

CENTRAL REGION GARDEN CLUBS, INC.



“Plant America: Sow the Seeds and Keep Growing”

Fall 2022 ISSUE



CENTRAL REGION DIRECTOR Carol Yee's MESSAGE



Greetings!

Thank you very much to Rene Lynch and members of the Federated Garden Clubs of Minnesota for organizing the recent CR Convention “Plant America: For the Birds and the Bees, the Flowers, and the Trees” held October 16-18 at the Hyatt Hotel in Bloomington, MN. Thank you to all who registered! You helped make this year’s CR Convention a success!

Those attending were impressed by the 436-acre Fort Snelling National Cemetery which is listed on the National Register of Historic Places and where over 250,000 are interred as well as the tour of the Minnesota Valley National Wildlife Refuge Headquarters. The Refuge, managed by the US Fish and Wildlife Services, contains 14,000 acres which protect habitat for migratory birds and other wildlife and plants while providing education and recreational areas for the public.

We had time to conduct business and in-between business sessions were also treated to excellent speakers including Dr. Dale Gentry, Audubon Society Director of Conservation for the region, who spoke on birds and their habitat as well as plants birds require for food; Linette and David Sorrentino, American Peony Society board members, who gave a brief introduction on peony varieties and generously donated and auctioned peonies from their collection; Jennifer Teegarden, from the Minnesota Department of Natural Resources, who spoke on the importance of trees in the urban landscape; and Gail Hudson, a multi-talented multiple Emmy-award winner who spoke on sustainability in support of bees and pollinators. There were, in addition, workshops and an NGC Petite Specialty Flower Show that kept us very occupied!

We also met our goal of adding to the \$38.08 in the CR Treasury so we could send the \$68 NGC requires for a Penny Pines donation. Clubs: please read the NGC project details on the NGC website: gardenclub.org You may be interested in donating. Thank you everyone!

Not only does the CR Convention provide great opportunities to visit what is in a certain locale, it always has been a great opportunity to reconnect with people we’ve met over the years as well as meet new friends.

I hope this info is enticing enough to encourage everyone to attend the 2023 Central Region Convention which will be held October 15-17 in Des Moines, Iowa. Walt Reemstma (current Federated Garden Clubs of Iowa President) and Marlene Marolf (FGCI President-elect) have great plans and fun in store for us! Lynne Ehnert from Wisconsin Garden Club Federation and CR Director will preside.

For now, it’s that time of year to reflect on all that we have been thankful for during this year. Hope this has been a great year for you and wishing you and your families a wonderful upcoming holiday season!

Carol Yee
mscyee@hotmail.com

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"Sow the Seeds and Keep Growing"



Date to Remember

**Central Region Convention
October 15 - 17, 2023
Des Moines, Iowa**

More information will be listed as it is received.

www.ngccentralregion.com

2022 Central Region AWARDS — Congratulations to Everyone!

INDIANA

Award #8: Promoting National Garden Week – Sponsored by The Garden Club of Indiana, Inc. Certificate and \$50 to a club documenting activities held in celebration of National Garden Week – Shamrock Garden Club, Indianapolis, IN

IOWA

Award #2: Planting Community Gardens – Sponsored by Sue Fuhrman - Certificate and \$25 to a club that makes a difference in the community with planting - Ackworth Garden Club – Justice Center Committee, Ackworth, IA

MICHIGAN

Award # 3 - Sharing Gardens – Sponsored by Federated Garden Clubs of Iowa – Certificate and \$50 to a club holding an outstanding garden walk open to the public, a garden tea and/or tour - Garden Club of Greater Lansing, Lansing, MI

Award #4 – Healing Gardens – Sponsored by Linda Dingee – Certificate and \$50 to a club or individual establishing or maintaining special gardens using pink flowers, such as container gardens or a memorial garden – Meridian Garden Club, Haslett, MI

Award #5 – Caring Through Garden Therapy – Sponsored by The Garden Clubs of Illinois – Certificate and \$50 to a club with the best program or project of services for an activity with nursing homes, senior centers, developmentally and/or physically challenged – The Friendly Garden Club of Traverse City, Traverse City, MI

