

# SENSORY GARDENS

“There are no mysterious “musts,” no set rules, no finger of shame pointed at the gardener who doesn’t follow an accepted pattern. Landscaping is not a complex and difficult art to be practiced only by high priests.” -Thomas D. Church

**Gardens should be stimulating environments – both mentally and physically. Sight tends to dominate, but all you need to do is close your eyes to let the other sense catch up.**



## What are they?

- Sensory Gardens provide individual and combined sensory opportunities for all users, young and old, disabled and non-disabled.

## Why should you use them?

- Get kids involved outdoors; educate children and grandchildren about nature, wildlife, where our food comes from.
- Aromatherapy; Healing; Horticulture Therapy to heal your body and mind, through meditation and growing organic foods and herbs.

### Sight:

- Colorful blooms
- Colorful Leaves
- Attract variety of wildlife

## Touch:

- Spikes
- Coarse Leaves
- Feathery plumes
- Soft
- Sculptures
- Ergonomic Handrails
- Grainy Benches
- Pebble Paths
- Water over cobblestone

## Taste:

- Use food to interact with your garden
- Adds a hands-on element for participants
- Scents and tastes can create unique combinations

## Smell:

- Repel Wildlife
- Attract Wildlife
- Spiritual connection; Meditation/Aromatherapy

## Sound:

- Add water elements to your garden
- Grasses primary vegetation that create sounds
- Wind chimes

## A Sampling of Sensory Plants:

### Sight:

- Daylilies
- Vincas
- Purple Heart
- Trailing Sedum
- Agaves
- Variegated Yucca

### Touch:

#### Soft

- Green Sedum Stoloniferum
- Lamb's Ear
- Ice Plant

#### Spiky

- Gloriosa Yucca
- Rosy Glow Barberry

### Ornamental Grass

- Inland Sea Oats
- Hameln's Fountain Grass
- Corkscrew Rush

### Taste:

- Peppers - Jalapeno, Cubanelle
- Tomatoes- Early Girl
- Bok Choy

### Smell:

- Rosemary
- Santolina
- Lavender
- Thyme

### Sound:

- Dallas Blue Switch Grass
- Ravenna Grass
- Miscanthus Grass
- Lindheimer's Muhly

