

# **GARDENS Four Seasons**

**GARDENDESIGN**  
**- Oct/Nov/Dec 2020 -**

## **FOREST BATHING**



When I sat down to put my thoughts into my latest GARDENDESIGN, I realized the topic I'd planned for this time around - HOW to IMPLEMENT your YARD PLAN - just didn't feel appropriate for the life we are living right now. So I'll delve into that another time - promise!

Instead I want to share a few insights into how to deal a bit better with this horrid pandemic, using nature as a tonic. (If anyone says "unprecedented one more time - I will scream - honest!")



*- admire the never ending works of Jack Frost!*



I have always found nature, the outdoors & plants in general to be my 'zen' or what some might call 'meditation'. Tending to, observing & marveling over any plant is kind of a mindless pastime where I find a sense of contentment & calm.



*- a shot I took on a trip to Vancouver Island's incredible wilderness*

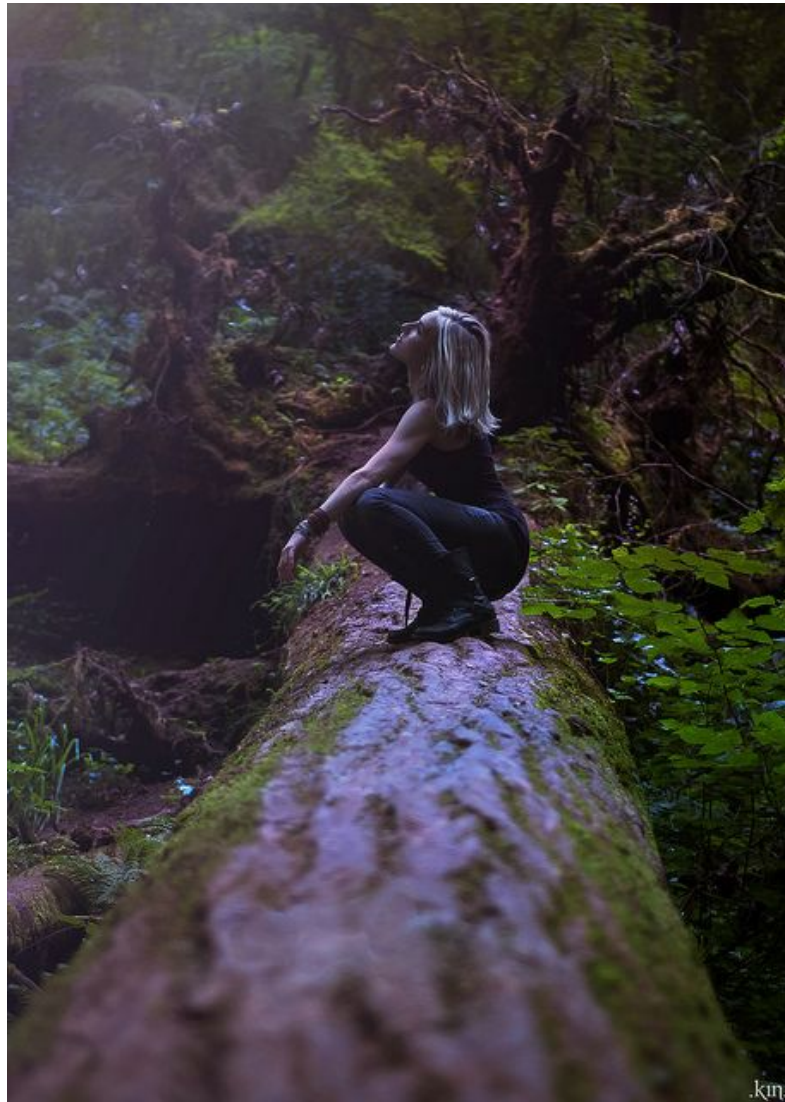
It is often the place where with my mind relaxed - unique landscape design ideas pop up or something in the living world makes me think of a unique way of incorporating that *something* into a yard plan.

