

A top-down view of a garden bed. In the upper left, there are several small pots containing different types of green herbs, including what looks like rosemary and succulents. In the center, a small trowel with a wooden handle is filled with dark soil. To the right, there's a wooden crate overflowing with green leafy herbs. In the bottom right corner, a large basil plant is in a pot. A roll of twine is visible on the right side. The background is dark soil.

Healing Gardens: A Brief Introduction to Green Wellness

Dr. Mestisa C. Gass

Program Director

Mental Health America of Hawai'i

QUOTE:

“Once you get in the garden, you realize that almost everything is possible”

Ron Finley

Gardening & Mental Health

- Improves Mood
- Increases self-esteem
- Improves attention span
- Form of exercise
- Can provide social bonds

*Viewing plants reduced stress, fear, anger, and sadness (EEG recordings)

*Viewing plants/trees post-op improved mood, surgical complications, and length of stay



Thompson R. (2018). Gardening for health: a regular dose of gardening. *Clinical medicine* (London, England), 18(3), 201–205. <https://doi.org/10.7861/clinmedicine.18-3-201>

Schattenberg, P. (2022, April 25). The Positive Effects of Gardening on Mental Health. *Texas A&M Agrilife*. <https://agrifiletoday.tamu.edu/2022/04/25/the-positive-effects-of-gardening-on-mental-health/>.

