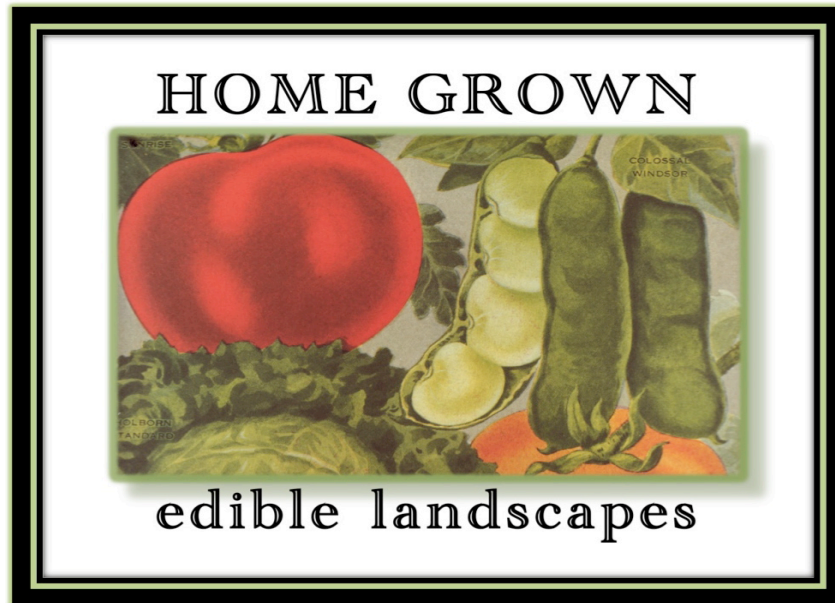


Grow Green • Eat Well • Have Fun



Garden Workshop

*The Secret Life of your
Plants...*

*Aromatherapy in your
Backyard*

Secret Life of Your Plants

- Ancient history of medicinal and aromatherapy uses of plants
- Aromatherapy tour of Elegance garden
- Bernadette shares a garden spa treatment
- Proper plant selection and transplanting techniques
- Design

History of Medicinal and Aromatherapy uses of Plants

Did you know....

- Fossil records show that the human use of plants as medicine dates back 60,000 years ago (solecki et al., 1975)
- Plants and their derivatives represent 50% of all drugs in clinical use
- 3.5 – 4 BILLION of the global population rely on plants for drugs (Farnsworth, 1988)
- Nearly 95% of plants used in traditional medicines are collected from forests and other natural sources.
- Aromatherapy is the science of using essential oils to evoke the powerful olfactory sense (sense of smell) to create balance and healing in the human system of physical and mental wellbeing.
- The use of Aromatherapy can be traced back to nearly 3000 years before Christ.
- The Chinese are believed to be the first to practice aromatherapy. Later, the ancient Egyptians used the basics of Aromatherapy in their daily lives.
- Research has been done in Europe indicating that the use of scent can affect physical and psychological changes in humans.
- A study by several hospitals in the United States, including New York's Memorial Sloan-Kettering Cancer Center, have successfully reduced anxiety before and during MRI scans, using scents such as vanilla, lavender and heliotrope.

Aromatherapy Qualities of your Favorite Plants

Aloe Vera - Aloe Vera is an aloe plant, which has numerous enzymes, minerals, vitamins, amino acids and natural sugars. It moisturizes and softens the skin and heals burns, skin wounds and other injuries.

Sweet basil - Basil oil makes a wonderfully refreshing massage oil, and it improves the tone of skin and the shine of hair. Also, basil oil relieves skin conditions like acne and eczema, since it has antiseptic, antibacterial properties. It reduces migraines, headaches and sharpens concentration. Flowers and leaves of Basil can be dried for potpourri. Basil leaves can be added to the bath for relaxation and tea for digestion.

Bay laurel - It is good for creative work, increasing confidence, insight and courage.

Properties - antiseptic, lymph stimulant, warming, tonic.

