



# NEWSLETTER

**Horticultural Therapy Association of Victoria Inc.**

ABN 27 369 163 101

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**Issue 1, 2011**

## **AUTUMN EDITION**

Who would have thought that in Melbourne at the end of last year we would have the wettest Summer on record, which would also break our run of 13 straight years of under average rainfall. What a welcome relief for gardeners.

Unfortunately this also resulted in significant floods here in Victoria as well as devastating floods in Queensland. Our thoughts go out to all those Communities that have suffered during this time. Although water storages are up all over the state, Melbourne storages are still only just above 50%. However restrictions have eased and we can see green everywhere.

Included in this issue is another fact sheet for a therapeutic plant and even though it is only mildly drought tolerant, I'm sure you will agree it is worth having somewhere in your garden. It is the brightly coloured Calendula.

There is also another Activity sheet, courtesy of Dianne Relf, attached.

I wish you well with your garden ventures in 2011.

Paul de la Motte

Applications are invited

## **"JD Bone Trust" Grant**

HTAV is offering a Grant of \$1800.00 to a not-for-profit organisation for a gardening related project.

Applications close 31<sup>st</sup> May, 2011  
(See page 4 for details)

## **Therapeutic Gardening Short Course**

**Sat & Sun, 28 – 29<sup>th</sup> May 2011**  
**Holmesglen Institute, Glen Waverley**

General enquiries:

Tel (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)

## Mildly Drought Tolerant Therapeutic Plant

By Paul de la Motte

**Common Name:** Calendula, Pot Marigold  
English Marigold

**Botanical Name:** *Calendula officinalis*

**Family:** Asteraceae

Calendula is a fabulous herb that is moderately drought tolerant with a wide range of uses.

Calendula is a low growing annual up to 50cm high, with large yellow to orange flowers. The leaves are hairy and slightly sticky.

Calendula flowers through Summer and into Autumn, but can be extended even further by removing the dead flower heads.



**Calendula officinalis**

Native to Southern Europe, Calendula has been cultivated in Europe for centuries and even features in the writings of Shakespeare. Calendula is a valuable medicinal herb with anti-inflammatory and antiseptic qualities. When used as an ointment is an effective treatment for dry, itching skin, insect bites, eczema and sunburn. Calendula was also known as “poor man’s Saffron” and the flower petals can be used to colour rice or used in salads.

Calendula are ideal for rockeries, border plants, cottage gardens or anywhere there is a spare spot in the garden.

There are a number of cultivars that have similar properties but only the genuine species has the valuable medicinal characteristics. Care should be taken with some genus such as Tagetes or Mountain Marigold which can be toxic.

Calendulas are also used as a valuable companion plant to repel a range of pests, particularly around many vegetables. They are grown easily from seed and grow well in most soils.




The value of Calendula cannot be underestimated. It is a beneficial addition to any therapeutic or sensory garden, even if just for the vibrant colour of the flowers.

## **Horticultural Therapy Awareness Week**









March 20 – 27<sup>th</sup> was Horticultural Therapy Awareness Week, however horticultural therapy is something that we can practice everyday. Some tips from this year's theme include -

# Horticultural Therapy

Growth in the garden – for people as well as plants

-  Outdoor physical activity improves our health and well being
-  Being in the natural environment can help combat stress and anxiety
-  Eating fresh food straight from the garden is healthy

### **Garden activities could include –**

-  Relaxing outdoors in a healthy environment
-  Plant herbs and vegetables for your own supply of fresh food
-  Plant floral displays of colourful / perfumed plants to stimulate the senses
-  Cut flowers and create floral arrangements
-  Enjoy a morning tea in the garden with your neighbour
-  Help an elderly neighbour with their garden chores
-  Savour vegetables and fruits from different cultures
-  Showcase your therapeutic garden

## **J.D. Bone Memorial Trust Grant**

Through the generosity of the Bone family, we are very pleased to offer a Grant of \$1800.00 to a not-for-profit organisation for a gardening related project.

Mr. J.D. (John David) Bone worked in the family business of W. Bone & Sons Nursery that was at the forefront of the growing, promotion and supply of celery seedlings throughout Victoria.

Below are the guidelines for the J.D. Bone Trust Grant.

If you have any questions, please do not hesitate to contact the office

Email: [contactus@htav.org.au](mailto:contactus@htav.org.au) or Tel: (03) 9836 1128

Applications close 31<sup>st</sup> May, 2011

### Bone Trust Grant Guidelines

Applications for the J D. Bone Trust should meet the following criteria:

1. The project / program is to be gardening related to help people
2. It needs to be a perpetual / lasting project – ie, not a one-off / one day event, etc
3. Incorporates horticultural therapy philosophies
4. Involves or promotes gardening activities. The Grant could be used for raised beds, sensory garden, healing garden areas, gazebo, shade house / hot house, potting benches etc.
5. Should meet criteria for access to all as appropriate
6. To be awarded to either a charity or not-for-profit organisation
7. Group based (not individual)
8. Victorian based organisation
9. A plaque needs to be visible at the location. It can be on the structure or on a fixture in the garden or on a “sponsors” board, etc
10. There needs to be reasonable security for the structure / project
11. If it is a new project, it needs to be sustainable, so that the risk of becoming run down and unused is minimised
12. The project needs to be completed within six months where possible (not a long term project)
13. Not to be used for religious or political purposes
14. Not to be used for normal administration / operational funding purposes nor budget deficits
15. The Grant will not fund retrospectively (ie after the project has taken place)
16. The project is not to require recurrent large funding to exist
17. The payment of the Grant is conditional upon the money being used solely for the purpose specified in the application.
18. Proof of utilization of funds for the project as specified and advice concerning completion need to be submitted upon completion.

