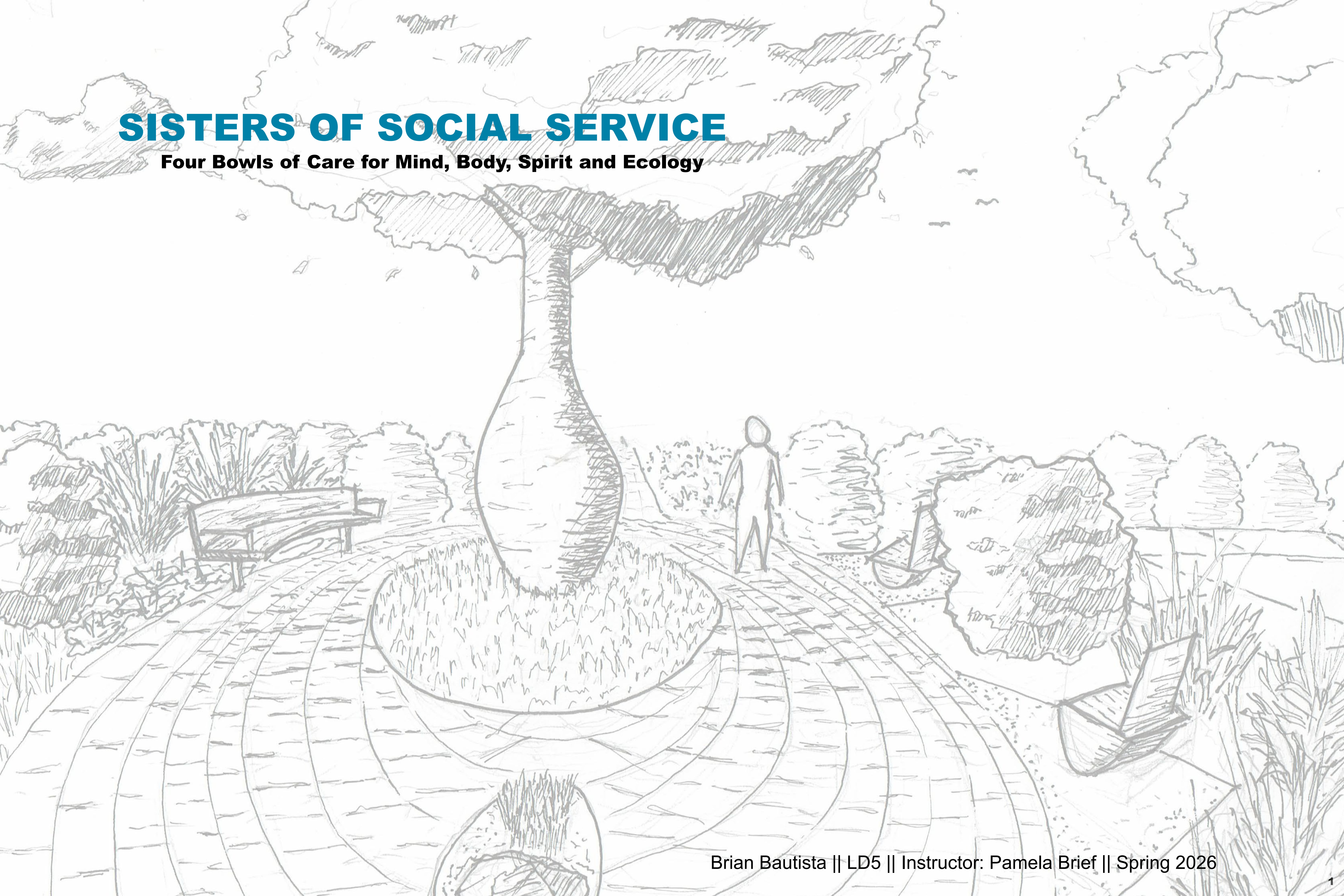


SISTERS OF SOCIAL SERVICE

Four Bowls of Care for Mind, Body, Spirit and Ecology



INSPIRATION & CONCEPT DEVELOPMENT

Originally I was inspired to do an East meets West Garden. This stemmed from the Sisters' focus on using different mindfulness activities from other cultures, like yoga, Tai Chi and meditation. Since the focus was on an edible and healing palette, I looked to see if there were any edible forms of mindfulness, and I discovered Korean temple food. Korean temple food is cooked by Buddhist monks, often harvested or foraged locally, with each dish prepared to help heal the body of the person eating the food so they can concentrate on reaching Enlightenment. It is literally food as medicine and mindfulness.

As I delved deeper into Korean Temple Food, I learned of a temple ritual called Barugongyang which is eating as a spiritual practice that emphasizes eating not just to satisfy hunger but as a mindfulness practice. Barugongyang is four bowls of food, consisting of rice, soup, side dishes and water, eaten entirely in silence. The water in the final bowl is used to rinse and clean each of the other bowls; the user drinks the water after rinsing to ensure no waste. It is advertised as one of the most environmentally friendly forms of eating because the user is only supposed to eat exactly what they need, and no water is wasted for washing.

I thought this ritual of no waste in food or water, spiritually oriented, deeply mindful practice of satisfying ones hunger to be very pertinent to the Sisters of Social Service, so I adopted it as a thematic metaphor for the formation of my design.

Each bowl becomes a garden and pertains to a specific part of the Sister's program or belief structure. The **Body Bowl** is focused on the relationship between oneself and the community, so community connections and bodily nourishment are prioritized. The **Mind Bowl** centers on the relationship to oneself, so privacy, quiet, and peacefulness are emphasized. The **Memory Bowl** emphasizes connection to the past since the Sisters have a long and storied history that should be remembered beyond their tenure. The **World Bowl** permeates all the bowls and is the connection between self and nature, emphasizing ecological services since humans aren't the only users of the garden.



A detailed site plan titled "Previous Quarters Bubble Diagram" showing a complex layout of buildings and outdoor spaces. The plan includes several handwritten annotations in black, green, blue, and purple ink. Key features and annotations include:

- Entrance Circulation:** A dashed line with an arrow pointing to a central area, labeled "ENTRANCE CIRCULATION".
- Sun and Drive:** A curved arrow pointing to a green circular area, labeled "THE MOST SUN & CAN BE DRIVEN OVER".
- Additional Features:** A green circular area labeled "ADDITIONAL" and a green rectangular area labeled "100% FRUITFUL".
- Water Feature:** A blue area labeled "WATER FEATURE GARDEN".
- Fruit Tree Orchard:** A green area labeled "FRUIT TREE ORCHARD".
- Healing Garden:** A purple rectangular area labeled "HEALING GARDEN".
- Main Circulation:** A dashed line with an arrow pointing to a central area, labeled "2NDARY PATHWAY MAIN CIRC".
- Other Labels:** "EXISTING CHapel BUILDING C", "NEW HOLY SPIRIT RETREAT CENTER BUILDING", "EXISTING UPPER HOUSING", "NEW RETREAT UNITS BUILDING D AREA D-1 V-N", "NEW RETREAT UNITS BUILDING D AREA D-2 V-N", "EXISTING GROVE V-N", "EXISTING CHURCH BUILDING C", "EXISTING PATH", "EXISTING STEPS", "CONTROLLED GATE", "ASSUMED PROPERTY LINE", "233'-0\"".

1 Last quarters bubble diagram mostly dealt with planting adjacencies without addressing story, theme or user experience within the space.

BARHONGYANG - 4 BOWLS
[RICE → 1, SOUP → 2ND, BANCHAN → 3RD, WATER → 5] ○ ○ ○ ○

BODY MIND SPIRIT WORLD

4 BOWLS

2 WORLD - ECOLOGY BOWL → Relationship to Earth → Rain Garden, Pollinator Patch, Native Plants
BODY - COMMUNITY BOWL → Relationship to others → Gathering, sitting together, gathering food
MIND - MINDFULNESS BOWL → Relationship to self → Meditation, stillness, prayer, isolation, Calming, minimalist
SPIRIT - MEMORY BOWL → Relationship to your heritage → Scent, texture, smell, isolation, stimulation

3 First round of doodles of different forms and hierarchies that use the four bowls concept.

4 Second round of doodles for the whole southern section of the site.

5 Third round of doodles specifically for just the southwest corner.

6 Final doodle for the southwest corner bowls or gardens from Barugongyang, by the cross from Christianity.

3 First round of doodles of different forms and hierarchies that use the four bowls concept.

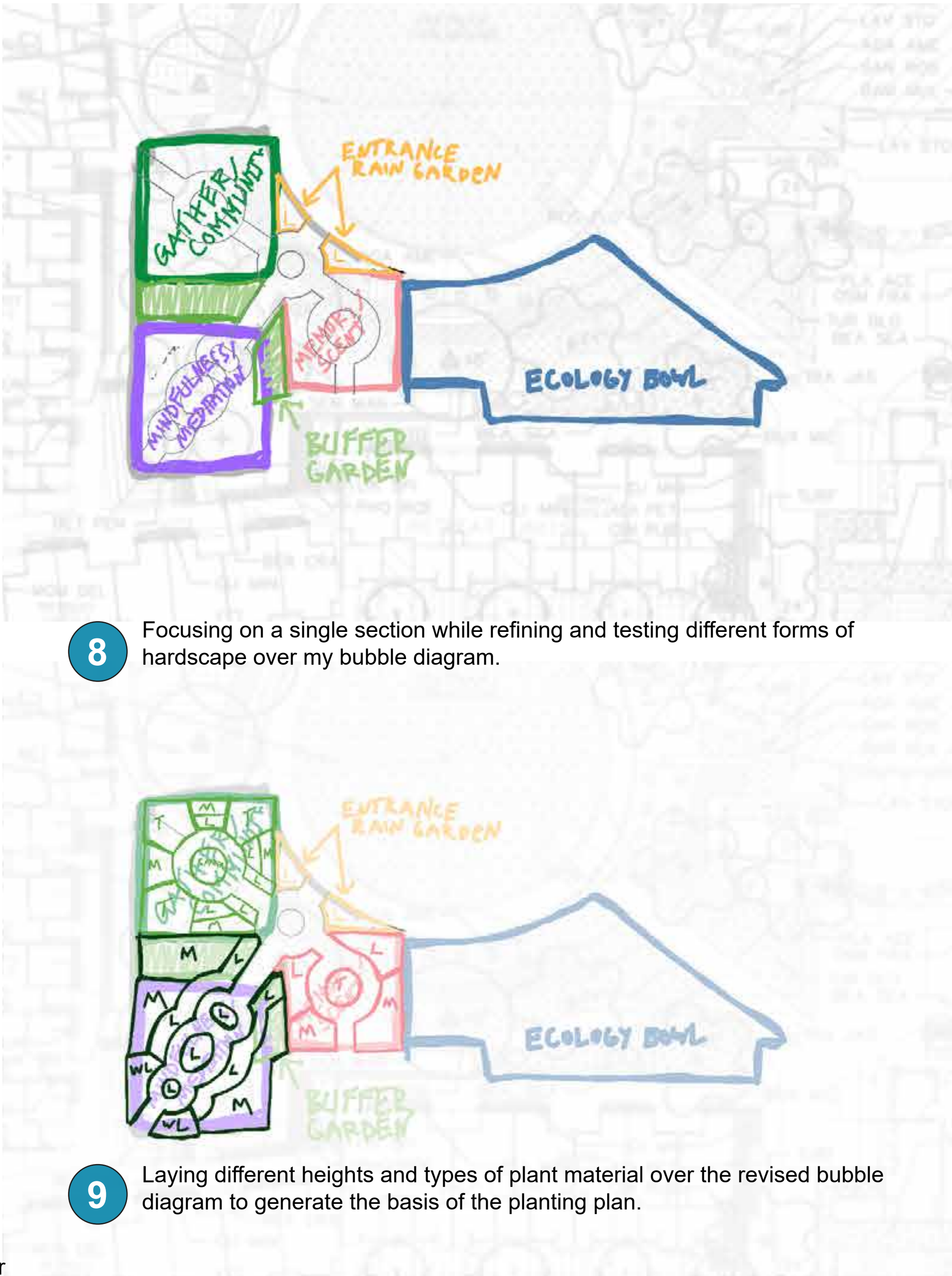
5 Third round of doodles specifically for just the southwest corner.

4 Second round of doodles for the whole southern section of the site.

6 Final doodle for the southwest corner, four bowls or gardens from Barugongyang, joined by the cross from Christianity.

7 This quarters bubble diagram was much too broad and still unfocused on user experience, but at least it had the story of Barugongyang infused within it.

7 This quarters bubble diagram was much too broad and still unfocused on user experience, but at least it had the story of Barugongyang infused within it.



8 Focusing on a single section while refining and testing different forms of hardscape over my bubble diagram.

9 Laying different heights and types of plant material over the revised bubble diagram to generate the basis of the planting plan.

SITE ANALYSIS

The Sisters of Social Service is at 4316 Lanai Road, Encino, California. It is located in Sunset Zone19. Winters are mild and generally above freezing, while summers are long and dry, as is typical for the Mediterranean climate of Southern California. The rainfall average is reported from Pierce College at nearby Woodland Hills and is 16" of rain in one year. The historical ecological zone is most likely the Foothill and Valley Forest and Woodlands according to Travis Longcore of UCLA Labs, which would be composed of a mix of Coast Live Oak, Valley Oak, and Black Walnut. This makes sense given the word "Encino" in Spanish translates to "Oak".

Site analysis revealed a few interesting things about the site that became pertinent in design.

Regarding **Sun and Wind**, the southwest section of the site receives relatively full amounts of sun since the buildings are only one story and are not close to the planting area due to the presence of a path and ramp that provides separation between the retreat units and the planted areas.

Originally rain gardens were desired since it helped complete the Barugongyang metaphor by returning water to the earth. However, the **Drainage Flow** analysis revealed that there was very little water coming from the nearby retreat unit roofs, which are pitched away from the center of the complex. While there is some sheet flow from the hardscape that can and should be collected, there is minimal excess water in the southwest section. Thus, rain gardens were eliminated; swales parallel to the hardscape can slow runoff and sink it into the ground.

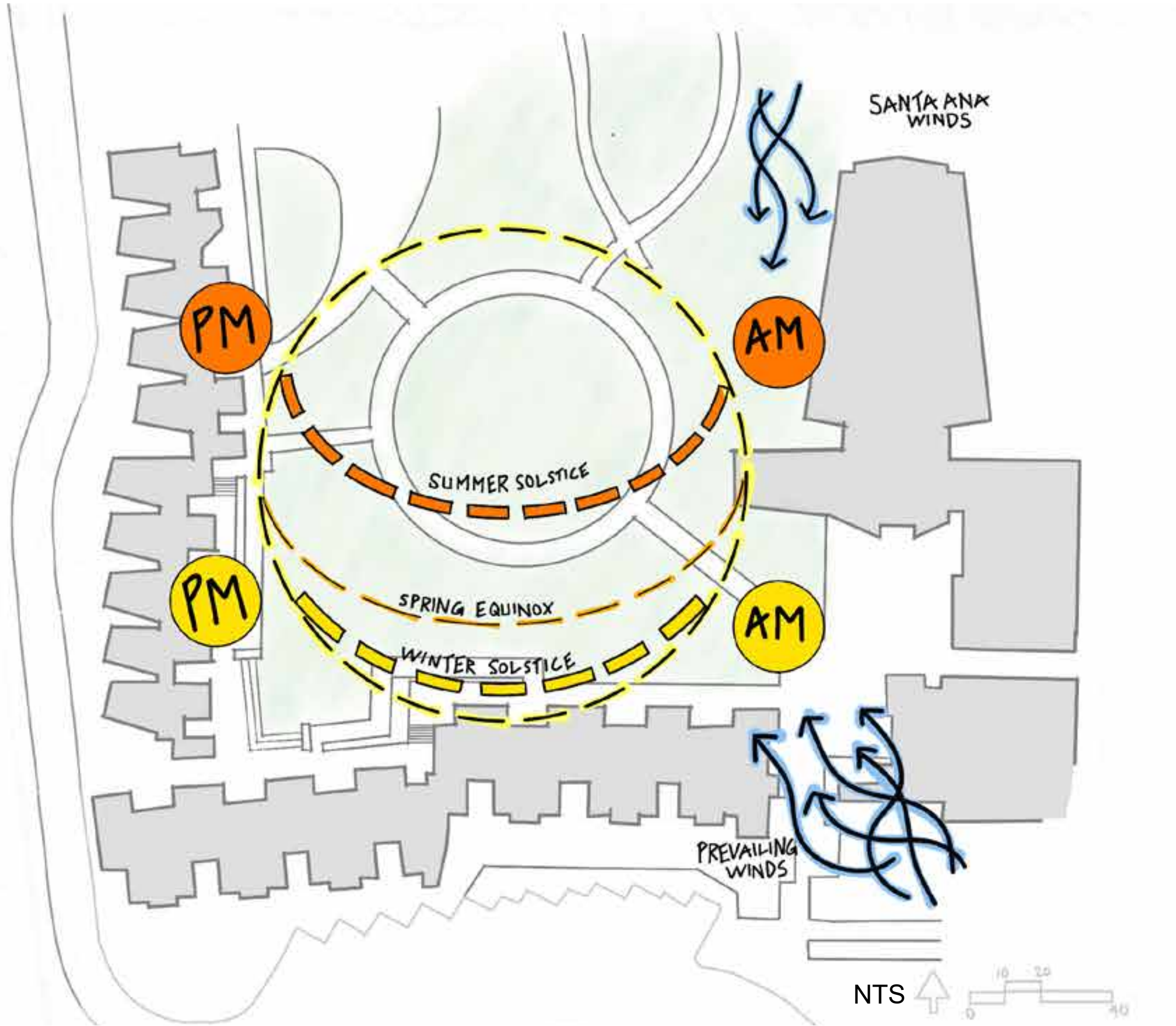
The **Pedestrian Circulation** analysis revealed a pair of desire lines that need to be addressed. Furthermore, the circular nature of the existing design makes it hard to know where to go on the site since a circle implicitly has no hierarchy to it. The retreat units in the southwest corner have little to no access to the primary circle, relegating visitors to walking by a long row of other people's retreat units just to visit the chapel or the cafeteria. Circulation could be improved by providing people access to the walking loop without having to walk past multiple units "front yards".