Award #6 – Preserving Our Land – Sponsored by Federated Garden Clubs of Missouri – Certificate and \$50 to a district, club or member for outstanding work in the field of conservation, natural resources or wildlife refuge – Sharon Morman of Mason County Garden Club, Ludington, MI

Award #10b – most designs in *Vision of Beauty* calendar – certificate and *Vision of Beauty* calendar Tied for 1st Place – Michigan Garden Clubs

Award #11 – Honoring Veterans – Blue & Gold Star Memorials – Sponsored by the Federated Garden Clubs of Minnesota – Certificate and \$50 to a member, club, council, or state for outstanding work installing Blue Star and/or Gold Star Memorials – Garden Club of Pentwater, Pentwater, MI

MISSOURI

Award #9a – Sharing Creativity – Sponsored by Illinois Judges Council – certificate and \$25 for best overall Standard Flower Show Schedule – Eldon Garden Club, Eldon, MO

Award #9b – Sharing Creativity – Sponsored by Nancy Bahn - certificate and \$25 for best Standard Flower Show Horticulture Division – Eldon Garden Club, Eldon, MO

Award #10b – most designs in *Vision of Beauty* calendar – certificate and *Vision of Beauty* calendar Tied for 1st Place – Federated Garden Clubs of Missouri

Central Region Unified Project Awards

The Central Region Unified Project “Plant America – Growing for Food Pantries” was changed this year to include canned and boxed items. The fruit and vegetables were still weighed, but the canned and boxed items were counted by number of cans and boxes.

Congratulations to O’Fallon Garden Club from O’Fallon, Illinois. They received a certificate and \$50 for Award #1 for the club growing and donating the most produce and canned and boxed items (over 2000 pounds!) to the O’Fallon Food Pantry! Did you know they also harvested 1835 pounds of honey from their hives at their apiary?

Congratulations to Springfield Civic Garden Club (Illinois) for placing 2nd for this project and Arbutus Garden Club (Indiana) for placing 3rd. Congratulations to The Garden Clubs of Illinois, Inc. which was awarded a certificate and \$50 for Award #2 for the Central Region state having the largest amount of fresh fruit and veggies donated to Food Pantries throughout their state.

Laurel DeBoer
Alternate Director
CR Unified Project Chairman

Central Region Life Memberships (\$50) and Gold Star Memberships (\$25)

A way to honor presidents and those club members who deserve recognition for all of their efforts/ support at the local club, district, state, region and or national level.

All monies received for Central Region Life Members and Gold Star Memberships go into the Operating Scholarship Fund. In other words, all monies received for CR Life Memberships and Gold Star Membership go directly to support scholarships sponsored by Central Region. CR Life Membership form is available on the Central Region Website.

Judy Newman
Central Region Life Membership Chairman

Check out the CR website:
www.ngccentralregion.com

Marilyn Krueger, President of the Garden Clubs of Illinois 2021-2023

Theme: *"Plant America . . . Starting at Home"*



Thank you, Rene Lynch and Minnesota Garden Clubs members for an educational and fun Central Region Annual Meeting. Thank you, Carol Yee, for your leadership of Central Region. As with so many events that have been delayed because of COVID, it was extra-wonderful to be together, making new friends and strengthening friendships with fellow gardeners. Illinois had a great time! We were pleased to win the Unified Project Award for the State and the O'Fallon Garden Club won 1st place of the competing clubs. We appreciate Alternate Director, Illinois' own Laurel De-Boer, for encouraging us to help food pantries.

Our districts and clubs are getting back to pre-COVID routines. For the most part, my fall travels throughout the state were as before, but a little more enthusiastic with pent-up joy in finally being able to get together. Fundraising events are being hosted with expectations of great success. We continue to dedicate/re-dedicate when refurbished, Blue Star and Gold Star Memorial Markers. Illinois is now home to 150 Blue Star Memorial Markers and 3 Gold Star Memorial Markers with more in the planning stages.

We encourage our members to "Plant America with Trees" as we participate in that National Garden Clubs' project. Last year our members planted 1716 trees; 1198 of them were native trees.

Our Clubs and Members make a difference in our communities by helping neighbors in need and beautifying our towns as we "Plant America... Starting at Home."

