



Healing and Nourishing Garden Planting Plan

Sisters of Social Service

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LD5 Planting Design
Pamela Brief
15 May 2025

Big Idea: REGENERATE

Regeneration is at the heart of my design philosophy and the driving force behind my journey into landscape architecture. My background in regenerative agriculture has shown me the profound impact of restoring ecosystems, soil health, and our connection to the land. This project embodies that vision by creating a space that regenerates body, mind, and habitat—a landscape designed not just to sustain life, but to actively renew and nourish it.

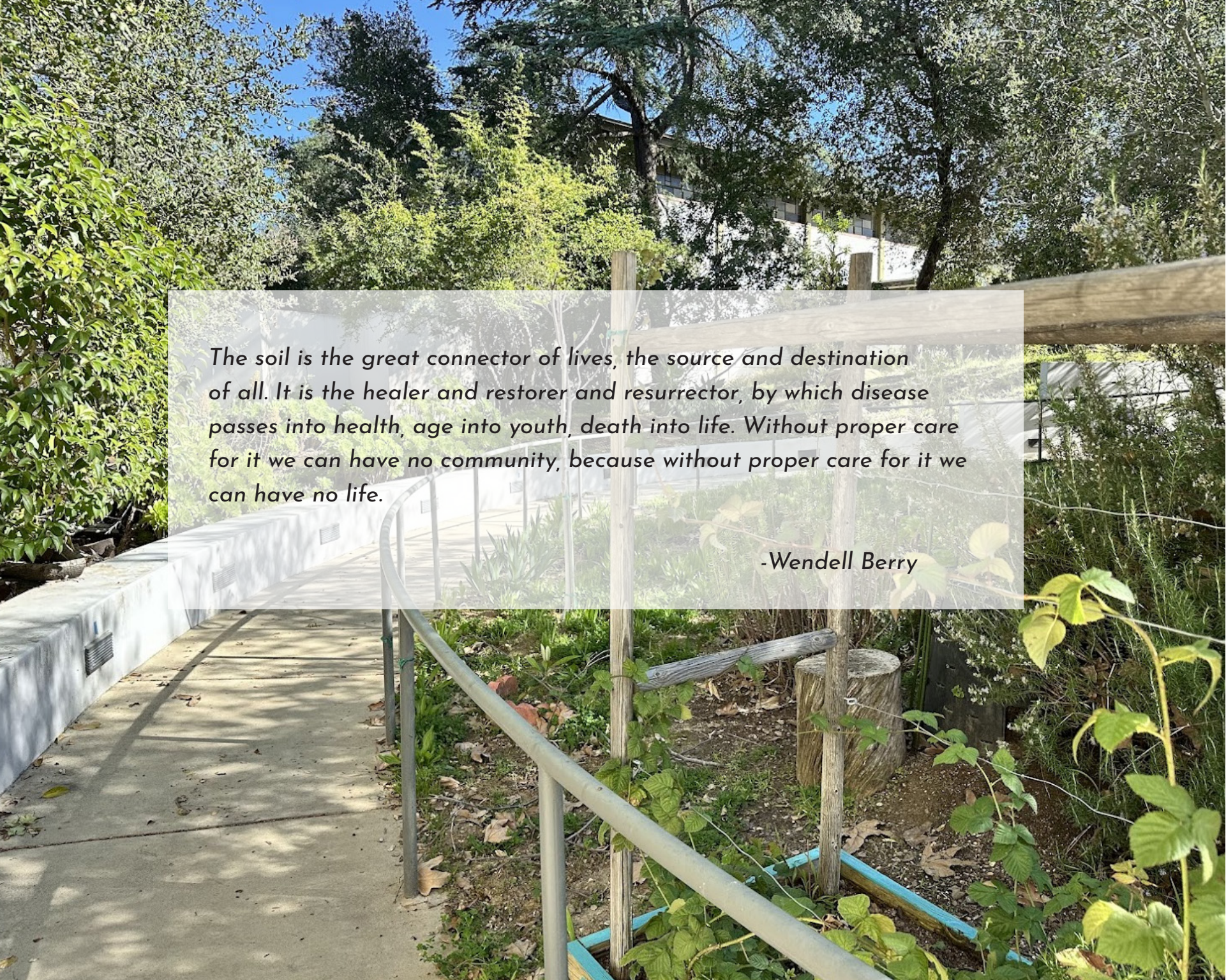
The Nourishing Garden regenerates the body by integrating a food forest inspired by agroforestry and raised vegetable beds, ensuring a year-round harvest of fresh, nutrient-rich food. The layers of fruit trees, shrubs, vines, and edible groundcovers create a self-sustaining ecosystem, demonstrating how thoughtful design can replenish soil fertility while feeding people.

The Healing Garden regenerates the mind and spirit, offering a deeply sensory experience. A teas and tinctures garden invites visitors to engage with plants that have medicinal and therapeutic benefits. Fragrant herbs and flowers fill the air with calming scents, while a secluded space allows for meditation and quiet reflection. The sounds of birds, drawn to the garden's diverse plantings, create a tranquil atmosphere that fosters emotional and mental well-being.

The Human- and Wildlife-Friendly Water Feature Garden regenerates the land, restoring balance to the ecosystem by capturing water in a bioswale. This element provides a critical habitat for pollinators, birds, and other wildlife, supporting native plant communities that thrive with seasonal water availability. By integrating rainwater harvesting and passive irrigation, the design ensures long-term resilience while enhancing biodiversity.