The **Vehicular Circulation** revealed that most people parking at the facility will do so either at the South side parking spots or at the eastern parking lot, making the South East entrance a frequently used entrance for visitors. Traffic is one way for primary vehicular circulation. The circle in the center of the plan is used as an emergency vehicle roundabout, meaning all plant material must be drivable with no interfering structures or hardscape.

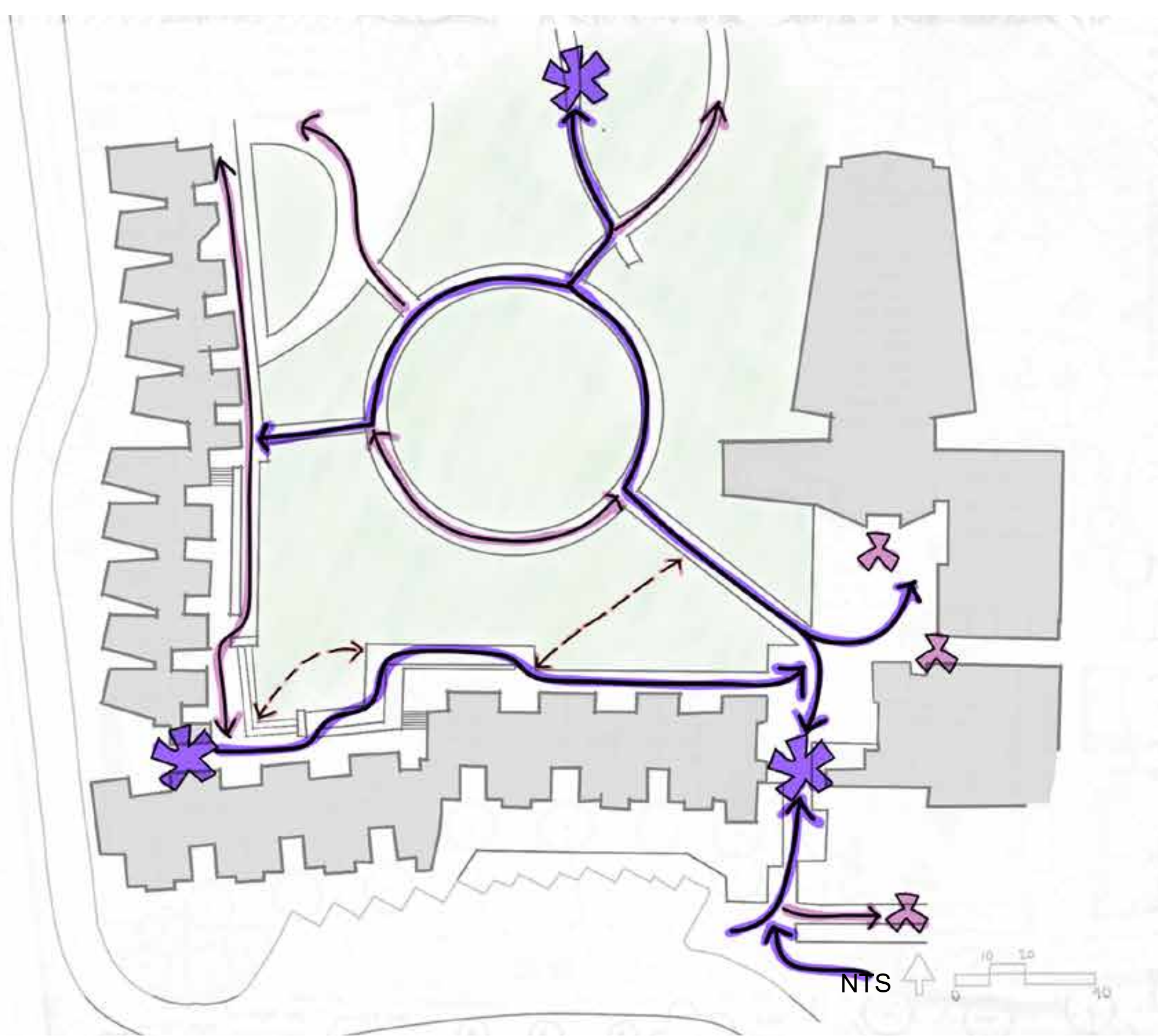
Site Photos



Sun and Wind Analysis

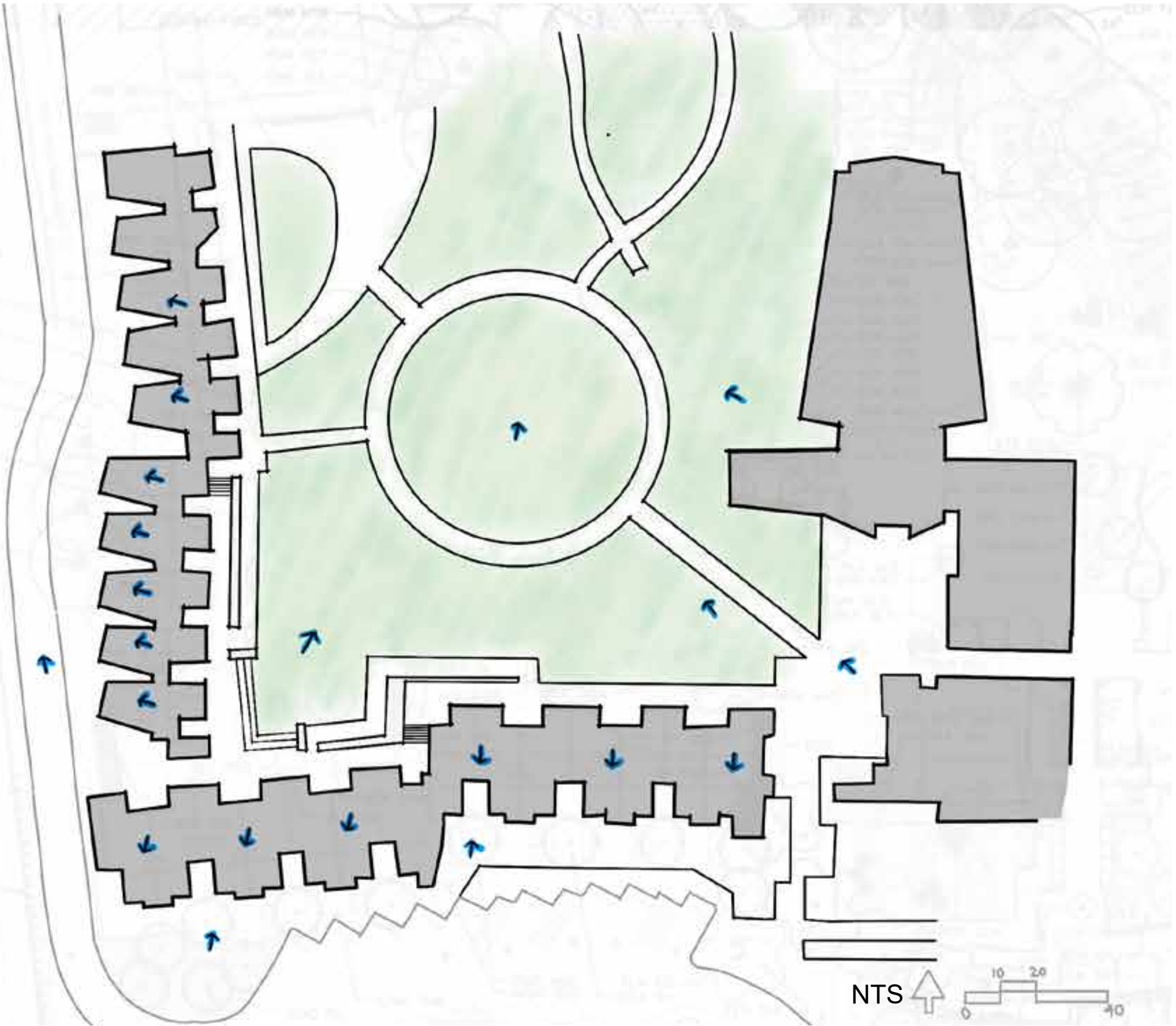


Pedestrian Circulation

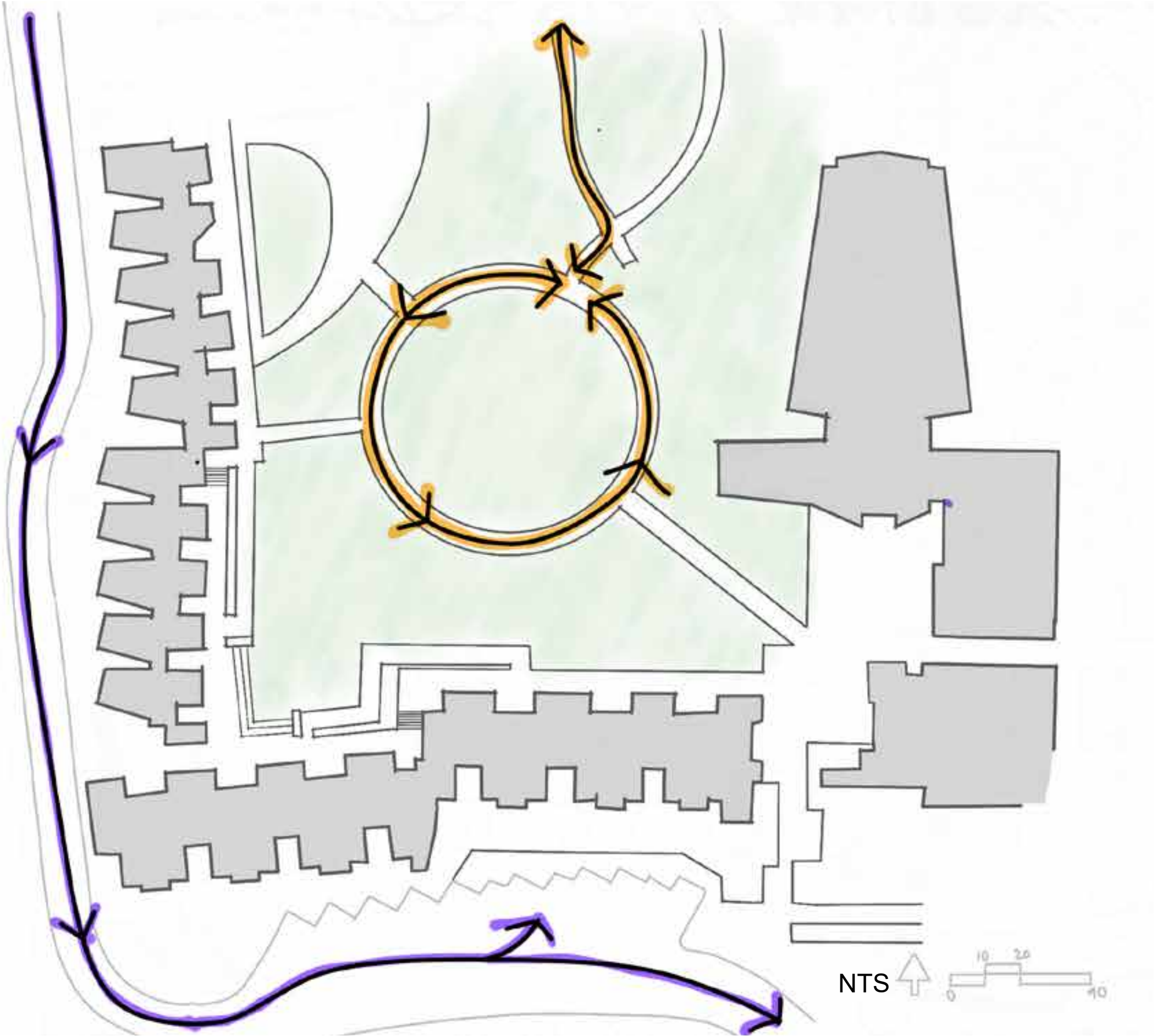


Primary Circulation Secondary Circulation Desire Line
Site Access Point Building Access Point

Drainage Flow



Vehicular Circulation



Primary Vehicular Circulation Emergency Vehicle Circulation

SITE ANALYSIS

The **Space Seeking Exercise** revealed that the retreat units act as modules repeated on the West and North axis, creating a grid from the front door and window of each retreat unit. The path that leads to the chapel and admin building intersects this grid at 45° and continues up to the path that leads to the cafeteria. Drawing another angle orthogonal to the existing chapel path intersects the southwest corner staircase and *almost* the entry pathway to the north.

In early concepts of the design, all **Existing Trees** were removed in the southern section of the retreat center. The native Coast Live Oak and Sycamore are far too close to the retreat units. In the original design, their mature widths were estimated to be 25' in diameter, roughly the same size as a very large Crape Myrtle. The grove of European Birch were identified as removals due to their status as high water users. In a drought with limited irrigation, the Birch will struggle in the hot dry Encino summer. Simultaneously they give relatively little back to the sisters in terms of shade or ecosystem services.

However, after conducting a tree inventory of the existing native tree's structure, root collar, trunk, and branch attachment, it was discovered that the trees are actually quite healthy with excellent branch attachment and structure for two out of three of them. It is easy to advocate for the removal of wrong plants in the wrong place. It is much harder to advocate for the removal of the right plant in the wrong place, particularly when the Sisters stated their adoration for their oak and sycamore. Thus, the design evolved to keep the native trees, minimize root disturbance by reducing construction of paths beneath their drip lines, and plant an appropriate under story that supports local ecosystems.

Overall recommendations from the **Tree Inventory Analysis** are to clear out buried flares, remove grass, change irrigation type to drip and give the Coast Live Oak its own separate valve. Mulch trees to encourage healthy soil biomes. Branch end weights can be managed via end weight pruning to prevent limb failures over buildings. The Coast Live Oak has the worst structure with multiple codominant branches, while the Sycamores have excellent branch structures. Most importantly, none of the trees have been lions tailed or topped, which means arborists can come and subduct competing leaders to create well structured trees with strong branch attachments, mitigating branch risk failure. Decay at the base of the tree can be managed overtime to maximize the utility of these mature trees canopies.