Marilyn Krueger
Illinois State President

At the 2022 Central Region Convention in Bloomington, MN we held a CR Scholarship "Opportunity" to benefit the CR Scholarship Fund. \$320 was added to the fund.

Rochell Murdock from Missouri won the "Opportunity" which was a black leather backpack purse made in Italy by Unica! Firenze. Thank you to all who participated!

Nan McCabe CR Scholarship Chairman 2021-2023

Linda Harkleroad, President of The Garden Club of Indiana, Inc. 2021-2023
"Plant America in Colors of Hope for Cancer Awareness"



Members of The Garden Club of Indiana, Inc. have returned to a welcome normalcy in 2022. We held our in-person state convention in April. There was an obvious sense of joy as friends who had not seen each other in person for three years reconnected by taking a Magical Mystery Tour. We heard about our latest Land Trust project at Wallier Woods on the Ohio River as well as learning "Where the Wild Things Are" and shopping at the Groovy Harmony Boutique. NGC First-Vice President Brenda Moore was our honored guest and encouraged us to take a chance and volunteer for something new.

Our annual fall workshop was held September 29th. The 2022 Wildflower Workshop was held at Indiana's first National Park—the Indiana Dunes. We learned about shipwrecks on Lake Michigan, the unique challenges of the fragmented park, and wildflowers as we hiked in the park.

In 2021, I attended 2 district meetings in person. Six of our districts are meeting in person this year and I have been able to attend them all. This is the best part of this position. I have driven to towns I have only heard of and would never have found without my GPS. Every meeting brings a few familiar faces and a roomful of new people to meet. Every meeting I learn something new from their speakers and make new friends.

The individual clubs have resumed their plant sales, park plantings, Blue Star maintenance and field trips. They have visited the gardens at the governor's residence, took a tree tour of Crown Hill Cemetery, picked lavender, and enjoyed plants both indoors and outdoors at conservatories and arboretums. Many clubs have had programs on native plants and are actively planting more of their public gardens with natives.

As with most states, membership continues to be a concern. Many of us have attended the Membership Mondays which are attempting to push us to try new methods of recruiting and retaining members. However, it seems that while many clubs rejoice in gaining new members, they also find they lose almost as many as members age out.

Overall, I believe that The Garden Club of Indiana, Inc. is holding its own. We continue to get a great deal of support for our scholarships, have clubs making plans to install Blue Star and Gold Star markers, and manage to collect \$10,000 to \$15,000 every two to three years for our Land Trust projects. We may not have the largest membership in the Central Region, but we continue to contribute to our communities.

Linda Harkleroad
Indiana State President

Check out the CR website:
www.ngccentralregion.com

Monica Taylor, State President of Michigan Garden Clubs, Inc. 2021-2023

Theme: “*Plant America: Grow, Share, and Connect*”



Michigan Moments.... My motto has been “Have car, will travel.”

This fall brought lots of color as I travelled over 2700 miles to Missouri for the National Garden Club Fall Board Meeting in September, throughout Michigan to the seven district fall meetings, and to Minnesota for the Central Region Convention.

The golds, greens, and reds of the trees provided spectacular colors which I will hold in my memory to take me through the winter in Michigan. I was honored to represent Michigan Garden Clubs, Inc. at these events. Over 750 gardeners attended the seven fall district meetings. Each event had a unique theme and flavor. We enjoyed Autumn

Splendor, Living Grand...R, Fall in Love with Fall, Play Outdoors, Flannel Festival, Seeing Trees, and Gardeners Rock.

We were treated to floral design demonstrations, horticulture topics, gardening inspiration and advice, benefits of trees, the importance of bees, watersheds, returning the rapids to the Grand River and learned gardeners rock! Everyone went home with a beautiful painted rock! The common denominators were the enthusiasm of the gardeners attending, the well organized details of each event from interesting, educational speakers, fun shopping and delicious lunches and treats.

Congratulations to the District Directors and the host clubs for all their work and efforts; it was genuinely appreciated and enjoyed! Gardeners in each district stayed connected and had an opportunity to enjoy a lovely fall event. Winter in Michigan is just around the corner, but Michigan Garden Clubs remain busy and engaged. We continue to offer member meetings the first and third Friday of each month, via Zoom, with topics of interest to our members. Our seven Facebook groups remain active with many new posts. We are putting the final changes on our 2023 Engagement and Reference Calendar which will highlight pollinators. Our scholarship program is actively engaged with our 15 state universities to award scholarships. Many clubs are planning holiday gatherings. A lot is happening in Michigan!