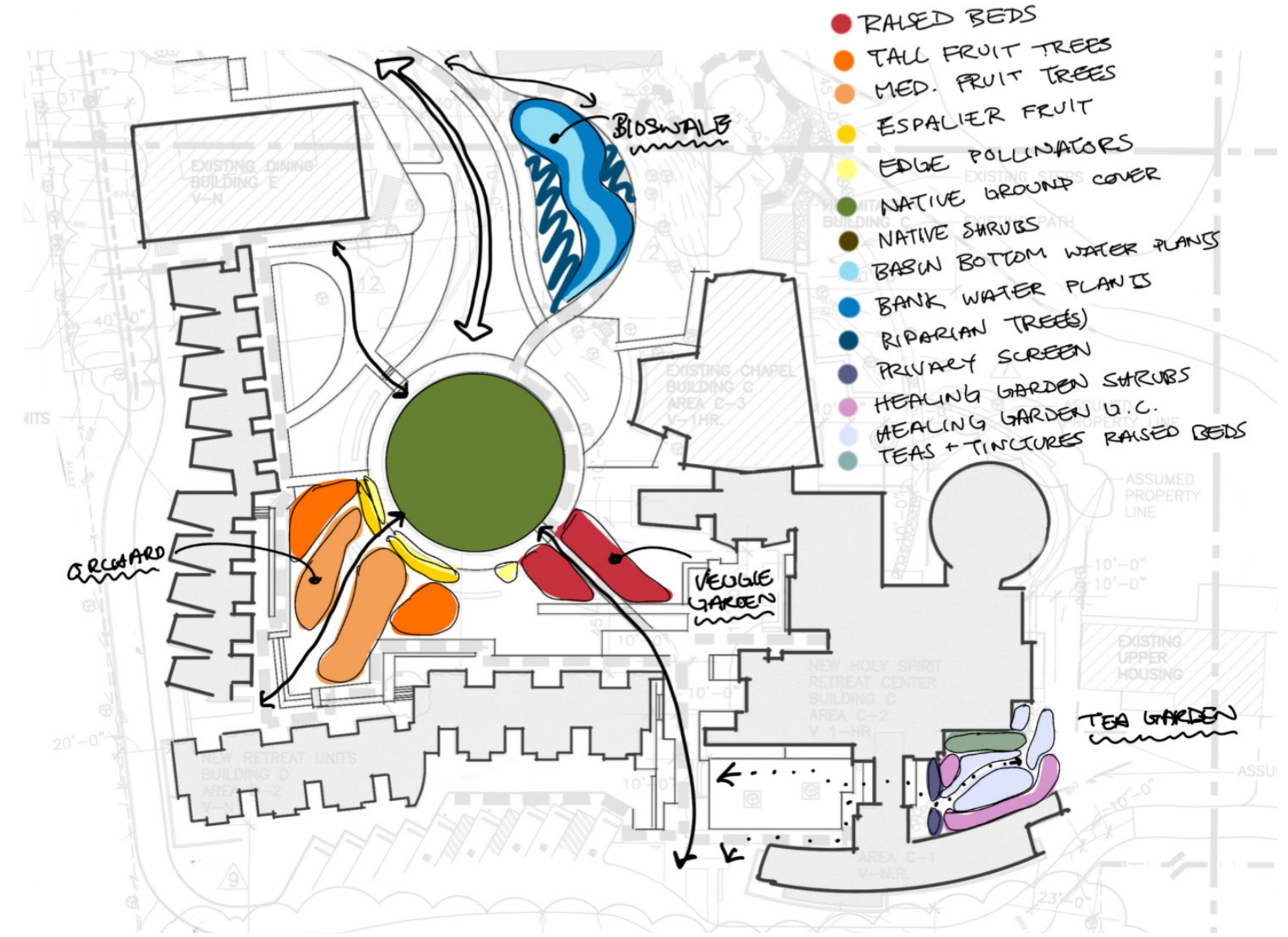
Each of these spaces reflects a different facet of regeneration—of land, of self, of community. Together, they create a landscape that is not only sustainable but restorative, deepening our relationship with nature and reinforcing the idea that landscapes, when designed with intention, have the power to heal.





The soil is the great connector of lives, the source and destination of all. It is the healer and restorer and resurrector, by which disease passes into health, age into youth, death into life. Without proper care for it we can have no community, because without proper care for it we can have no life.

-Wendell Berry



PLANT_SCHEDULE

SYMBOL	CODE	BOTANICAL / COMMON NAME	SIZE	QTY
TREES				
	CER OC2	<i>Cercis occidentalis</i> / Western Redbud	24"	3
	SAL LAS	<i>Salix lasiolepis</i> / Arroyo Willow	24"	3
FRUIT TREES				
	CIT OWA	<i>Citrus reticulata</i> 'Owari' / Owari Satsuma Mandarin Orange	24"	1
	CIT MEX	<i>Citrus x aurantifolia</i> 'Mexican' / Key Lime	24"	1
	CIT DW6	<i>Citrus x limon</i> 'Dwarf Meyer' / Meyer Lemon	24"	1
	CIT RI4	<i>Citrus x paradisi</i> 'Rio Red' / Rio Red Grapefruit	24"	1
	CIT CAR	<i>Citrus x sinensis</i> 'Cara Cara' / Cara Cara Pink Navel Orange	24"	1
	FIG BL5	<i>Ficus carica</i> 'Black Mission' / Black Mission Fig	24"	1
	PSI CAT	<i>Psidium cattleianum</i> / Strawberry Guava	24"	3
	PUN WON	<i>Punica granatum</i> 'Wonderful' / Wonderful Pomegranate	24"	1
SHRUBS				
	BOR OFF	<i>Borago officinalis</i> / Borage	4"	8
	ERI YER	<i>Eriodictyon californicum</i> / California Yerba Santa	1 gal.	12
	HEL ANN	<i>Helianthus annuus</i> / Sunflower	4"	31
	LAV PED	<i>Lavandula pedunculata</i> / French Lavender	5 gal.	20
	LOB MAR	<i>Labularia maritima</i> / Sweet Alyssum	4"	65
	RHU INT	<i>Rhus integrifolia</i> / Lemonade Berry	15 gal.	22
	SAL UDR	<i>Salvia rosmarinus</i> / Rosemary	5 gal.	6
	SAL SPA	<i>Salvia spathacea</i> / Hummingbird Sage	1 gal.	53
	THY CO2	<i>Thymus vulgaris</i> / Common Thyme	4"	6
	VAC OVA	<i>Vaccinium ovatum</i> / Evergreen Huckleberry	15 gal.	3

SWALE PLANTS				
	ART DOU	<i>Artemisia douglasiana</i> / Mugwort	1 gal.	16
	ASC FAS	<i>Asclepias fascicularis</i> / Narrowleaf Milkweed	4"	58
	BAC SAL	<i>Baccharis salicifolia</i> / Mulefat	1 gal.	12
	ERY GUT	<i>Erythranthe guttata</i> / Yellow Monkeyflower	4"	92
	JUN PAT	<i>Juncus patens</i> / California Gray Rush	4"	24

