

PRESENTATION OUTLINE

I. HISTORIC

Shakespeare Medieval Herb Garden
Colonial
Victorian



II. MEDITATIVE

Japanese
Medicine Wheel
Labyrinth



III. WILDLIFE AND NATIVE PLANTS

Pollinators Birds, Bees & Butterflies
Water Feature and Rain Garden
Native Plants



IV. WHAT CAN WE DO?

Arkansas
Master
Naturalists



PART I: HISTORICAL, SHAKESPEARE GARDEN

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- Plants mentioned in Shakespeare's writings
- Statuary of Shakespeare or characters from his plays
- Linear lines
- English garden style
- Medicinal herbs
- Cottage Garden



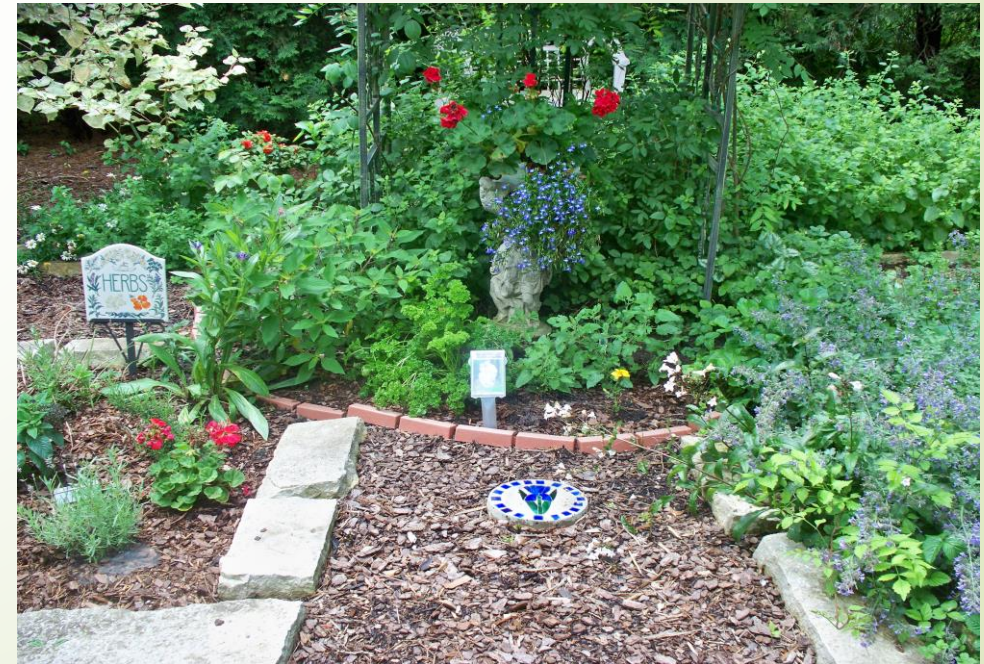
PLANTS FOR SHAKESPEARE GARDEN

- Roses – *Henry VI*
- Daffodils and daisies – *Spring Songs*
- Artemisia, pansies, columbine – *Hamlet*
- Herb-Marjoram – *All Well That Ends Well*
- Herb – Parsley – *The Taming of the Shrew*
- Herb – Fennel - *Hamlet*





