



# NEWSLETTER

**Horticultural Therapy Association of Victoria Inc.**

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**Issue 2, 2011**

With the last 12 years being so dry, who would have thought that we would be half way through the year and have already received almost all of our average yearly rainfall.

However despite the wet ground and cooler temperatures we still need to get all those winter jobs done. If you haven't started already, its time for garden maintenance, transplanting, pruning the roses and hydrangeas and other jobs before the weather starts to warm up again.

Even though water storages are continuing to improve, we have a long way to go to get back to the levels we had in the 1980's and 1990's. Therefore we are continuing to include the section on Drought Tolerant Therapeutic Plants. This issue features the Flowering Red Gum.

At the Conference there were requests for research references. There is a list of relevant articles on page 3.

Another activity sheet from Dianne Relf is also included in this issue.

If you have any stories to tell, please let us know so that others can be inspired by what is being accomplished elsewhere.

Enjoy your garden.

Congratulations  
to the winner of the **JD Bone Trust Grant -**

**Norlane Day Care**  
**Barwon Health**  
**Norlane, Vic**

## **Therapeutic Gardening Short Course**

**Sat & Sun 17 – 18 September, 2011,**  
**9.00am - 2.30pm**  
**Holmesglen Institute,**  
**Glen Waverley**

General enquiries: (03) 9013 9556

Registration -

Tel: (03) 9564 1546

Email: [shortcourses@holmesglen.edu.au](mailto:shortcourses@holmesglen.edu.au)

Website:

[http://www.holmesglen.edu.au/programs/short\\_courses/lifestyle\\_and\\_environment/therapeutic\\_gardening](http://www.holmesglen.edu.au/programs/short_courses/lifestyle_and_environment/therapeutic_gardening)

**Membership renewals are now due.**

Please see page 6 for renewal form

# Drought Tolerant Therapeutic Plants

By Paul de la Motte

**Common Name: Red Flowering Gum**

**Other Names: Albany Red Flowering Gum**

**Botanical name: *Corymbia ficifolia***  
(*Syn. Eucalyptus ficifolia*)

**Family: Myrtaceae**

The red flowering gum is a native tree which was previously attached to the Eucalyptus genus. The flowers appear in summer and have a range of colours including red, pink, cream, orange and deep crimson. They can grow to a height of 15 metres but usually average 8 to 10 metres high. They have dark glossy green leaves, with the classic eucalyptus scent.

Flowers are followed by large “gumnuts” which are popular for use in a range of garden related activities.

If you like the sound of birds in your garden Red flowering Gums attract a large range of parrots and other Australian native birds. The tree also has an interesting bark that adds a textural quality to the garden. Being an evergreen tree, they provide shade all year.

Originally from South West Western Australia, there is now a large range of Dwarf varieties which offer even more colours. Some of these cultivars include “Dwarf Crimson”, “Dwarf Orange”, “Wildfire”, “Wild Sunset” and “Calypso”. These grow to around 4 to 6 metres high and are more suitable for smaller gardens.

Red flowering gums prefer a sunny position and well drained soil.

If you have the space, these trees are a valuable asset for any sensory garden.



## Research Summary for Gardening Benefits

The following is a short list of some formal research on the benefits of horticultural therapy that was discussed at the 2010 Conference. These articles relate to a range of findings and may be useful when applying for funding.

<u>Date / Author</u>	<u>Research</u>
1982 - Dr Roger Ulrich	<b>Faster recovery from surgery</b> due to garden view
2008 – S Lee, M Kim, J Suh (Korea)	<b>Battered women - improvement in self esteem and reduction in depression</b> through HT program
1996 – C Lewis (USA)	<b>Plants and nature provide food, safety, security.</b>
2008 - E Matsou (Japan)	<b>Plants provide Maslow’s hierarchy of needs</b> , i.e. biological, safety, social/belonging, esteem, need to know/understand, aesthetic needs, self actualisation, self transcendence.
2004 - KS Midden, T Barnicle (USA)	Plants improvements - <b>psychological well being of older persons</b> in long term aged-care setting
1973 & 1981 - R Kaplan	Plants can have <b>profound effect on human well-being</b>
1986 - Ulrich and Simons	Plants can have profound effect on human well-being - <b>recovery from stress</b> . Stress videos to Uni Students, with plant and non plant recovery videos.
1985 - Marcus and Barnes	Plants can have <b>profound effect on human well-being</b> - gardens in health care facilities.
2006 - L Simons, Uni NSW (Dubbo)	Improvement in <b>delaying onset of dementia</b> through active gardening
2008 - V Lohr, CH Pearson-Mims	<b>Higher degree of pain tolerance</b> in room with indoor plants. (Hand in cold water test)