TEA BOXES				
	ALO LVB	<i>Aloysia citrodora</i> / Lemon Verbena	1 gal.	1
	MAT GER	<i>Matricaria chamomilla</i> / German Chamomile	4"	2
	MEL OFF	<i>Melissa officinalis</i> / Lemon Balm	4"	1
	MON BER	<i>Monarda fistulosa</i> / Bergamot	1 gal.	2
	TAN PAR	<i>Tanacetum parthenium</i> / Feverfew	1 gal.	2

VINE/ESPALIER				
	ACT DEL	<i>Actinidia deliciosa</i> / Kiwi Vine	5 gal.	2
	MAL A18	<i>Malus x domestica</i> 'Anna' / Anna Apple	15 gal.	1
	MAL G23	<i>Malus x domestica</i> 'Dorsett Golden' / Dorsett Golden Apple	15 gal.	1
	PAS LIL	<i>Passiflora edulis</i> / Passion Fruit	5 gal.	1
	PRU EER	<i>Prunus armeniaca</i> 'Tropic Gold' / Tropic Gold Apricot	15 gal.	1
	PRU RCR	<i>Prunus avium</i> 'Royal Crimson' / Royal Crimson Sweet Cherry	15 gal.	1

SHRUB AREAS				
	SIS BEL	<i>Sisyrinchium bellum</i> / Blue-eyed Grass	flat	335 sf
GROUND COVERS				
	CAR NFN	<i>Carex retroflexa texensis</i> / Texas Sedge	flat	538 sf
	FRA WOO	<i>Fragaria vesca</i> / Woodland Strawberry	flat	856 sf
	STI PUL	<i>Stipa pulchra</i> / Purple Needle Grass	flat	3,758 sf
	THY SER	<i>Thymus serpyllum</i> / Creeping Thyme	flat	160 sf



PLANTING PLAN: FULL SITE

SITE PLAN
1" = 40'

PLANT_SCHEDULE_ORCHARD

SYMBOL **CODE** **BOTANICAL / COMMON NAME** **SIZE** **QTY**

FRUIT TREES

	CIT OWA	Citrus reticulata 'Owari' / Owari Satsuma Mandarin Orange	24"	1
	CIT MEX	Citrus x aurantifolia Mexicani / Key Lime	24"	1
	CIT DW6	Citrus x limon Dwarf Meyer / Meyer Lemon	24"	1
	CIT RI4	Citrus x paradisi Rio Red / Rio Red Grapefruit	24"	1
	CIT CAR	Citrus x sinensis 'Cara Cara' / Cara Cara Pink Navel Orange	24"	1
	FIG BL5	Ficus carica 'Black Mission' / Black Mission Fig	24"	1
	PSI CAT	Psidium cattleianum / Strawberry Guava	24"	3
	PUN WON	Punica granatum 'Wonderful' / Wonderful Pomegranate	24"	1

SHRUBS

	LOB MAR	Lobularia maritima / Sweet Alyssum	4"	23
	VAC OVA	Vaccinium ovatum / Evergreen Huckleberry	15 gal.	3

VINE/ESPALIER

	MAL A18	Malus x domestica 'Anna' / Anna Apple	15 gal.	1
	MAL G23	Malus x domestica 'Dorsett Golden' / Dorsett Golden Apple	15 gal.	1
	PRU EER	Prunus armeniaca Tropic Gold / Tropic Gold Apricot	15 gal.	1
	PRU RCR	Prunus avium 'Royal Crimson' / Royal Crimson Sweet Cherry	15 gal.	1

GROUND COVERS

	FRA WOO	Fragaria vesca / Woodland Strawberry	flat	856 sf
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ORCHARD
3/32" = 1'-0"

PLANT_SCHEDULE_VEGGIE_GARDEN

SYMBOL CODE BOTANICAL / COMMON NAME SIZE QTY

SHRUBS

	BOR OFF	Borago officinalis / Borage	4"	8
	ERI YER	Eriodictyon californicum / California Yerba Santa	1 gal.	3
	HEL ANN	Helianthus annuus / Sunflower	4"	31
	LAV PED	Lavandula pedunculata / French Lavender	5 gal.	12
	LOB MAR	Lobularia maritima / Sweet Alyssum	4"	34
	SAL UDR	Salvia rosmarinus / Rosemary	5 gal.	6
	SAL SPA	Salvia spathacea / Hummingbird Sage	1 gal.	16
	THY CO2	Thymus vulgaris / Common Thyme	4"	6

VINE/ESPALIER

	ACT DEL	Actinidia deliciosa / Kiwi Vine	5 gal.	2
	PAS LIL	Passiflora edulis / Passion Fruit	5 gal.	1

GROUND COVERS

	CAR NFN	Carex retroflexa texensis / Texas Sedge	flat	352 sf
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RAISED BEDS

BOX 1

- Spring/Summer:
- Beefsteak Tomato
 - Cherry Tomato
 - Basil (companion)
 - Marigold (pest deterrent)

- Fall/Winter:
- Lacinato Kale
 - Arugula
 - Lettuce

BOX 2

- Spring/Summer:
- Bell Peppers
 - Jalapeño Peppers
 - Eggplant
 - Basil (companion)