PERSONAL SHAKESPEARE GARDEN

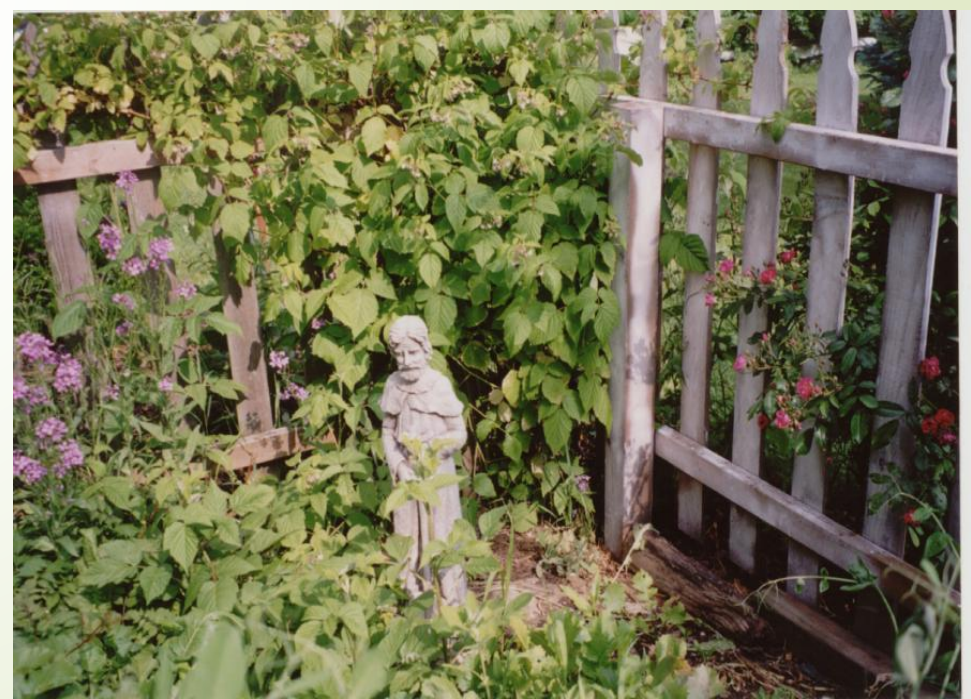


2. COLONIAL

1. Linear
2. Mixture of heirloom, native flowers and vegetables
3. Shrubs
4. Enclosed garden
5. Sun dial



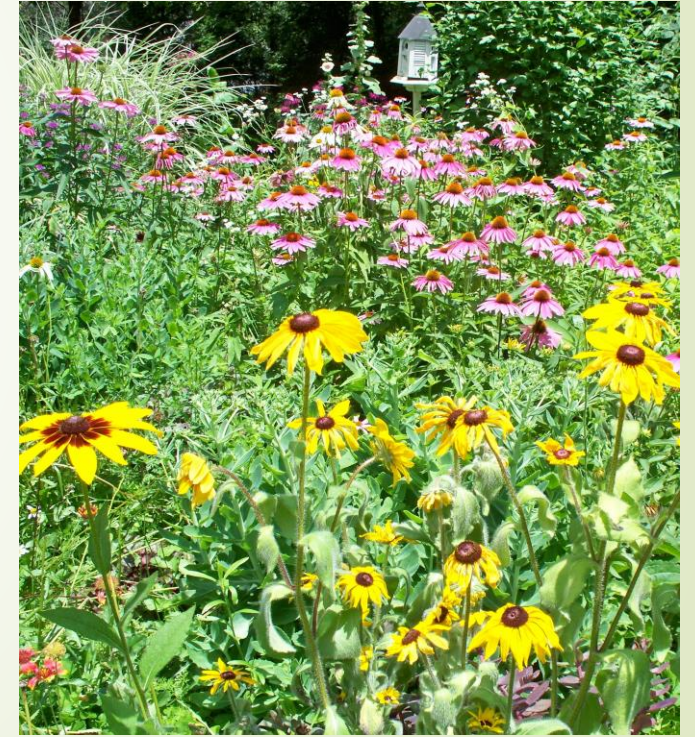






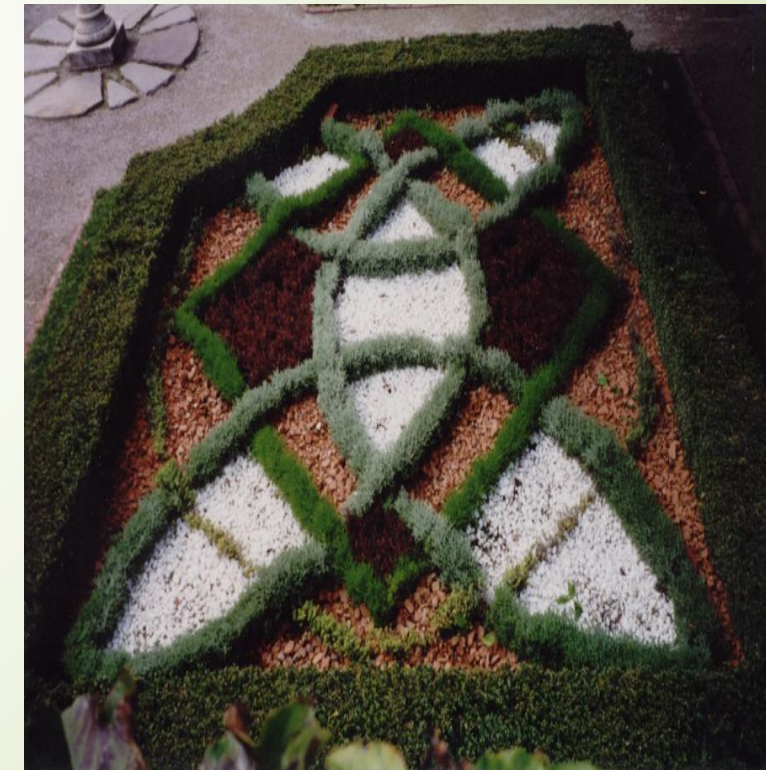
PERSONAL COLONIAL HEIRLOOM AND NATIVE PLANT GARDEN

Hollyhock
Sunflower
Morning Glory
Salvia
Nasturtium
Coneflower
Marigold
Poppy
Larkspur
Phlox
Johnny Jump Up
Petunia
Celosia



