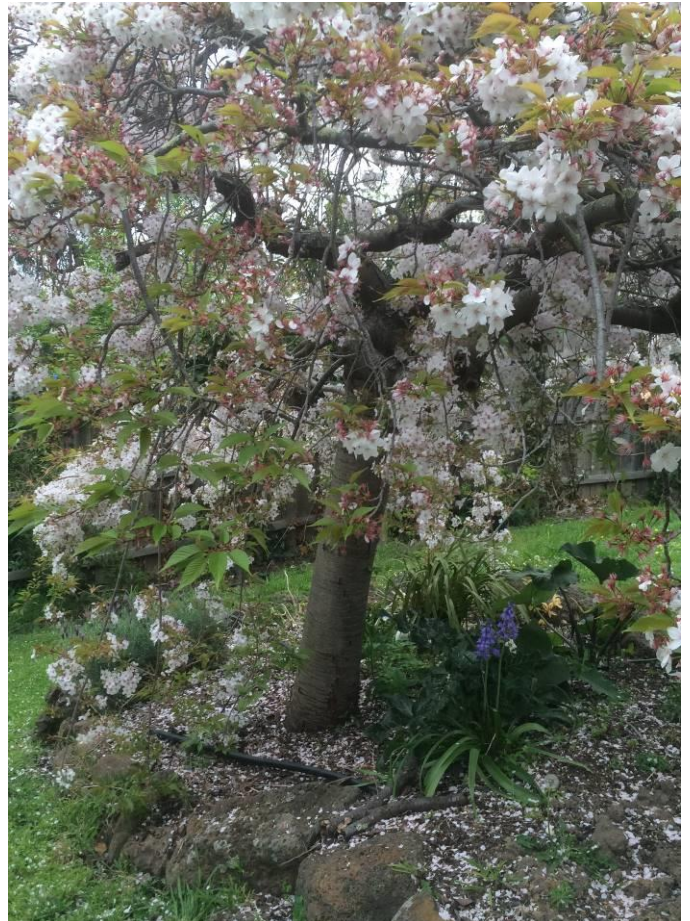




# Horticultural Therapy Association of Victoria Inc

Newsletter - 2015 – Spring Issue



## Spring Blossoms

Spring - what a great time of year and a truly wonderful time to spend in the garden. By now your garden should be in full bloom with Irises, Roses, Daisies and many more flowers coming out. It is time to plant out vegetable seedlings for summer.

However the warmer weather also accelerates the growth of weeds and emergence of bugs. So there is lots of work to do also.

Make sure you take time out though to enjoy the beauty of your surroundings.

Best wishes

Paul de la Motte

## Plants for Sensory and Therapeutic Gardens

By Paul de la Motte

**Common Name: Radish**

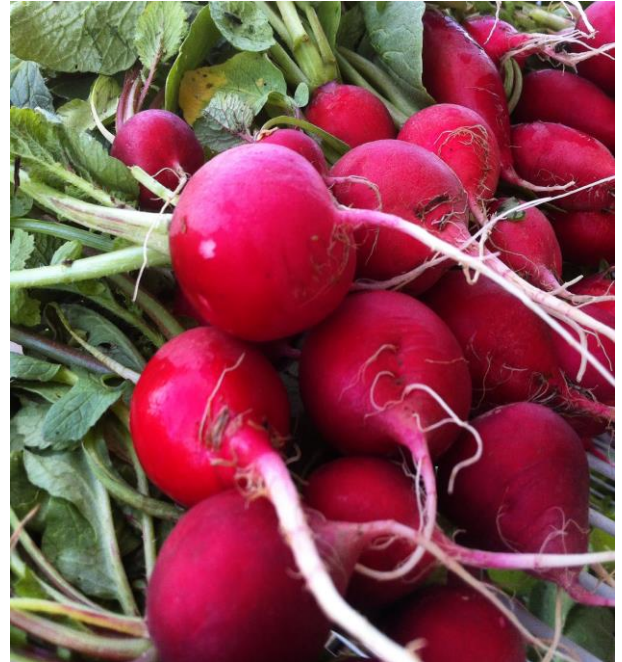
**Botanical Name: Raphanus sativus**

**Family: Brassicaceae**

Radish grow extensively all around the world with their origin suspected to be from South East Asia.

Radish belongs to the large Brassicaceae family which also includes Mustard, horseradish, Cabbage, Broccoli, Cauliflower just to name a few.

Radishes are a fast growing root vegetable that have a large range of shapes and sizes. The most common ones develop into small round crimson swollen taproots, but can also be oblong in shape and can come in colours ranging from pink and yellow to purple and black. The flesh inside is usually white.



Radishes are usually used fresh in salads and sliced thinly give a refreshing crunch and spiciness. It is important to pick them young as they can become too spicy and tough if left to grow large. Some relatives, like Horseradish (*Armoracia rusticana*) can be very spicy. The hot Japanese sauce wasabi is made from *Eutrema japonicum* another relative.

