



An Extravagant Welcome Plant Redesign for the Holy Spirit Retreat Center

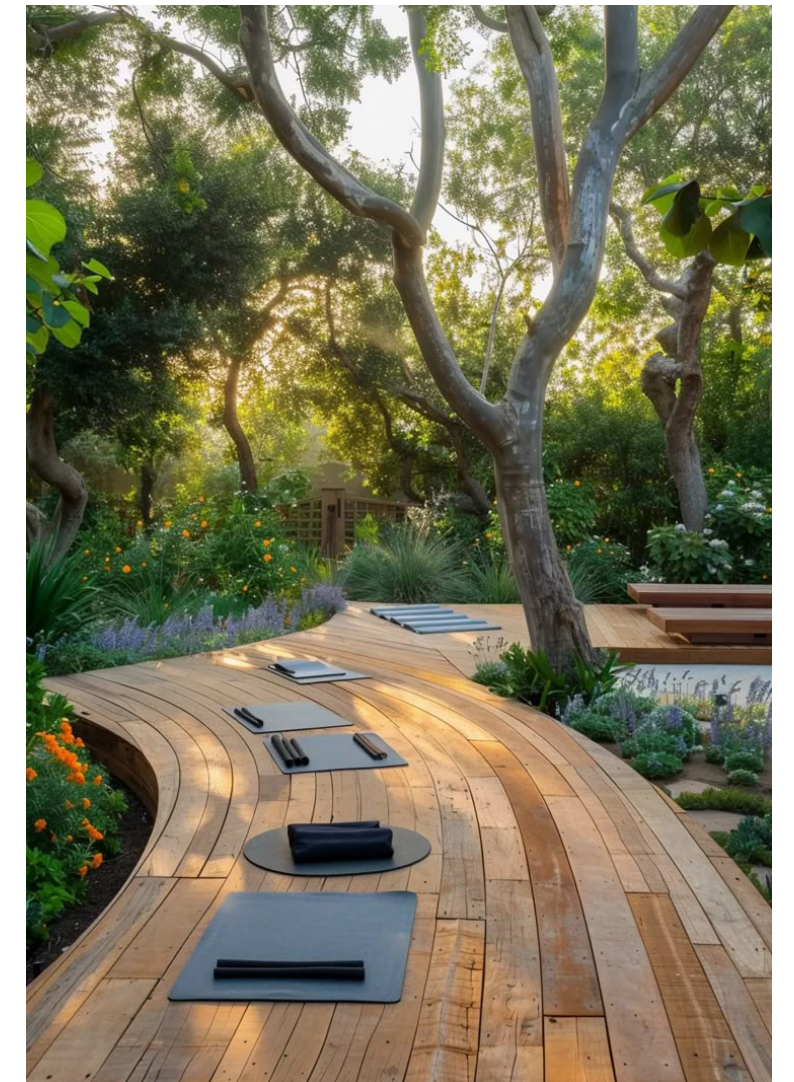
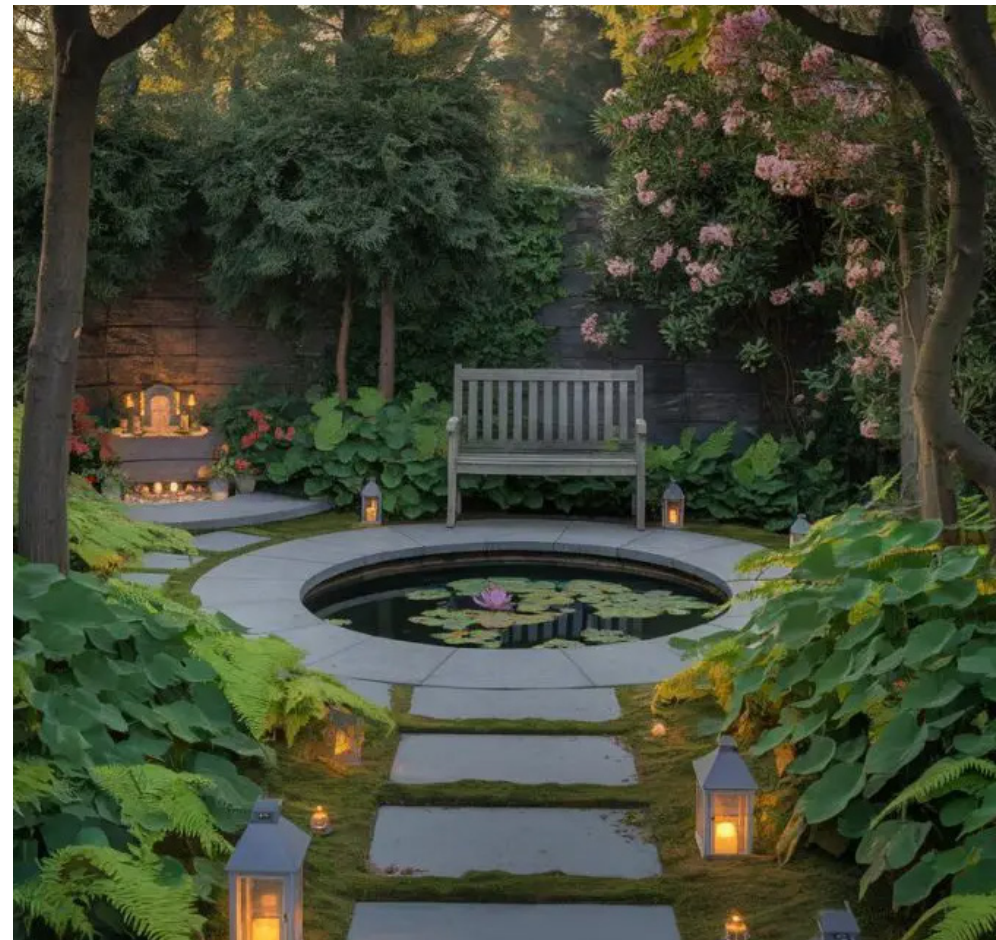
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Landscape Design 5
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UCLA Extension
SpringQuarter 2025