3. VICTORIAN GARDEN

1. Bring indoor plants outdoors
2. Add furniture, patio, pots and containers
3. Use new plants from around the world and native plants
4. Formal as well as cottage garden or natural look





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VICTORIANS LOVED FAIRY GARDENS



VICTORIAN PLANTS

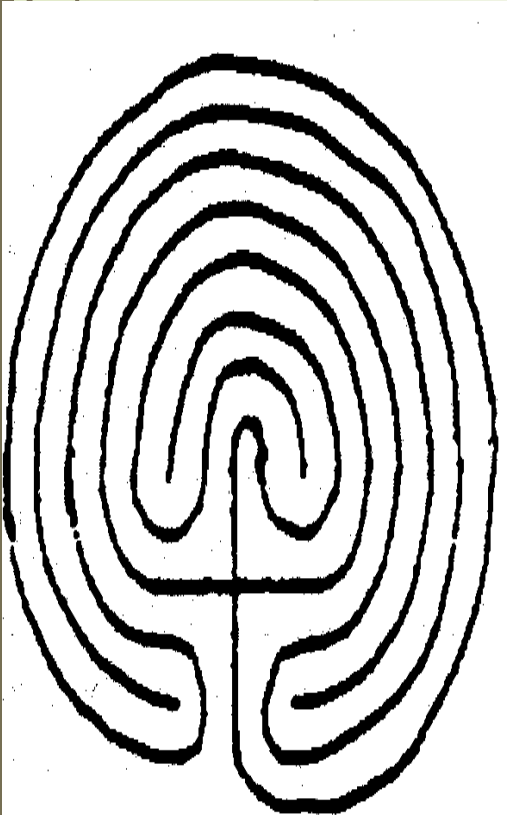
- Bulbs - (daffodil, hyacinth, tulip, daylily)
- Annuals- ageratum, pansies, petunias, geraniums, begonia, coleus
- Foliage – Fern, hosta, Lenten Rose
- Ground cover – ajuga, native clover, sedum
- Perennials – aster, penstemon, black-eyed Susan, coral bells, cone flower, foxglove, delphinium, milkweed,
- Tropical plants – Boston fern, datura, hibiscus
- Shrubs –elderberry, beauty berry, buttonbush, spice bush, wild hydrangea



PART 11: MEDITATION GARDENS

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1. Japanese – Has a whole world in it, mountain or hill, a valley, and a river with a bridge, arch or Tori gate, Zen sand garden with meditation bench
2. Labyrinth – Ancient 7 circle Crete, Scandinavian design or medieval cathedral rose design
3. Medicine Wheel Garden – 4 directions



1. MEDITATION

Improves psychological well-being and mental performance by meditating as little as twenty minutes once a day.

Results:

