

THE NEW YORK BOTANICAL GARDEN

Course Title: Horticultural Therapy in Behavioral Health Settings

Course Number: THR 404

Instructor: Hilda M. Krus, HTR

Materials for Session 3:

- Medium size bag with potting soil
- 1 pot with 8 – 10 inch diameter
- 1 seed package with fast sprouting seeds, for example micro greens; as an alternative and if seeds aren't easily available, students can choose to work with an amaryllis bulb instead
- Scissors
- Craft paper, about 10 to 12 square inch in size to be cut and fitted into upper opening of pot
- Coloring pens
- Pen
- 2 pieces of note pad paper

Materials for Session 5:

- Jar or bottle with rather liquid honey, about 12 – 16 oz
- 1 large red onion
- 1 bundle of thyme; bundle should have about 12 – 15 individual sprigs
- Knife
- Cutting board
- Spoon to stir
- 2 empty mason jars with lid, 16 oz.