# J. D. Bone Memorial Trust - Application Form (2011)

Please answer all questions as simply as possible.  
Additional space can be used if required.

## Organisation Information

Name of Organisation \_\_\_\_\_

Address of Organisation \_\_\_\_\_

\_\_\_\_\_

Tel: ( ) \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Contact Person \_\_\_\_\_

Title/Position \_\_\_\_\_

Mission Statement

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Number of people on average visiting the Centre weekly \_\_\_\_\_

Project for which you are requesting funds

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The need for your project

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The Project / Program Objective

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Budget Outline

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Name of Applicant (Please print) \_\_\_\_\_

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Signature of Applicant \_\_\_\_\_

Australian Business Number (if applicable) \_\_\_\_\_

Please include a copy of your current Annual Report

Applications close 31<sup>st</sup> May 2011. Successful applicant(s) advised in July

**Please send your submission with any documentation to –**

**Horticultural Therapy Association of Victoria.**

**PO Box 369, Balwyn North, Vic 3104**

**Telephone: (03) 9836 1128**

**Email: [contactus@htav.org.au](mailto:contactus@htav.org.au)**

### **Looking for Stories**

**If you have a story to tell, send it in to the office so that we can share it with other members in the Newsletter.  
It may be about a program you run or simply an example of how plants can be used to help people.**

## Activity: Propagating Herbs by Division

**Recommended staff/client ratio:** 1 staff and 1 volunteer with 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:** early spring or fall

### Materials

- Potting mix (2 bags).
- 40 x 75mm pots
- Plant tags (40)
- 4 seedling trays
- Gloves, trowels, for each participant
- 2 large containers of soil (400mm pots)
- Black permanent markers
- Watering hose with fine sprinkler nozzle
- 4 to 8 large clumps of herbs from garden or 6 x 200 mm pots (Chives, Tarragon, Oregano and Mint are among the best to divide).
- Newspaper or plastic to cover work station (this is very messy work)

### Preparation and Set Up

1. Dig up the clumps of herbs.
2. Set up table with pots, plant tags, gloves, and marker for each participant. Work outdoors in shade if possible. Place soil and clumps of herbs convenient to work surface so they can be provided to the participants as needed 4 trays, and 2 containers of soil.
3. Spread newspapers or plastic over working areas to catch excess soil from dividing the clumps.

### Procedure

1. Demonstrate the procedure by dividing the clumps while explaining the procedure to participants. Pull the roots apart by hand (as with chives), or cut the root mass into several pieces and replant them elsewhere in the garden.
2. Participants should fill 75mm pots with soil level to top, tapping pot on table to settle out air pockets.
3. Show the participants how to gently separate the herbs:

- Chives: into clumps of at least 4-6 plants.
- Oregano and mint: into runners with roots and leaves.
- Tarragon: a clump is divided to include roots stems and leaves.



4. Have participants use their finger to make a hole in the soil for placing plant.

5. Place the small 4-6-plant clump of chives or the individual division of other herbs into the hole in the 4-inch pot.
6. Firm soil gently to hold plant in place.
7. Add soil to bring the level up to the area of former depth, firming gently around plant.
8. Place pot in the tray.
9. Have participant write their name and plant name on the tag and put into each pot.
10. Repeat process until the tray is full of pots.
11. Place flats in bright outdoor location and water gently but thoroughly until water comes out the bottom of the pots.
12. Replant remaining small clumps of herbs back into the garden or give to other groups to use.

### **Special Considerations**

- ❖ Excess soil that is caught on the newspaper or plastic when dividing clumps can be returned to the garden.
- ❖ Use gloves or baby wipes for easy clean up.
- ❖ Make working area accessible for all participants.
- ❖ Pre-moistening soil to be used in pots is essential.

### **Suggestions for Interactions**

- ❖ Discuss the participant's previous use of herbs.
- ❖ Discuss ways of propagating plants.
- ❖ Invite the participant to smell and taste the herbs.

### **Key Questions**

1. Have you ever divided any other plants? What were they?
2. Do you like chives on your baked potatoes?
3. Have you ever grown any herbs?
4. What can we do with these plants?

### **Horizontal Programming**

- ❖ Other perennial plants for division may include garlic chives
- ❖ Divide heavily seeded annuals such as dill.

### **Vertical Programming**

#### ***Downward Extension***

- ❖ Participants with difficulties may be in charge of filling pots or watering in the plants.

#### ***Upward Extension***

- ❖ Participants with more capabilities may assist those others that need help.
- ❖ Some participants can help with the set up and clean up procedures.
- ❖ Participants, if able, will enjoy digging up the herbs or replanting them in the garden.
- ❖ Assign most capable participant to keep plants moist, if they would like to do so.