

NYBG

Materials list for THR301-Introduction to Horticultural Therapy-ONLINE

Session 1:

- (1) 4" x 6" piece of light color cardstock (re-purpose in Session 5)
- Assorted colored pencils, crayons or markers
- (1) black sharpie marker
- 1 qt. potting soil in a ½ size steam table, aluminum pan
https://drive.google.com/file/d/1v9lrcvjv5rHQLwpakEeUOdIoGOW1_irl/view?usp=sharing
- Lavender buds (re-purpose in Session 5), mint sprigs (re-purpose in Session 5), uncooked rice & straw/hay-each in a separate brown paper bag

Important to Note

Leaf sections of the Sansevieria will be needed for Session 2.

Please make the cuttings 2-5 days prior to Session 2.

Session 2:

- (1) black sharpie marker
- 1 bag of dry potting soil, enough to fill (4) 4.5" pots; not garden soil.
- ½ size steam table, aluminum pan
https://drive.google.com/file/d/1v9lrcvjv5rHQLwpakEeUOdIoGOW1_irl/view?usp=sharing
- 1 small trowel
- (2) 4-4.5" plastic pots (round)
- (2) 4.5" plastic saucers (to fit pots)
- (1) 3" coir or peat pots (round or square)
- (1) quart-size Ziploc bag
- (1) pair of gloves (plastic or old stretchy, knit gloves-not rubber gloves)
- Bandana or eye mask
- Plastic water bottle (18 or 20 oz.) filled with water nozzle top
- (3) 4-6" wooden plant/pot labels (or similar, like tongue depressors)
<https://www.johnnyseeds.com/tools-supplies/labeling-supplies/pot-labels-20-count-9231.html?cgid=labeling-supplies#start=1>
- (1) 2.5" potted Neanthe Bella Palm (recommended) or similar but needs to be 2.5" or 3" pot.
<https://drive.google.com/file/d/1a9-Ojer25R243hrFTewd6xX0qHvly1yQ/view?usp=sharing>
- (3) 3" leaf sections of a Sansevieria (snake plant)
https://drive.google.com/file/d/1X5-A1APd7U-UKaywk6qUI3WSG_-XlmHv/view?usp=sharing
- (1) varieties of large seeds: 5-6 seeds each (i.e. beans, sunflower, nasturtium)

THR301-Introduction to Horticultural Therapy-ONLINE

Session 3:

- (15-20) rubber bands, thick or thin.
- (1) set of wooden chopsticks
- (1) black plastic food takeout container, or similar (round or rectangular)
- (1) black sharpie marker
- 1 qt. potting soil in a ½ size steam table, aluminum pan
https://drive.google.com/file/d/1v9lrcvjv5rHQLwpakEeUOdIoGOW1_irl/view?usp=sharing
- (1) 3” coir or peat pots (round or square)
- (1) quart-size Ziploc bags
- (1) 4-6” wooden plant/pot labels (or similar, like tongue depressors)
- <https://www.johnnyseeds.com/tools-supplies/labeling-supplies/pot-labels-20-count-9231.html?cgid=labeling-supplies#start=1>
- Plastic water bottle (18 or 20 oz.) filled with water nozzle top
- (1) 1” piece of mounting putty
- https://www.staples.com/3m-Scotch-Adhesive-Putty-Removable-White-2-oz-860/product_602158?cid=PS:GooglePLAs:602158&ci_src=17588969&ci_sku=602158&KPID=602158&gclid=EAIaIQobChMIuZSyl4ry6QIVD47ICh1mHgW_EAQYASABEgKtO_D_BwE
- (1) varieties of large seeds: 5-6 seeds each (i.e. beans, sunflower, nasturtium)

Session 4: VIRTUAL Site Visit: “Garden of Hope”

- (2) letter size pieces of colorful paper
- Assorted colored pencils, crayons or markers
- Scissors
- Glue stick
- (1) black plastic food takeout container, or similar (round or rectangular)
- (3) dried seed heads for easy harvesting (i.e. marigold, zinnia, sunflower or similar)

Important to Note

The VIRTUAL site visit will be conducted “weather permitting.” If weather is not suitable to shoot a virtual site visit, Session 5 materials will be needed for Session 4 and visa versa.

THR301-Introduction to Horticultural Therapy-ONLINE

Session 5:

- (1) 4" x 6" piece of light color cardstock (you can reuse the piece from Session 1)
- Assorted colored pencils, crayons or markers
- hand-held hole punch
- scissors
- (1) 3' piece of thin jute, string or raffia
- (1) 8 oz. glass ball/canning jar with two-piece lid (or something similar)
- (1) 6" round of tulle or other porous, transparent fabric
- Assorted dried, colorful botanicals, enough to fill 8 oz. jar (i.e. rose, statice or sunflower petals)
- ½ c dry lavender buds (re-use from Session 1)

Session 6:

- (1) black sharpie marker
- potting soil, enough to fill (1) 4.5" pot; not garden soil.
- ½ size steam table, aluminum pan
https://drive.google.com/file/d/1v9lrcvjv5rHQLwpakEeUOdIoGOW1_irl/view?usp=sharing
- 1 small trowel
- (1) 4-4.5" plastic pot (round)
- (1) 4.5" plastic saucer (to fit pots)
- Plastic water bottle (18 or 20 oz.) filled with water nozzle top
- (1) 4-6" wooden plant/pot label (or similar, like tongue depressors)
- (3) 3" Pothos or Philodendron cuttings (or similar)
- <https://drive.google.com/file/d/1wkY49QCMeq2hYCRDUzl9bLb7kSp3ulcu/view?usp=sharing>