## **Therapeutic Gardening Activity: Freezing Herbs**

**Recommended staff/client ratio:** 1 staff and 1 volunteer for every 6-12 participants

**Estimated time to conduct activity with clients:** 40 minutes

**Estimated time to set up/clean up:** 20 minutes/20 minutes

**Month for activity:** summer into early autumn

### **Materials**

- herbs harvested earlier in day
- plastic bags or ice trays for freezing
- airtight containers for storage
- blunt tipped scissors for each participant
- tray on which to process the herbs for each participant
- 2-4 stems or leaves of an herb for each participant to prepare and freeze.

### **Preparation and Set Up**

1. Gently wash herbs and pat dry.
2. (Blanch basil before freezing to prevent leaves from turning black. To do this, place basil leaves in a strainer and pour boiling water over them. Drain. Gently pat excess water from them.) Chives, basil, tarragon, sage, dill and parsley all lend themselves to freezing.
3. Set up tray and scissors for each participant and have herbs in a basket or box which you carry around so that individuals can select the ones they want to prepare. Limit the amount provided at one time to avoid confusion.

### **Procedure**

1. Demonstrate how to select young growth, cutting 100 -150mm long stems.
2. Remove any dead or diseased leaves and flowers.
3. Herbs with tough stems, such as basil, tarragon, and sage, should have leaves removed from the stems before freezing. Stems of dill or parsley will need to be separated and frozen individually before storing in one container.
4. Freeze herbs using one of the following methods:





**Option A:** Put leaves in plastic bags or airtight containers and place in freezer.



**Option B:** Chop leaves until they will fit into the cubes of an ice cube tray, cover with water and freeze. Store the cubes in plastic bags. The herbed ice cubes can be added directly to soups or teas, or thawed and used in cooking.

### Special Considerations

- ❖ Some herbs can be difficult to separate from unused parts after freezing, so be sure to separate or cut the needed parts beforehand.

### Suggestions for Interactions

Have participants identify the herbs by smell, sight, or touch. Discuss activities that can be done with frozen herbs.

### Key Questions

1. Have you ever grown these herbs?
2. Did you use them for cooking?
3. What do you think we can use the frozen herb cubes for?

### Downward Extension

- ❖ Cut herbs before activity and have them ready for participants to freeze

### Upward Extension

- ❖ Higher functioning participants can work more independently or assist others.
- ❖ Participants can assist with set up or clean up.
- ❖ Some participants may be able to help wash and dry herbs before the activity.



# HORTICULTURAL THERAPY ASSOCIATION OF VIC Inc

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## Membership Renewal 2011/2012

(1 July, 2011 – 30 June 2012)

Individual Membership	\$35.00	(No GST charged)
Corporate member	\$50.00	
Pensioner / Student	\$20.00	

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Modality of interest (eg aged-care, disability, personal interest) \_\_\_\_\_

Telephone Number: Work \_\_\_\_\_ Home \_\_\_\_\_

E-mail: \_\_\_\_\_

Website: \_\_\_\_\_

### Payment Options-

Cheque - Please make cheques payable to: H.T.A.V.

Visa/ Mastercard Please indicate- Visa  or Mastercard  Amount \$ \_\_\_\_\_

Card Number \_\_\_\_\_

Name on Card \_\_\_\_\_ Expiry Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

I would like to receive the Newsletter electronically

Please keep sending my Newsletter through the post