Tree Inventory & Analysis

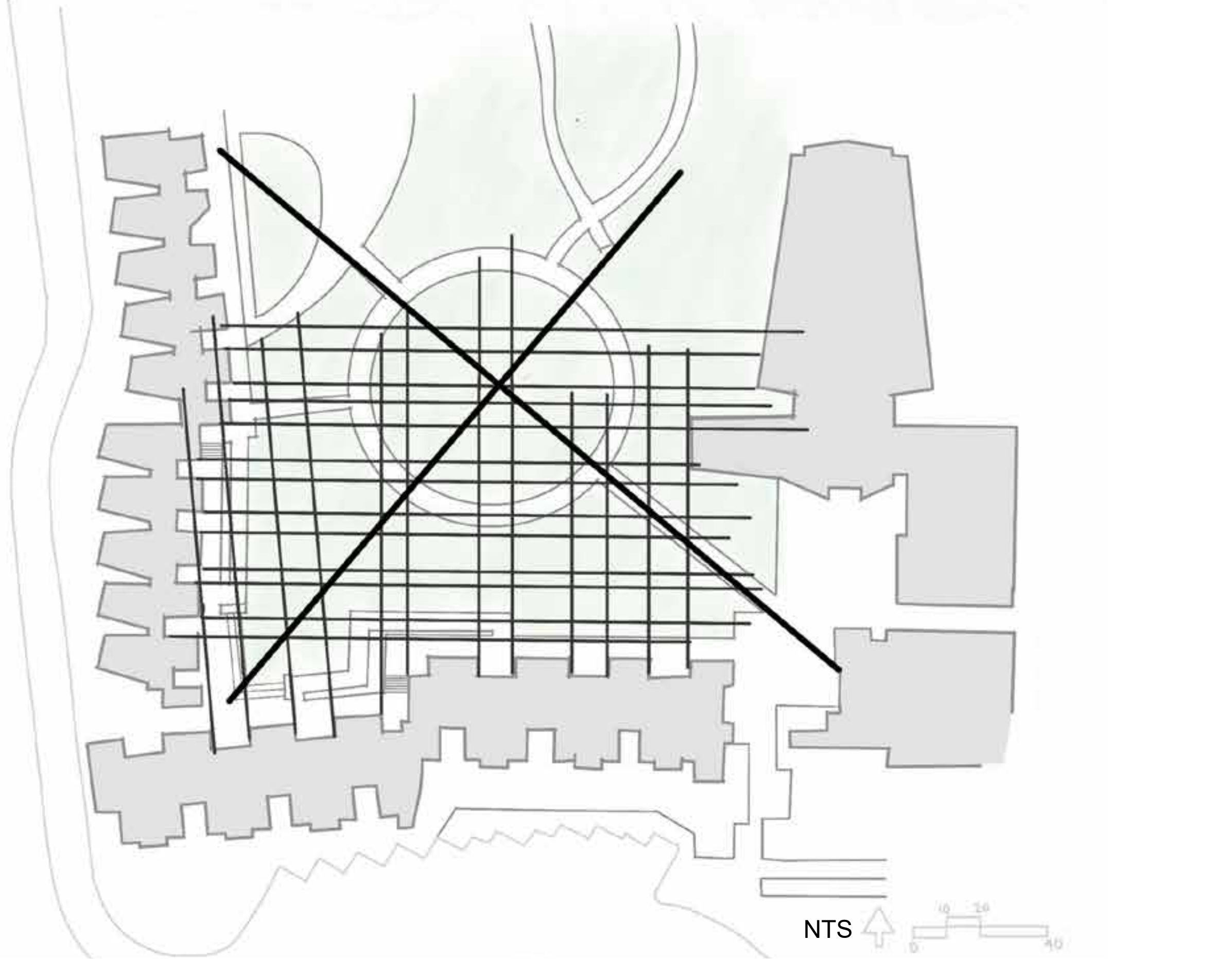


ID	Species	DBH	Flare	Crown Radius	Height	Trunk Decay	Codom	Bark Incl.	Trunk Notes
1	<i>Platanus racemosa</i>	16.25"	Visible with girdling roots	20' Approx	46' Approx	Weeping Bot Canker Wound 42" on West side	Yes	No	Healthy, good attachments, manage girdling roots.

Branch Damage/ Decay	Branch Notes	Lions Tailing	Foliage	Targets	Score
None visible from ground	Some branches should be pruned for end weight reduction, approximately 10-15% to reduce limb failure in wind load scenarios.	None	Foliage is normal and vigorous for this time of year	Tree is located too close to building, manage end weights to reduce risk of branch failure onto building, otherwise fine. ICV located nearby, no sign of root intrusion on cursory examination.	4 out of 5

Individual Recommendation: Hire a certified arborist to cut girdling roots around trunk as this could cause a whole tree failure onto the nearby retreat unit or admin building. Prune end weights over building. Subduct competing leaders to maintain existing structure. Change irrigation to drip and adjust irrigation schedule appropriately. Remove grass and plant appropriate under story plantings. Monitor bot canker using sonic tomography as budget allows; if tree begins to loose significant amount of heartwood, remove entire tree. Arborists should be consulted on at least once every other year to reevaluate tree health and prune end weights as they see fit. Despite these recommendations, this is a healthy tree and can live a long, safe life with proper care.

Space Seeking Exercise



Existing Tree Study



ID	Species	DBH	Flare	Crown Radius	Height	Trunk Decay	Codom	Bark Incl.	Trunk Notes
2	<i>Platanus racemosa</i>	14.33"	Buried	15' Approx	40' Approx	Soft Spot NW Side with black wood	Yes	None seen	Crown not visible with decay present

Branch Damage/ Decay	Branch Notes	Lions Tailing	Foliage	Targets	Score
Some old prune wounds are stubs; cut back to bark-branch ridge	Some branches should be pruned for end weight reduction, approximately 10-15% to reduce limb failure in wind load scenarios.	Slight but not bad.	Foliage is normal and vigorous for this time of year	Tree is located too close to building, manage end weights to reduce risk of branch failure onto building, otherwise fine.	3.75 out of 5

Individual Recommendation: Hire a certified arborist to conduct a level 3 crown excavation as buried trunk flares can lead to whole tree failures when the base of the crown decays. If budget allows, use sonic tomography to evaluate decay progression spotted on northwest side. Remove grass, replace irrigation with drip, plant an appropriate under story planting. Upon removal of grass, evaluate roots for girdling as they are most likely shallow just like Tree 1. Reduce end weights to reduce stress on codominant union, have arborist revisit and reevaluate every other year. Despite these recommendations, this tree is in solid form compared to many trees in public spaces; intervening sooner will reduce costs and risks associated with safely maintaining this tree over time.



ID	Species	DBH	Flare	Crown Radius	Height	Trunk Decay	Codom	Bark Incl.	Trunk Notes
3	<i>Quercus agrifolia</i>	16.75"	Buried	11' Approx	32' Approx	Buried trunk, large burl at base.	Yes	Yes	Crown not visible with large codom stem at 28"

Branch Damage/ Decay	Branch Notes	Lions Tailing	Foliage	Targets	Score
Some crown die back occurring, potentially due to anthracnose	Tree is a 4 way codominant stem with lowest codominant branch over extended.	None	Foliage is normal for this time of year, leaf litter has been removed.	Tree is located too close to building, manage end weights to reduce risk of branch failure onto building, otherwise fine.	3.75 out of 5

Individual Recommendation: Hire a certified arborist to conduct a level 3 crown excavation as buried trunk flares can lead to whole tree failures when the base of the crown decays. If budget allows, use sonic tomography to evaluate burl if arborist feels necessary. Remove grass, replace irrigation with drip, plant an appropriate under story planting. Upon removal of grass, evaluate roots for girdling as they are most likely shallow just like Tree 1. Reduce end weights to reduce stress on codominant union, have arborist revisit and reevaluate every year or as they recommend. Despite these recommendations, this tree is in solid form compared to many trees in public spaces; intervening sooner will reduce costs associated with safely maintaining this tree over time.

SITE PLAN

The southwest quadrant of the site has been split up into three circular gardens or “bowls” targeting different programmatic and thematic needs of the Sisters. Each garden is linked with an axial path aligned or perpendicular to the center of the circular turnaround, creating strong spatial linkages as well as a “cross” connecting the bowls. Thus, the formmaking of the garden blends the Sister’s belief system with the bowl metaphor from Barugongyang.

The Nourishing Garden emphasizes community engagement and gathering with a circular shade pergola and seating area where food related tasks like harvesting and processing food helps form social bonds.

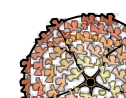
The Mindfulness Garden is restrained for people of different sensory needs. It functions primarily on foliage contrasts. Seating for both multiple and individual people is achieved via a curvaceous bench and individual rocking chairs. The rocking chairs provide consistent, rhythmic sensory input for those experiencing sensory overload. A small fountain is nearby to create white noise.

While the Mindfulness Garden is more muted, the Memory Garden embraces sensory stimulation via scent and color for individuals facing memory impairment. Scent is strongly related to memory recall and formation; a variety of plants native to California with strong scents are planted around a bench, under the shade of the existing Oak.

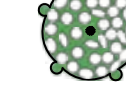
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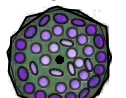
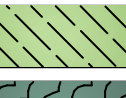
SYMBOL BOTANICAL / COMMON NAME

TREES

-  Brachychiton rupestris / Queensland Bottle Tree
-  Citrus x limon 'Lisbon' / Lisbon Lemon
-  Citrus x sinensis 'Cara Cara' / Cara Cara Pink Navel Orange
-  Diospyros kaki 'Izu' / Izu Persimmon
-  Platanus racemosa / Existing Tree
-  Quercus agrifolia / Existing Tree

SHRUBS

-  Abutilon palmeri / Indian Mallow
-  Achillea millefolium 'Paprika' / Paprika Common Yarrow
-  Achillea millefolium 'Sonoma Coast' / Sonoma Coast Common Yarrow
-  Achillea millefolium californica / Western Yarrow
-  Anemopsis californica / Yerba Mansa
-  Aristida purpurea / Purple Threeawn
-  Artemisia pycnocephala 'David's Choice' / Dwarf Coastal Beach Sagewort
-  Brassica rapa pekinensis / Napa Cabbage
-  Capsicum annuum 'Hong Gochu' / 'Hongo Gochu' Chili Pepper
-  Capsicum annuum 'Hungarian Sweet' / Hungarian Sweet Pepper
-  Carpenteria californica 'Elizabeth' / Elizabeth Bush Anemone
-  Clinopodium douglasii / Yerba Buena
-  Daucus carota sativus 'Kyoto Red' / Kyoto Red Carrot
- Fallugia paradoxa / Canyon Plume

-  Frangula californica 'Eve Case' / Eve Case Coffeeberry
-  Iris douglasiana PCH 'Canyon Snow' / Canyon Snow Iris
-  Iva hayesiana / San Diego Poverty Weed
-  Juncus patens / California Gray Rush
-  Lepechinia fragrans / Island Pitchersage
-  Lycopersicon esculentum / Tomato
-  Melissa officinalis / Lemon Balm
-  Mentha spicata / Spearmint
-  Monarda didyma 'Dark Ponticum' / Dwarf Purple Beebalm
-  Monardella villosa / Coyote Mint
-  Muhlenbergia rigens / Deer Grass
-  Passiflora edulis 'Frederick' / Frederick Passion Fruit
-  Phlomis fruticosa 'Compact Form' / Jerusalem Sage
-  Ribes viburnifolium / Evergreen Currant
-  Salvia apiana / White Sage
-  Salvia spathacea 'Las Pilitas' / Las Pilitas Hummingbird Sage
-  Salvia x 'Celestial Blue' / Celestial Blue Sage
-  Senecio candicans 'Senaw' / Angel Wings® Senecio
-  Teucrium chamaedrys 'Nanum' / Creeping Germander
-  Vigna radiata / Mung Bean

SYMBOL BOTANICAL / COMMON NAME

GROUND COVERS

-  Carex tumulicola / Foothill Sedge
-  Ophiopogon japonicus 'Nanus' / Dwarf Mondo Grass
-  Sisters Seed Mix / Hello Yarrow

SITE FEATURES

-  1 Nourishing Bowl Garden
-  2 Mindfulness Bowl Garden
-  3 Memory Bowl Garden
-  4 Community Food Forest
-  5 Ecology Bowl Meadow
-  6 Meditation Meadow
-  7 Water Fountain
-  8 Healing Tea Garden
-  9 Textural Entryway Planting
-  10 Shady Native Planting



Scale: 1/4"=1'-0"
0 1 2 3 4 8 12

Nourishing Garden

The Nourishing Bowl Garden corresponds to the first bowl of Barugongyang, which is rice. This garden is designed to care for the body's needs. This garden is planted with vegetables that require trellis supports like beans and tomatoes since trellised vegetables would not work in the fire truck turnaround. This pairing of beans and tomatoes is perfect since tomatoes are heavy feeders and can exhaust nutrients from the soil, particularly nitrogen. Beans can naturally fix nitrogen into the soil, so the bean and tomato beds can be rotated every other year to prevent soil exhaustion.

A small orchard of mature dwarf lemon and oranges blends with a Izu Persimmon Tree, blending eastern and western foods while also providing fall color as the Persimmons ripen on the tree. Paprika Yarrow provides a bright red bloom to complement the ripening of the tomatoes while also nodding at the red and orange colored Buddhist temples of Korea. Yarrow is also edible and is cosmopolitan across the Americas and Eurasia, providing another link in this East meets West garden. The presence of Yarrow will also help invite native pollinators into the food garden since native pollinators increase yields by up to 20%. As a native plant, Yarrow hosts a variety of beneficial insects like parasitic wasps and lady bugs, both of which will be needed to manage the aphids that tend to infest tomato plants. Ultimately, the Yarrow increases the resiliency of the garden by decreasing chemical and human inputs like time by maximizing integrated pest management.

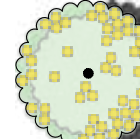
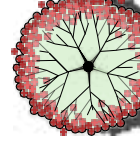
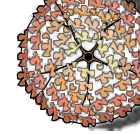
While this garden focuses on bodily needs like food, it also serves as horticultural therapy by encouraging users to tend the garden with pruning of the tomatoes, trellising the beans, picking the fruit and pruning the fruit trees. It also focuses on the community value of food by providing a large circular space for people to gather, as well as a table large enough to seat eight people for shared meals, food based activities like sorting and cleaning produce, or other informal outdoor activities.

The circular shade structure not only provides shade, but it also grows Passion fruit for anyone willing to harvest the fruit. The evergreen vine creates shade throughout the year for the pergola users.

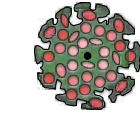
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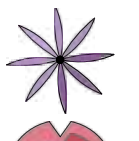
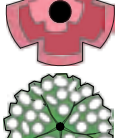
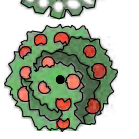
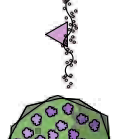
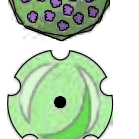
SYMBOL BOTANICAL / COMMON NAME

TREES

-  Citrus x limon 'Lisbon' / Lisbon Lemon
-  Citrus x sinensis 'Cara Cara' / Cara Cara Pink Navel Orange
-  Diospyros kaki 'Izu' / Izu Persimmon