Lessened anxiety and depression

Reduced dependence on licit and illicit drugs

Greater sense of and interest in the spiritual

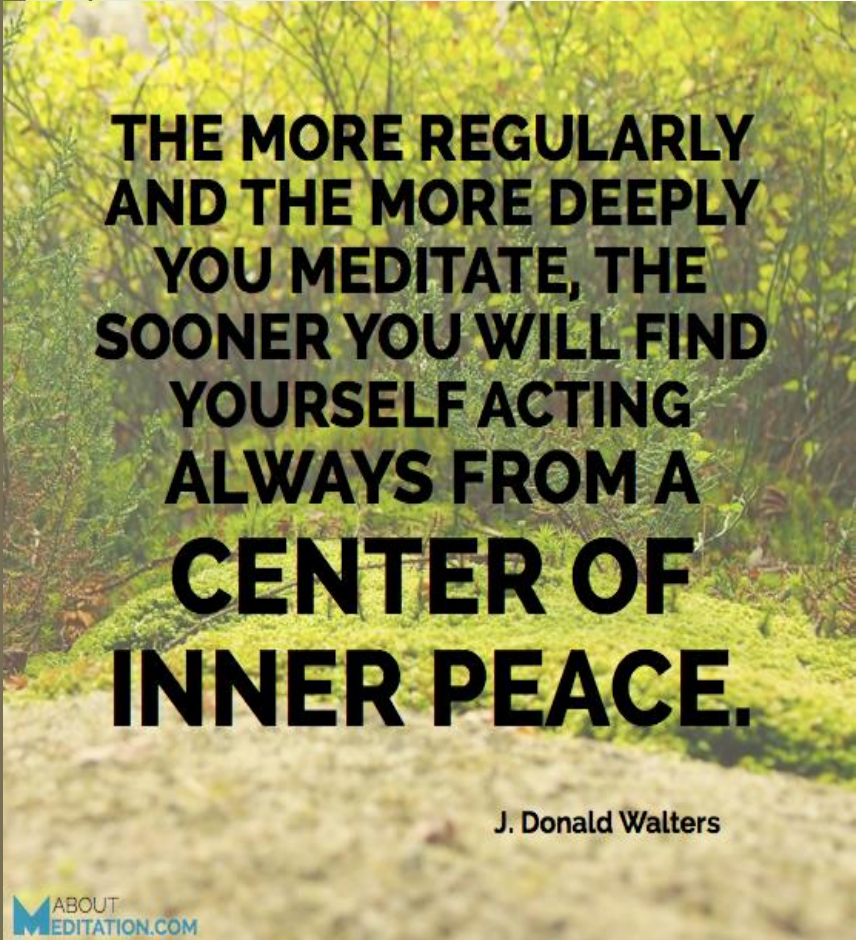
More accurate judgment

Creative thoughts

Increased concentration

Empathy

Improved memory and intelligence



**THE MORE REGULARLY
AND THE MORE DEEPLY
YOU MEDITATE, THE
SOONER YOU WILL FIND
YOURSELF ACTING
ALWAYS FROM A
CENTER OF
INNER PEACE.**

J. Donald Walters

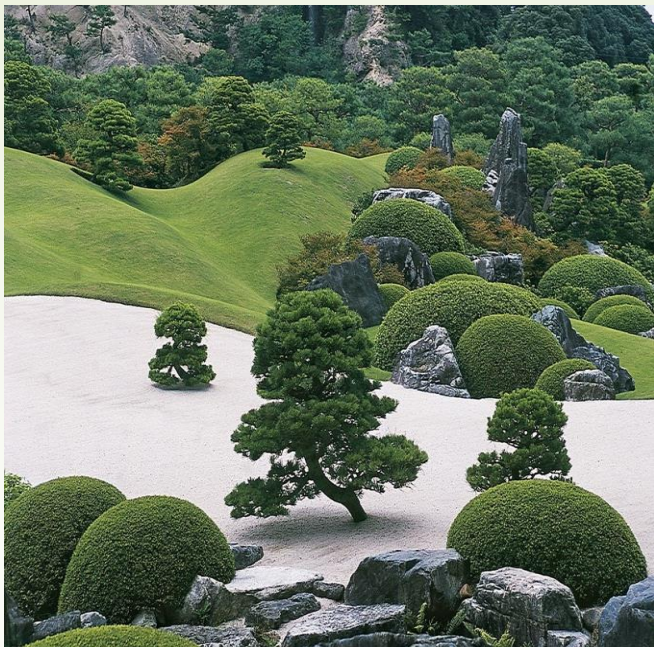
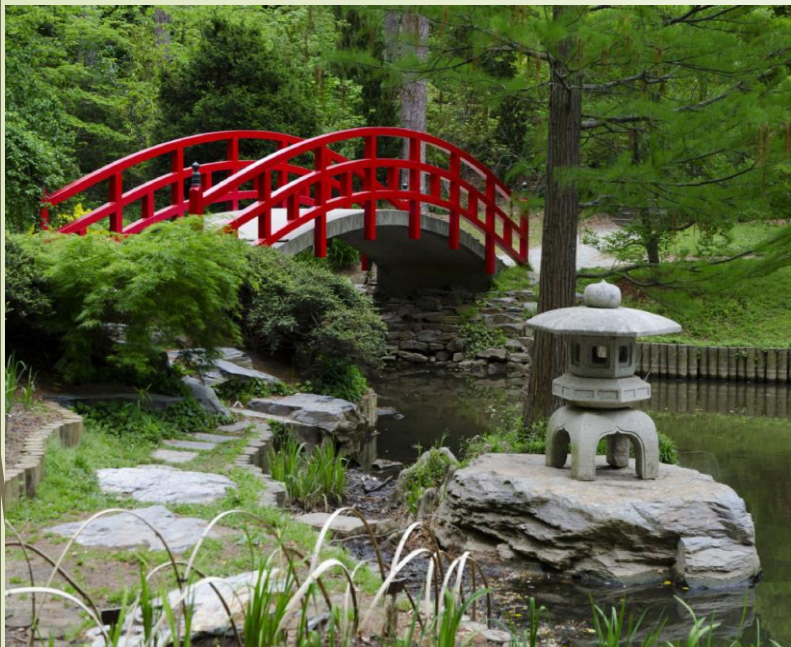
2. JAPANESE GARDEN