**Monica Taylor,
Michigan State President**

**NGC 2023 Convention
May 2 - 5, 2023
White Sulphur Springs, WV**

**The Garden Club of Indiana, Inc.
2023 State Convention
April 25 - 26, 2023
Gastoff Village Gasthof
Montgomery, IN**

Walt Reemtsma, State President of Garden Clubs of Iowa 2021-2023

Theme: *"Together We Will Make it Happen"*



Dear Friends:

Two weeks ago I had rotator cuff repair surgery and I'm adjusting to changes in my lifestyle. I will not be able to drive for another 6 weeks. Since my wife, Jan, doesn't drive I have had to rely on my family and friends to work into their busy schedules, my transportation needs, like trips to my church office (15 miles away), doctor appointments, etc. How appreciative I am for my volunteer Ubers.

I am thankful that I am at least able to sit at my computer and type. After a while the shoulder and arm get painful but I at least can get things done, even if it is more slowly than usual. I am learning patience but I am a slow learner. Thankfully, the surgery did not impede my ability to feed myself and enjoy the great food my wife, Jan, prepares.

I so enjoyed meeting all of you at the Regional Convention in Bloomington, Minnesota, a few weeks ago. I have often said "You meet the nicest people at garden club functions" and this event was no different. I found the convention to be so enjoyable and inspiring. It gave me new energy as I prepare to complete my term in June as the state president of Iowa. Kudos to the Minnesota planning committee. You did a great job.

One item that I did not get to share during my state report, because of necessary time limits, is that Iowa offers a total of seven one thousand dollar grants to each of our six districts. These grants are used to help fund club projects and have proven to be well received. In many cases clubs do not need a full one thousand so many times the monies are divided amongst the clubs that have applied. We are very proud of our efforts in this area.

Our state board is currently studying how best to invest our surplus funds. As CD's have come due, the money has been put into our checking account since CD interest was practically non-existent. Hopefully we will soon be able to make a sound decision. We want to be good stewards of the money entrusted to us.

Many of us are dealing with declining membership. In Iowa we will be losing three clubs at the end of the year. While discussing this topic at our recent board meeting it was brought to our attention that in Iowa, at least, there are garden clubs that are not affiliated with NGC. It may behoove us to try to bring them into the fold. I have also suggested clubs invite prospective members to their club meetings without mentioning the word "joining" or "membership." Let your club projects, interesting speakers and your genuine friendship do the inviting. Hopefully they will ask how they can join after a period of time.

Iowa will be the host for the Central Region Convention to be held in October 2023 in Des Moines, Iowa. The committee is working hard to make this event worthwhile and memorable. I am looking forward to seeing you there.

Happy Holidays,

Walter Reemtsma
Federated Garden Clubs of Iowa

Laura Skoff, State President of Wisconsin Garden Clubs 2021-2023

Theme: *“Take Flight and Soar with Wisconsin Garden Club Federation”*



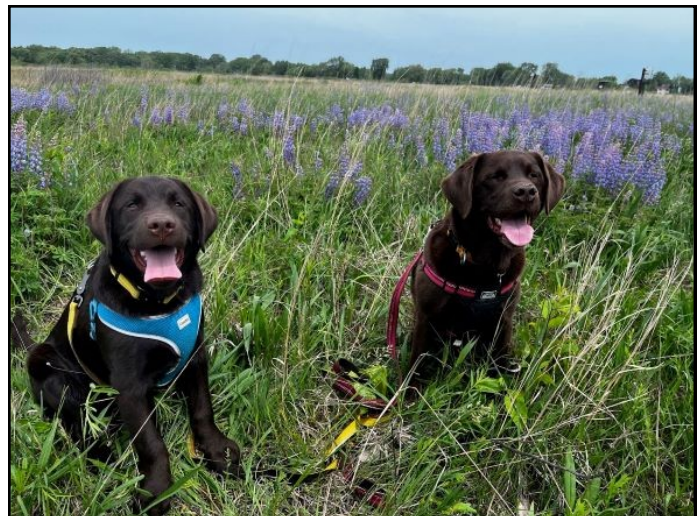
Wisconsin is fortunate to have numerous wildlife refuges and nature preserves throughout our beautiful state, but one that several of our garden clubs have enjoyed for many years is the Mequon Nature Preserve (MNP), located in the Milwaukee District. Having personally first toured the grounds as part of an NGC Environmental School outing, I was impressed with this 510 acre active land restoration site and living laboratory that has a mission statement of being a “guiding example of habitat restoration by returning the land to a mosaic of forests, prairies and wetlands and to establish an educational conservancy that inspires exploration and cultivates stewardship.”