SHRUBS

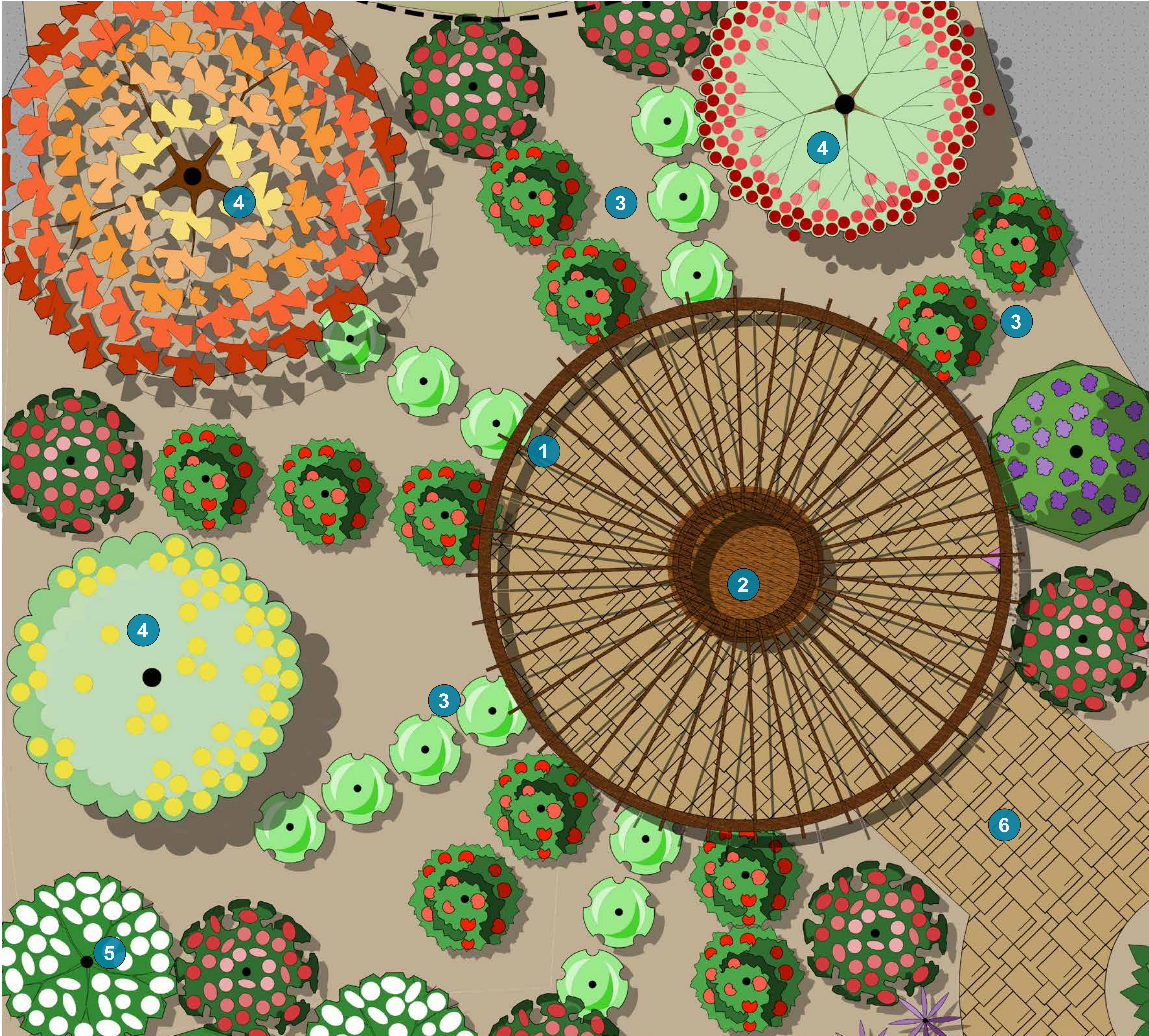
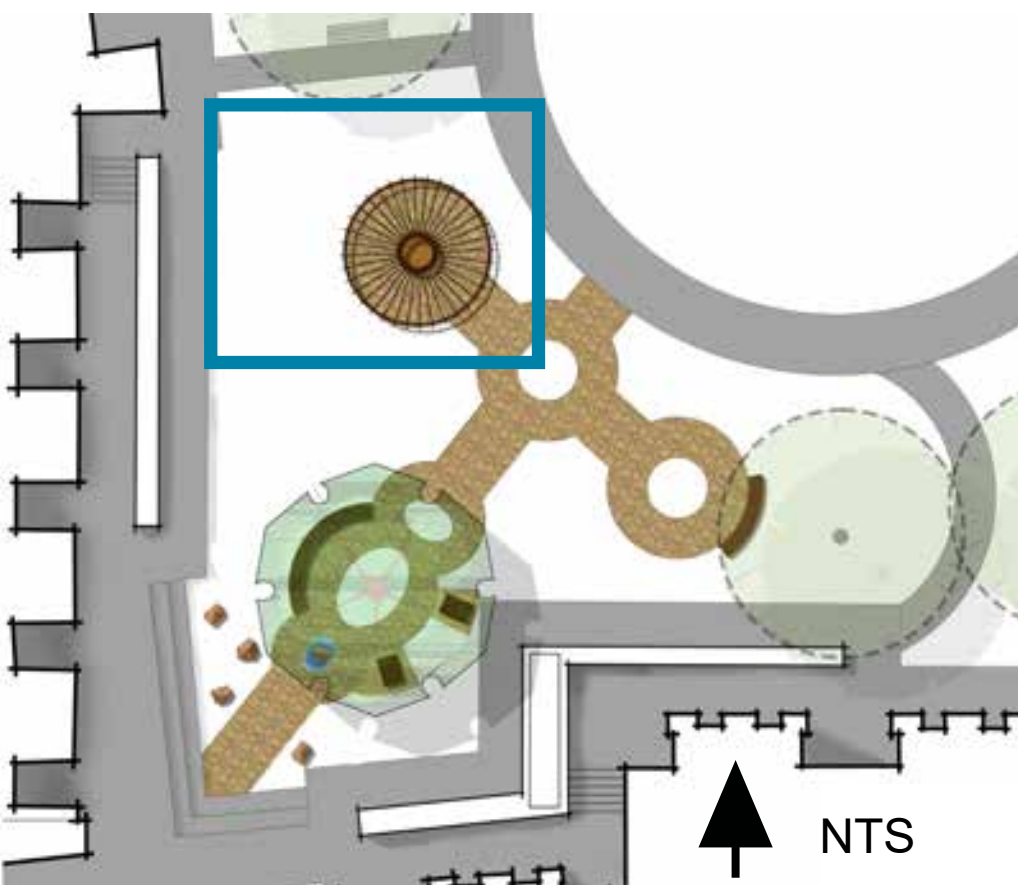
-  Achillea millefolium 'Paprika' / Paprika Common Yarrow

-  Aristida purpurea / Purple Threawn
-  Capsicum annuum 'Hongo Gochu' / 'Hongo Gochu' Chili Pepper
-  Carpenteria californica 'Elizabeth' / Elizabeth Bush Anemone
-  Lycopersicon esculentum / Tomato
-  Passiflora edulis 'Frederick' / Frederick Passion Fruit
-  Salvia x 'Celestial Blue' / Celestial Blue Sage
-  Vigna radiata / Mung Bean

INSPIRATION PHOTOS



KEY MAP



SITE FEATURES

-  Shade Pergola
-  Gathering Table
-  Vegetable Garden
-  Orchard
-  Habitat Hedge
-  Permeable Pavers



Scale: 3/4"=1'-0"



Mindfulness Garden

The Mindfulness Bowl focuses on calming the mind so the users attention can focus inwards on their spirit, rather than outwards on the world. It's geared for all people, but particularly for those of different sensory or perceptive needs. The garden is screened from the rest of the design by a hedge of Coffeeberry, Bush Anemone and Deer Grass to create a feeling of separation and enclosure. The bloom colors in this area are only white to reduce visual clutter. Gentle contrasts between different foliages drive plant choice in this section, like the bright green fern-like leaves of Sonoma Coast Yarrow juxtaposed against the gray foliage of David's Choice Sagewort creating a calming but interesting vignette.

A large Queensland Bottlebrush Tree shades the space and invites the user to touch its water swollen trunk. Seating is arranged around the tree; a bench large enough to accommodate multiple people if they wish to socialize is on the west, while those who need time alone have access to individual rocking chairs to the east side of the tree. The rocking chairs create a rhythmic sensory input for those experiencing anxiety or sensory overload. The pair of rocking chairs are isolated from one another by a Coffeeberry. A nearby boulder water fountain creates a trickle of white noise in this garden to help drown out any intruding noises, adding to the feeling of enclosure and isolation.

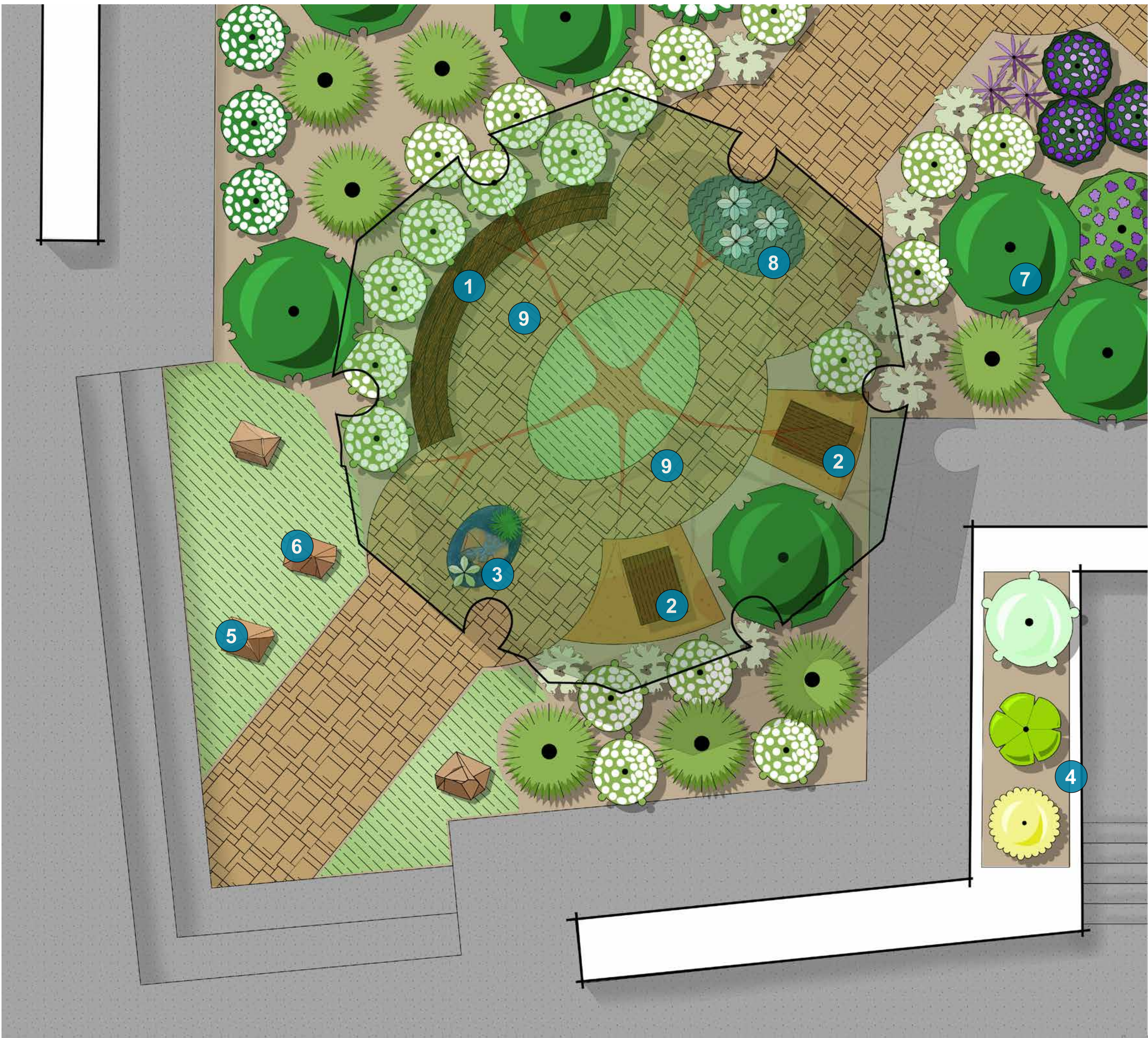
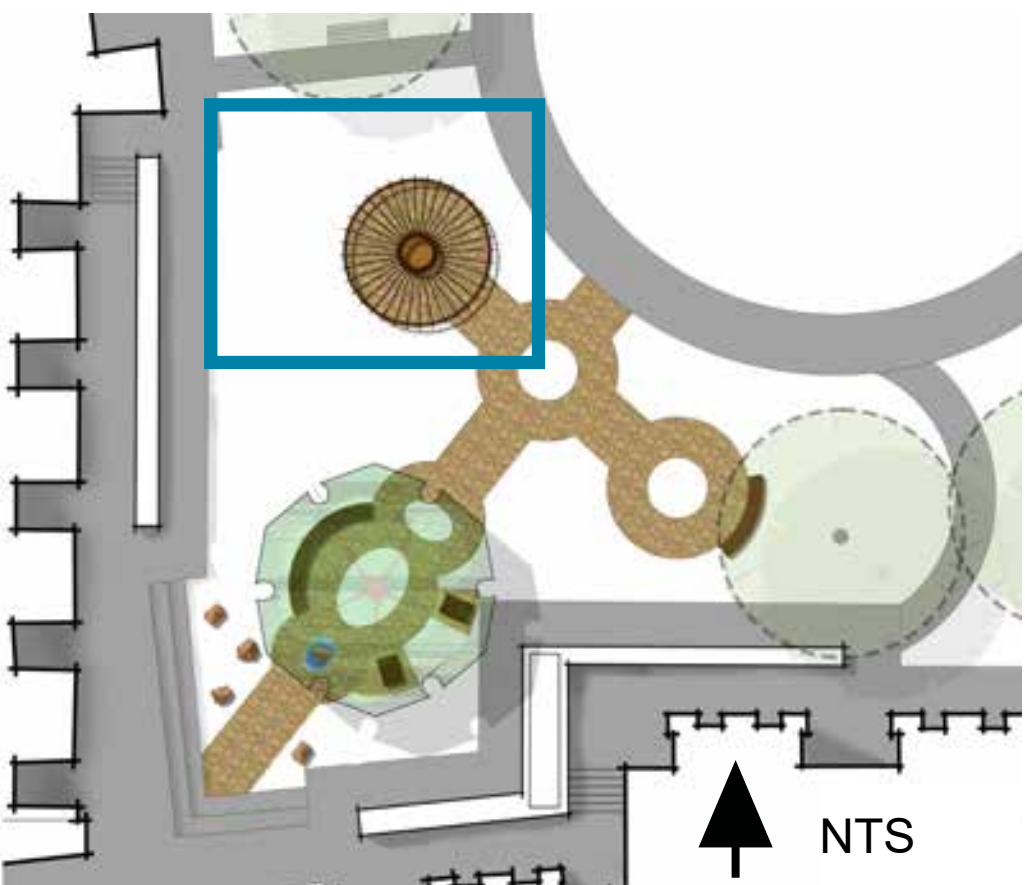
A meditation meadow is situated at the terminus of the garden, inviting those in the nearby retreat units to sit, meditate, pray or practice yoga or Tai Chi in the informal patch of drought resistant Foothill Sedge. A small tea garden in the existing planters allows users to harvest fresh ingredients for tea.

PLANT QUICK KEY	
SYMBOL	BOTANICAL / COMMON NAME
TREES	
	Frangula californica 'Eve Case' / Eve Case Coffeeberry
	Brachychiton rupestris / Queensland Bottle Tree
SHRUBS	
	Achillea millefolium 'Paprika' / Paprika Common Yarrow
	Achillea millefolium 'Sonoma Coast' / Sonoma Coast Common Yarrow
	Achillea millefolium californica / Western Yarrow
	Anemopsis californica / Yerba Mansa
	Aristida purpurea / Purple Threeawn
	Artemisia pycnocephala 'David's Choice' / Dwarf Coastal Beach Sagewort
	Carpenteria californica 'Elizabeth' / Elizabeth Bush Anemone
	Juncus patens / California Gray Rush
	Melissa officinalis / Lemon Balm
	Mentha spicata / Spearmint
	Monarda didyma 'Dark Ponticum' / Dwarf Purple Beebalm
	Muhlenbergia rigens / Deer Grass
	Senecio candicans 'Senaw' / Angel Wings® Senecio
GROUND COVERS	
	Carex tumulicola / Foothill Sedge
	Ophiopogon japonicus 'Nanus' / Dwarf Mondo Grass

INSPIRATION PHOTOS

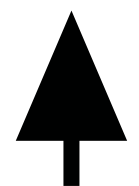


KEY MAP



SITE FEATURES

- | | | | | | | | | | |
|---|-------------------|---|---------------|---|--------------------------|---|-----------------------------------|---|------------------|
| 1 | Bench | 2 | Rocking Chair | 3 | Calming Fountain | 4 | Healing Tea Garden | 5 | Boulder, typical |
| 6 | Meditation Meadow | 7 | Habitat Hedge | 8 | Quiet Contrast Plantings | 9 | Permeable Pavers over Silva Cells | | |



Scale: 1/2"=1'-0"

0 1 2 4 8

Memory Garden

The Memory Garden serves all those who sit and enjoy it, but it's tailored for those experiencing memory impairment of any form. While the Mindfulness Garden focuses on removing or reducing outside stimuli to allow a person to turn inwards, the Memory Garden embraces outside stimulus to help retrieve memories or create new ones.

Research has proven that scent is a strong driver of human memories. Introducing new or familiar smells can help form new memories or evoke the recollection of old experiences for those suffering from dementia or Alzheimer's. This garden focuses on fragrant plant material, particularly native plants that help support both the humans and the insects that reside at the retreat center. The composition is dominated by a White Sage, whose stalks can be harvested for smudging or potpourri within the retreat center. Two groupings of fragrant Coyote Mint flank the entryway path, while Celestial Blue Sage serves as a muskier counterpoint to the Coyote Mint's toothpaste like charms. Contrasting with the purple blooms of the Monardella and Celestial Blue Sage is the yellow blooming dwarf form of Jerusalem Sage that is spicier smelling than the other plants. Creeping Germander rounds out the sunny scented section of the garden.

A curvaceous bench sits under the dappled shade of the mature Coast Live Oak. It's intentionally long enough to seat four people; large enough for two caretakers and two patients. Flanking the bench are a pair of Island Pitcher Sage, paired with the groundcover Yerba Buena, whose leaves are minty smelling. A Coffeeberry helps enclose the space, encouraging visitors to sit on the bench and take in the garden. As the sun dips to the west, the leaves of the Palmer's Mallow and spent blooms of the Canyon Plume will glow from the sun back lighting them, making a feast for the eyes and the mind.