Cucumber (use in spa water too) - Spas love cucumber for facial treatments because it is the same pH as our skin, helping to restore our protective acid mantle. Cucumber's cooling, gently astringent alpha-hydroxy acids soften, tone, and nourish skin stressed from exposure to summer sun and heat. Reduce that heat-induced greasy feeling, soothe itchiness, tighten pores, reduce eye puffiness, and reveal truly radiant, dewy-fresh skin with these cool formulas for a refreshing spa experience at home.

Chamomile - Chamomile's flowers resemble tiny daisies, but one sniff will have you thinking of apples instead. The herb has long been grown for its healing properties. Its smell was thought to relieve depression and to encourage relaxation. Make a chamomile room spray by diluting 12 drops of the essential oil per ounce of distilled water. Chamomile is suitable for most complexion types or skin problems, from burns and eczema to varicose veins. It is especially useful for sensitive, puffy, or inflamed conditions. Add it to shampoos to lighten and brighten hair.

Clove pink - **Carnation** – dianthus caryophyllus – Also called Pink , Clove Pink or Gilly Flower. This short lived perennial has blue-green grass-like foliage and spicy, fragrant long-lasting flowers in the summer.

Dandelion - Dandelion is a common meadow herb that belongs to the sunflower family. Dandelion leaves and roots can help in treating liver, gall bladder, kidney and joint problems. Dandelion is also known to treat eczema. It is used to treat water retention, poor digestion and diseases like hepatitis. Dandelion has been used to cure bee stings, sores and to eradicate warts.

Sweet Fennel- Fennel helps to ease nervous tension and stress and gives strength and courage.

Garlic - Garlic is an herb of many uses and it has anti bacterial, anti fungal, antiseptic and anti-inflammatory properties. It can be applied to insect bites and stings. Garlic helps in controlling respiratory problems, assists in reducing blood pressure, treats cold, whooping cough and balances the digestion process.

Valerian or **Garden Heliotrope** (ornamental) – vanilla scented - exerting a calming and restorative effect on the central nervous system.

Hops - Hops are an excellent tension reliever. It helps muscles to relax and helps soothe away anxiety - probably why so many people enjoy a beer to wind down at the end of a long day! Also, hops have aromatic properties as well. When dried out, the aromatic qualities of hops help to aid sleep.

Lavender - Lavender was traditionally inhaled to ease exhaustion, insomnia, irritability, and depression. Of several fragrances tested by aromatherapy researchers, lavender was most effective at relaxing brain waves and reducing stress. It also reduced computer errors by almost one-fourth when used to scent the office. Put lavender flowers and leaves into a warm bath and soak. Or put them in a muslin bag which you will hook over the running water while filling the tub. The Lavender will fill your bathroom with a wonderful scent. Since Lavender is known for its calming effect, what better way to relax after a day of gardening than a long soothing bath filled with Lavender?

Lemon balm - Externally, lemon balm is a wonderful aromatherapy herb. Try placing a handful of fresh leaves in a cloth and positioning it under hot running bath water for a relaxing, lemony scented bath. Deeply breathing in the steam may also help relieve cold symptoms such as sore throat, fever, and congestion.

Lemongrass - To make a footbath, add about 3 drops of lemongrass oil to 2 or 3 quarts of warm water in a small tub. Stir well and keep your feet in the water for at least 20 minutes. You can also add a few drops to your bath. Antiseptic, deodorant, astringent; relieves rheumatic and other pain, relaxes nerves

Lily-of-the-valley - In aromatherapy, the essential oil of lily of the valley is used to relieve depression, imbue gentleness, happiness, modesty, a sweet disposition and sense of security.

Marjoram - Testing has shown it to be one of the most effective fragrances in relaxing brain waves. As a result, it makes an excellent calming massage oil, delightful when combined with the softer lavender. Add a few drops to your bath to counter stress or insomnia. Since it has specific properties that fight the viruses and bacteria responsible for colds, flu, or laryngitis, add a few drops of essential oil to either a chest balm or bath, or put 2 or 3 drops in a bowl of hot water and inhale the steam.

Marigolds – anti-inflammatory and antiseptic effect on skin. Acne treatment.