The preserve has five different ecosystems and just 20 years into a 150-year restoration plan, over 80,000 trees and shrubs have been planted, 30 acres of wetland restored, and hundreds of native wildlife and plant species are now thriving. Additionally, they have created rice paddies as part of a study in isolating a strain of cold tolerant rice. Since some of the warmer states in the US that produce rice are experiencing water shortages and Wisconsin has plenty of water but cooler temperatures, this research is important to the future of rice production in our country.

Since 2016 the MNP can boast that they have the first on-staff conservation dog in the state of Wisconsin! Tilia is a chocolate English Field Labrador that assists in monitoring animal species and eradicating invasive plants. Locating Garlic Mustard and Wild Parsnip before they take over an area are two of the scents Talia can sniff out. Since both of these plants grow low to the ground before flowering, human detection is difficult. Trying to re-establish salamanders is made easier when Talia combs the forest floor to find these secretive animals. Talia has a new buddy in conservation – Timber, born in 2021, that is the offspring of Tilia’s sister. He is just starting his journey as a conservation ambassador and hopes to be trained in detecting turtle nesting sites soon.

The Mequon Nature Preserve provides our garden club members with an incredible source for their education and enjoyment right in their own backyard!

**Tilia and Timber at the
Mequon Nature Preserve.**



**Laura Skoff
Wisconsin State President**

Blue Star Memorial/Gold Star Memorial Markers

Minnesota Garden Club members have ordered a marker for a Minnesota Veterans Cemetery in Redwood County and will dedicate it next year. Minnesota received a federal grant that has provided the state money to place cemeteries so that no family has to drive more than 70-80 miles to inter their family member in a Veterans' cemetery.

Wisconsin has several Blue Star and Gold Star Families Memorial Markers on order. They are waiting for the receipt of the markers from Sewah Studios, and are expecting a flurry of activity next year when the warm weather returns.

Indiana's North West District placed a Gold Star Marker at Wolf State Park in Hammond, IN in time for National Garden Week. The North West District will be working on the landscaping and is planning a dedication next June in conjunction with the Leon's Triathlon for Wounded Veterans with Disabilities. Indiana's Iris-Elm Garden Club won a National Garden Club Community Improvement Award for the club's dogwood tree planting along the Winamac Park Pathway as a continuation of the Winamac Blue Star Memorial Marker project at the historic Freight Depot, which they have been establishing for four years. The dogwoods were a recreation of the original 1944 planting of 8000 dogwoods by the New Jersey Garden Club as a memorial to the World War II veterans.

Illinois' Rolling Meadows Garden Club has ordered a large Memorial Marker and plan to dedicate it on May 20, 2023. The Garden Clubs of Illinois will observe the 75th Anniversary of Blue Star Memorials next year with the placement of a new Blue Star Memorial Highway Marker. Several member garden clubs are planning to update their marker landscaping for the anniversary. The Anna Jo Garden Club of Illinois dedicated a Gold Star Memorial By-Way Marker in Anna Jo Garden Club Park in Anna, Illinois on September 25.

Dedication of a Gold Star Memorial By-Way Marker on September 25. Pictured left to right: Nancy Kucera, AJGC president; Marilyn Ellis, District VII Director; Marilyn Krueger, GCI president; Lois Clutts, AJGC member and a Gold Star Family member.



Kathy Rewerts

Blue Star/Gold Star Memorial Markers

Plant America – Moves inside!

