

## Sensory Garden:

Ideas to consider:

### **Sight**

Flowers have bright, bold colours to attract birds and insects to them for pollination and seed dispersal, but they are wonderful for humans to look at too! Choose bold leaved and architectural plants, perhaps mulched with different coloured items such as slate, pebbles or shells.

Ideas:

Sunflowers, a bright, bold looking flower that can grow 30 cm in height in a week in ideal conditions.

Love-in-a-mist, sun-loving, bright blue flowers.

Chameleon plant, three-toned foliage which smells of lemon.

Swiss chard 'Bright Lights', brightly coloured stems and foliage.

### **Taste**

There are many delicious plants.

Spearmint, a vigorous growing herb.

Rosemary, highly fragrant, its scent is wonderful.

Chives, in addition to delicious foliage, this plant also produces pretty pink, mauve or purple flowers.

Nasturtium, red or yellow flowers and the foliage.

Wild strawberry, this plant loves partial sun and fairly damp conditions and produces small, sweet, delicious fruit.

Pot marigold, gorgeous, sunny flowers, with aromatic, dark green leaves.

Sweet basil, fresh-tasting herb.

### **Smell**

The aromas given off by flowers are wonderful to enjoy, but the smells have a purpose too. Plant scents attract insects to the flowers for pollination and some smelly leaves deter insects from eating them.

Curry plant, curry smelling leaves which give off a spicy aroma on a warm, sunny day.

Lavender, relaxing, fresh aroma with tiny purple flowers.

Chocolate cosmos, beautiful, maroon flowers give off a chocolate/ vanilla scent - a big hit with the kids!

Stocks, these scented summer flowers are very traditional and come in a variety of pink, white & red shades.

Lemon scented geranium, crinkly leaves that smell of lemon when rubbed.

Oregano/wild marjoram. This plant also produces pretty pink or white flowers in midsummer to early autumn.

## **Sound**

Sit in your garden and listen to all the sounds of nature around you.

Greater quaking grass, a grass that rustles in the wind with nodding, lantern-like heads of flowers.

Miscanthus oligostachyus 'Nanus Variegatus'; pretty bamboo-like foliage, which creates a rustling noise.

Sweetcorn, Zea mays; another rustler and good to eat too.

A bamboo, pretty foliage which whispers in the wind.

Fountain grass, long, evergreen grass, with bristly spikelets.

## **Touch**

Leaves vary between plants, from rough to smooth, furry to spiky. Every texture has a purpose; many plants that are nice to feel have adapted to a specific natural environment in some way. These can be succulents or have hairy leaves to cope with dry conditions. Here are a few plants that are nice to touch.

Lamb's ears, Stachys byzantina; as its common name suggests, its downy leaves resemble the ears of a lamb.

Silver sage, Salvia argentea; large, silvery –white leaves covered in cotton wool like down.

Jerusalem sage, Phlomis fruticosa; soft, downy leaves and stems with pretty, yellow flowers.