Peppermint - Peppermint aromatherapy has been found to increase memory and alertness, which can provide a great pick-me-up for too-tired, too-busy people, stressed students, and the overworked.

Roses – In today's aromatherapy it is often used for the skin, rose essential oil is good for all skin conditions, especially mature or [sensitive skins](#). Roses play a psychological role; it has a calming effect for grief, resentment, anger and depression. Rose essential oil has a sedative effect, which aids in times of shock and bereavement. It is used to ease nervous tension and stress, and lifts the heart. Hybrid teas that have high fragrance: <http://www.jacksonandperkins.com/gardening/PL/FragrantHybridTeas>

Feverfew – Among other qualities, the leaves and flowering heads are an anti-inflammatory, sedative, stimulant, stomachic and vasodilator. Also used as a foot bath for swollen feet.

Rosemary - Rosemary is associated with feelings of contentment. It's been shown to have positive effects on performance and mood. Rosemary has also demonstrated the ability to reduce cortisol levels. This means that rosemary aromatherapy can be a good choice for de-stressing during the day when there is still work to be done. Rosemary could reduce circulatory problems, digestive problems, wounds, muscle pains, depression, rheumatism and many more. It could also relieve muscle pain, stimulate nervous system and improve memory.

Sage - Added to massage oil or used in a compress, sage eases muscle and nervous tension and pain. Its relaxing action can reduce muscle spasms.

Essential Oils as insect repellents...

Ants – natural plant repellents are peppermint, spearmint and tansy

Caterpillars – natural plant repellents are celery and tomatoes

Mosquitoes – natural plant repellents are rosemary, sage, lavender and mint

Snails – a natural plant repellents is garlic

Slugs – natural plant repellents are chives and garlic

Flies – natural plant repellents are rue, tomatoes and tansy

Make your own soothing sleep pillows, sachets, or pouches with this delightful blend of organic herbs and true essential oils created specially for those nights when we need a sound and slumber sleep. **Contains: Organic Lavender flowers, organic Chamomile flowers, organic Catnip, organic Hops flowers, organic Sage leaf, Rose petals, organic Passionflower & blend of true essential oils.**

Spa Treatments from the Garden

Pumpkin Enzyme Mask

Pumpkin helps fight the dry winter air with Vitamins A and C, as well as zinc and beneficial alpha-hydroxy acids.

Pumpkin Enzyme Masque

1 cup pumpkin purée
1 tbsp plain yogurt
1 tsp grated fresh ginger
3 tsp honey
Juice of 1/2 a lemon

Method

Combine all the ingredients together in a blender or with a wooden spoon. Apply a thick layer all over your face, being careful to avoid the eyes and mouth. Keep it on your face for about 10 minutes and then gently remove with a wash cloth and warm soapy water.

Cranberry Lip Gloss

An easy to make antioxidant-rich lip gloss. Cranberries add a hint of color and they moisturize your lips all the way down to the cellular level. You'll be licking your lips all day long!

Homemade Cranberry Lip Gloss

1 tbsp almond oil
1 tsp plain yogurt
1 tsp honey
1 tsp petroleum jelly
10 fresh cranberries

Method

1. Heat in a water bath until the mixture begins to boil.
2. Stir gently to mash berries and let sit for five minutes.
3. Strain the mixture through a fine sieve.

Pomegranate Body Scrub

Pomegranate seeds are most certainly the jewels of the season and not just because they're beautiful. The rough seeds and potent dose of antioxidants are also good for exfoliating dry winter skin and bringing smooth, younger looking skin to the surface. Start with an oil base, add raw sugar, and honey for added exfoliation and moisture. Add fragrance with orange peel and of course, a good dose of pomegranate seeds.

Pomegranate Body Scrub

2 tbsp avocado oil
2 tbsp raw sugar
2 tbsp honey
1 tsp orange peel
1 tbsp pomegranate seeds

Method

Combine mixture completely. Apply to your skin with a wash cloth or luffa. Gently scrub your face and then rinse with warm water.

Potato Under Eye Soothers

Similar to cucumbers, you can soothe dark, under-eye circles, by wrapping a slice of potato in a sterilized gauze or a thin cloth and placing it on dark circles for a few minutes a day.