As the weather has turned colder, we are spending more of our time indoors, but that doesn't preclude continuing to work with plants. House plants offer a variety of benefits – air purification, improved sense of well-being, better sleep, increased productivity, and lowering of pain.

- Air purification: According to a recent survey, 52% of house plant owners use the plants to counter air pollutants. Air purifying plants filter out harmful toxins. House plants may improve air quality by up to 89% for VOCs (volatile organic compounds) found in common household items. Common plant options include spider plant, peace lily, Boston fern, and snake plant.
- Improved sense of well-being: Plants add life and vibrancy to our homes but some are more than meets the eye. Seeing greenery makes us feel more relaxed and calmer. The juice from Aloe Vera leaves can help with digestive balance when added to juice drinks; Lavender aids in lowering blood pressure, heart rate, and the level of cortisol (stress hormone).
- Better sleep: Up to 41% of those with sleep deprivation, found that having plants in the home improved their insomnia. Plants absorb carbon dioxide and emit oxygen, thus increasing the oxygen in the home.
- Increased productivity: Having plants in the work place was found to increase concentration and productivity by 15%. Green is a color that doesn't make your eyes tire adding to a longer focus.
- Lower pain levels: House plants were found to lower the incident of fatigue and headaches by 20-25%. Philodendron, feverfew, and croton (Codiaeum) are a few common choices that assist with lowering pain numbers.

Having plants in your home can positively impact your mental and physical health as well as improve air quality in your living space. So...what are you waiting for?

Get Planting, America!

**Terri Ewers - Iowa
CR Plant America Chair**

Below is the list of links to see the Spotted Lanternfly. The article is on pages 12 and 13.

**Spotted Lanternfly Photos by Steve Ausmus USDA/ARS
Life Cycle of Spotted Lanternfly Courtesy of Molly Schafer
Websites with information:**

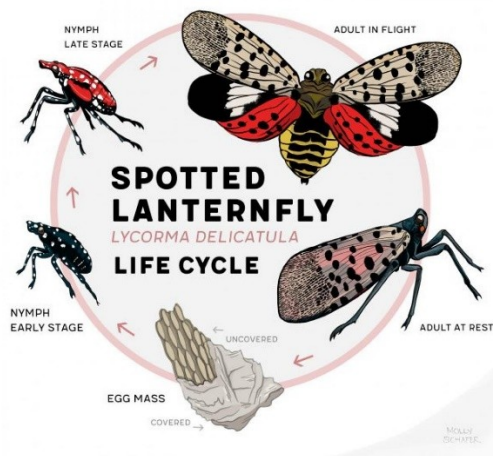
<https://www.montgomerynj.gov/bc-stc/page/ways-fight-spotted-lanternfly>
www.aphis.usda.gov/hungrypests/slf
www.nwcb.wa.gov
<https://www.nps.gov/pete/learn/nature/upload/Treeofheaven.pdf>

https://www.canr.msu.edu/nwmihort/uploads/files/17_Kirkpatrick_SLF_IPMSchool2018.pdf
<https://mtcubacenter.org/the-life-cycle-of-the-spotted-lanternfly/>

Invasive Plants

Spotted Lanternfly and the Tree-of-Heaven

Spotted lanternfly (*Lycorma delicatula*) is a new and emerging pest in the United States. It is a serious pest on a wide variety of important agricultural crops, including grapes, fruit trees, hops and ornamentals. These plant hoppers are in the order Hemiptera, also known as “true bugs.”



Adults can be found in July and begin laying eggs in September-October. They are 1 inch long and ½ inch wide. Forewings are grey with dark spots and venation (arrangement of veins) at the wing tips. Hindwings are red at the base with black and white above. The abdomen is yellow and black. The hindwings and abdomen are hidden when adults are at rest. Nymphs hatch in April-May and develop through four stages. Nymphs tend to cluster together and cannot fly. Nymphs and adults damage plants by sucking sap from stems, trunks and leaves. They also secrete large amounts of honeydew which hosts pathogens such as sooty mold.

Eggs are grey-brown and laid in cases on tree bark or a variety of outdoor surfaces and are easily overlooked. Eggs cases can be found from September-April. Egg cases and adults can be easily transported by car, rail, or air. Check for egg cases before traveling with boats, camping equipment, plant material, and especially your car! To destroy egg cases, scrape them into a container of rubbing alcohol, seal, and dispose.