- Fall/Winter:
- Fava Beans
 - Spinach
 - Swiss Chard

BOX 3

- Spring/Summer:
- Cucumber
 - Watermelon
 - Butternut Squash

- Fall/Winter:
- Snap Peas
 - Spinach
 - Swiss Chard

BOX 4

- Spring/Summer:
- Sweet Potato
 - Edamame

- Fall/Winter:
- Garlic
 - Onions
 - Carrots

BOX 5

- Spring/Summer:
- Carrots
 - Fennel
 - Edamame

- Fall/Winter:
- Arugula
 - Lettuce
 - Spinach

BOX 6

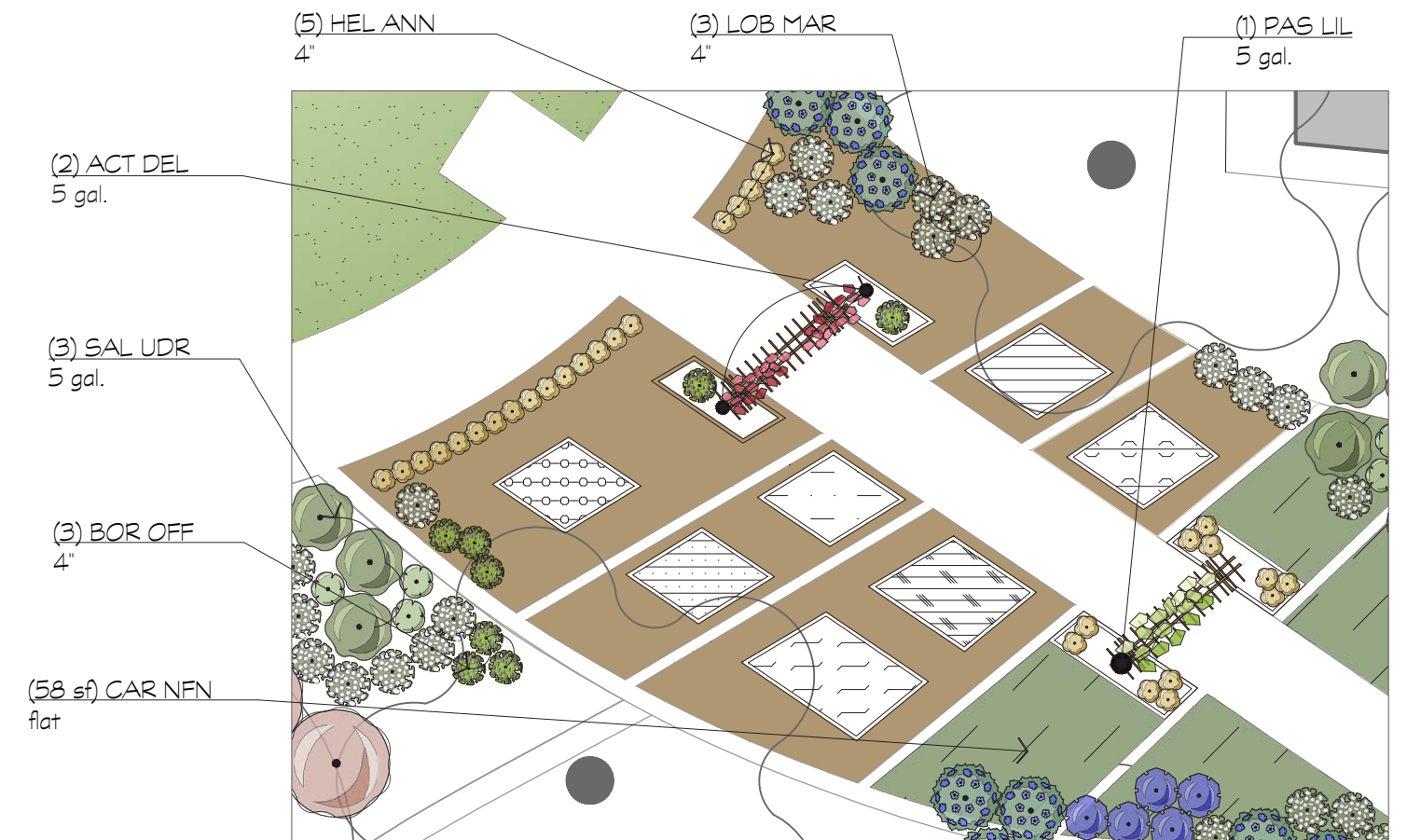
- Spring/Summer:
- Zucchini
 - Pumpkin

- Fall/Winter:
- Collard Greens
 - Lettuce or Arugula

BOX 7













- Spring/Summer:
- Tomatoes or Peppers (repeat if needed with rotation)
 - Basil or Thyme

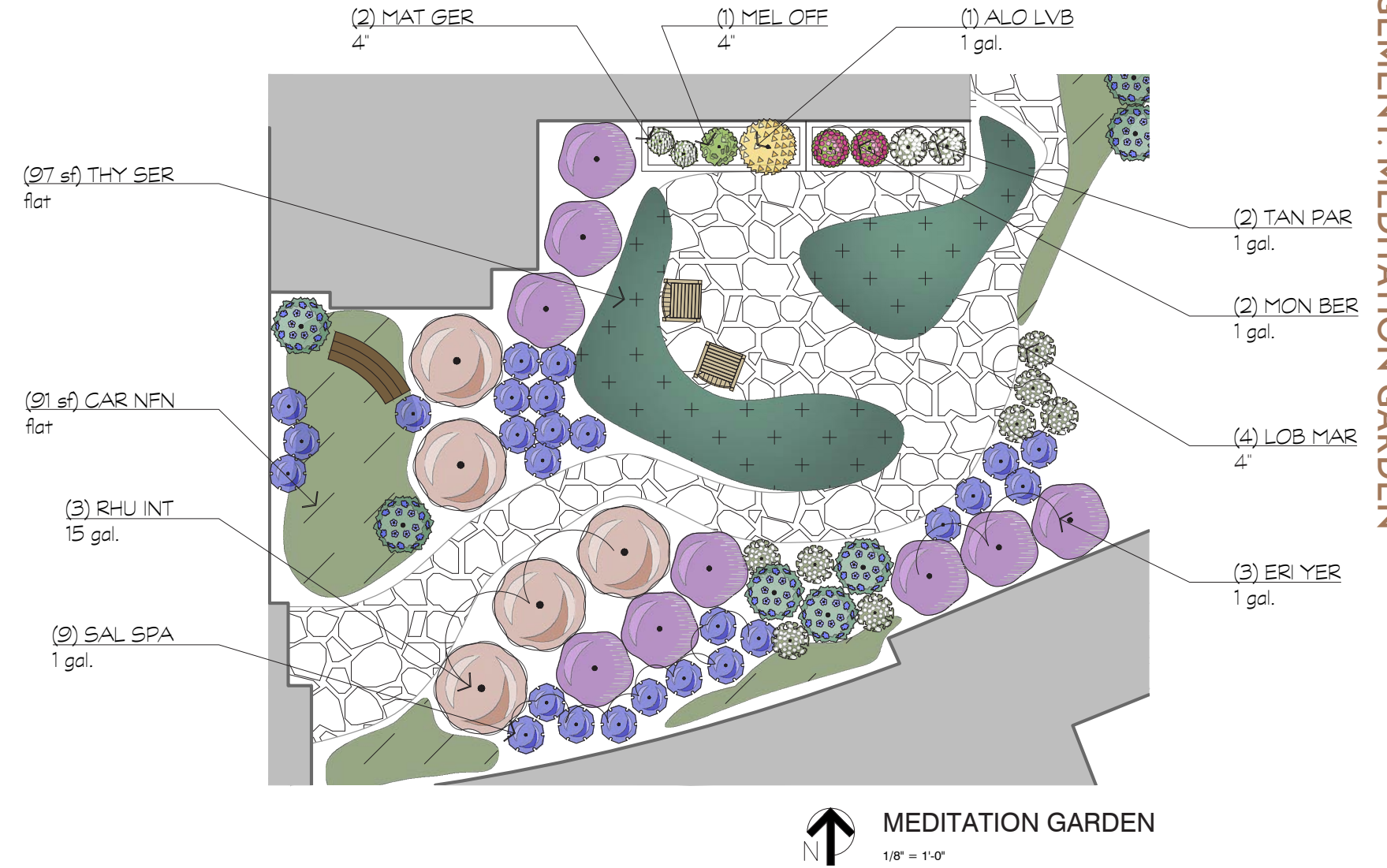
- Fall/Winter:
- Fava Beans
 - Swiss Chard
 - Kale