How to Extract Essential Oils

Take a medium sized pot and get a lid that is rounded so you can turn it upside down over the opening.

Turn a bowl upside down on the inside of the pot. Add water to less than the height of the overturned bowl.

Place a bowl on the overturned bowl so it is opened upwards.

Turn on the heat and begin heating the water.

Add the flowers and/ or herbs to the water.

Add ice to the overturned lid.

As the scent enriched vapors begins to reach the boiling point the volatiles will evaporate first. They will hit the chilled cover with the ice in it and condense, run down on the overturned cover and drip into the upright bowl under the cover. You only have a few drops of volatiles in the pan. It is amazingly quick to extract them. If you wait too long it will water down your essential oils and you'll have to do the process all over again.

If you'd like to see a good video on how a professional distiller works, go to this link to a YouTube video:
<http://youtu.be/5uLbtur1xGU>

Proper Plant Selection

Quality of Nursery: Take in an overview of the plant department. Look to see that the majority of the plants seem healthy and well cared for. Is the nursery clean and well-organized?

Foliage: Evaluate the condition of your specific plant. Are the leaves green, shiny and lush? Steer clear of any plants that are wilting or yellowing. Stressed plants may or may not recover.

Shape: Consider the shape of the plant. Is it compact and full, with multiple stems? Taller is often not better. It could mean the plant has been straining for light and has grown thin and spindly.

Insects & Disease: Inspect closely for signs of insects or disease. Check both sides of the leaves and the potting soil. Signs can include: blackened areas, holes, spots, mushy areas, stickiness and distortions.

Root System: Don't neglect the roots. If the plant is pot bound and the roots are growing out of the bottom or encircling the root ball, the plant may be stressed and take time to recover. If there aren't many roots and the plant lifts out very easily, it was probably recently repotted and could use more time to become garden worthy AND worth the increased price that the nursery is charging for the larger sized pot. In this case, it is better to select a plant in a smaller pot that has grown into its space.



Stem Damage: If the plant has a thick or woody stem, make sure there are no cracks or scars. Even prior damage can weaken a plant.

Weeds: Weeds in the pot are competing with the plant for nutrients. They also signal some neglect on the part of the nursery staff.

Root Ball: When buying a balled-and-burlapped tree or shrub, the root ball should feel solid. If it appears broken, there's a good chance the roots have had a chance to dry out and the plant will suffer.

Buds & Flowers: Plants in bud will transplant and thrive better than plants in flower.

When All is Said and Done: *If you've just got to have it, go ahead and buy the plant. With a little pampering, it just may defy the odds.*

Proper Transplanting Techniques

1. Make sure the plant is not dry. Water the plant so that the root ball is moist before transplanting.
2. Dig a hole about two times wider than the plant's container and deeper than the plant's root ball.
3. Tap the sides of the container firmly with a trowel to loosen the root ball.



Gently extract the plant taking care not to damage the roots.

Handle plants by their roots and not the branches or foliage.

4. If roots are circling the bottom of the root ball, make vertical cuts to score the root ball and loosen roots. This allows the roots to spread out and grow.
5. Mix your organic amendment materials with the soil you removed when digging the hole. Evenly distribute soil around the new plant without packing it down until the plant is settled in and is level with the surrounding soil (there are some exceptions to this (i.e. trees, shrubs and some natives like to be slightly above soil horizon especially in sandy soils), so know your plants!
6. Water the plant thoroughly.