Radishes are very good for your health being rich in Vitamin B, C, folic acid as well as many minerals.

Radishes have a fast germination time. They are great in children's gardens as they sprout very quickly and their shoots can be used in salads and on sandwiches.

Their swollen stems also develop quickly and have striking colour.

Radishes are disease and pest resistant but need to be watched and picked before they go to seed and become weedy.

Although not always to everyone's taste radishes are an older style vegetable that can be successfully grown by anyone and can easily be included in a variety of gardening programs.

The ideal time for planting is spring to summer.

Remember to pick them quickly though before they grow too big and tough.

## Warrnambool East Primary School

The Warrnambool East Primary School has created a wonderful series of gardens in their grounds and has established a “Garden Club” for all students which is mainly utilised by levels 3 to 6.



The Library Garden and propagating area

The school not only encourages all students to participate in garden activities but they also have a strong sustainability commitment to recycling and the collection of water. In a short period of time since starting their recycling program they reduced their general waste from 13 to 3 bins.

The gardens integrate old appliances, farm machinery, outdated office equipment and more into the landscape. The garden themes include a Library garden, a Whitegoods garden, an Auto Garden, and even a Toilet Garden.



The Toilet Garden



Hens enjoying the scraps

Jimmy Boxra, the garden co ordinator, has integrated children’s gardening activities into his ground and maintenance work. He also co-ordinates the “Garden Club” which includes propagating succulents to sell at a local market to help generate funds for the program.

The school make their own compost and mulch. Larger prunings are cut and dried and sold as firewood. Excursions are made to other gardens around the area. Artwork is created by students and they have chickens and a vegetable garden which is currently under renovation.



The woodpile – wood is sold to teachers



There are various themed gardens

## **Horticultural Therapy Association of Victoria Inc.**

### **Notice of Annual General Meeting**

**Date: Thursday, 26<sup>th</sup> November, 2015, commencing at 6.30pm.**

**Venue: Basscare, Canterbury Centre, Conochie Hall**

**2 Rochester Rd, Canterbury, Vic**

**Light refreshments will be provided.**

RSVP by 20<sup>th</sup> November 2015

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## Peter James Rehabilitation Centre Transition Ward Garden

The Peter James Centre in Burwood has just opened its new transition ward garden.

The area that was transformed was previously a neglected courtyard garden consisting of some large shrubs, agapanthus, overgrown wisterias and a rundown lawn. The transition ward staff wanted a garden that could be used for activities for clients as well as a place to sit and relax amongst sensory plants.



The old garden before renovation

Their plan for the renovation involved removing most of the wisteria, large shrubs and lawn. They also needed to improve the access to the whole garden and wanted to provide spaces for patients and families to sit and talk. Another key need was to build raised garden beds for staff to conduct gardening activities.

The existing plants were dominated by a large Ash tree, four Wisterias (one dead), Westringia, an overgrown Plumbago, a Mexican orange blossom, fishbone ferns and Agapanthus.



Garden during construction

The features of the new garden include, two colourbond raised garden beds (standing and sitting heights) with compacted granitic sand paving. There are now five solid hardwood bench seats for socialization in the garden amongst a variety of colourful and scented shrubs, including a lemon and orange tree and a weeping blossom tree.



The new garden with granitic paving and raised garden beds

Some of the chosen shrubs were Gardenia, Daphne, Hydrangea, Lambs Ears, Clivia, Happy Wanderer (purple and white), Daffodils, Sage, Thyme, Oregano, Lavender, Pelargoniums, Roses, Camellias and a “Sengaki” Japanese Maple.

An outdoor wash station and an automated drip irrigation system were installed.



Some clients and staff at the opening

## **Chinese Cancer Society of Victoria**

The Chinese Cancer Society of Victoria is a not-for-profit charity based in Box Hill Victoria who support ethnic Chinese cancer sufferers

Their Mission Statement is: To alleviate distress and suffering and to sustain the quality of life, maintain a positive outlook and make the most of living in the present for people from a Chinese background who are affected by cancer.

Aims and Objectives –

- (1) direct relief, car and supportive services and programs to people of Chinese descent who are affected by cancer.
- (2) information and community education about cancer in the Chinese language to people of Chinese descent.
- (3) advocacy for cultural needs of people who are affected by cancer

The Society provides day care support through education, group programs, one on one support, exercise classes, dancing, music, art and craft activities, cooking groups as well as a gardening group. They also facilitate loans of equipment such as wheelchairs and walkers.



The front vegetable garden

Located in a donated small house in Station Street the Society operates most days of the week and is manned by volunteers and co-ordinator and founder Dorothy Yiu OAM.

The garden consists of a number of raised beds in the front yard with a small pond, some seating and a small garden statue.

Clients grow herbs and vegetables such as Chinese cabbage, parsley, chives and beans.



Paper craftwork created by clients



Rear vegetable garden

They also grow chokos and other vegetables in the backyard, adjacent to their rear carpark area.



Spring blossoms

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