Recently an online article entitled **Plants Can Save Us** caught my attention & revealed further insights as to why I enjoy nature. (click here for the full piece) <https://medium.com/@horticulture/plants-can-save-us-a3e446d6c75c>



It touched on FOREST BATHING, a fairly new term that means going out into Nature & letting it envelope you with all it's awesome sounds, scents, feels & sights including the sense of WONDER.

FOREST BATHING comes from the Japanese term *Shinrin Yoku* (google it - you'll find a ton of info!).



Phytoncides (my new favourite word!) are released from all living greenery in their efforts to prevent disease & infections in other plants. When humans are around live green organisms we also absorb these phytoncides which result not only in us feeling better but increase our defenses against illness & germs as a bonus. Scientists are now studying to determine if Phytoncides can be used against human afflictions such as COVID!





In **Plants can Save Us** - the author explains further -  
*“All plants release phytoncides as part of their daily metabolic process. Phytoncides are VOCs (volatile organic compounds) which possess antimicrobial, antibacterial and anti-fungal qualities that defend plants against insects, animals, diseases and decomposition, by creating a protective microclimate around them. Think of it as an invisible cloud of biologically active agents that help plants survive a long list of potential attacks.”*



Phytoncides are even released in winter as I can attest as I recently immersed myself in a brisk, snowy walk thru' the Barbe St. Baker Afforestation area just off Cedar Villa Road.



*- an exceptional  
experience anytime of  
year - free & right in  
our own city!*

