herb Society of America](#)

The Xerces Society for Invertebrate Conservation

[The Xerces Society for Invertebrate Conservation](#)

Includes [pollinator friendly native plant lists by region](#)

U. S. Department of Agriculture

Cooperative Extension Service

Extension Master Gardeners

Extension Master Naturalists

[Cooperative Extension](#)

U. S. Department of Agriculture

Plant Hardiness Zones

<https://planthardiness.ars.usda.gov/>

U. S. Department of the Interior

Fish and Wildlife Service

[Chesapeake Bay Landscaping for Wildlife](#)

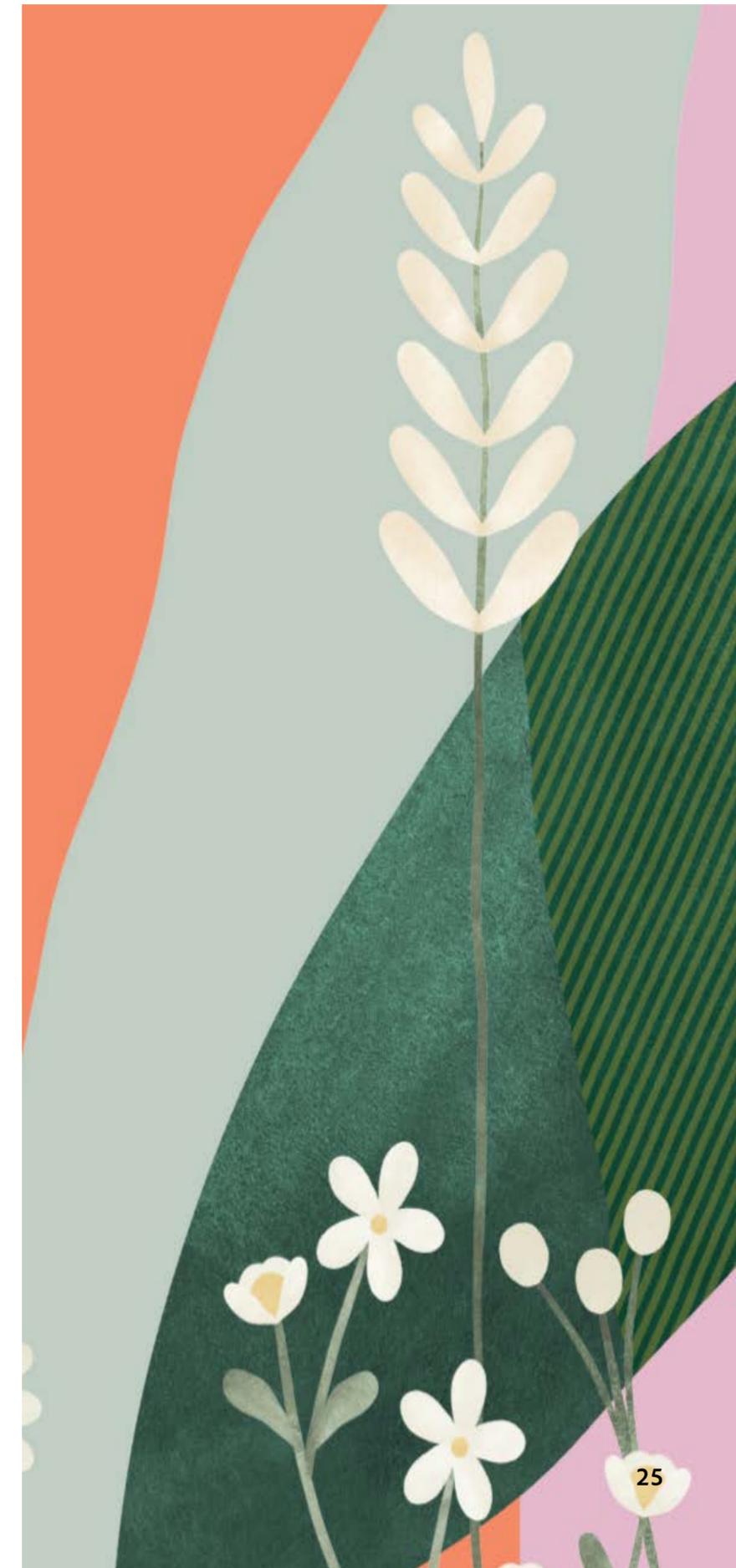
Virginia Native Plant Associations and other state associations

[Virginia Native Plant Society](#)

Includes links to [Virginia Native Plant Guides](#)

Wildlife Sanctuary Program

[Wildlife Sanctuary Program](#) (formerly Audubon at Home)





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