A WELCOMING PLACE



This planting redesign is inspired by the welcoming message of the Sisters of Social Service and their dedication to social justice. The Sisters describe their mission as working directly with people, among the people they serve, and they follow the Benedictine values to respect all creation and have a spirit of hospitality. Responding to the Sister's mission, the big idea of this redesign is to extend an "extravagant welcome" to all visitors, an expression borrowed from the Congregational Church of San Mateo. Also important to this space is the mission of Pando Populus, which is motivated by the interconnectedness of all things and goals to improve environmental sustainability.

These gardens are designed to show an extravagant welcome to anyone who visits, to extend hospitality with a nourishing garden and place for reflection and recovery with healing gardens and water features. The gardens are a place of abundance, with healthy foods grown on site to be enjoyed during community gatherings. The gardens rely primarily on California native plants to create an inviting setting for both people, birds, and wildlife.



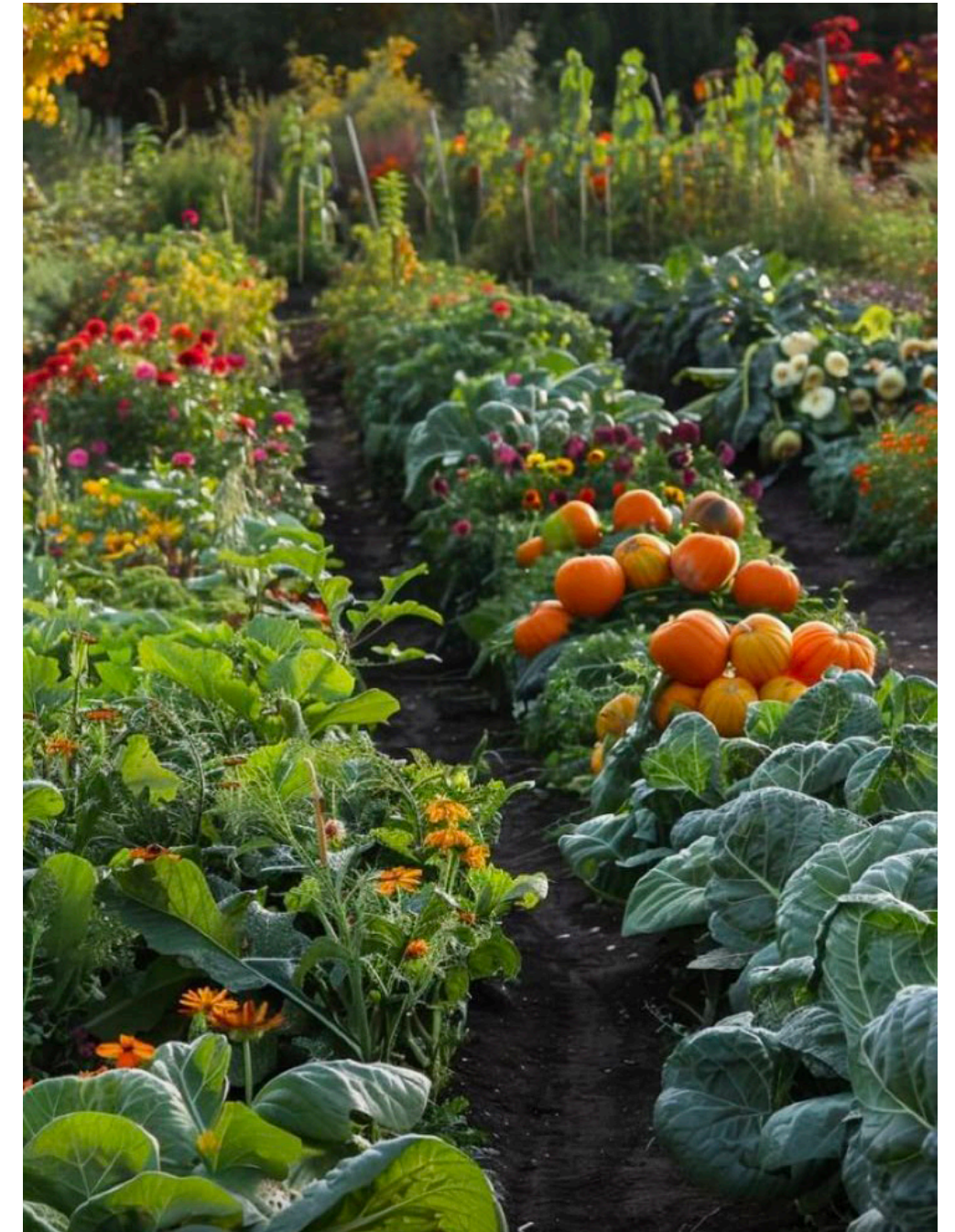
<https://gardeninglatest.com/designing-your-spiritual-garden>

<https://maisonlyinteriordesign.com/how-to-create-an-outdoor-yoga-sanctuary-in-your-backyard>

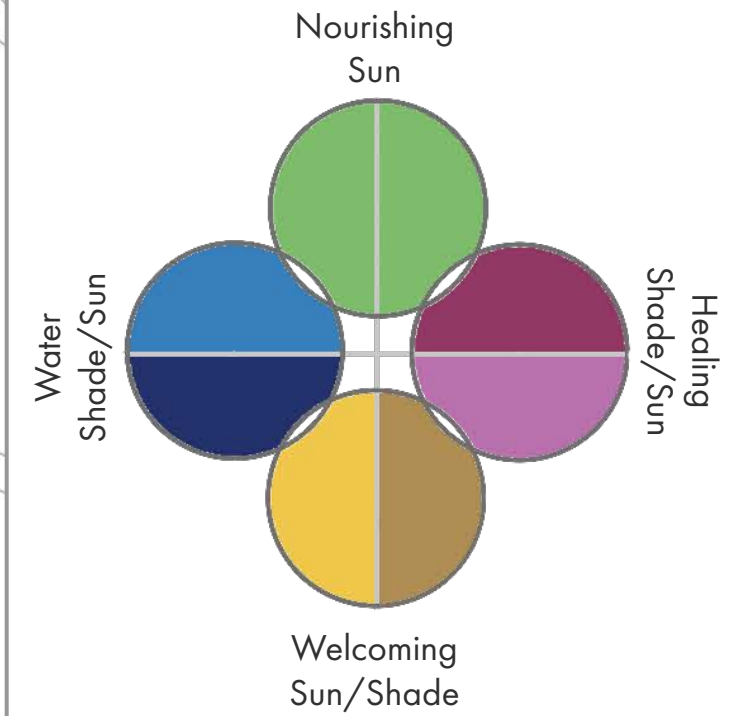
<https://homeisd.com/mediterranean-landscaping-ideas>