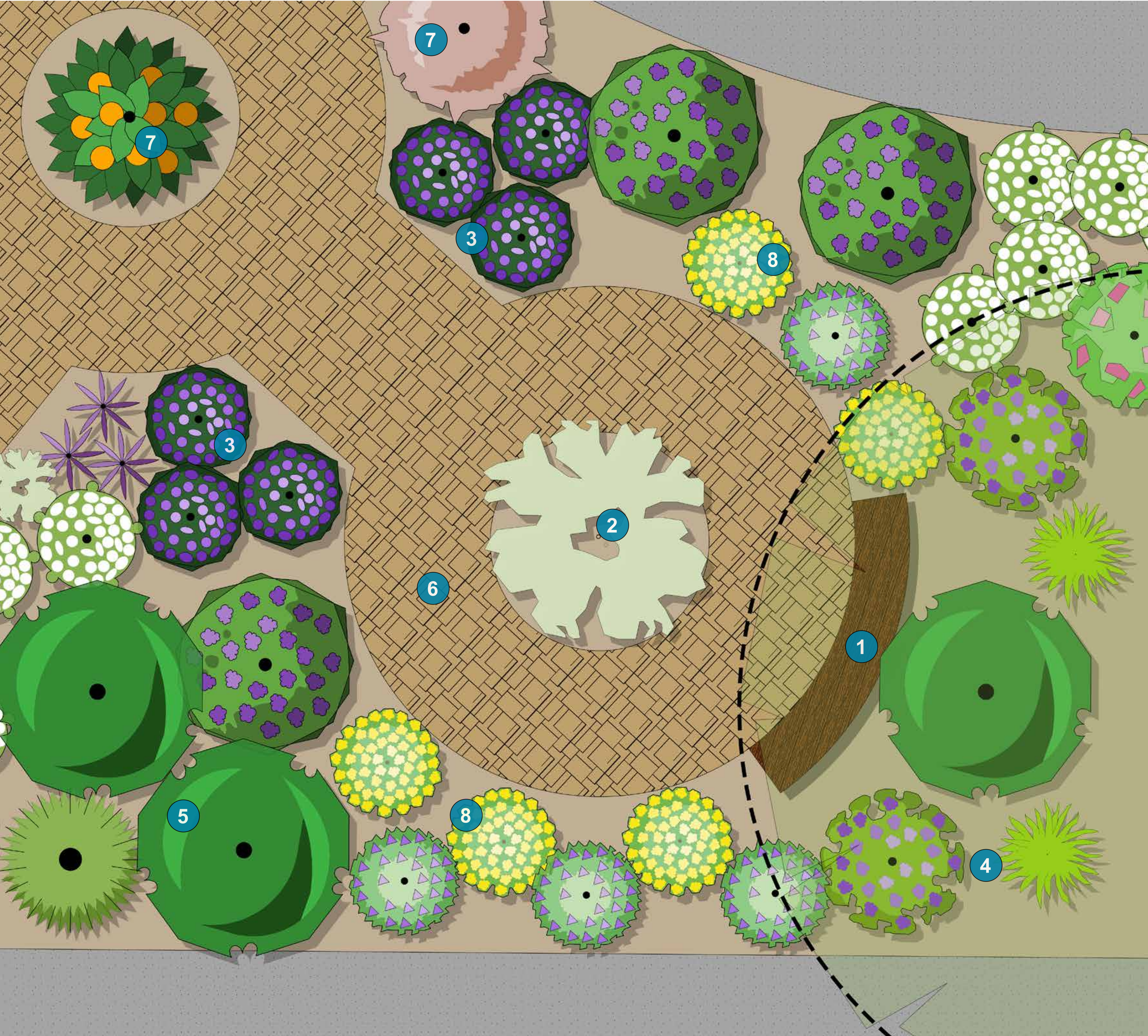
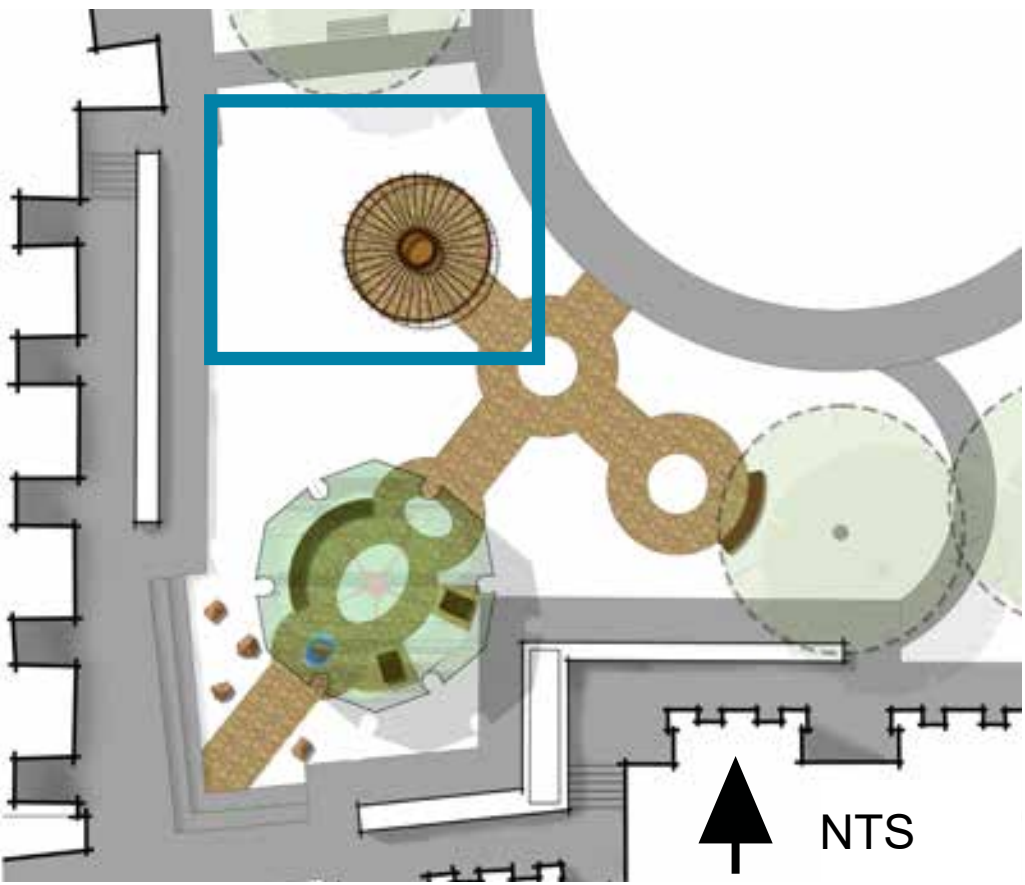
PLANT QUICK KEY

<u>SYMBOL</u>	<u>BOTANICAL / COMMON NAME</u>		
TREES			
	Quercus agrifolia / Existing Tree		Lepechinia fragrans / Island Pitchersage
SHRUBS			
	Abutilon palmeri / Indian Mallow		Monardella villosa / Coyote Mint
	Achillea millefolium 'Sonoma Coast' / Sonoma Coast Common Yarrow		Phlomis fruticosa 'Compact Form' / Jerusalem Sage
	Clinopodium douglasii / Yerba Buena		Ribes viburnifolium / Evergreen Currant
	Fallugia paradoxa / Canyon Plume		Salvia apiana / White Sage
	Frangula californica 'Eve Case' / Eve Case Coffeeberry		Salvia spathacea 'Las Pilitas' / Las Pilitas Hummingbird Sage
	Iris douglasiana PCH 'Canyon Snow' / Canyon Snow Iris		Salvia x 'Celestial Blue' / Celestial Blue Sage
			Teucrium chamaedrys 'Nanum' / Creeping Germander

INSPIRATION PHOTOS

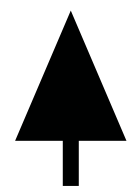


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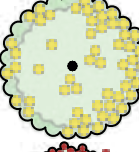
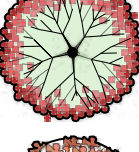
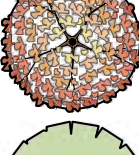
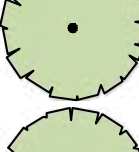
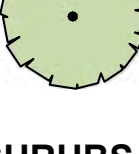
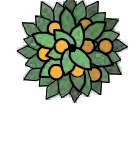
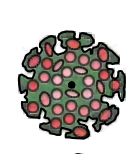
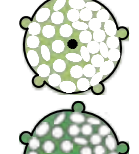
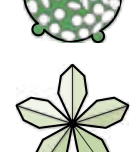
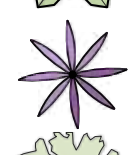
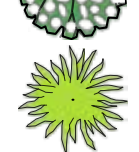
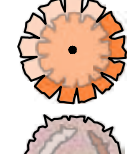
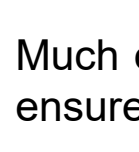
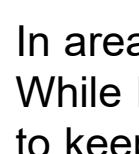
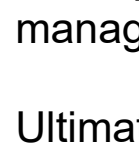


SITE FEATURES

- | | | | |
|------------------------|---------------------------|------------------------------------|----------------------------------|
| 1 Bench | 2 Central Sage | 3 Scented Entryway Planting | 4 Shady Fragrant Planting |
| 5 Habitat Hedge | 6 Permeable Paving | 7 Textural Planting | 8 Sunny Fragrant Planting |



PLANT SCHEDULE

SYMBOL	BOTANICAL / COMMON NAME	QTY	SIZE	CONT AINER	SUMMER WATER	WUCOLS	FAMILY	COLOR	SOIL TOLERANCES	MATURE HEIGHT	MATURE WIDTH	SEASON OF BLOOM
TREES												
	Brachychiton rupestris / Queensland Bottle Tree	1	36"	Box	Yes	Low	Malvaceae	White	Clay, Silty, Sandy, Loamy, Salty, Neutral, Alkaline	25 - 40ft. ht.	25 - 40ft. w.	Early Spring, Early Summer
	Citrus x limon 'Lisbon' / Lisbon Lemon	1	15 gal.	Pot	Yes	Medium	Rutaceae	White	Clay, Silty, Sandy, Neutral, Well-drained, Moist	10 - 15ft. ht.	6 - 10ft. w.	Mid-winter, Late Winter, Early Spring
	Citrus x sinensis 'Cara Cara' / Cara Cara Pink Navel Orange	1	15 gal.	Pot	Yes	Medium	Rutaceae	Yellow	Clay, Silty, Sandy, Loamy, Well-drained, Moist	15 - 25ft. ht.	10 - 15ft. w.	Mid-winter, Late Winter, Early Spring, Mid-spring
	Diospyros kaki 'Izu' / Izu Persimmon	1	15 gal.	Pot	Yes	Medium	Ebenaceae	White	Well-drained, Moist	< 15ft. ht.	10 - 15ft. w.	Late Spring
	Platanus racemosa / Existing Tree	2	Existing	Existing	Yes	Medium	Platanaceae	Inconspicuous	Silty, Sandy, Organic, Alkaline	40 - 65ft. ht.	25 - 40ft. w.	Mid-spring
	Quercus agrifolia / Existing Tree	3	Existing	Existing	No	Very Low	Fagaceae	Inconspicuous	Rocky, Clay, Silty, Sandy, Organic, Alkaline	40 - 4ft. ht.	25 - 40ft. w.	Mid-spring
SHRUBS												
	Abutilon palmeri / Indian Mallow	1	5 gal.	Pot	No	Low	Malvaceae	Orange	Silty, Sandy	3 - 6ft. ht.	3 - 6ft. w.	Early Winter, Mid-winter, Late Winter, Early Spring, Mid-spring, Late Spring, Early Summer, Mid-summer, Mid-summer, Late Summer, Early Fall, Mid-fall, Late Fall
	Achillea millefolium 'Paprika' / Paprika Common Yarrow	7	1 gal.	Pot	No	Low	Asteraceae	Red	Clay, Clay, Sandy, Sandy, Loamy, Loamy, Well-drained, Dry, Moist	18 - 36in. ht.	1 - 3ft. w.	Early Summer, Mid-summer, Late Summer, Early Fall
	Achillea millefolium 'Sonoma Coast' / Sonoma Coast Common Yarrow	30	1 gal.	Pot	No	Low	Asteraceae	Yellow	Sandy, Loamy, Well-drained, Dry, Moist	6 - 18in. ht.	1 - 3ft. w.	Early Summer, Mid-summer, Late Summer
	Achillea millefolium californica / Western Yarrow	4	1 gal.	Pot	No	Low	Asteraceae	White	Sandy, Loamy, Well-drained, Dry, Moist	18 - 36in. ht.	1 - 3ft. w.	Early Summer, Mid-summer, Late Summer
	Anemopsis californica / Yerba Mansa	1	1 gal.	Pot	Yes	Medium	Saururaceae	White	Clay, Silty, Alkaline, Moist	6 - 18in. ht.	1 - 3ft. w.	Mid-spring, Late Spring, Early Summer, Mid-summer
	Aristida purpurea / Purple Threeawn	28	1 gal.	Pot	No	Low	Poaceae	Tan	Rocky, Clay, Sandy, Alkaline, Well-drained, Dry	18 - 36in. ht.	1 - 3ft. w.	Late Spring, Early Summer
	Artemisia pycnocephala 'David's Choice' / Dwarf Coastal Beach Sagewort	10	1 gal.	Pot	No	Low	Asteraceae	Inconspicuous	Silty, Sandy, Salty, Well-drained	6 - 18in. ht.	1 - 3ft. w.	Late Spring, Early Summer, Mid-summer, Late Summer
	Brassica rapa pekinensis / Napa Cabbage	24	4"	Pot	Yes	Medium	Brassicaceae	Yellow	Sandy, Loamy, Organic	18 - 36in. ht.	1 - 3ft. w.	Mid-spring, Early Summer
	Capsicum annuum 'Hong Gochu' / 'Hongo Gochu' Chili Pepper	9	4"	Pot	Yes	Medium	Solanaceae	White	Clay, Silty, Sandy, Salty	6 - 18in. ht.	1 - 3ft. w.	Late Spring, Early Summer
	Capsicum annuum 'Hungarian Sweet' / Hungarian Sweet Pepper	9	4"	Pot	Yes	Medium	Solanaceae	White	Silty, Sandy, Loamy	18 - 36in. ht.	1 - 3ft. w.	Late Spring, Early Summer
	Carpenteria californica 'Elizabeth' / Elizabeth Bush Anemone	3	15 gal.	Pot	No	Low	Rosaceae	White	Clay, Silty, Sandy, Well-drained	3 - 6ft. ht.	3 - 6ft. w.	Late Spring, Early Summer, Mid-summer
	Clinopodium douglasii / Yerba Buena	10	1 gal.	Pot	No	Low	Lamiaceae	White	Clay, Sandy, Well-drained	6 - 18in. ht.	3 - 6ft. w.	Mid-spring, Late Spring, Early Summer, Mid-summer
	Daucus carota sativus 'Kyoto Red' / Kyoto Red Carrot	23	4"	Pot	Yes	Medium	Apiaceae	Yellow	Loamy, Organic	18 - 36in. ht.	1 - 3ft. w.	Late Spring
	Fallugia paradoxa / Canyon Plume	5	5 gal.	Pot	No	Very Low	Rosaceae	White	Rocky, Sandy, Alkaline	3 - 6ft. ht.	3 - 6ft. w.	Late Spring, Early Summer, Mid-summer, Late Summer, Early Fall, Mid-fall
	Frangula californica 'Eve Case' / Eve Case Coffeeberry	17	15 gal.	Pot	No	Low	Rhamnaceae	Yellow	Rocky, Clay, Silty, Sandy	3 - 1ft. ht.	3 - 1ft. w.	Early Summer, Mid-summer, Late Summer

SOIL RECOMMENDATIONS

Much of the soil on site has been left bare and is compacted due to foot traffic, irrigation, and mowing. A systematic approach to soil remediation should be implemented to ensure plant health.

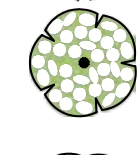
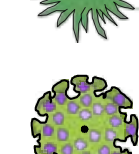
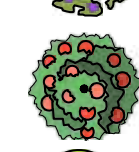
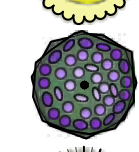
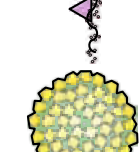
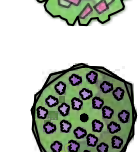
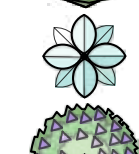
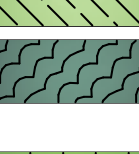
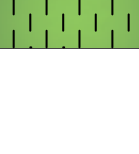
In areas where lawn will be removed in favor of shrubs and other plantings, I recommend a one time use of a grass specific herbicide in consultation with the Sisters' wishes. While herbicide is not my usual move, I am deeply concerned with the limited maintenance on site; if the grass comes back, it will eat all of the maintenance hours on site to keep it in check with frequent hand weeding. If it establishes in the rootball of the new plants, we will have a permanent reservoir of grass on site that will need permanent management.