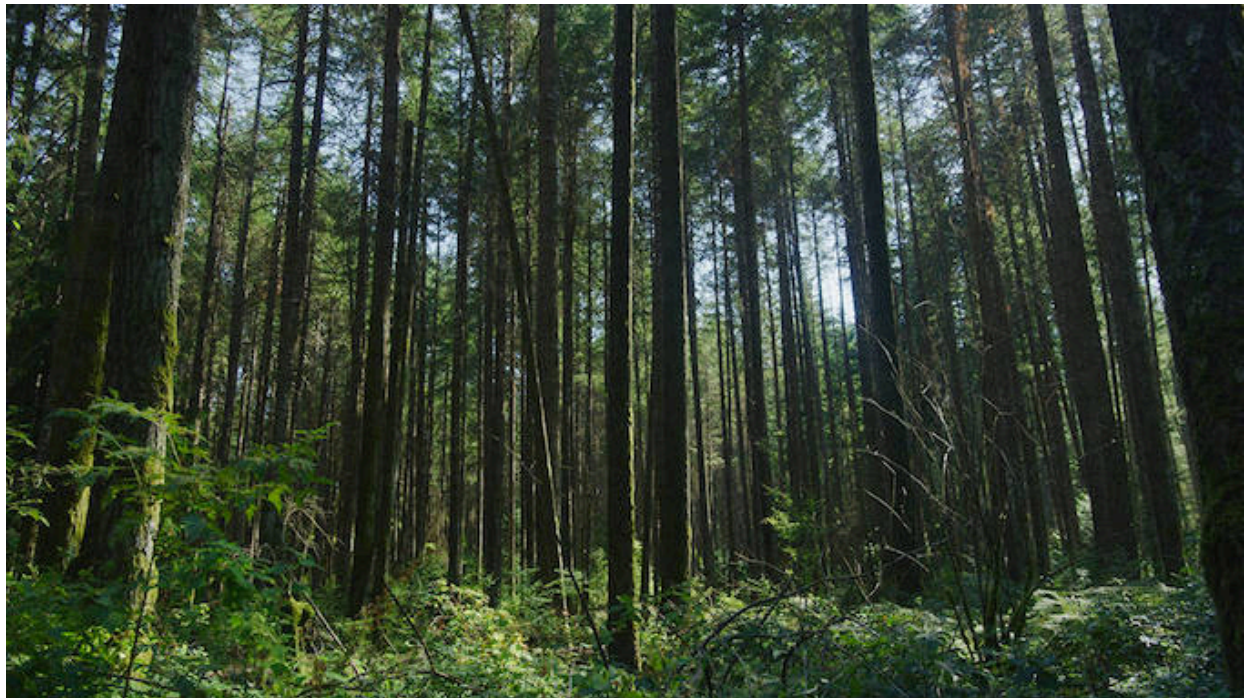


While I am certainly no psychologist, I've always known being outdoors improves mood, overall physical & mental health & general well-being. To say humans have an innate connection to Mother Nature is an understatement. I highly recommend experiencing it - if only just a walk down one of



Saskatoon's finely treed streets or incredible parks. In fact, immersing oneself in the great outdoors is probably one of the biggest reasons people love the lake,

camping & hiking so much & cut flowers are a gazillion dollar industry!





Phytoncides are given off by ALL plants - even indoor  
tropicals - so you could create your own indoor FOREST  
BATHING adventure with just a single bit of live greenery your  
home. Still better, why not a whole room full?! You may have  
noticed the uptake in the interest in live plants over 2020 - I am  
amazed at how their popularity has skyrocketed but not really  
surprised.



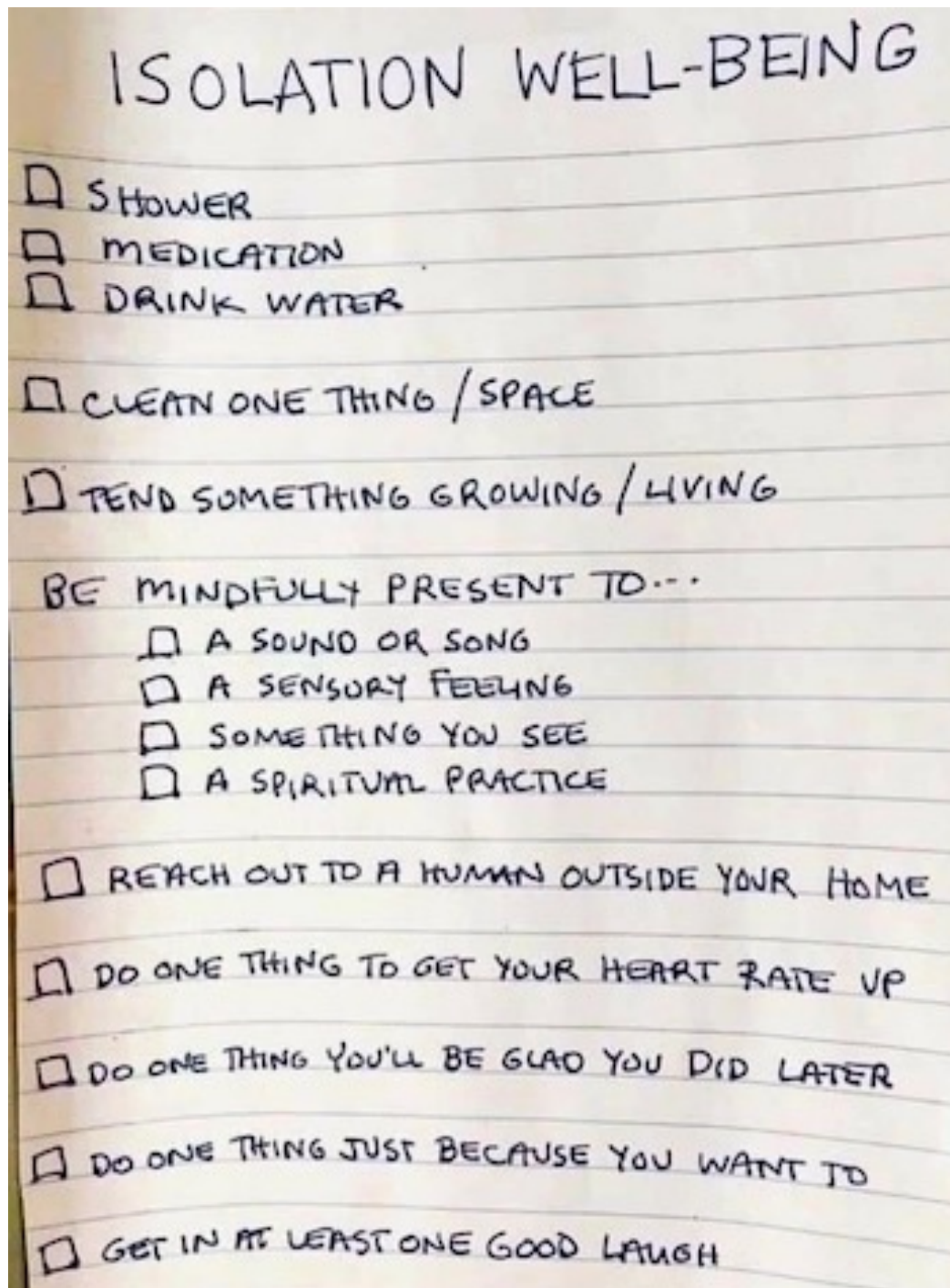
Since we can't be tending gardens at this time of year - I suggest to make good use of the FOREST BATHING Phenomena this winter to help as a de-stressor.