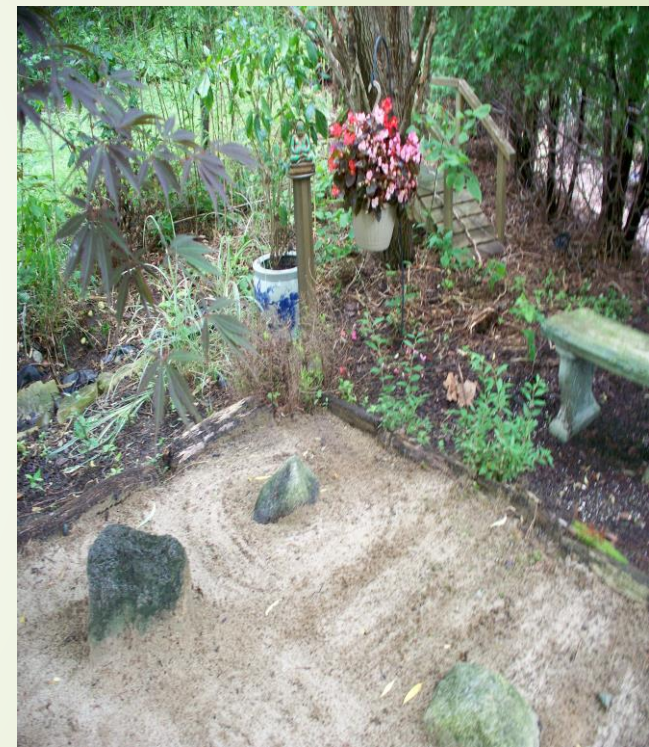
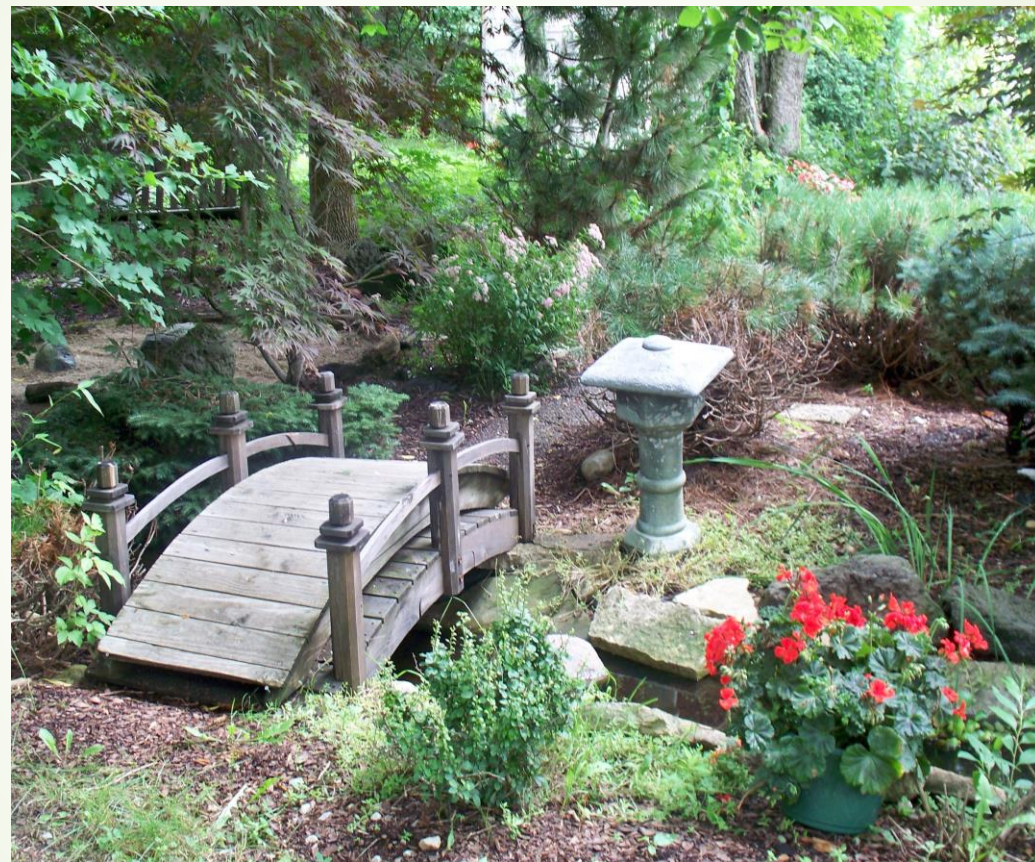
Traditional gardens whose designs are accompanied by Japanese aesthetics and philosophical ideas.

Express the fragility of existence as well as time's unstoppable advance.

Garden elements are water, rocks and sand, garden bridges, stone lanterns and water basins, garden fences, gates, trees, flowers and fish.