Find Your Fit



CACTUS GARDEN

KITCHEN GARDEN

INDOOR GARDEN

HERB GARDEN

HEALING GARDEN

SENSORY GARDEN*

POISON GARDEN*

WATER GARDEN

VICTORY GARDEN

COMMUNITY GARDEN

CUT FLOWER GARDEN

MEDICINAL GARDEN



*Types of
Gardens*

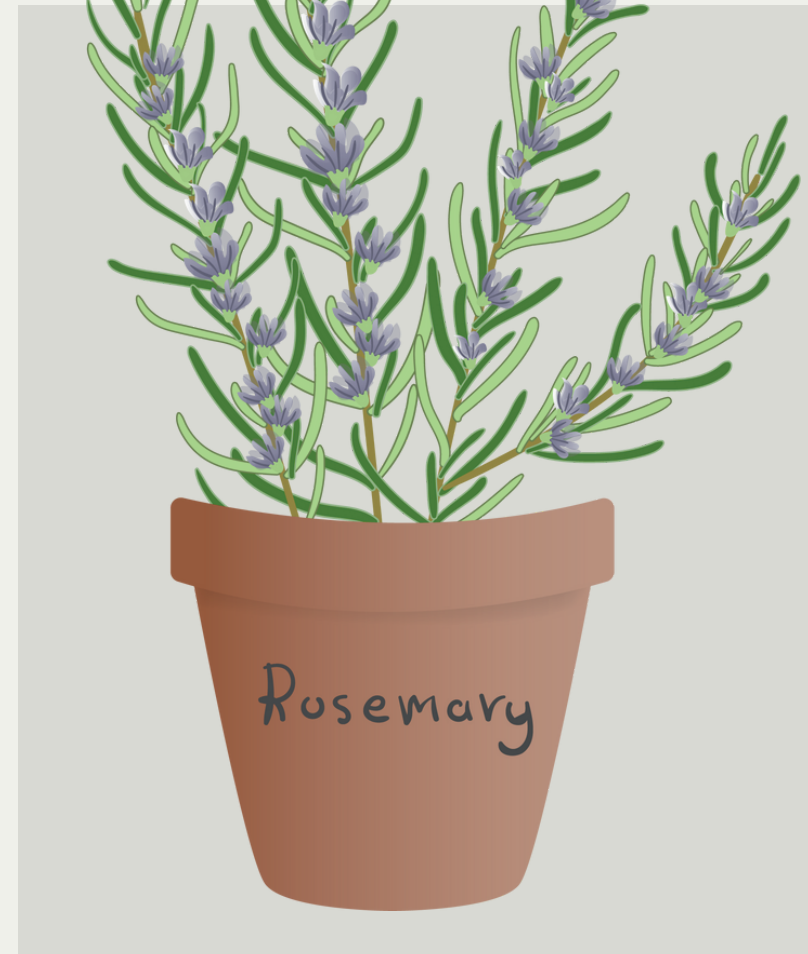
Healing Garden

Hawaiian Healing Plant Theme

<https://manoa.hawaii.edu/tropicalmedicine/>



Medicinal Garden



Poison Gardens

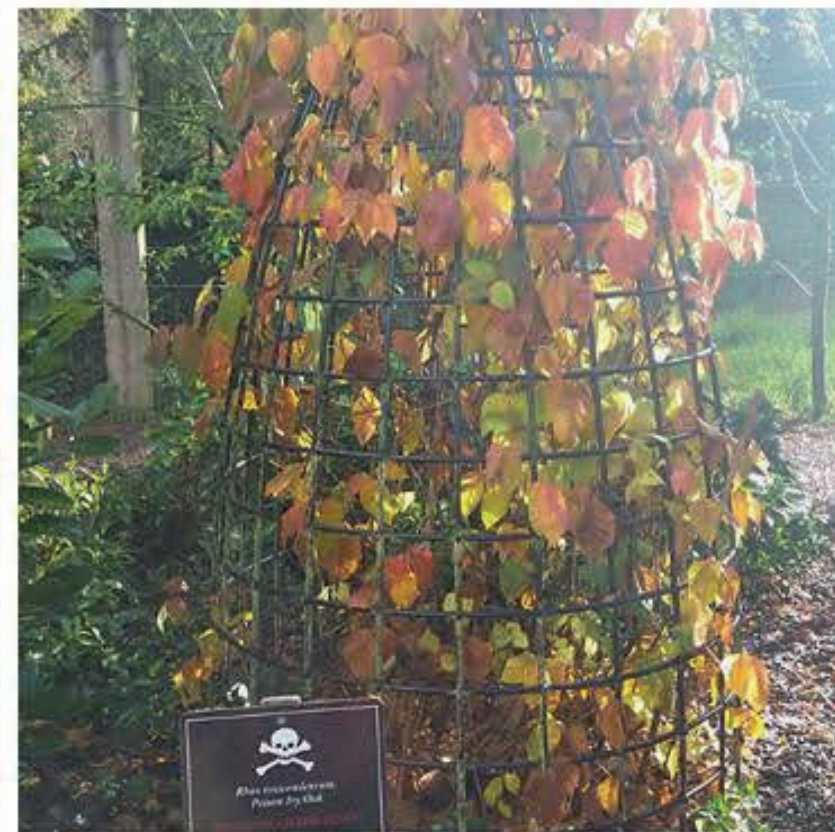
- Black walnut
- Buttercups
- Caladium
- Daffodil
- Hydrangea
- Mistletoe
- Monkshood
- Nicotiana



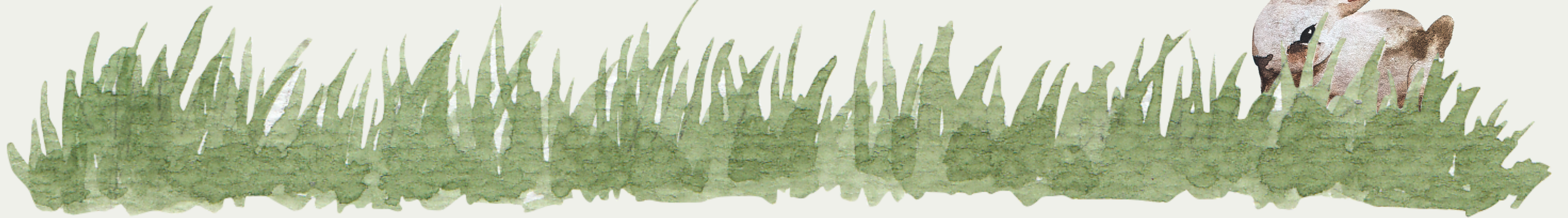
<https://www.chop.edu/news/health-tip/know-plants-your-garden-your-child-s-safety>



<https://www.aspc.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants>



Sensory Garden



SIGHT

Bright or soft colors:

- Sunflowers
- Zinnias
- Marigolds
- Snapdragons
- Lobelia
- Dianthus
- Geraniums

SMELL

- Basil
- Lavender
- Sage
- Thyme
- Lemongrass
- Oregano
- Curry
- Cola plant

TOUCH

- Strawflowers
- Celosia
- Lamb's Ear
- Sage
- Different grasses
- Oregano
- Lemon balm
- Mandarinina