VEGGIE GARDEN
1/8" = 1'-0"

PLANT SCHEDULE MEDITATION GARDEN

SYMBOL	CODE	BOTANICAL / COMMON NAME	SIZE	QTY
SHRUBS				
	ERI YER	Eriodictyon californicum / California Yerba Santa	1 gal.	9
	LAV PED	Lavandula pedunculata / French Lavender	5 gal.	8
	LOB MAR	Lobularia maritima / Sweet Alyssum	4"	8
	RHU INT	Rhus integrifolia / Lemonade Berry	15 gal.	5
	SAL SPA	Salvia spathacea / Hummingbird Sage	1 gal.	26
TEA BOXES				
	ALO LVB	Aloysia citrodora / Lemon Verbena	1 gal.	1
	MAT GER	Matricaria chamomilla / German Chamomile	4"	2
	MEL OFF	Melissa officinalis / Lemon Balm	4"	1
	MON BER	Monarda fistulosa / Bergamot	1 gal.	2
	TAN PAR	Tanacetum parthenium / Feverfew	1 gal.	2
GROUND COVERS				
	CAR NFN	Carex retroflexa texensis / Texas Sedge	flat	186 sf
	THY SER	Thymus serpyllum / Creeping Thyme	flat	160 sf



PLANT SCHEDULE BIOSWALE

SYMBOL	CODE	BOTANICAL / COMMON NAME	SIZE	QTY
TREES				
	CER OC2	<i>Cercis occidentalis</i> / Western Redbud	24"	3
	SAL LAS	<i>Salix lasiolepis</i> / Arroyo Willow	24"	3
SWALE PLANTS				
	ART DOU	<i>Artemisia douglasiana</i> / Mugwort	1 gal.	16
	ASC FAS	<i>Asclepias fascicularis</i> / Narrowleaf Milkweed	4"	58
	BAC SAL	<i>Baccharis salicifolia</i> / Mulefat	1 gal.	12
	ERY GUT	<i>Erythranthe guttata</i> / Yellow Monkeyflower	4"	92
	JUN PAT	<i>Juncus patens</i> / California Gray Rush	4"	24
SHRUB AREAS				
	SIS BEL	<i>Sisyrinchium bellum</i> / Blue-eyed Grass	flat	335 sf
GROUND COVERS				
	STI PUL	<i>Stipa pulchra</i> / Purple Needle Grass	flat	873 sf



NOURISHING GARDEN

MAIN COURTYARD

Common Name Scientific Name	Plant Family	Height Spread	Chill Hours	Sun	WUCOLS	Summer Water Reduction	Soil Requirements	Bloom Color & Season	Harvest	Companion Plants	Maintenance Requirements
FOOD FOREST								FOOD FOREST			
Anna Apple <i>Malus domestica</i> 'Anna'	Rosaceae	10-20' H 10-15' W	200	Full Sun	M	Moderate	Well-drained, loamy	White Spring	June-July	Dorsett Golden Apple, pollinator-attracting flowers	Prune annually, fertilize in spring, mulch base. Can espalier.
Dorsett Golden Apple <i>Malus domestica</i> 'Dorsett Golden'	Rosaceae	10-20' H 10-15' W	100	Full Sun	M	Moderate	Well-drained, loamy	White Spring	June-July	Anna Apple, pollinator-attracting flowers	Annual pruning, pest monitoring, mulch to retain moisture. Can espalier.
Tropic Gold Apricot <i>Prunus armeniaca</i> 'Tropic Gold'	Rosaceae	12-18' H 10-12' W	250	Full Sun	M	Moderate	Well-drained, sandy loam	Pink-White Spring	June-July	Peach, plum, nectar-rich flowers	Prune after harvest, mulch base, ensure good air circulation. Can espalier.
Royal Crimson Cherry <i>Prunus avium</i> 'Royal Crimson'	Rosaceae	15-20' H 15-20' W	200	Full Sun	M	Moderate	Well-drained, loamy	White Spring	May-June	Other cherry trees (e.g., Minnie Royal), pollinator-friendly plants	Prune in winter, protect from heat, water deeply. Can espalier.
Dwarf Meyer Lemon <i>Citrus × meyeri</i>	Rutaceae	5-10' H 4-8' W	<100	Full Sun	M	Moderate	Well-drained, slightly acidic	White Spring-Summer	Year-round	Other citrus, herbs like basil and rosemary	Prune lightly, protect from frost, fertilize in spring.
Dwarf Key Lime <i>Citrus aurantiifolia</i>	Rutaceae	6-10' H 6-8' W	<100	Full Sun	M	Moderate	Well-drained, sandy loam	White Spring	Year-round	Other citrus, lavender, thyme	Water regularly, prune lightly, mulch for moisture retention.
Dwarf Owari Satsuma Mandarin <i>Citrus reticulata</i> 'Owari'	Rutaceae	6-10' H 6-8' W	<100	Full Sun	M	Low	Well-drained, sandy loam	White Spring	Nov-Jan	Other mandarins, marigolds	Minimal pruning, mulch to retain moisture, drought-tolerant.
Dwarf Cara Cara Orange <i>Citrus sinensis</i> 'Cara Cara'	Rutaceae	6-10' H 6-8' W	<100	Full Sun	M	Moderate	Well-drained, sandy loam	White Spring	December-April	Other citrus, bee-friendly flowers	Prune lightly, mulch for moisture retention.
Rio Red Grapefruit <i>Citrus × paradisi</i> 'Rio Red'	Rutaceae	15-20' H 15-20' W	<100	Full Sun	M	Moderate	Well-drained, sandy loam	White Spring	Winter-Spring	Other citrus trees, basil, marigolds	Prune to maintain shape; regular watering; fertilize in season.

