GCU Wellness Garden
Earth Week Presentation

Presented by: Mike Cappo, Jackie Halpern, Jeanette Kopilak
11/7/08
Why a Wellness Garden

- Immediate and lasting impact on GCU campus
- Compliments “wellness” theme
- Provides working plant/herb garden for GCU faculty & students
Tasks & Considerations

• Area identification/selection

• Soil analysis
  – Acidic soil w/ low nutrients

• Sun study
  – Mostly partial sun

• Design garden site
Tasks & Considerations

• Establish criteria for plant/herb selection:
  – Deer resistant, tolerates shade/partial sun
  – Blooming season to ensure we always have something in bloom
  – Insect resistant, low maintenance
  – Height
  – Combination of herbs/plants

• Identification of what will grow in such conditions

• Produce schematic
Tasks & Considerations

• Research regarding origin, genus, species, and medicinal value of plants / herbs to be planted

• Research & coordinate the care and ongoing maintenance of such a garden at GCU
  – Mowing, watering, trimming, etc

• Making presentations to the powers that be at GCU who give approval/allocate funds for such a project
Tasks & Considerations

• Call and attend scheduled planning/update meetings

• Designing educational signage as to what is in garden and its medicinal value

• Soliciting donations from local growers, etc to see what materials can be donated
Tasks & Considerations

• Creating and implementing an awareness campaign for GCU and community at large
  – GCU school paper
  – Website
  – Implement educational seminars w/ master gardeners

• Place black plastic down to kill existing grass/weeds
Tasks & Considerations

• Overseeing and participating in planting the garden in the Summer of 2009
Before Planting: GCU Wellness Garden Site
Before Planting: GCU Wellness Garden Site
GCU Wellness Garden: Proposed fence to keep deer out
Eastern Redbud
Cercis canadensis
Fabaceae
Native to: Central & Eastern U.S.
Selected Species - Sage

- Genus: *Salvia*
- Species: *officinalis*
- Origin: Native of southern Europe
- Medicinal purpose:
  - Effective against symptoms of mild to moderate Alzheimer's disease.
  - Indigestion, gas
  - Anxiety, depression
  - Menopause
- Bloom time: Early-late Summer
Selected Species - Sage

http://hflp.sdstate.edu/ho311/outdoor_images/Salvia-officinalis.JPG
Selected Species - Thyme

- **Genus:** *Thymus*
- **Species:** *vulgaris*
- **Origin:** Thyme is a perennial native to Mediterranean
- **Medicinal purpose:**
  - Antiseptic
  - Fight coughs
  - Respiratory, throat inflammation
- **Bloom time:** Varies by variety, usually from spring to summer.
Selected Species - Thyme

http://www.twofrog.com/images/thyme.jpg
Selected Species - *Echinacea*

- **Genus**: *Echinacea*
- **Species**: *angustifolia*
- **Origin**: All are strictly native to eastern and central North America
- **Medical purpose**:
  - Reduces cold symptoms or shortens their duration
- **Bloom time**: Summer
Selected Species - *Echinacea*

http://www.leserre.it/dbimg/echinacea%20purpurea.jpg

http://www.wisdomoftheelders.org/prog203/images/sl_echinacea_angustifolia1_tmb.jpg
Selected Species - Candytuft

- **Genus:** *Iberis*
- **Species:** *sempervirens*
- **Origin:** Iberia, Spain
- **Medicinal purposes:**
  - Cardiac hypertrophy (enlarged heart)
  - Asthma
  - Nervousness
  - Muscle soreness

- **Bloom time:** Mid-Spring

[Image of Candytuft plant]

[Image of heart]

[Image of person using inhaler]

Selected Species - Candytuft

Selected Species - Rosemary

- **Genus:** *Rosmarinus*
- **Species:** *officinalis*
- **Origin:** Southern European countries bordering Mediterranean; Northern Africa
- **Medicinal purposes:**
  - Shields brain from free radicals
  - May also be useful in prevention and treatment of headlice
- **Bloom time:** Summer
Selected Species - Rosemary
Selected Species – Montauk Daisy

- Genus: *Nipponanthemum*
- Species: *nipponicum*
- Origin: Nippon, Japan
- Medicinal purposes: None

- Bloom Time: Late Summer/Early Fall
Selected Species – Montauk Daisy

http://www.natorp.com/images/MontaukDaisy0994.JPG
Selected Species - Daffodils

- Genus: *Narcissus*
- Species: *papyraceus*
- Origin: Mediterranean
- Medicinal purposes: Antiseptic
- Bloom time: Early Spring
Selected Species - Daffodils

http://durendal.files.wordpress.com/2007/03/daffodil.jpg
Selected Species - *Heucherella*

- **Genus:** *X Heucherella*
- **Species:** *alba*
- **Origin:** Germany
- **Medicinal purposes:** None
- **Bloom time:** Summer

[Map of Germany showing the location of Germany](http://www.state.gov/p/eur/cl/gm/h=450&w=360&sz=65&hl=en&start=8&usg=__9MKxSU7TEyw9TgwgZUh5tukDY=)
Selected Species - Heucherella

Selected Species – *Cotoneaster dammeri*

- **Genus:** *Cotoneaster*
- **Species:** *dammeri*
- **Origin:** Central China
- **Medicinal purposes:** High vitamin content
- **Bloom Time:** Fall / Winter for red berries; Spring for white blossoms
Selected Species – *Cotoneaster dammeri*

http://www.bonsaisite.com/cotoneaster.jpg
Selected Species – Sweetgrass

- Genus: *Hierochloe*
- Species: *odorata*
- Origin: North America & Europe
- Medicinal purposes: Used in aromatherapy; vanilla
- Bloom Time: All year
Selected Species – Sweetgrass
Special Thanks

- Dr. Wootton
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- Dr. Scelza
- Mr. Christ
- SGA
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Questions?