

## **All the Best Sense in a Garden**

Have you ever closed your eyes to enjoy your garden for what you hear, feel, smell and taste? You can enjoy what you grow as much with your other senses as with your eyes. Once you do, you can improve your garden experience, designs, and maintenance by using more of those other dimensions in a garden.

### **I. Get your feelings out (but don't look at them)**

#### **Orientation and a few words of explanation**

Imagine you're stepping out your back door on a still morning. Stop and stand just outside the door.

What can you feel? With what do you feel it?

What do you encounter or follow if you mentally close your eyes and feel your way to your garden?

#### **Try this:**

(Notetaking observers, please?)

Cover your eyes

Choose one bag

With eyes still covered, feel your way through the bag's contents

Sort what you feel, perhaps "good" things to one side, "bad" to another.

**Caution: Do you have plant allergies? Be the notetaker in today's exercises. There is nothing dangerous or commonly known as an allergen involved in this workshop but every garden is a pharmacopeia and those with a tendency to plant sensitivity should always take care around new plants.**

#### **Savor the experience**

What IS this stuff?!

#### **Apply those feelings to a garden**

What kinds of touch do you like in a garden?

What touches send shivers, feel creepy, or are otherwise negative?

What can we do to have more of one, less of the other?

If we don't like the feel of X, how does that influence our appraisal of Y?

## **II. Sound off about what you hear**

**Can you put a name to these sounds?**

### **Listening at the garden gate:**

Sounds you like...

...sounds you can do without, and....

...horrid sounds

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### **Savor the aural experience**

Sound artists, now is your time to make a joyful noise

### **Sound garden solutions**

Identifying sources

Buffering and muffling some sounds, leaning in on others

Adding the best sounds

### **III. Now for nosing around in a garden**

#### **Must we be blindfolded for our noses to work?**

What the heck is a fragrance, anyway?

A moment of thanks for our good scents and scenters

#### **Try this: Scratch and sniff in your bag of feeling**

Hey, I've smelled that before...

Eew, you call *that* fragrant?!

Can you sort what's there by similar essence?

#### **Savor the experience**

They say that scent is a powerful memory jogger. Hmm. Write it down, anyway!

Living things, changeable fragrance

#### **Can we up-scent, de-scent or re-scent a garden with plants alone?**

Other sources of fragrance every gardener should be aware of.

Better and best times to smell, or avoid it.

Such a thing as a scent-break?

### **IV. Tasty garden experiences**

#### **About the blossoming of taste buds**

The mechanics of taste

Learning better taste

#### **Savor the experience**

The best thing I ever tasted in a garden was:

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#### **Let's apply that to a garden**

Adding plants

Improving the flavor of what's already there

Getting others involved

## **V. Look at how all the best senses can improve your gardening**

**A. Sens-ible plants (chart; see note at bottom of page)**

**B. The best ideas today.** List the ideas you gathered today. Download our chart from GardenAtoZ.com (see bottom of page) to see if you can add to your list from ours.

## **VI. Fun extras**

Lists, charts and articles about Sounds, Scents, and extra-sensory plants  
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