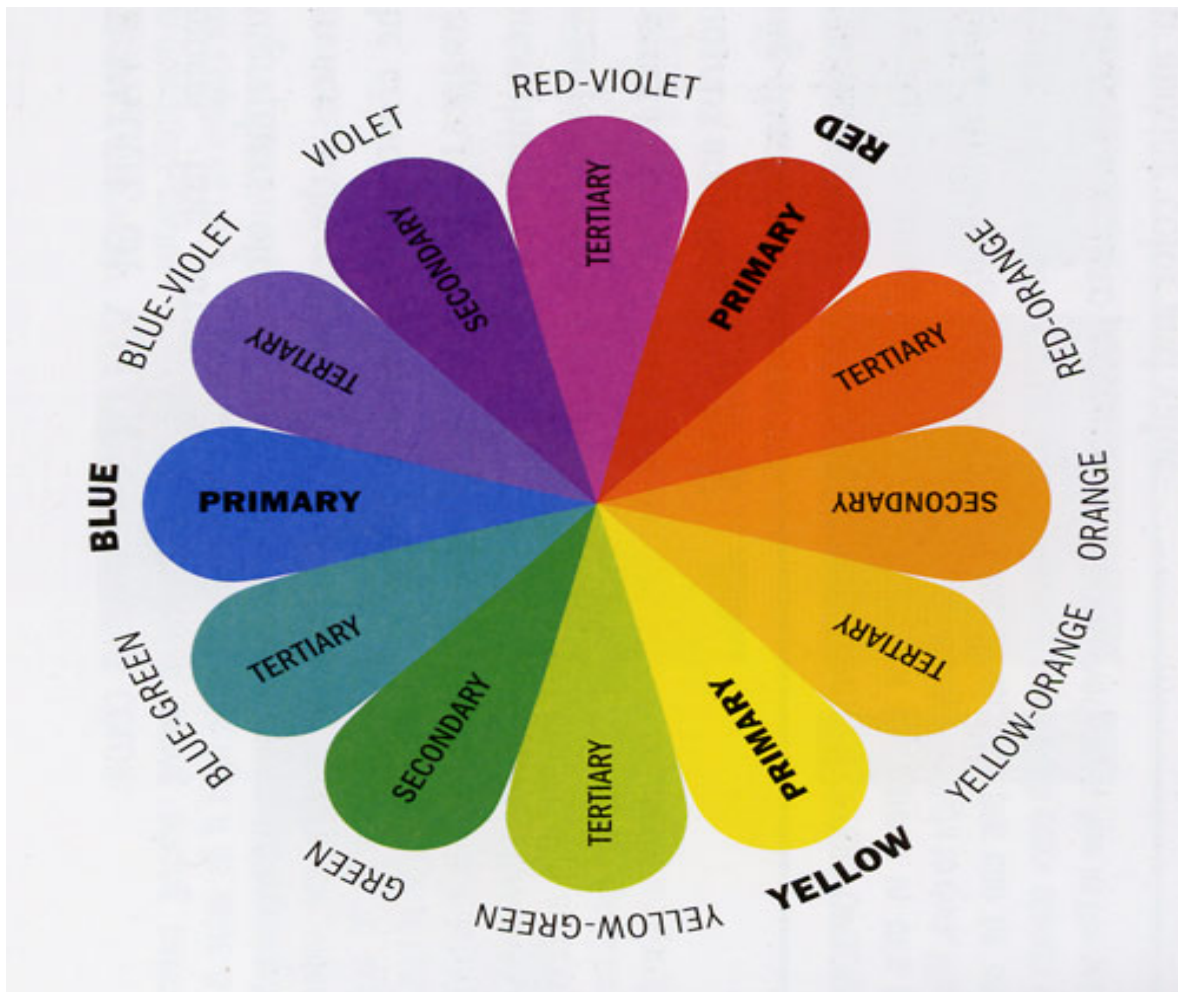
Bonus Tip: Add a 2 to 3 inch layer of mulch. For best results, use your hands to spread the mulch and avoid layering mulch too thickly as it can affect plant health. Don't allow mulch to make direct contact with the plants, forming a ring about 2 to 3 inches around plants instead. This will help avoid disease problems. When finished, water down the mulch to give it moisture and help it settle into place.