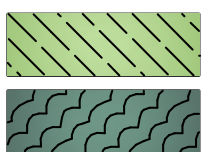
Ultimately it will come down to the clients and their budget and preferences on how to remove the grass so long as they are aware of the consequences.

Once grass is dead, remove grass and gauge soil for compaction. If compacted, rototill or open up the pore spaces with a pitch fork or shovel. Amend soil with compost, then apply humates and apply worm tea.

Cover soil with a 3-4" layer of mulch (undyed) or arborist trimmings, keeping mulch away from any tree trunks by at least one foot. Water thoroughly to restart soil biology; soil structure will slowly improve over time.

If soil is heavily compacted, seed a crop of Daikon Radish if light conditions permit; leave radishes in ground to biodegrade and break up the soil clods into smaller pieces. Follow with a diverse mix of annual wildflowers to begin ecological soil succession.

SYMBOL	BOTANICAL / COMMON NAME	QTY	SIZE	CONT AINER	SUMMER WATER	WUCOLS	FAMILY	COLOR	SOIL TOLERANCES	MATURE HEIGHT	MATURE WIDTH	SEASON OF BLOOM
	Iris douglasiana PCH 'Canyon Snow' / Canyon Snow Iris	24	1 gal.	Pot	No	Low	Iridaceae	White	Silty, Sandy, Loamy, Acidic, Well-drained, Dry, Moist	6 - 18in. ht.	1 - 3ft. w.	Late Winter, Early Spring, Mid-spring, Late Spring
	Iva hayesiana / San Diego Poverty Weed	3	1 gal.	Pot	No	Very Low	Asteraceae	Inconspicuous	Rocky, Sandy, Loamy, Well-drained	18 - 36in. ht.	6 - 10ft. w.	Mid-spring, Late Spring, Early Summer, Mid-summer
	Juncus patens / California Gray Rush	1	1 gal.	Pot	Yes	Medium	Juncaceae	Brown	Clay, Silty	18 - 36in. ht.	1 - 3ft. w.	Late Spring, Early Summer
	Lepechinia fragrans / Island Pitchersage	2	5 gal.	Pot	No	Low	Lamiaceae	Purple	Rocky, Silty, Sandy, Well-drained	3 - 6ft. ht.	3 - 6ft. w.	Early Spring, Mid-spring, Late Spring, Early Summer, Mid-summer, Late Summer, Early Fall, Mid-fall
	Lycopersicon esculentum / Tomato	11	1 gal.	Pot	Yes	Medium	Solanaceae	White	Clay, Silty, Sandy, Organic, Salty	18 - 6ft. ht.	1 - 6ft. w.	Late Spring, Early Summer, Mid-summer, Late Summer
	Melissa officinalis / Lemon Balm	1	1 gal.	Pot	Yes	Medium	Lamiaceae	Purple	Silty, Loamy, Organic	18 - 36in. ht.	1 - 3ft. w.	Mid-summer, Late Summer
	Mentha spicata / Spearmint	1	1 gal.	Pot	Yes	Medium	Lamiaceae	Pink	Clay, Silty, Sandy, Loamy, Salty, Neutral, Well-drained, Moist	18 - 36in. ht.	1 - 3ft. w.	Late Summer
	Monarda didyma 'Dark Ponticum' / Dwarf Purple Beebalm	1	1 gal.	Pot	Yes	Medium	Lamiaceae	Purple	Clay, Loamy, Acidic, Neutral, Well-drained	18 - 36in. ht.	1 - 3ft. w.	Early Summer, Mid-summer, Late Summer
	Monardella villosa / Coyote Mint	6	1 gal.	Pot	No	Low	Lamiaceae	Purple	Clay, Silty, Sandy, Well-drained, Dry	6 - 18in. ht.	1 - 3ft. w.	Early Summer, Mid-summer, Late Summer
	Muhlenbergia rigens / Deer Grass	7	5 gal.	Pot	No	Low	Poaceae	Tan	Rocky, Clay, Silty, Sandy, Organic, Salty, Alkaline, Well-drained	3 - 6ft. ht.	3 - 6ft. w.	Late Summer
	Passiflora edulis 'Frederick' / Frederick Passion Fruit	1	5 gal.	Pot	Yes	Low	Passifloraceae	White	Clay, Silty, Sandy, Loamy, Alkaline	< 15ft. ht.	15 - 25ft. w.	Early Summer, Mid-summer, Late Summer, Early Fall
	Phlomis fruticosa 'Compact Form' / Jerusalem Sage	5	1 gal.	Pot	Yes	Low	Lamiaceae	Yellow	Clay, Silty, Sandy	18 - 36in. ht.	1 - 3ft. w.	Mid-spring, Late Spring, Early Summer, Mid-summer, Late Summer
	Ribes viburnifolium / Evergreen Currant	5	1 gal.	Pot	No	Low	Grossulariaceae	Red	Clay, Silty, Sandy, Well-drained	18 - 36in. ht.	3 - 6ft. w.	Late Winter, Early Spring, Mid-spring
	Salvia apiana / White Sage	1	5 gal.	Pot	No	Low	Lamiaceae	White	Rocky, Clay, Silty, Sandy	3 - 6ft. ht.	3 - 6ft. w.	Early Summer, Mid-summer
	Salvia spathacea 'Las Pilitas' / Las Pilitas Hummingbird Sage	17	1 gal.	Pot	No	Low	Lamiaceae	Pink	Clay, Silty, Loamy, Well-drained	6 - 18in. ht.	1 - 6ft. w.	Early Spring, Mid-spring, Late Spring
	Salvia x 'Celestial Blue' / Celestial Blue Sage	4	5 gal.	Pot	No	Low	Lamiaceae	Purple	Rocky, Silty, Sandy, Well-drained	3 - 6ft. ht.	3 - 6ft. w.	Early Spring, Early Spring, Mid-spring, Mid-spring, Late Spring, Late Spring, Early Summer, Early Summer
	Senecio candicans 'Senaw' / Angel Wings® Senecio	3	1 gal.	Pot	Yes	Medium	Asteraceae	Yellow	Sandy, Loamy, Well-drained	6 - 18in. ht.	1 - 3ft. w.	Late Spring, Early Summer
	Teucrium chamaedrys 'Nanum' / Creeping Germander	4	1 gal.	Pot	No	Low	Lamiaceae	Purple	Rocky, Sandy, Well-drained, Dry	6 - 18in. ht.	1 - 3ft. w.	Mid-summer
	Vigna radiata / Mung Bean	13	1 gal.	Pot	Yes	Medium	Fabaceae	White	Silty, Loamy, Organic	18 - 36in. ht.	1 - 3ft. w.	Mid-summer

SYMBOL	BOTANICAL / COMMON NAME	QTY	SIZE	CONT AINER	SUMMER WATER	WUCOLS	FAMILY	COLOR	SPCE	SOIL TOLERANCES	MATURE HEIGHT	MATURE WIDTH	SEASON OF BLOOM
	Carex tumulicola / Foothill Sedge	44	flat	Low	No	Low	Cyperaceae	Tan	24" o.c.	Well-drained, Moist	6 - 18in. ht.	1 - 3ft. w.	Mid-spring, Late Spring
	Ophiopogon japonicus 'Nanus' / Dwarf Mondo Grass	23	flat	Plug	Yes	Medium	Asparagaceae	Inconspicuous	8" o.c.	Clay, Silty, Sandy, Loamy, Salty, Well-drained, Moist	< 6in. ht.	< 1ft. w.	Early Summer, Mid-summer, Late Summer
	Sisters Seed Mix / Hello Yarrow	1,030 sf 0.43 lbs	seed							Silty, Sandy, Loamy, Acidic, Well-drained, Moist			

IRRIGATION RECOMMENDATIONS

Water plants with high efficiency MP Rotators adequately spaced for head to head coverage. Use 3' Schedule 80 PVC Pipe with Shrub Adapter to broadcast water over larger shrubs. Use 12" pressure regulated pop ups for areas close to walkways or where shrub risers are aesthetically displeasing. For trees, place on a separate valve and install a drip ring system; as the tree grows, enlarge the system while removing tubing adjacent to the trunk. For areas too small for sprinklers on shrub risers, use a drip grid on a separate valve with emitters spaced every foot and laterals every foot. Drip emission rate should be .4 GPH.

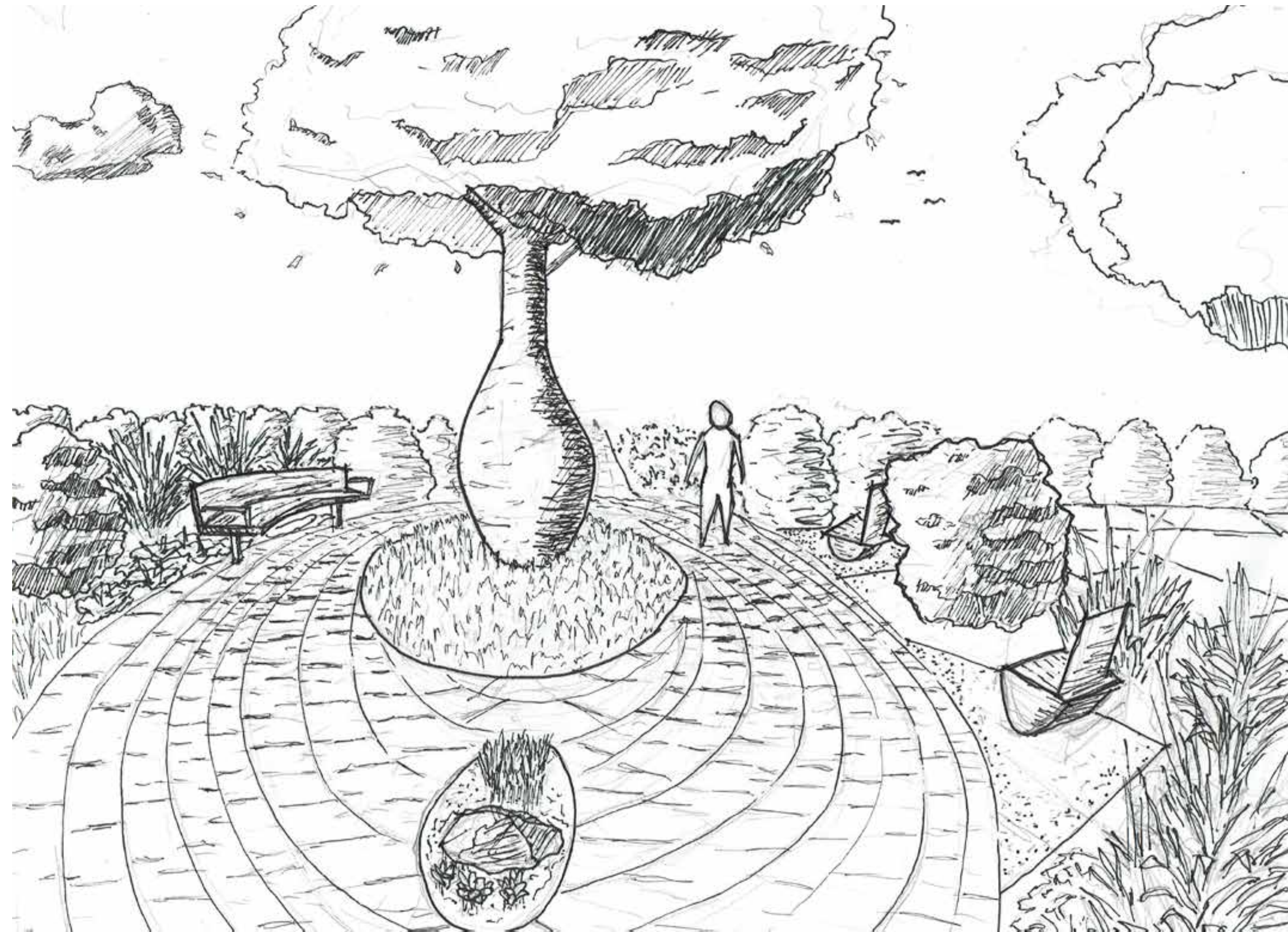
A few days before planting, run the irrigation system and soak the ground until water reaches 4-8" below grade. Plant, then apply 1" of water. Ensure cycle soak is enabled on WBIC. Wait one week, gauging plant response and water again, checking soil moisture. Continue in this way, gauging plant health and soil moisture levels, for one month. If it rains, subtract the precipitation from the weekly application of 1" and water the difference; if it rains more than 1", you do not have to rain.

At one month, gauge plant health and soil moisture content and begin tapering off to every other week until you are watering approximately once to twice a month based on soil conditions.

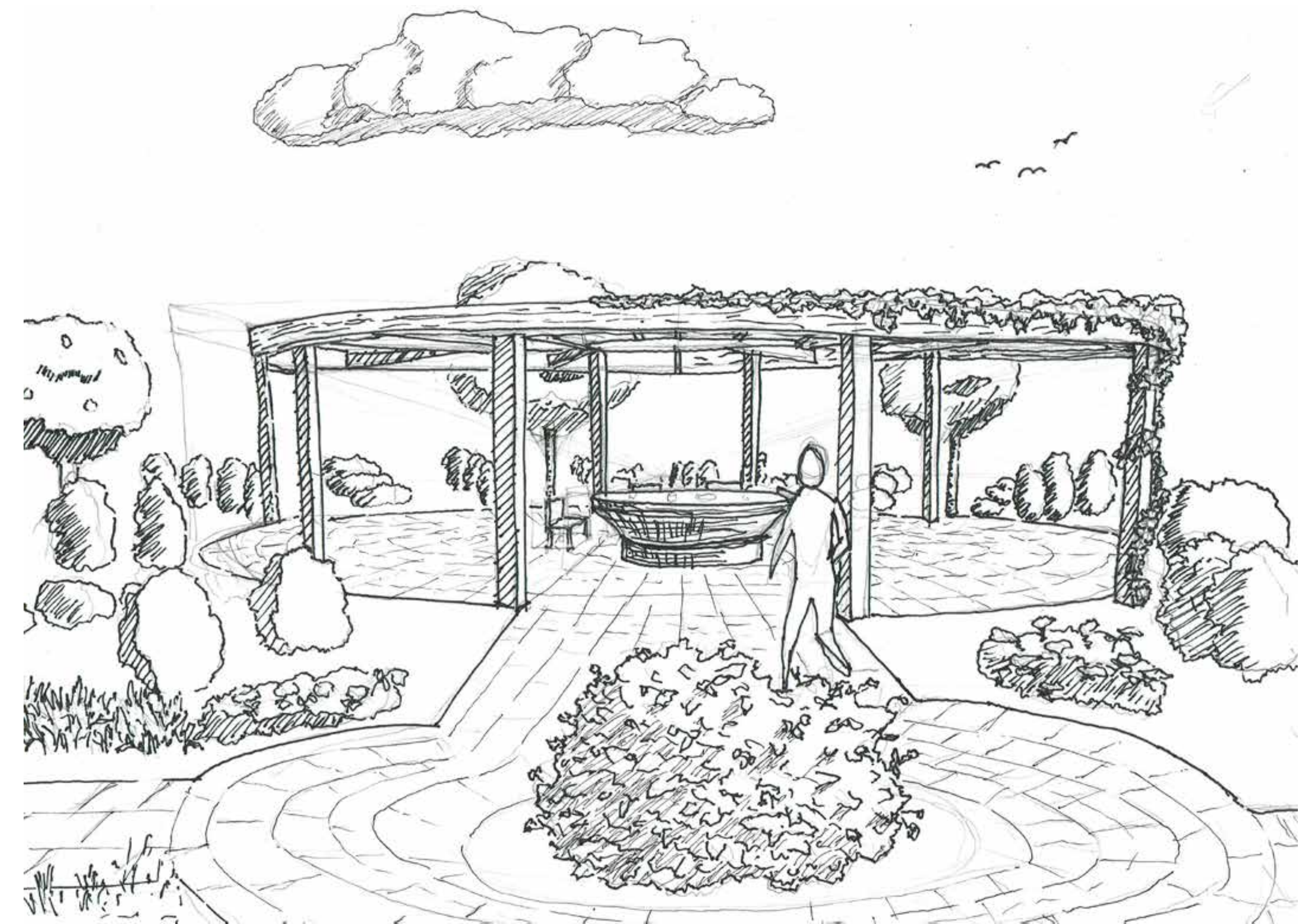
Continue in this way until the plants have doubled to tripled in size or until they reach at least one year, at which point you may taper water back to once a month, applying water deeply but infrequently on the coolest day of the months, ending the irrigation cycle in the morning. Once established, water 1" once a month on the coolest day possible, gauging plant health.