NOURISHING GARDEN

MAIN COURTYARD

Common Name Scientific Name	Plant Family	Height Spread	Chill Hours	Sun	WUCOLS	Summer Water Reduction	Soil Requirements	Bloom Color & Season	Harvest	Companion Plants	Maintenance Requirements
Wonderful Pomegranate <i>Punica granatum</i> 'Wonderful'	Lythraceae	10-15' H 10-15' W	100-200	Full Sun	L	Low-Moderate	Well-drained; tolerates a range of soil types	Orange-Red Spring-Summer	Sept-Nov	Lavender, rosemary, sage, thyme, marjoram, and nitrogen-fixing plants like clover or peas	Prune in late winter to shape and remove suckers; minimal fertilization needed; compost or light feeding in spring
Black Mission Fig <i>Ficus carica</i> 'Black Mission'	Moraceae	15-30' H 15-30' W	<100	Full Sun	M	Low	Well-drained, loamy	Inconspicuous Spring-Summer	Summer-Fall	Lavender, rosemary, thyme	Minimal pruning; drought-tolerant once established; fertilize in early spring.
Strawberry Guava <i>Psidium cattleianum</i> 'Dwarf Red'	Myrtaceae	3-6' H 3-6' W	<100	Full Sun to Partial Shade	M	Moderate	Well-drained, slightly acidic	White Spring-Summer	Summer-Fall	Citrus, avocado, herbs	Prune to maintain size, protect from frost, regular watering.
Royal Crimson Cherry <i>Prunus avium</i> 'Royal Crimson'	Rosaceae	15-20' H 15-20' W	200	Full Sun	M	Moderate	Well-drained, loamy	White Spring	May-June	Other cherry trees (e.g., Minnie Royal), pollinator-friendly plants	Prune in winter, protect from heat, water deeply. Can espalier.
Evergreen Huckleberry <i>Vaccinium ovatum</i>	Ericaceae	3-10' H 3-10' W	<100	Partial Shade to Full Shade	M	Low	Moist, acidic, well-drained	Pink-White Spring	Late Summer-Fall	Azaleas, ferns, native forest plants	Mulch to retain moisture, prune lightly.
Passionfruit <i>Passiflora edulis</i>	Passifloraceae	10-30' vine	None	Full Sun	Moderate	Moderate to High	Well-draining, loamy, slightly acidic	Purple & White, Summer	Late Summer to Fall	Nasturtium, Marigold, Beans	Trellising, Pruning, Mulching
Kiwi <i>Actinidia deliciosa</i>	Actinidiaceae	20-30' vine	200-800	Full Sun	Moderate	Moderate	Rich, well-draining, slightly acidic	White, Spring-Summer	Late Summer to Fall	Comfrey, Clover, Buckwheat	Trellising, Pruning, Needs Male & Female Plants
Alpine Strawberries	Rosaceae	6-12" H 12-18" W	None	Full Sun to Partial Shade	Low	Moderate	Well-draining, loamy	White, Spring-Summer	Spring to Fall	Basil, Borage, Lettuce	Mulching, Regular Watering

NOURISHING GARDEN

MAIN COURTYARD

Common Name Scientific Name	Plant Family	Height Spread	Sun	WUCOLS	Summer Water Reduction	Soil Requirements	Bloom Color & Season	Harvest	Companion Plants	Maintenance Requirements
Sweet Alyssum <i>Lobularia maritima</i>	Brassicaceae	6-12 in x 12-24 in	Full Sun to Part Shade	Very Low	Low	Well-draining, sandy or loamy	White, Pink, Purple, Spring-Fall	N/A	Strawberries, Lettuce, Brassicas	Minimal, Occasional Trimming
Lavender <i>Lavandula spp.</i>	Lamiaceae	1-3 ft x 2-4 ft	Full Sun	Low	Low	Well-draining, sandy	Purple, Summer	Summer (flowers)	Roses, Fruit Trees, Sage	Pruning After Flowering, Mulching
Thyme <i>Thymus vulgaris</i>	Lamiaceae	6-12 in x 12-18 in	Full Sun	Low	Low	Well-draining, loamy or rocky	Purple, Spring- Summer	Year-round	Cabbage, Tomatoes, Eggplant	Occasional Trimming, Mulching
Rosemary <i>Salvia rosmarinus</i>	Lamiaceae	2-4 ft x 2-4 ft	Full Sun	Very Low	Low	Well-draining, sandy or loamy	Blue, Summer	Year-round	Carrots, Beans, Cabbage	Minimal, Drought-Tolerant
Borage <i>Borago officinalis</i>	Boraginaceae	1-3 ft x 1-2 ft	Full Sun	Low	Moderate	Rich, well-draining, loamy	Blue, Summer	Spring to Summer	Tomatoes, Squash, Cucumbers	Self-Seeding, Minimal Care
RAISED BEDS							RAISED BEDS			
Onions <i>Allium cepa</i>	Amaryllidaceae	2' x 1'	Full sun	Low	Moderate	Well-draining, loamy	White Summer	Summer - Fall	Carrots, Beets	Thin seedlings, keep soil loose
Garlic <i>Allium sativum</i>	Amaryllidaceae	2' x 1'	Full sun	Low	Moderate	Well-draining, loamy	White Summer	Summer - Fall	Tomatoes, Spinach	Mulch to retain moisture
Zucchini <i>Cucurbita pepo</i>	Cucurbitaceae	3' x 3'	Full sun	Moderate	High	Well-draining, loamy	Yellow Summer	Summer - Fall	Beans, Corn	Harvest young, moderate watering
Cucumber <i>Cucumis sativus</i>	Cucurbitaceae	6' x 2'	Full sun	Moderate	High	Well-draining, loamy	Yellow Summer	Summer - Fall	Beans, Radishes	Provide trellis, keep soil moist
Watermelon <i>Citrullus lanatus</i>	Cucurbitaceae	2' x 5'	Full sun	Moderate	High	Sandy, well-draining	Yellow Summer	Summer - Fall	Corn, Sunflowers	Regular watering, trellis support
Butternut Squash <i>Cucurbita moschata</i>	Convolvulaceae	6-12' vine	Full Sun	Moderate	High	Rich, well-draining, loamy	Yellow, Summer	Fall	Corn, Beans, Radishes	Regular watering, space management
Pumpkin <i>Cucurbita pepo</i>	Cucurbitaceae	6-12' vine	Full Sun	Moderate	High	Well-draining, loamy	Yellow Summer	Fall	Corn, Beans, Marigold	Regular watering, space management