SOUND

- Grasses
- Trees
- Bamboo
- Gourds
- Love-in-a-Mist
- Windchimes
- Waterfeatures

RESEARCH TWICE, PLANT ONCE



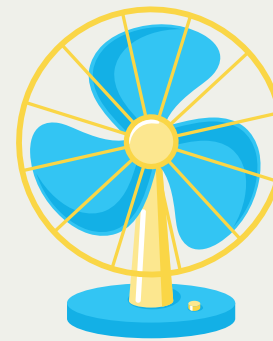
Light Requirements: Bright Direct, Indirect Bright, Low



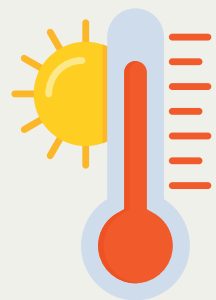
Nutrients: Soil type, fertilizer, frequency



Water: Top Water, Bottom Water, Frequency



Air: Keep plant leaf surfaces clean, let fresh air in regularly



Temperature Needs: What is the ideal range for your plant?



Space: Size of pot, type of pot, and not overcrowded

Limited Space?





Growing Plants From Food Scraps





HRCGP Home

Garden List

How to sign up

Toolkit for Gardeners

Toolkit for Officers

Historic Photos

Rules & Regulations

Frequently Asked Questions

Contact Us



Community Gardening with the City and County of Honolulu

On this Page:

- Updates
- Quarterly Newsletters
- About the Program
- Map of Community Gardens
- Planning for Growth



Updates



10/31/23: Big mahalo to all of our community gardeners who participated in our survey, which closes today. Your feedback is not only key for helping us improve the program, but will also guide how we expand equitably going forward.



07/03/23: Welcome Kate Eickstead! Our new Community Garden Coordinator. Check out the Contact Us page to learn what she loves growing the most.



www8.honolulu.gov/dpr/volunteer-give/community-gardening/

nomoola.com/stores/



*Lessons of the
Garden*

Meet Ron Finley The Gangster Gardener in South Centra...

Share

**THE
GANGSTER
GARDENER**

Watch on YouTube

The image shows a YouTube video player interface. At the top left is a circular profile picture of Ron Finley. To its right is the video title 'Meet Ron Finley The Gangster Gardener in South Centra...'. Further right is a share icon and the word 'Share'. The main video area features a large red play button in the center. Overlaid on the bottom left of the video is a dark grey box with the text 'Watch on' followed by the YouTube logo and the word 'YouTube'. The video background shows a man in a red t-shirt smiling in a garden with palm trees in the background.

Lessons of the Garden



You Eat What You Grow



Gardening Improves Mood and Health



It Helps Practice Being Present and Radical Acceptance



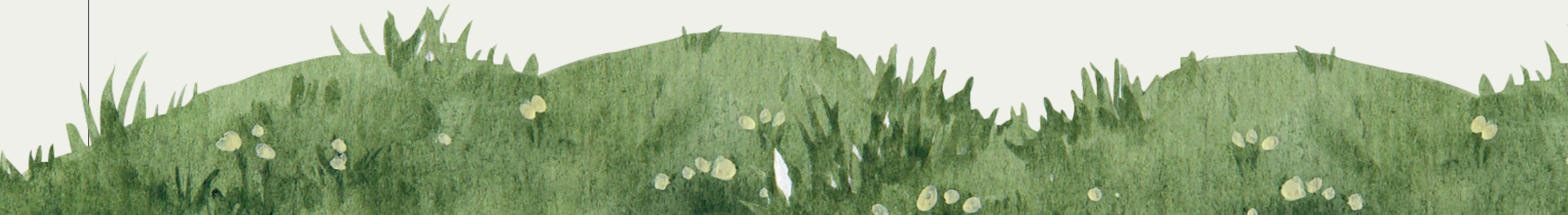
Gardening Helps Us Connect With One Another



Research Twice, Plant Once



We Can Be Evolutionary Renegades!





MENTALHEALTHHAWAII.ORG

(808) 521-1846

(808) 242-6461



SCREENINGS:
[HTTPS://BIT.LY/3YGJJDN](https://bit.ly/3YGJJDN)