FOR GATHERING, ENERGY, AND ABUNDANCE

The gardens are laid out in four main areas: Welcoming, Nourishing, Healing, and Water. The Welcoming gardens are located at the main north entrance and at the south entrance, which provides ADA parking and access. Both gardens feature large flowering shrubs six to eight feet high to create a sense of scale. Each entrance leads past smaller intimate healing garden spaces and water features: a bioswale to the south and a pond to the north. Paths meet at the center where a large knot garden is placed. The knot garden is in the shape of a Solomon's knot, an ancient pattern found in many cultures that often represents eternity and interconnectedness of life, reflecting the values of the Sisters and Pando Populus. A nourishing garden is located southwest of the knot garden. It includes raised beds and espalied fruit trees.



BUBBLE DIAGRAM



PLANTING PLAN

Umbellularia californica
(California bay laurel)



Ceanothus 'Concha' (concha ceanothus), *Salvia spathacea*
(hummingbird sage)



Sedum spathulifolium (broadleaf stonecrop), *Thymus serpyllum*
(creeping thyme), *Origanum vulgare 'Aureum'* (golden oregano)

Heteromeles arbutifolia (toyon), *Ceanothus cuneatus var. cuneatus*
(buckbrush ceanothus)



Achillea millefolium (yarrow), *Penstemon spectabilis* (showy penstemon), *Muhlenbergia capillaris 'Regal Mist'* (pink muhly grass)



Muhlenbergia capillaris 'Regal Mist'
Clinopodium douglasii (yerba buena), *Asarum caudatum* (ginger)

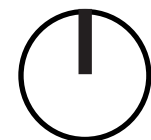
Citrus x sinensis 'Dwarf Valencia'
(dwarf Valencia orange)



Mondardella villosa (coyote mint), *Salvia apiana* (white sage), *Salvia 'Pozo Blue'* (pozo blue sage)



0' 25' 50' 100'



PLANTING SCHEDULE

SYMBOL	CODE	BOTANICAL / COMMON NAME	SIZE	QTY
SHRUBS				
	ARC MNZ	Arctostaphylos manzanita / Common Manzanita	10 gal.	4
	ASA CAU	Asarum caudatum / Wild Ginger	1 gal.	114
	CAR CAL	Carpenteria californica / Bush Anemone	5 gal.	28
	CEA CUN	Ceanothus cuneatus / Buckbrush	5 gal.	15
	CEA CON	Ceanothus x 'Concha' / Concha Wild Lilac	5 gal.	27
	ERI YER	Eriodictyon californicum / California Yerba Santa	5 gal.	33
	ERI PAR	Eriogonum parvifolium / Cliff Buckwheat	1 gal.	15
	HET ARB	Heteromeles arbutifolia / Toyon	5 gal.	10
	JUN PAT	Juncus patens / California Gray Rush	1 gal.	19
	LEP FRA	Lepechinia fragrans / Island Pitchersage	1 gal.	20
	MON VIL	Monardella villosa / Coyote Mint	1 gal.	28
	PEN SPE	Penstemon spectabilis / Showy Penstemon	1 gal.	39
	PHI WI2	Philadelphus lewisii / Wild Mock Orange	1 gal.	9
	RIB AUR	Ribes aureum gracillimum / Golden Currant	5 gal.	10
	ROM COU	Romneya coulteri / Matilija Poppy	1 gal.	8
	ROS NUT	Rosa nutkana / Nootka Rose	5 gal.	19
	SAL API	Salvia apiana / White Sage	1 gal.	17
	SAL SPA	Salvia spathacea / Hummingbird Sage	1 gal.	174
	SAL PO4	Salvia x 'Poza Blue' / Poza Blue Sage	1 gal.	14