Get outdoors at least once a day & DO turn to indoor plants to nurture & enjoy. (see Plant of the Moment below for low maintenance, easy care options!)



Here's a list I have taped to my kitchen cabinet. Some simple suggestions for daily living right now - particularly if you live alone - tho' as you know - I'd add getting outside too!



- courtesy - Horner-Wilson Counselling Services, Warman SK

Enjoy the lingering Spirit of Christmas this year because it will be like no other (hopefully ever again!) Savour the warmth, coziness, love & special qualities of being at home.



- view from my kitchen window courtesy Old Man Winter - softened by Mother Nature ;)



Soon COVID vaccines will be common & I am optimistic that 2021 may not be perfection - but it'll be a vast improvement over this year!



Before long,  
    **Garden Catalogues** will be pored over,  
        **Soil** will be spaded,  
            **Seeds** will be sown with care  
                & the **Simple Pleasure** of planning a trip  
to a **Local Nursery** WITH a friend will be our joy!



---

## PLANT OF THE MOMENT

### INDOOR TROPICALS!

Here's a shopping list of the most low maintenance, easy to care for **FLOOR or TABLE** types. The world is your oyster when it comes to indoor plant selection.

FYI - unless severely root bound most plants purchased directly from a store or nursery DO NOT need replanting for at least a year or more!

**AGLAONEMA - aka CHINESE EVERGREEN** - the white & green leaved ones are the most reliable (coloured leaf types tend to be a bit princess-y!)



- *Silver Queen*





## DRACAENAS - Marginata



- Janet Craig



- Warneckii



- Massangeana





**SANSEVERIA - aka SNAKE PLANTS** - any variety but the ones with more colour to them are a little less tough. There is a new fave of mine called 'Whale Fin' - can you guess which one it is?!





**SCHEFFLERA - aka UMBRELLA PLANT** - once again the multi-coloured leaf varieties tend to be a bit more finicky but overall the Large Leaved ones as well as the Mini-Scheffleras (smaller leaves) tend to live a long time & take many different shapes.



- *Mini-Schefflera*



- *Renegade*

**YUCCA - CANES** (grown as 'canes' stuck into soil & then foliage sprouts from the cane) or **CUTBACKS** (rare because they are a full size Yucca that has had it's canes/foliage cut back)



## **PONYTAIL PALMS**

- another long lived, tough little contender!