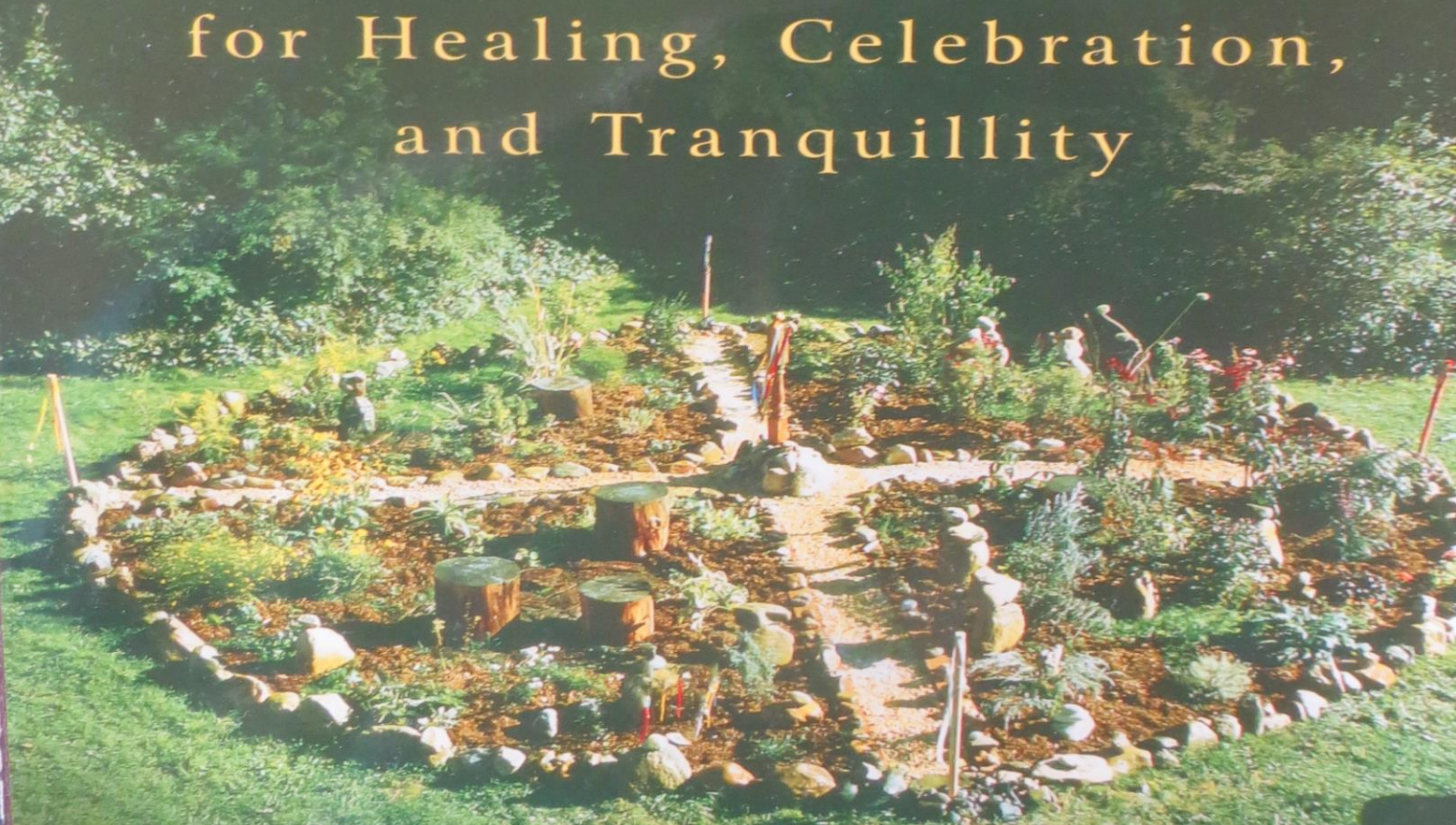




2.

THE MEDICINE WHEEL GARDEN

Creating Sacred Space
for Healing, Celebration,
and Tranquillity



E. BARRIE KAVASCH
AUTHOR OF AMERICAN INDIAN HEALING



Every part of the earth is sacred to my people... We are part of the earth and it is part of us. All things are connected like the blood that unites a family.

- Chief Seattle, 1854



MEDICINE WHEEL GARDEN

- An ancient way of creating sacred space and calling forth the healing energies of nature.
- Planted with healing herbs, a private ecosystem and a small sanctuary for the birds, butterflies, and animals whose natural wild spaces are at risk.