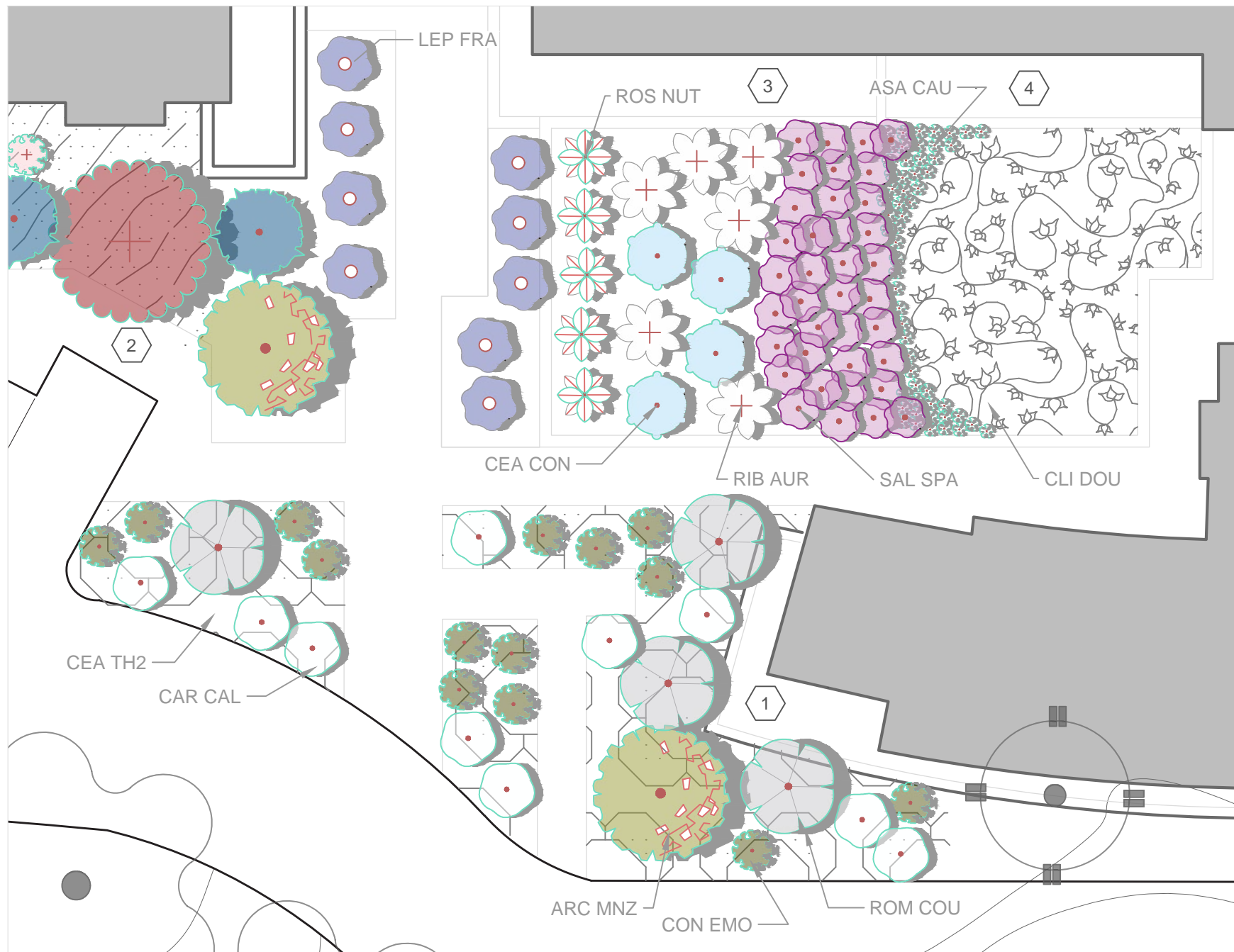
SYMBOL	CODE	BOTANICAL / COMMON NAME	SIZE	QTY
ANNUALS				
	ALO LVB	Aloysia citrodora / Lemon Verbena	Flat	7
	BRA NER	Brassica oleracea acephala 'Nero Di Toscana' / Dinosaur Kale	Flat	22
	CAP BPL	Capsicum annuum 'Poblano' / Poblano Pepper	Flat	6
	CUC PII	Cucurbita pepo cylindrica / Zucchini	Flat	6
	CYM CIT	Cymbopogon citratus / Lemongrass	Flat	13
	OCI GEN	Ocimum basilicum 'Genovese' / Genovese Sweet Basil	Flat	30
	PHA VUL	Phaseolus vulgaris 'Blue Lake' / Blue Lake Bean	Flat	8
	PIS MAC	Pisum sativum macrocarpon / Sugar Snap Peas	Flat	10
	SOL LYC	Solanum lycopersicum / Tomato	Flat	8
	ZEA MAY	Zea mays / Corn	Flat	1

