

The New York Botanical Garden

MATERIALS LIST for THR 402 Horticultural Therapy for Youth with Disabilities

Instructor: Phyllis D'Amico HTM

2 quart size Ziploc freezer bags

2 full length paper towels, absorbent kitchen type

Seeds of relatively large size:

3 monocot seeds-e.g. corn or wheat or rye berries (available bulk at Whole Foods or natural food grocers)

AND 3 dicot seeds- e.g. bean or nasturtium or sunflower

Stapler

Sharpie Marker

Scotch tape

2 clear plastic cups

1 5-6 inch plant pot, clay/ terracotta preferred

1 bag of dry potting soil, enough to fill a 5- 6 inch pot; not garden soil

1 cup small stones, aquarium gravel size (not too fine)

1 plastic dishpan or aluminum steam food tray for soil mixing

2 wire hangers (dry cleaner type, thin wire type, must be easily bendable by hand) or other type of wire that

can be cut and easily shaped by hand

Choose 1 (one)of the following plants:

Creeping Fig ficus pimula (houseplant/ indoor type, not small or mini leaves, such as used in terrarium)

OR

English Ivy hedera helix (houseplant/ indoor type, choose smaller leaf, if available)

OR

Creeping Rosemary rosemarinus officinalis prostratus (herb plant with flexible stems, not upright type)

Note: 2 ½- 3 inch pots of the above are commonly available at garden centers and plant departments of big

box retailers, even floral departments at grocers. Choose a plant with some trailing stems, if possible.

Plastic water bottle (18 or 20 oz.) filled, with water nozzle top

1 4-6" plant/pot label, wood or plastic (Alternate: tongue depressor or popsicle stick)

1 tablespoon of whole cloves

1 tablespoon of whole allspice

2 cinnamon sticks – Mexican or Ceylon cinnamon preferred, as they are breakable by hand

About spices: Bulk herbs/spices are often available at local natural/ food stores by the ounce; cinnamon sticks described above are often available at local ethnic markets, Target)

Dried peel of one medium orange

1 small cotton/ muslin drawstring bag approx. 2 ½ by 3-4 inches

Note: Regency brand Spice Bags are generally available at Whole Foods and Bed, Bath and Beyond (nylon

tulle sachet bags are not appropriate for this activity)

Small mortar and pestle (Alternate: rolling pin or kitchen mallet and thick kitchen towel)

1 plastic teaspoon

1 small, partitioned box with a cover - such as an egg carton, a portioned lunch box or bento box, a rectangular food takeout box, small bakery box or gift box with cardboard created partitions

Art media- markers, crayons, color pencils, glue