In a drought, during the winter months of November through March, apply 1" of water twice a month regardless of garden age; Mediterranean plants need moisture during winter. Without it they become drought stressed.

PERSPECTIVES



PERSPECTIVE ONE Facing northeast in the Mindfulness Garden

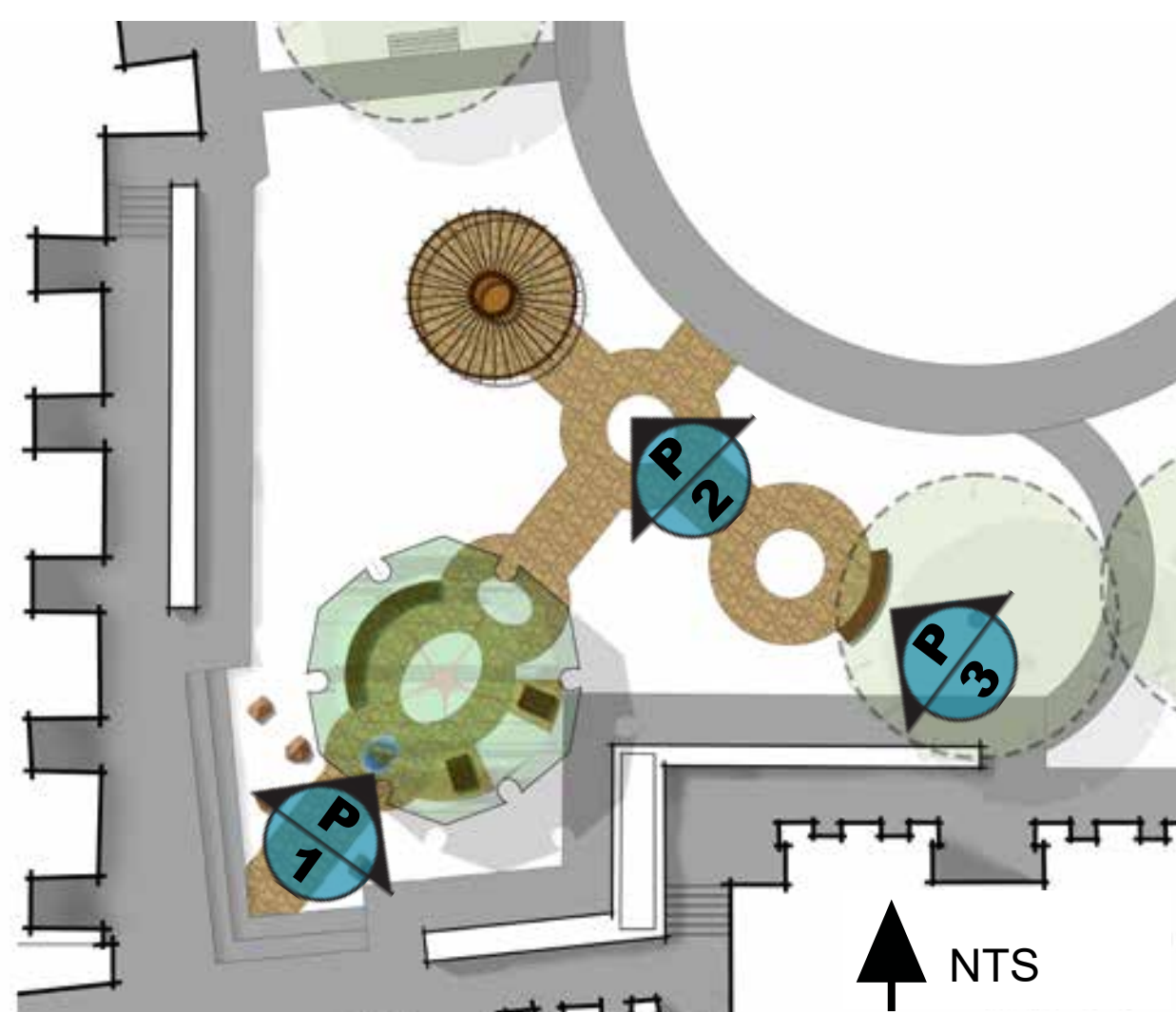


PERSPECTIVE TWO Facing northwest towards the Nourishing Garden



PERSPECTIVE THREE Facing northwest in the Memory Garden

KEY MAP



PLANT PHOTOS BY PALETTE

NOURISHING GARDEN



Lisbon Lemon
Citrus x limon 'Lisbon'



Cara Cara Orange
Citrus sinensis 'Cara Cara'



Izu Persimmon
Diospyros kaki 'Izu'



'Paprika' Yarrow
Achillea millefolium 'Paprika'



Purple Three Awn
Aristida purpurea



Gochugaru Pepper
Capsicum annuum 'Hong Gochu'



'Elizabeth' Bush Anemone
Carpenteria californica 'Elizabeth'



Sweet Million Cherry Tomatoes
Lycopersicon esculentum 'Sweet Million'



'Frederick' Passion Fruit
Passiflora edulis 'Frederick'



'Celestial Blue' Sage
Salvia x 'Celestial Blue'



Mung Beans
Vigna radiata

MINDFULNESS GARDEN



Queensland Bottle Tree
Brachychiton rupestris



'Paprika' Yarrow
Achillea millefolium 'Paprika'



'Sonoma Coast' Yarrow
Achillea millefolium 'Sonoma Coast'



Common Yarrow
Achillea millefolium



Yerba Mansa
Anemopsis californica



Purple Three Awn
Aristida purpurea



'David's Choice' Sagewort
Artemisia pycnocephala 'David's Choice'



'Elizabeth' Bush Anemone
Carpenteria californica 'Elizabeth'



'Eve Case' Coffeeberry
Frangula californica 'Eve Case'



California Gray Rush
Juncus patens



Lemon Balm
Melissa officinalis



Spear-mint
Mentha spicata



Dwarf Purple Beebalm
Monarda didyma 'Dark Ponticum'



Deer Grass
Muhlenbergia rigens



'Angel Wings' Senecio
Senecio candicans 'Angel Wings'



Foothill Sedge
Carex tumulicola



Dwarf Mondo Grass
Ophiopogon japonicus 'Nanus'

MEMORY GARDEN



Palmer's Mallow
Abutilon palmeri



'Sonoma Coast' Yarrow
Achillea millefolium 'Sonoma Coast'



Yerba Buena
Clinopodium douglasii



Canyon Plume
Fallugia paradoxa



'Eve Case' Coffeeberry
Frangula californica 'Eve Case'



'Canyon Snow' Douglas Iris
Iris douglasiana 'Canyon Snow'



Fragrant Pitcher Sage
Lepechinia fragrans



Coyote Mint
Monardella villosa



Dwarf Jerusalem Sage
Phlomis fruticosa 'Compact Form'



Evergreen Currant
Ribes viburnifolium



White Sage
Salvia apiana



Hummingbird Sage
Salvia apiana



'Celestial Blue' Sage
Salvia x 'Celestial Blue'



'Nanum' 'Creeping Germander'
Teucrium chamaedrys 'Nanum'

MAINTENANCE BY PALETTE

NOURISHING GARDEN

Remove any suckers below graft bud/union. Remove downward growing branches and crossing branches for good structure and to open center of tree to light for more fruit production. Remove dead wood at any time. Prune right before bloom or after the spring crop of fruit sets.

Avoid high nitrogen fertilizer, build good soil instead.

Lisbon Lemon
Citrus x limon 'Lisbon'

Remove any suckers below graft bud/union. Remove downward growing branches and crossing branches for good structure and to open center of tree to light for more fruit production. Remove dead wood at any time. Prune right before bloom or after the spring crop of fruit sets.

Avoid high nitrogen fertilizers, build good soil instead.

Citrus sinensis 'Cara Cara'

Wood is spindly and brittle; develop strong scaffold branches with wide angles (90 degrees) early in life to encourage strong attachment points. In winter, prune for good structure, including branches touching the ground. Thin plan to so branches are evenly spaced vertically as well as radially around the trunk. Head back any branches too tall to an outward facing bud.

Izu Persimmon
Diospyros kaki 'Izu'

Yarrow does well in a variety of conditions but tends to look best when it's refreshed once a year with a cut back in late winter before it pushes new growth for Spring. Dead head spent flowers by pruning flower stalk all the way back to the point where it joins the base of the plant. For a walkable surface, mow to 4" or so, though this reduces drought tolerance.

'Paprika' Yarrow
Achillea millefolium 'Paprika'

Can look tired in late fall as temperatures begin to cool; prune back hard for new fresh growth and to prevent a thick thatch layer from developing. Alternatively, groom plant with steel rake throughout the year to remove spent stalks. Will self seed, can be easily pulled up when young. If awns are a concern, prune back plant in late spring before seeds brown and set.

Purple Three Awn
Aristida purpurea

Start seeds indoors in February then transplant out in April (or earlier depending on climate change). Stake plants if necessary as they can fall due to profuse fruiting. Cover roots with mulch as they are shallow rooted. Pinch early blooms so plant focuses on growing larger and producing more fruit later. Amend with compost yearly. Rotate with carrots every four years. Shield from the hottest summer heats with shade cloth or nearby shade plants. Side dress with fish fertilizer once fruit production starts.

Gochugaru Pepper
Capsicum annuum 'Hong Gochu'

Densify plant by pinching/ tip pruning after it finishes its bloom in spring. Prune in late winter for size. Spent flowers can be considered unattractive, prune them off if so desired.

'Elizabeth' Bush Anemone
Carpenteria californica 'Elizabeth'

Indeterminate tomato, will continue to produce fruit until weather or disease kills it. Resistant to leaf spot, fusarium and mosaic virus. Rotate crops as described above to reduce disease pressure from a bed growing the same plant for too long. Amend soil annually with compost, side dress with bone meal and fish emulsion when flowers begin to set.

Sweet Million Cherry Tomatoes
Lycopersicon esculentum 'Sweet Million'

Train onto pergola and secure using gardeners tape. A single vine should be able to cover the Pergola over time. Provide consistent moisture and fertilize with a balanced organic fertilzier like fish fertilizer until plant is mature, then taper off fertilizer during the growing season as high nitrogen levels favor foliar growth instead of flower and fruit growth.

'Frederick' Passion Fruit
Passiflora edulis 'Frederick'

Prune out spent seed stalks in the late fall. Reduce by 1/3rd in late fall to early winter.

Maintain trimmings on site for birds and to create a healthy mulch layer.

'Celestial Blue' Sage
Salvia x 'Celestial Blue'

Mung beans fix nitrogen so if fertilization is required, use a low nitrogen one to avoid stimulating a flush of foliar growth with minimal flowering. Use in crop rotation after heavy feeders like the tomatoesto add nutrients back to the soil and create a cover crop.

Mung Beans
Vigna radiata

MINDFULNESS GARDEN

Ensure flare is not buried during installation. Upon installation, subduct all competing leaders (after ensuring proper nursery stock that conforms to ANSI A300 Nursery standards is purchased). Continue structurally pruning tree over time to encourage a single dominant leader. Maintain mulch under plant. Consult with a licensed arborist for long term care and pruning.

Queensland Bottle Tree
Brachychiton rupestris

Yarrow does well in a variety of conditions but tends to look best when it's refreshed once a year with a cut back in late winter before it pushes new growth for Spring. Dead head spent flowers by pruning flower stalk all the way back to the point where it joins the base of the plant. For a walkable surface, mow to 4" or so, though this reduces drought tolerance.

'Paprika' Yarrow
Achillea millefolium 'Paprika'

Yarrow does well in a variety of conditions but tends to look best when it's refreshed once a year with a cut back in late winter before it pushes new growth for Spring. Dead head spent flowers by pruning flower stalk all the way back to the point where it joins the base of the plant. For a walkable surface, mow to 4" or so, though this reduces drought tolerance.

'Sonoma Coast' Yarrow
Achillea millefolium 'Sonoma Coast'

Yarrow does well in a variety of conditions but tends to look best when it's refreshed once a year with a cut back in late winter before it pushes new growth for Spring. Dead head spent flowers by pruning flower stalk all the way back to the point where it joins the base of the plant. For a walkable surface, mow to 4" or so, though this reduces drought tolerance.

Common Yarrow
Achillea millefolium

Will runner and spread throughout any area where there is sufficient moisture; cut off runners as necessary to control its spread. Will go completely dormant in summer and into winter; cut back if this is bothersome.

Yerba Mansa
Anemopsis californica

Can look tired in late fall as temperatures begin to cool; prune back hard for new fresh growth and to prevent a thick thatch layer from developing. Alternatively, groom plant with steel rake throughout the year to remove spent stalks. Will self seed, can be easily pulled up when young. If awns are a concern, prune back plant in late spring before seeds brown and set.

Purple Three Awn
Aristida purpurea

Prune in late winter before new growth; cut back into any part that still has leaves or buds; do not cut back more than 1/2 to 1/3rd of the entire plant mass.

Maintain trimmings on site for birds and to create a healthy mulch layer.

Remove spent flower stalks to base as necessary.

'David's Choice' Sagewort
Artemisia pycnocephala 'David's Choice'

Densify plant by pinching/ tip pruning after it finishes its bloom in spring. Prune in late winter for size. Spent flowers can be considered unattractive, prune them off if so desired.

'Elizabeth' Bush Anemone
Carpenteria californica 'Elizabeth'

For size control head back or remove to an existing lateral at least 1/3rd the size of the replacement leader in late Spring. Indiscriminate heading cuts will result in tip die back and plant decline. Favor removal cuts as much as possible, otherwise very tolerant of pruning throughout much of the year. Can be lightly pruned in fall, but Spring is the best time for pruning.

'Eve Case' Coffeeberry
Frangula californica 'Eve Case'

When plant needs to be refreshed, cut all the way to the ground in Winter so Spring growth is all fresh and all dead material is removed. Apply water after cutting back. Apply half strength fish fertilizer if you want plant to bounce back even faster.

California Gray Rush
Juncus patens

Pinch plant regularly, or tip prune, to encourage dense, vigorous form. Deadhead as plant can self seed vigorously in a garden bed. After blooming, trim plant 1/2 to 1/3rd to densify plant and promote fresh growth for more tea.

Lemon Balm
Melissa officinalis

Harvest mint by pruning back 1/3rd of a stem to a node rather than simply removing leaves. Plant with a root barrier to prevent it from taking over the entire bed. Lightly fertilize in spring. Cut back in winter. Remove flowers continuously to increase mint flavor intensity. If plant becomes leggy in the middle of the season, prune down 1/2 to 1/3rd. Keep soil consistently moist.

Spearmint
Mentha spicata

Divide plant every two to three years to refresh plant and prevent overcrowding. Plant with root barrier to prevent it from taking over bed. Deadhead continuously. As plant reaches 1' tall, pinch to densify plant. Harvest in the same way as mint. Cut back hard and remove overly woody growth in the winter, keeping basal leaves.

Dwarf Purple Beebalm
Monarda didyma 'Dark Ponticum'

Cut back in early Spring to 6-9" to rejuvenate plant. Leaf blades make excellent mulch, keep on site as much as possible. Can be groomed with a steel rake to remove spent leaves as required. Remove bent or broken seed heads for aesthetics as necessary.

Deer Grass
Muhlenbergia rigens

Remove any dead, diseased or deranged (e.g. branches growing downwards or overly leggy branches) as necessary to maintain aesthetics. If leggy, cut back to a lower node. Allow plant to dry between deep waterings.

'Angel Wings' Senecio
Senecio candicans 'Angel Wings'

Deadhead in summer as necessary for aesthetics. Cut back hard when it begins to look untidy, as often as once a year, at least once every three years to prevent a thick thatch layer. Cut back in late fall or early winter.

Foothill Sedge
Carex tumulicola

Can be divided every three to four years to refresh the patch and densify it. Pruning in generally not needed but can be groomed or trimmed to remove dead blades as necessary in the late winter.

Dwarf Mondo Grass
Ophiopogon japonicus 'Nanus'

MEMORY GARDEN

Prune off or deadhead spent flower stalks as necessary. In early to mid spring lightly reduce plant for size control as it can grow big quite fast. Prune in late fall, skirting plant up slightly to increase airflow into interior as plant is vulnerable to armored scale. If hit by scale, treat with horticultural oil or soap.

Palmer's Mallow
Abutilon palmeri

Yarrow does well in a variety of conditions but tends to look best when it's refreshed once a year with a cut back in late winter before it pushes new growth for Spring. Dead head spent flowers by pruning flower stalk all the way back to the point where it joins the base of the plant. For a walkable surface, mow to 4" or so, though this reduces drought tolerance.