Spotted lanternfly is currently found in the following states; Connecticut, Delaware, Indiana, Iowa, Maryland, Massachusetts, Michigan, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Virginia, Washington and West Virginia. The potential for rapid spread across North America is high.

In the Central Region area, they have been spotted in Michigan, Indiana, and Iowa. An incident in Dallas County, Iowa, was hopefully isolated and fully eliminated.

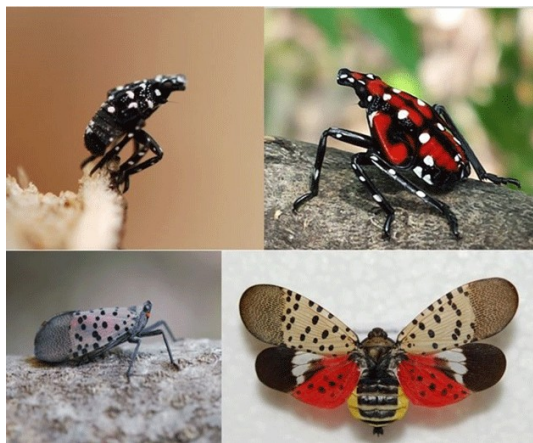
If you find this pest in a State already known to have the spotted lanternfly, take a picture, note the location, and report it to your state department of agriculture before killing it. If you think you've found this pest in a state where the pest is not yet established, capture a specimen and place it in a jar and freeze it so your state agriculture official can identify it.



The tree of heaven, (*Ailanthus altissima*), is a favorite host for the spotted lanternfly. Other hosts that they prefer are grape, hops, apple, walnut, pine and a wide variety of hardwoods.

The tree of heaven is a deciduous tree that can grow up to 80 feet tall, has leaves that are large and pinnately compound and bears pink fruit that develops in clusters and can last throughout the winter.

The tree of heaven can form dense stands that shade out native vegetation and grows up to 4 feet a year. This invasive plant alters the chemistry of the soil, creating undesirable conditions for native vegetation. Each plant can produce up to 350,000 seeds per year. Destruction of tree of heaven stands reduce the rate of spread of the spotted lanternfly.



Nymphs and Adult Spotted Lanternfly



Adults on tree trunk and an egg casing on tree trunk.

Jane Buck
Invasive Plants Chairman

NGC Schools Report 11/1/22

These are the schools currently offered that are listed on the National Garden Clubs, Inc. website. Go to the NGC website to check these out and register if interested.

Gardening School

Nov. 15-16, 2022 - National Sponsored - Zoom

Landscape School

Mar. 30-31, 2023 - Louisville, OH - Zoom

Environmental School

Dec. 9-10, 2022 - Cushing, OK

Jan. 17-18, 2023 - Tampa, FL - Hybrid

Jan. 10-18, 2023 - Washington, DC - (NCA) Zoom
(Tues. & Wed. evenings only)

Nov. 16-17, 2023 - Ft. Myers, FL - Zoom

Mar 20-24, St. Louis, MO - Zoom
(evenings only)

Lucy Valitchka
NGC Schools

Garden Therapy: Sensory Gardens

Sensory Gardening is a great way to engage all five senses to help you be mindful and present. A sensory garden generally includes plants that can trigger each sense: touch, sight, sound, smell, and taste. Sensory gardens can also fit spaces of any size. Whether you have a corner of the yard to work with or a single pot on the porch, you can create a sensory garden.

Herbs can often do double duty, stimulating your senses of taste and smell, as can easy-to-grow vegetables like tomatoes and peppers.

Plants with larger leaves that rustle together in the wind add a gentle, soothing sound.

Water, whether in a large water feature or a small tabletop fountain, also creates calming white noise to help you stay in the moment.

Brightly-colored flowers, like pansies, add that hit of brilliant color for an energizing visual effect. In the gardening world, there's no shortage of options for creating a visually beautiful design! For the best effect, choose the colors and shapes that you feel most drawn to. If it makes you feel happy, it's good for you!



Linda Dingee
Garden Therapy