Design Principals

You're still focusing on the same basic elements:

- ✓ **Unity**- It may be better understood and applied as consistency and repetition. Repetition creates unity by repeating alike elements like plants, plant groups, or decor throughout the landscape. Consistency creates unity in the sense that some or all of the different elements of the landscape fit together to create a whole.
- ✓ **Simplicity**- Simplicity in planting, for instance, would be to pick two or three colors and repeat them throughout the garden or landscape. Keeping decor to a minimum and within a specific theme as well as keeping hardscapes such as boulders consistent is also practicing simplicity.
- ✓ **Balance**- in design is just as the word implies. A sense of equality. There are basically two types of balance in landscape design. Symmetrical and Asymmetrical. Symmetrical balance: more or less equally spaced matching elements of the garden design. Asymmetrical balance: While textures, forms, colors, etc. may remain constant to create some unity, shapes and hardscapes may be more random.
- ✓ **Color**- Bright colors like reds, yellows and oranges seem to advance toward you and can actually make an object seem closer to you. Cool colors like greens, blues, and pastels seem to move away from you and can make an object seem farther from you. Grays, blacks, and whites are considered neutral colors and are best used in the background with bright colors in the foreground. However, to increase depth in a landscape, you can use dark and coarse textured plants in the foreground and use fine textured and light colored plants in the background.
- ✓ **Natural transition**- It can best be illustrated in terms of plant height or color but can also be applied to all elements in the landscape including but not limited to textures, foliage shape or size, and the size and shape of different elements. In other words, transition can be achieved by the gradual, ascending or descending, arrangement of different elements with varying textures, forms, colors, or sizes.
- ✓ **Line**- It can mostly be related to the way beds, walkways, and entryways move and flow. Straight lines are forceful and direct while curvy lines have a more natural, gentle, flowing effect.
- ✓ **Proportion** - simply refers to the size of elements in relation to each other. The goal is to create a pleasing relationship among the three dimensions of length, breadth, and depth or height.

The Color Wheel



Remember:

Complementary Colors: Those colors located opposite each other on a color wheel. These pairings bring excitement to your landscape.

Analogous colors: These are any colors directly beside a given color. If you start with orange and you want its two analogous colors, you select red and yellow. A color scheme that uses analogous colors provides a harmony and blending of the colors, similar to what might be found in nature.

Good sites on the color wheel:

<http://www.dreamhomedecorating.com/color-wheel-chart.html#four>

<http://msdn.microsoft.com/en-us/library/bb263947%28VS.85%29.aspx>

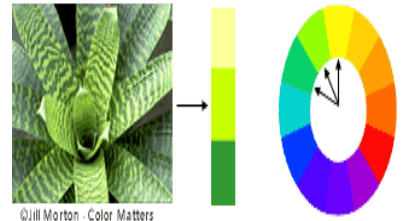
<http://www.colormatters.com/colortheory.html>

Color Harmony

Some Formulas for Color Harmony

There are many theories for harmony. The following illustrations and descriptions present some basic formulas....

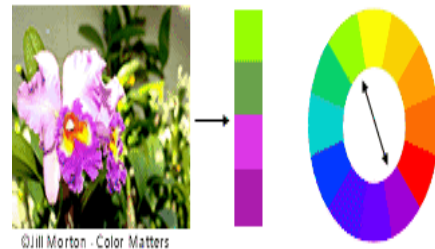
A color scheme based on analogous colors



Analogous colors are any three colors which are side by side on a 12 part color wheel, such as yellow green, yellow, and yellow-orange.

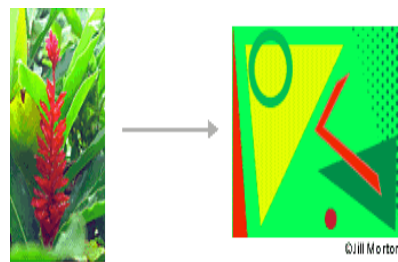
Usually one of the three colors predominates.

A color scheme based on complementary colors



Complementary colors are any two colors which are directly opposite each other, such as red and green and red-purple and yellow-green. In the illustration above, there are several variations of yellow-green in the leaves and several variations of red-purple in the orchid. These opposing colors create maximum contrast and maximum stability.

A color scheme based on nature



Nature provides a perfect departure point for color harmony. In the illustration above, red yellow and green create a harmonious design, regardless of whether this combination fits into a technical formula for color harmony.

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