

Therapeutic Horticulture

What is Horticulture

"Horticulture is the science and art of producing, improving, marketing, and using fruits, vegetables, flowers, and ornamental plants. It differs from botany and other plant sciences in that horticulture incorporates both science and aesthetics." (American Society for Horticulture Science, N.D.)



Therapeutic Horticulture: The general use of plants to promote health

Horticulture therapy: The specialized, structured, goal-oriented use of plants by a therapist

How Plants Promote Mental Health

However you use therapeutic horticulture, the benefit largely stems to purpose. For this reason, its not so much *what is wrong* with fake plants, but that the greater benefit comes from all the care that real plants require. From an occupational therapy perspective, its the "doing" that's of value. Below is a list of example ways you could use horticulture therapeutically.



Direct Use: Weeding, watering, inspecting plants, harvesting

Indirect Use: Socializing, eating, tea, soup, reading, learning, writing diaries & meditative journaling, and going to a flower show

Active Use: Sowing, germinating, potting, planting, composing beds, cultivating vegetables, and rooting various cuttings of flowers and herbs.

Passive Use: Walking, sitting near, picking flower/bouquets, watching/listening to birds, insects, butterflies, or weather

Where to Begin

Consider a change of scenery and get some paperwork done at an observatory or Zoo. Take a stop at your local greenhouse and wander the isles and bring a notebook or Camera.



Easy Plants: Air Plants, Succulents, Cactus, Aloe Vera, Snake Plant, & Common Ivy

Great Places: Urban greenhouses, community allotments, water bodies, forest/woodland, countryside/farmland, wilderness

If you want to grow plants, below is a couple of engaging resources to get started!

www.Apartmenttherapy.com/videos

9 Stylish Houseplants (And How To Not Immediately Kill Them)

www.youtube.com/GardenAnswer

Succulent Tips for Beginners // Garden Answer