BLACK EYED SUSAN, PURPLE POPPY MALLOW, COLUMBINE



CLASSIC MEDICINE WHEEL COLORS

East - Yellow or gold

Black-eyed Susan, (*Rudbeckia*)
St. John's wort (*Hypericum*),
jewelweed (*Impatiens capensis*),
yellow sedum (*Sedum naitallianum*)

South – Blue or purple

Blue lobelia (*Lobelia siphilitica*),
downy skullcap (*Scutellaria incana*), sage, Purple poppy mallow (*Callirhoe involucrata*)

West – Red or magenta)

cardinal flower (*Lobelia cardinalis*),
royal catchfly (*Silene regia*)
strawberry (*Fragaria virginianum*),
pokeweed (*Phytolacca americana*),
red columbine (*Aquilegia canadensis*),

North – White or silver

Sage, boneset (*Eupatorium*),
elderberry (*Sambucus canadensis*), starry campion (*Silene stellata*), Rattlesnake Master (*Eryngium*), Rose Mallow (*Hibiscus*)



2016



5-10-21



July, 2021

East – Black eyed
Susan, Gray head
coneflower

North -Rattlesnake
master, Rose Mallow
West- Monarda,
Columbine, Joe Pye
Weed

South – Blue lobelia



LABYRINTH

3. LABRYINTH

History

British Isles

Crete

Scandinavian

Native American

Medieval Cathedrals

Contemporary

Churches, Gardens

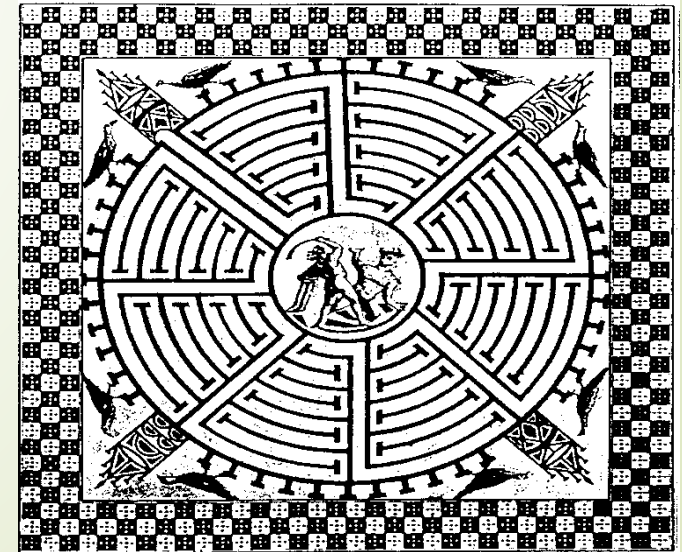
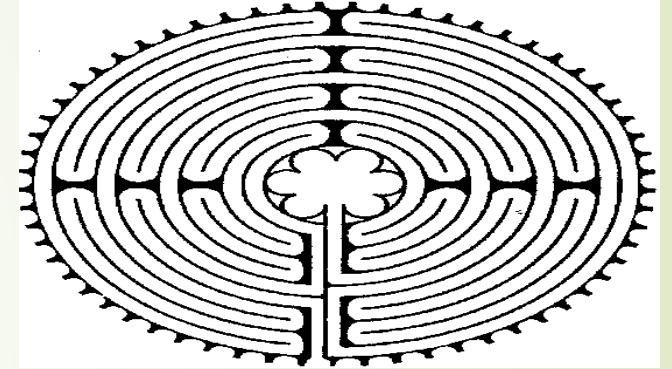
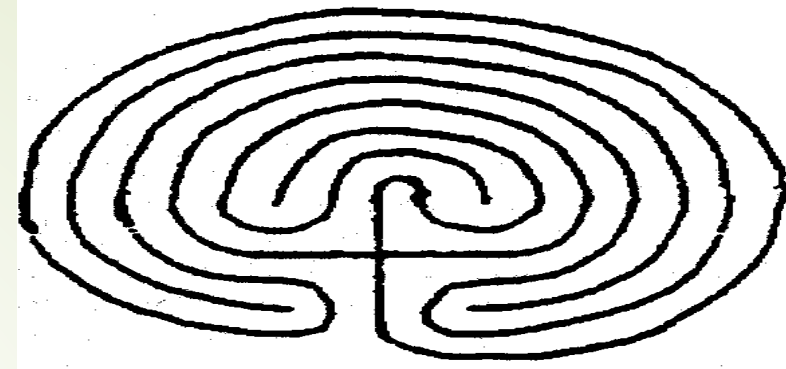
Plants: Arborvitae,
boxwood,