'Sonoma Coast' Yarrow
Achillea millefolium 'Sonoma Coast'

Cut back in fall by no more than 50% to reinvigorate plan, particularly if it is leggy or has lost its leaves. Otherwise, very low maintenance.

Yerba Buena
Clinopodium douglasii

Very low maintenance. Remove dead, diseased or plant material intruding into pathways as needed using best practices. Can be renewed by removing old, woody branches with removal cuts all the way back to the base in the winter. Do not remove more than 1/3rd plant biomass.

Canyon Plume
Fallugia paradoxa

For size control head back or remove to an existing lateral at least 1/3rd the size of the replacement leader in late Spring. Indiscriminate heading cuts will result in tip die back and plant decline. Favor removal cuts as much as possible, otherwise very tolerant of pruning throughout much of the year. Can be lightly pruned in fall, but Spring is the best time for pruning.

'Eve Case' Coffeeberry
Frangula californica 'Eve Case'

Minimal pruning is required, though removal of dried seedheads will improve visual aesthetics of plant if you aren't trying to propagate plant via seeds. Can be divided in winter and planted out to decrease the time it takes for plant to form a colony, otherwise, very low maintenance. For dead or dried out leaves, prune to the ground to prevent unsightly stubs.

'Canyon Snow' Douglas Iris
Iris douglasiana 'Canyon Snow'

Tip prune plants when young to promote dense, vigorous growth. Head back leaders that are overtaking their bretheren to maintain good form. Can be moderately pruned back hard in late winter or early spring for dense form, do not cut back too hard into old wood or past any nodes or may not back bud.

Fragrant Pitcher Sage
Lepechinia fragrans

Lightly prune plant for denser, tighter appearance. Prune in late fall, removing roughly 1/3rd the plant material. Dead head as desired tfor a second flush of flowers.

Coyote Mint
Monardella villosa

Deadhead throughout the season to densify plant as well as encourage a second flush of flowers unless the spent flowers are considered aesthetically pleasing to the client. In winter, clean plant up removing dead and damaged branches.

Dwarf Jerusalem Sage
Phlomis fruticosa 'Compact Form'

Ensure plant is properly sited in shade as direct sunlight will scorch the foliage. For a flatter groundcover, prune off tall central stems and stake down low stems using irrigation stakes. Stems will root in place, forming a denser groundcover more rapidly. Prune in late winter or early spring after plant has flowered.

Evergreen Currant
Ribes viburnifolium

Prune out spent seed stalks in the late fall; keep cuttings on ground so birds can eat them. Cut back by 1/3rd in fall. Can be cut back hard into old wood. When heading back, avoid crushing the hollow stalks as that can damage the node and prevent healing; rather, use a pruning saw for larger cuts. Avoid using anvil pruners.

Hummingbird Sage
Salvia apiana

Prune out spent seed stalks in the late fall. Reduce by 1/3rd in late fall to early winter.

'Celestial Blue' Sage
Salvia x 'Celestial Blue'

Prune annually in late winter to ensure tight dense shape; remove spent flowers to extend bloom season.

'Nanum 'Creeping Germander
Teucrium chamaedrys 'Nanum'

PLANT MATERIAL BY BOTANICAL NAME



Palmer's Mallow
Latin Name
Abutilon palmeri
Plant Family
Malvaceae
Mature Size
3-6'x3-6' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Well drained
Bloom Color
White
Bloom Season
Most of the Year



Paprika Yarrow
Latin Name
Achillea millefolium 'Paprika'
Plant Family
Asteraceae
Mature Size
1-3'x1-3' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Well drained
Bloom Color
Red
Bloom Season
Early Summer to Fall



Sonoma Coast Yarrow
Latin Name
Achillea millefolium 'Sonoma Coast'
Plant Family
Asteraceae
Mature Size
1-3'x1-3' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Well drained
Bloom Color
White
Bloom Season
Early Summer to Fall



Common Yarrow
Latin Name
Achillea millefolium 'Paprika'
Plant Family
Asteraceae
Mature Size
1-3'x1-3' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Well drained
Bloom Color
White
Bloom Season
Early Summer to Fall



Yerba Mansa
Latin Name
Anemopsis californica
Plant Family
Saururaceae
Mature Size
1-3'x1-3' (HxW)
Irrigation
Medium (WUCOLS 3)
Summer Water
Summer Water
Soil
Adaptable
Bloom Color
White
Bloom Season
Mid Spring to Early Summer



Purple Three Awn
Latin Name
Aristida purpurea
Plant Family
Poaceae
Mature Size
1-3'x1-3' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Adaptable
Bloom Color
Tan
Bloom Season
Late Spring-Early Summer



Davids Choice Sagewort
Latin Name
Artemisia pycnocephela 'David's Choice'
Plant Family
Asteraceae
Mature Size
1-3'x1-3' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Well Drained
Bloom Color
Inconspicuous
Bloom Season
Late Spring-Summer



Queensland Bottle Tree
Latin Name
Brachychiton rupestris
Plant Family
Malvaceae
Mature Size
25-40'x25-40' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
Water in Summer
Soil
Well drained
Bloom Color
White
Bloom Season
Spring



Napa Cabbage 'Blues'
Latin Name
Brassica rapa ssp. pekinensis 'Blues'
Plant Family
Brassicaceae
Mature Size
1.5x2' (HxW)
Irrigation
High
Summer Water
Water in Summer
Soil
Well drained, fertile
Bloom Color
Yellow
Bloom Season
May-July
Harvest Window
Harvest 60-70 if transplanting, 70-90 if from seed; harvest when heads are firm to a squeeze. If head splits, harvest quickly to prevent disease and pests



Gochugaru Pepper
Latin Name
Capsicum annuum 'Hong Gochu'
Plant Family
Solanaceae
Mature Size
3-4'x2-3' (HxW)
Irrigation
High
Summer Water
Water in Summer
Soil
Well drained, fertile
Bloom Color
White
Bloom Season
May-Jun
Harvest Window
Harvest typically around August or September (70-100 Days); use scissors or shears to detach peppers as pulling them can damage the plant



Foothill Sedge
Latin Name
Carex tumulicola
Plant Family
Cyperaceae
Mature Size
.5-3'x1-3' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Well Drained
Bloom Color
Tan
Bloom Season
Mid Spring



Elizabeth Bush Anemone
Latin Name
Carpenteria californica 'Elizabeth'
Plant Family
Rosaceae
Mature Size
3-6'x3-6' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Well Drained
Bloom Color
White
Bloom Season
Late Spring



Yuzu Ichandrin
Latin Name
Citrus junos
Plant Family
Rutaceae
Mature Size
10-15'x6-10' (HxW)
Irrigation
Moderate (WUCOLS 3)
Summer Water
Water in Summer
Soil
Well drained, fertile
Bloom Color
White
Bloom Season
Apr-May
Form
Dwarf
Chill
N/A
Pollination
Self-fertile
Harvest Window
Late October-January



Cara Cara Orange
Latin Name
Citrus sinensis 'Cara Cara'
Plant Family
Rutaceae
Mature Size
10-15'x10-15' (HxW)
Irrigation
Moderate (WUCOLS 3)
Summer Water
Water in Summer
Soil
Well drained, fertile
Bloom Color
White
Bloom Season
Dec-May
Form
Dwarf
Chill
N/A
Pollination
Self-fertile
Harvest Window
Late February-March



Lisbon Lemon
Latin Name
Citrus x limon 'Lisbon'
Plant Family
Rutaceae
Mature Size
6-8'x6-8' (HxW)
Irrigation
Moderate (WUCOLS 3)
Summer Water
Water in Summer
Soil
Well drained, fertile
Bloom Color
White
Bloom Season
Feb-Apr
Form
Dwarf
Chill
N/A
Pollination
Self-fertile
Harvest Window
Late November-April



Yerba Buena
Latin Name
Clinopodium douglasii
Plant Family
Lamiaceae
Mature Size
1.5'x3-6' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Well drained
Bloom Color
White
Bloom Season
Late Spring



'Kyoto Red' Carrot
Latin Name
Daucus carota ssp sativus var sativus 'Kyoto Red'
Plant Family
Apiaceae
Mature Size
1-3'x1-2' (HxW)
Irrigation
High
Summer Water
Water in Summer
Soil
Well drained, fertile
Bloom Color
White
Bloom Season
May-Jul
Harvest Window
Carrots are a cool season crop, plant as long as soil temperatures are above 40 degrees; plant in either fall or early spring. Summer heat tends to turn carrots bitter



Canyon Plume
Latin Name
Fallugia paradoxa
Plant Family
Rosaceae
Mature Size
3-6'x3-6' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Well drained
Bloom Color
White
Bloom Season
Late Spring-Early Fall



'Eve Case' Coffeeberry
Latin Name
Frangula californica 'Eve Case'
Plant Family
Rhamnaceae
Mature Size
6'x6' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Adaptable
Bloom Color
White
Bloom Season
Early-Late Summer



Canyon Snow Iris
Latin Name
Iris douglasiana 'Canyon Snow'
Plant Family
Iridaceae
Mature Size
1.5'x3' (HxW)
Irrigation
Low (WUCOLS 3)
Summer Water
No Summer Water
Soil
Adaptable
Bloom Color
White
Bloom Season
Early-Late Spring

PLANT MATERIAL BY BOTANICAL NAME



San Diego Poverty Weed
Latin Name
Iva hayesiana

Plant Family
Asteraceae

Mature Size
1.5-3'x6-10" (HxW)

Irrigation
Low (WUCOLS 3)

Summer Water
No Summer Water

Soil
Adaptable

Bloom Color
White

Bloom Season
Early-Late Spring



Common Rush
Latin Name
Juncus patens

Plant Family
Juncaceae

Mature Size
1.5-3'x1-3" (HxW)

Irrigation
Medium (WUCOLS 3)

Summer Water
Summer Water

Soil
Adaptable

Bloom Color
Brown

Bloom Season
Late Spring



Island Pitchersage
Latin Name
Lepechinia fragrans

Plant Family
Lamiaceae

Mature Size
3'-6'x3-6" (HxW)

Irrigation
Low (WUCOLS 3)

Summer Water
No Summer Water

Soil
Well Drained

Bloom Color
Purple

Bloom Season
Early Spring-Late Summer



Sweet Million Cherry Tomatoes
Latin Name
Lycopersicon esculentum
'Sweet Million'
Plant Family
Lamiaceae

Mature Size
3-5'x3' (HxW)

Irrigation
High

Summer Water
Water in Summer

Soil
Well drained, fertile

Bloom Color
Yellow

Bloom Season
Apr-May

Harvest Window
Harvest Cherries continuously as they ripen in May and June. Periods of high heat will decrease production; a second crop will happen in Fall. In winter, expect plant to die back; remove to prevent diseases like PM in the garden.



Lemon Balm
Latin Name
Melissa officinalis

Plant Family
Lamiaceae

Mature Size
1.5-3'x1-3" (HxW)

Irrigation
Medium (WUCOLS 3)

Summer Water
Summer Water

Soil
Organic

Bloom Color
White

Bloom Season
Mid-Summer



Spearmint
Latin Name
Mentha spicata

Plant Family
Lamiaceae

Mature Size
1-3'x1-3" (HxW)

Irrigation
Medium (WUCOLS 3)

Summer Water
Summer Water

Soil
Well drained

Bloom Color
White

Bloom Season
Late Summer



Dwarf Purple Beebalm
Latin Name
Monarda didyma **'Dark Ponticum'**

Plant Family
Lamiaceae

Mature Size
1-3'x1-3" (HxW)

Irrigation
Medium (WUCOLS 3)

Summer Water
Summer Water

Soil
Well drained

Bloom Color
Purple

Bloom Season
Early-Late Summer



Coyote Mint
Latin Name
Monardella villosa

Plant Family
Lamiaceae

Mature Size
1-3'x1-3" (HxW)

Irrigation
Low (WUCOLS 3)

Summer Water
No Summer Water

Soil
Adaptable

Bloom Color
Purple

Bloom Season
Early-Late Summer



Deer Grass
Latin Name
Muhlenbergia rigens

Plant Family
Poaceae

Mature Size
3'-6'x3-6" (HxW)

Irrigation
Low (WUCOLS 3)

Summer Water
No Summer Water

Soil
Adaptable

Bloom Color
Tan

Bloom Season
Late Summer



Dwarf Mondo Grass
Latin Name
Ophiopogon japonicus **'Nanus'**

Plant Family
Poaceae

Mature Size
.5'x1" (HxW)

Irrigation
Medium (WUCOLS 3)

Summer Water
Summer Water

Soil
Adaptable

Bloom Color
Inconspicuous

Bloom Season
Summer



'Frederick' Passionfruit
Latin Name
Passiflora edulis **'Frederick'**

Plant Family
Passifloraceae

Mature Size
<15'x15-25" (HxW)

Irrigation
Low (WUCOLS 3)

Summer Water
Summer Water

Soil
Adaptable

Bloom Color
White

Bloom Season
Early Summer



'Compact Form' Jerusalem Sage
Latin Name
Phlomis fruticosa **'Compact Form'**

Plant Family
Lamiaceae

Mature Size
3'x3 (HxW)

Irrigation
Low (WUCOLS 3)

Summer Water
No Summer Water

Soil
Adaptable

Bloom Color
Yellow

Bloom Season
Mid-Spring-Summer



Evergreen Currant
Latin Name
Ribes viburnifolium

Plant Family
Grossulariaceae

Mature Size
3'x3-6' (HxW)

Irrigation
Low (WUCOLS 3)

Summer Water
No Water in Summer

Soil
Well drained

Bloom Color
Red

Bloom Season
Early Spring



White Sage
Latin Name
Salvia apiana

Plant Family
Lamiaceae

Mature Size
3-5'x4-6" (HxW)

Irrigation
Very Low (WUCOLS 3)

Summer Water
Reduce Summer Water

Soil
Well drained preferred

Bloom Color
White

Bloom Season
April-August



Hummingbird Sage
Latin Name
Salvia spathacea **'Las Pilitas'**

Plant Family
Lamiaceae

Mature Size
3-5'x4-6" (HxW)

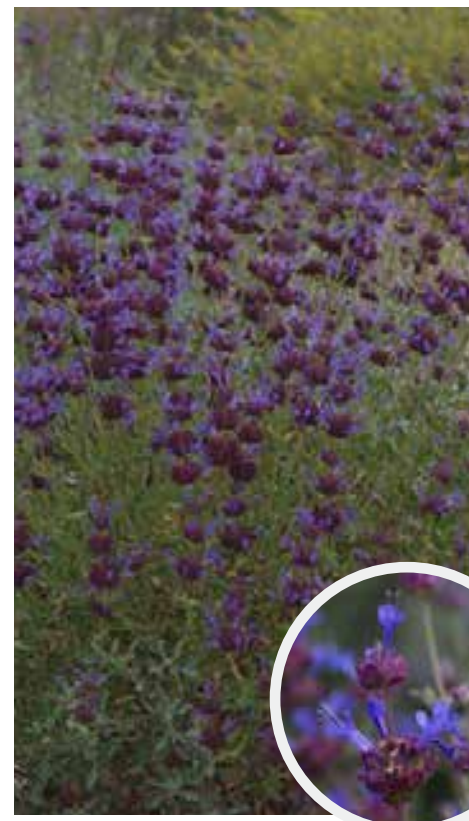
Irrigation
Very Low (WUCOLS 3)

Summer Water
Reduce Summer Water

Soil
Well drained preferred

Bloom Color
White

Bloom Season
April-August



Celestial Blue Sage
Latin Name
Salvia **'Celestial Blue'**

Plant Family
Lamiaceae

Mature Size
4-5'x4-5" (HxW)

Irrigation
Low (WUCOLS 3)

Summer Water
Reduce Summer Water

Soil
Well drained preferred

Bloom Color
Lavendar

Bloom Season
April-July



Angel Wings Senecio
Latin Name
Senecio Candicans **'Senaw'**

Plant Family
Asteraceae

Mature Size
'1.5'x1-3" (HxW)

Irrigation
Medium (WUCOLS 3)

Summer Water
Summer Water

Soil
Well Drained

Bloom Color
Yellow

Bloom Season
Late Spring



Creeping Germander
Latin Name
Teucrium chamaedrys **'Naunum'**

Plant Family
Lamiaceae

Mature Size
1.5-3'x1-3" (HxW)

Irrigation
Low (WUCOLS 3)

Summer Water
No Summer Water

Soil
Well Drained

Bloom Color
Purple

Bloom Season
Mid-Summer



Mung Beans
Latin Name
Vigna radiata

Plant Family
Fabaceae

Mature Size
1-3'x1-3" (HxW)

Irrigation
Medium (WUCOLS 3)

Summer Water
Summer Water

Soil
Organic

Bloom Color
Yellow

Bloom Season
Mid Summer

THANK YOU!!!