NOURISHING GARDEN

MAIN COURTYARD

Common Name Scientific Name	Plant Family	Height Spread	Sun	WUCOLS	Summer Water Reduction	Soil Requirements	Bloom Color & Season	Harvest	Companion Plants	Maintenance Requirements
Beefsteak Tomatoes <i>Solanum lycopersicum</i>	Solanaceae	6' x 3'	Full sun	Moderate	High	Rich, well-draining	Yellow Summer	Summer - Fall	Basil, Marigolds	Prune suckers, stake support
Cherry Tomatoes <i>Solanum lycopersicum</i>	Solanaceae	5' x 3'	Full sun	Moderate	High	Rich, well-draining	Yellow Summer	Summer - Fall	Basil, Marigolds	Prune suckers, stake support
Bell Peppers <i>Capsicum annuum</i>	Solanaceae	3' x 3'	Full sun	Moderate	High	Well-draining, loamy	White Summer	Summer - Fall	Tomatoes, Basil	Stake for support
Jalapeno Peppers <i>Capsicum annuum</i>	Solanaceae	3' x 3'	Full sun	Moderate	High	Well-draining, loamy	White Summer	Summer - Fall	Tomatoes, Basil	Stake for support
Eggplant <i>Solanum melongena</i>	Solanaceae	3' x 2'	Full sun	Moderate	High	Rich, well-draining	Purple Summer	Summer - Fall	Peppers, Basil	Stake for support
Lacinato Kale <i>Brassica oleracea</i>	Brassicaceae	2' x 1'	Full sun	Low	Moderate	Well-draining, loamy	Yellow Spring	Fall - Winter	Tomatoes, Onions, Herbs	Regular harvesting, moderate watering
Arugula <i>Eruca vesicaria</i>	Brassicaceae	1' x 1'	Full sun	Low	Moderate	Well-draining, loamy	White Spring	Spring - Summer	Tomatoes, Radishes	Frequent harvesting
Collard Greens <i>Brassica oleracea</i>	Brassicaceae	2' x 2'	Full sun	Low	Moderate	Well-draining, loamy	Yellow Spring	Fall - Winter	Tomatoes, Onions	Harvest outer leaves, regular watering
Swiss Chard <i>Beta vulgaris</i>	Amaranthaceae	2' x 1'	Full sun to part shade	Low	Moderate	Well-draining, rich	White Summer	Fall - Winter	Carrots, Onions, Lettuce	Trim outer leaves, moderate watering
Spinach <i>Spinacia oleracea</i>	Amaranthaceae	1' x 1'	Full sun to part shade	Low	Moderate	Rich, well-draining	Green Spring	Spring - Fall	Strawberries, Lettuce	Keep soil moist
Lettuce <i>Lactuca sativa</i>	Asteraceae	1' x 1'	Full sun to part shade	Low	Moderate	Rich, well-draining	Yellow Spring	Spring - Fall	Carrots, Beets, Radishes	Thin seedlings, regular watering

NOURISHING GARDEN

MAIN COURTYARD

Common Name Scientific Name	Plant Family	Height Spread	Sun	WUCOLS	Summer Water Reduction	Soil Requirements	Bloom Color & Season	Harvest	Companion Plants	Maintenance Requirements
Carrots <i>Daucus carota</i>	Apiaceae	1' x 0.5'	Full sun	Low	Moderate	Loose, sandy loam	White Summer	Summer - Fall	Lettuce, Radishes, Onions	Thin seedlings, keep soil loose
Fennel <i>Foeniculum vulgare</i>	Apiaceae	4' x 3'	Full sun	Low	Moderate	Well-draining, loamy	Yellow Summer	Fall - Winter	Lettuce, Dill	Remove flower stalks, moderate watering
Fava Beans <i>Vicia faba</i>	Fabaceae	4' x 1'	Full sun	Low	Moderate	Well-draining, loamy	White, Spring	Spring	Lettuce, Spinach	Pinch tips for bushier growth
Snap Peas <i>Pisum sativum</i>	Fabaceae	3' x 2'	Full sun to part shade	Low	Moderate	Well-draining, loamy	White, Spring	Spring	Carrots, Radishes	Provide trellis
Edamame <i>Glycine max</i>	Fabaceae	2' x 2'	Full sun	Low	Moderate	Well-draining, loamy	White, Spring	Summer	Corn, Sunflowers	Stake for support, mulch soil
Sweet Potato <i>Ipomoea batatas</i>	Convolvulaceae	4-10' vine	Full Sun	Low	Moderate once established	Sandy, loose, well-draining	Purple or White, Summer	Late Summer to Fall	Corn, Beans, Peppers	Vine control, occasional fertilizing
Sunflower <i>Helianthus annuus</i>	Asteraceae	3-10' H 1-3' W	Full Sun	Low	Low once established	Well-draining, moderately fertile soil	Yellow (varies by variety), Summer to Early Fall	Late Summer to Fall (for seeds)	Corn, Squash, Beans, Cucumbers	May need staking for taller varieties