Foxglove, Shasta daisy,
lilies,

Veronica, salvia, Yarrow,
Rubeckia,

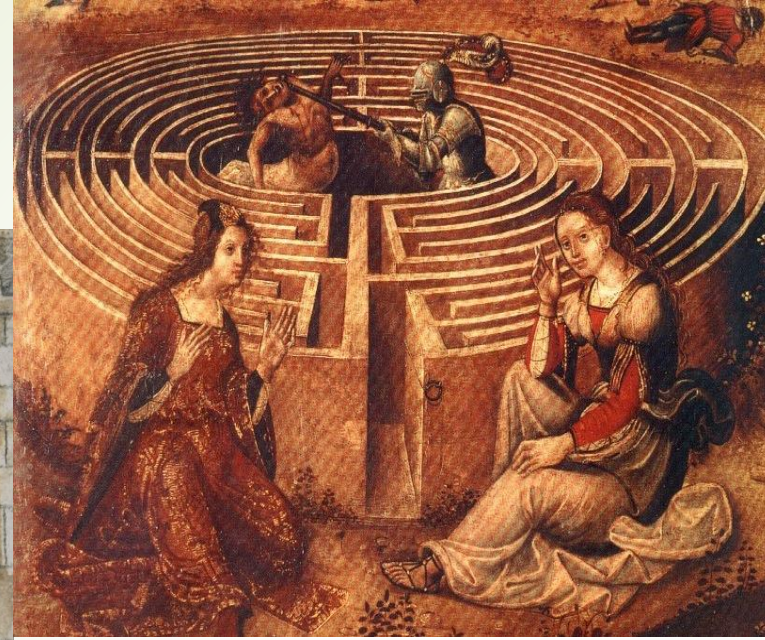
Campanula,
chrysanthemum, cone-
flower, coreopsis,

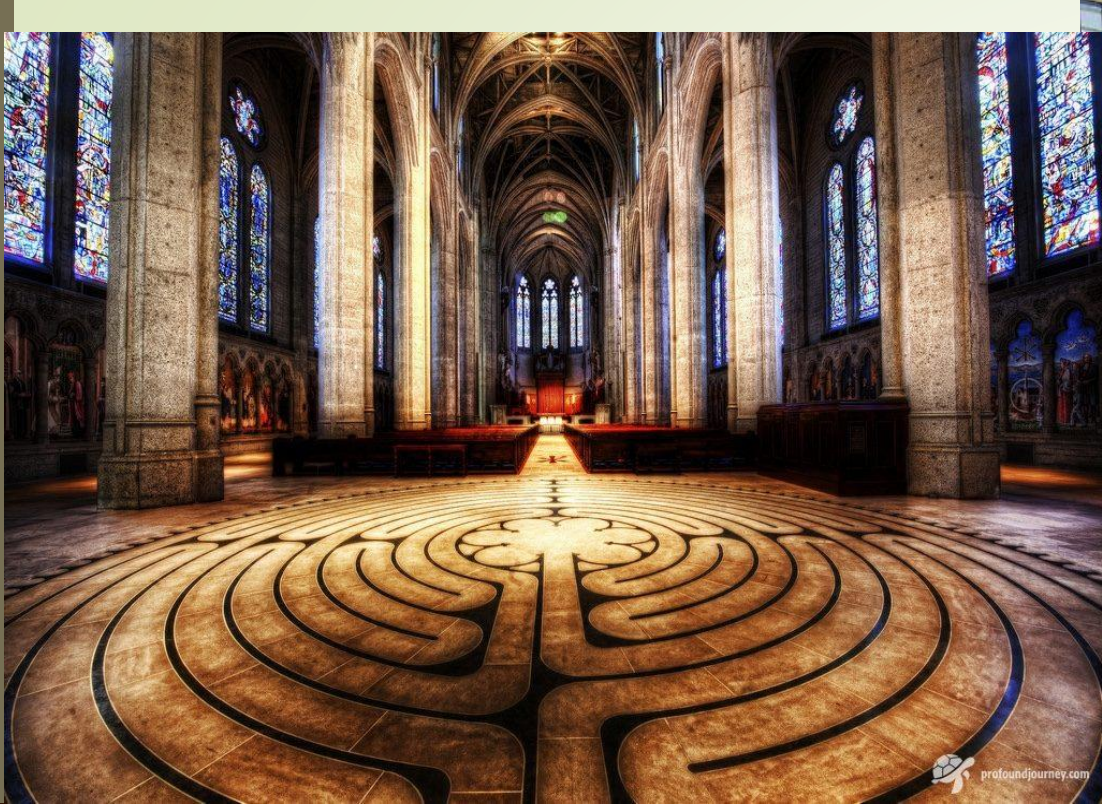
Annuals: geraniums,
begonia



ANCIENT GREEK MYTH

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GRACE
CATHEDRAL
SAN FRANCISCO