Another set of plants are **TRAILING, HANGING or POLED:**

**POTHOS** - many colour variations available but the most common are:



- *Marble Queen on a pole*

- *Golden Pothos hanging pot*





**HOYAS** - the toughest, longest lived, lowest maintenance & lowest light requiring plant I have come across.



FYI - Check out our local Nurseries - Floral Acres, Dutch Growers & Wilson's but also Home Depot, Lowes, Rona & Walmart who on occasion will bring in some nice specimens. Local online plant groups can have unexpectedly cool offerings too!





---

## EVENTS

With luck many events yet to come in 2021!

Meantime, do take some time to enjoy the Merry Serenity Garden at the RONALD McDONALD HOUSE.



Their always amazing volunteers have turned it into a festive, joyous place to stroll - socially distanced outdoors & take in some lights of the season! (I planned the garden awhile back & will show it off in a future BEFORE/AFTER)



Located at 1011 University Dr. & open 7 days a week 5 - 8 pm  
(no charge but donations appreciated!)

**PS - my ONLINE LANDSCAPE DESIGN CLASS** schedule will be published shortly! Classes held each early Spring & late Autumn!





~~~~~

**DESIGN BRILLIANCE *plus***

**DENISE'S BEFORE & AFTERS !**



**BEFORE** - I took the narrow lot along with the existing flowering crabapple & the angular appeal of the house into consideration.....



.....to come up with an open crushed rock courtyard incorporating the homeowner's desire for low maintenance, colourful plants & a raised bed for vegetables. The veggie bed is backed with a decorative trellis to add height until the shrubs fill in but also acts as a privacy screen & adds definition without creating a wall next to the adjacent yard.







The circular border makes the yard appear larger while allowing for lots of shrubs & perennials offering year 'round undemanding interest. The Crabapple tree - even tho' it's the neighbour's - becomes a very strong element as it balances the height of the striking features of the house while framing the pleasant view.

- A touch of DESIGN BRILLIANCE if I do say so myself! ;)



---

**GARDENDESIGN** for JANUARY/FEBRUARY/  
MARCH will now be called

**Jan/Feb/Mar GARDENDESIGN** instead of  
anything else because - well, I changed my mind again &  
Women particularly are allowed that - yes? :)

I'll cover the most important -

**2021 TRENDS in GARDENING**  
from **Balconies** to **Kids in the Garden** & lots in between!





---

Missed an issue of **GARDENDESIGN** ?

I have covered many topics over the years I've produced GARDENDESIGN so if you would like to read more on a specific topic please ask & I will likely have an issue dedicated to it.



Or simply choose from - **FRONT COURTYARDS,**  
**KITCHENS** or possibly **GRASSES** - zip me a request & I  
will send the BACK ISSUE on over to you PDQ!

---

---

Visiting my SOCIAL MEDIA PAGES (I can't keep up with all the newer ones!) will afford you some fun - lose yourself in them until the next GARDENDESIGN.

**LIKE** my Facebook & you'll enjoy my impressions on Landscape Design & Nature!

## FACEBOOK

[https://www.facebook.com/  
GardensFourSeasonsLandscapeDesign/](https://www.facebook.com/GardensFourSeasonsLandscapeDesign/)





## PINTEREST

<https://www.pinterest.ca/gardens4seasons/boards/>

## INSTAGRAM

[https://www.instagram.com/gardens\\_4\\_seasons\\_land\\_design/](https://www.instagram.com/gardens_4_seasons_land_design/)

## HOUZZ

<https://www.houzz.com/professionals/landscape-architects-and-landscape-designers/gardens-four-seasons-pfvwus-pf~721746534?>

## TWITTER

<https://twitter.com/gardens4seasons>



**Feel free to forward this to any friends!**

*(or they can email me to request their own copy!)*



**DID YOU KNOW?**

**- I never, Ever, EVER share my email list - NEVER! :)**

\* to UNSUBSCRIBE from GARDENDESIGN please reply to this email with NO THANKS!