HEALING GARDEN

SOUTHEAST COURTYARD

Common Name Scientific Name	Plant Family	Height Spread	Sun	WUCOLS	Summer Water Reduction	Soil Requirements	Bloom Color & Season	Medicinal Use	Companion Plants	Maintenance Requirements
Lemon Balm <i>Melissa officinalis</i>	Lamiaceae	1-2' H 2-3' W	Part Shade	Moderate	Regular	Moist, well-drained	White Summer	Calming, digestion aid	Chamomile, Lavender, Rose	Prevent spreading
Bee Balm <i>Monarda fistulosa</i>	Lamiaceae	2-4' H 2-3' W	Full Sun to Part Shade	Moderate	Occasional	Well-drained	Purple-Pink Summer	Cold, sore throat remedy	Yarrow, Chamomile, Lavender	Deadhead to encourage bloom
Feverfew <i>Tanacetum parthenium</i>	Asteraceae	2-3' H 2-3' W	Full Sun	Moderate	Regular	Well-drained	White Summer	Migraine relief, anti-inflammatory	Chamomile, Lavender, Yarrow	Remove spent flowers
Chamomile <i>Matricaria chamomilla</i>	Asteraceae	1-2' H 1-2' W	Full Sun to Part Shade	Moderate	Regular	Moist, well-drained	White-Yellow Summer	Calming, sleep aid	Lavender, Bee Balm, Yarrow	Cut back in fall
Lemon Verbena <i>Aloysia citrodora</i>	Verbenaceae	3-6' H 3-4' W	Full Sun	Moderate	Regular	Well-drained	White Summer	Digestive and calming tea	Chamomile, Lemon Balm, Elderberry	Prune for shape
Texas Sedge <i>Carex texensis</i>	Cyperaceae	6-12" H 12-24" W	Full Sun to Part Shade	Low	Low	Well-draining, sandy or loamy	Greenish Spring	Not commonly used medicinally	California native grasses, Yarrow, Blue-eyed Grass	Trim occasionally to maintain shape
Creeping Thyme <i>Thymus serpyllum</i>	Lamiaceae	2-6" H 12-18" W	Full Sun	Very Low	Minimal	Well-draining, sandy or loamy	Purple Summer	Antiseptic, used in teas for colds	Lavender, Oregano, Sage	Trim occasionally to maintain shape
Lemonade Berry <i>Rhus integrifolia</i>	Anacardiaceae	6-10' H 10-15' W	Full Sun to Part Shade	Very Low	Very low	Well-draining, rocky or sandy	Pink Spring	Traditionally used by Indigenous groups for sore throats	Toyon, California Sagebrush, Manzanita	Prune to shape, mulch base
Yerba Santa <i>Eriodictyon californicum</i>	Boraginaceae	5-10' H 5-8' W	Full Sun	Low	Rare	Well-drained	White Spring	Lung tonic, decongestant	Elderberry, Yarrow, White Sage	Prune for size
Hummingbird Sage <i>Salvia spathacea</i>	Lamiaceae	2-3' H 3-4' W	Part Shade	Low	Occasional	Well-drained	Magenta Spring-Summer	Antibacterial, respiratory support	California Poppy, White Sage	Cut back in fall

BIOSWALE

SOUTHWEST COURTYARD

Common Name Scientific Name	Plant Family	Height Spread	Sun	WUCOLS	Summer Water Reduction	Soil Requirements	Bloom Color & Season	Maintenance Requirements
Western Redbud <i>Cercis occidentali</i>	Rosaceae	10 - 20' H 10 - 15' W	Very Low, Low, Moderate	Very Low, Low, Moderate	Max 1x / month once established	Adaptable. Tolerates sodic soil. Soil PH: 5.0 - 8.0	Red, Yellow, Pink Spring, Winter	Responds well to pruning, including occasional hard pruning. Winter deciduous.
Red Willow <i>Salix laevigata</i>	Salicaceae	30 - 50' H 30 - 50' W	High	High	Max 1x / month once established	Heavy, moist soils. Soil PH: 6 - 8	Red, Yellow, Cream Spring, Winter	Tolerates heavy pruning. Can often be cut back to the ground and will quickly resprout.
Narrowleaf Milkweed <i>Asclepias fascicularis</i>	Apocynaceae	2 - 3' H 1' W	Full Sun	Low, Very Low	Max 2x / month once established	Tolerates a variety of soils. Tolerates saline soil. Soil PH: 6.0 - 8.0	Lavender, Pink, White	Don't cut the dry stems down too soon as Orioles may use them for nesting.
Blue-eyed Grass <i>Sisyrinchium bellum</i>	Iridaceae	1 - 2' H 3 in W	Low	Low	Max 2x / month once established	Tolerant of sand and clay. Soil PH: 5 . 0 - 8 . 0	Blue, Lavender, Purple Winter, Spring	Readily self-seeds.
Mugwort <i>Artemisia douglasiana</i>	Asteraceae	8' H 4' W	Low, Moderate	Moderate	Max 1x / month once established	Tolerant of a variety of soils as long as adequate moisture is available. Soil PH: 5.0 - 8.0	Yellow, Cream, White Summer, Spring, Fall	May be cut back to ground during dormancy
Mule Fat <i>Baccharis salicifolia</i>	Asteraceae	6 - 12' H 3 - 9' W	Low, Moderate, High	High	Max 1x / month once established	Heavier riparian soils, sandy washes. Soil PH: 6 - 9	Yellow, Pink, White Summer, Spring, Fall, Winter	Can be pruned or cut down to just a few inches above the ground if it's looking dead and weedy, and will grow back nicely.
Common Rush <i>Juncus patens</i>	Juncaceae	1 - 3' H 3' W	Moderate, High	Moderate	Max 1x / month once established	Tolerates a variety of soils. Soil PH: 5.5 - 7.0	Red, Brown Spring, Summer	Propagate by seed.
Seep Monkeyflower <i>Erythranthe guttata</i>	Phrymaceae	2 - 5' H 7 in W	Moderate, High	High	Max 1x / month once established	Tolerates a variety of soils as long as adequate drainage is provided. Soil PH: 5.0 - 8.0	Yellow Spring, Winter	Deadhead for a better appearance and to prolong blooming, or leave old flowers in place to encourage re-seeding.
Purple Needlegrass <i>Stipa pulchra</i>	Poaceae	3' H 2' W	Full Sun	Very Low	Max 1x / month once established	Found in virtually every type of soil. Tolerates serpentine soil.,Tolerates sodic soil. Soil PH: 6.0 - 8.0	Red, Green, Purple, Cream Spring	Divide large clumps every 3-5 years