SYMBOL	CODE	BOTANICAL / COMMON NAME	SIZE	CONTAINER	QTY
TREES					
	CER OCC	Cercis occidentalis / Western Redbud	24"	Box	4
	UMB CAL	Umbellularia californica / Bay Laurel	36"	Box	3
FRUIT TREES					
	CIT LIM	Citrus x limon / Lemon	15 gal.		3
	CIT DW4	Citrus x sinensis 'Dwarf Valencia' / Dwarf Valencia Orange	15 gal.		6
	PUN WON	Punica granatum 'Wonderful' / Wonderful Pomegranate	10 gal.		1

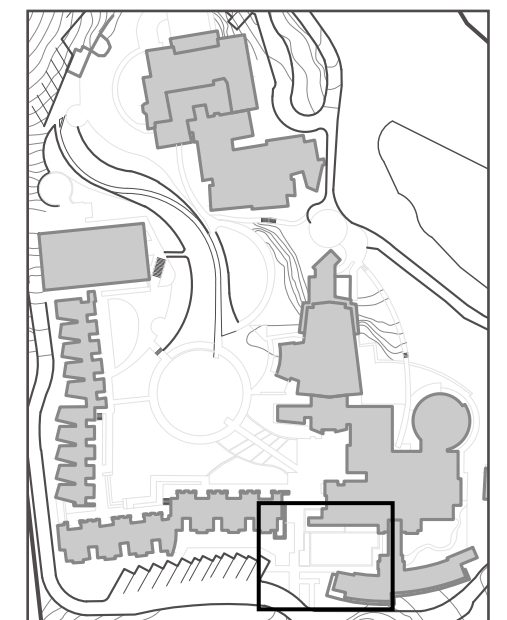
SYMBOL	CODE	BOTANICAL / COMMON NAME	SIZE	CONTAINER	SPACING	QTY
GROUND COVERS						
	ACH MIL	Achillea millefolium / Common Yarrow	1 gal.		12" o.c.	1,987
	ART CA2	Artemisia californica 'Canyon Grey' / Canyon Grey California Sagebrush	1 gal.			2,537 sf
	CEA TH2	Ceanothus thyrsiflorus / Blueblossom	1 gal.		8" o.c.	2,785
	CLI DOU	Clinopodium douglasii / Yerba Buena	1 gal.			1,279 sf
	ORI AUR	Origanum vulgare 'Aureum' / Golden Oregano	flat		12" o.c.	88
	SED OSA	Sedum spathulifolium / Broadleaf Stonecrop	flat			116 sf
	THY SER	Thymus serpyllum / Creeping Thyme	flat			61 sf

SYMBOL	CODE	BOTANICAL / COMMON NAME	SIZE	CONTAINER	QTY
GRASSES					
	MUH LNC	Muhlenbergia capillaris 'Lenca' / Regal Mist® Pink Muhly Grass	1 gal.	58	
VINE/ESPALIER					
	MAL A18	Malus x domestica 'Anna' / Anna Apple	15 gal.	5	
	MAL G23	Malus x domestica 'Dorsett Golden' / Dorsett Golden Apple	15 gal.	5	
	PRU E12	Prunus persica 'Eva's Pride' / Eva's Pride Peach	15 gal.	4	
	VIT CON	Vitis labrusca 'Concord' / Concord Grape	5 gal.	10	

EXTRAVAGANT WELCOME SOUTH



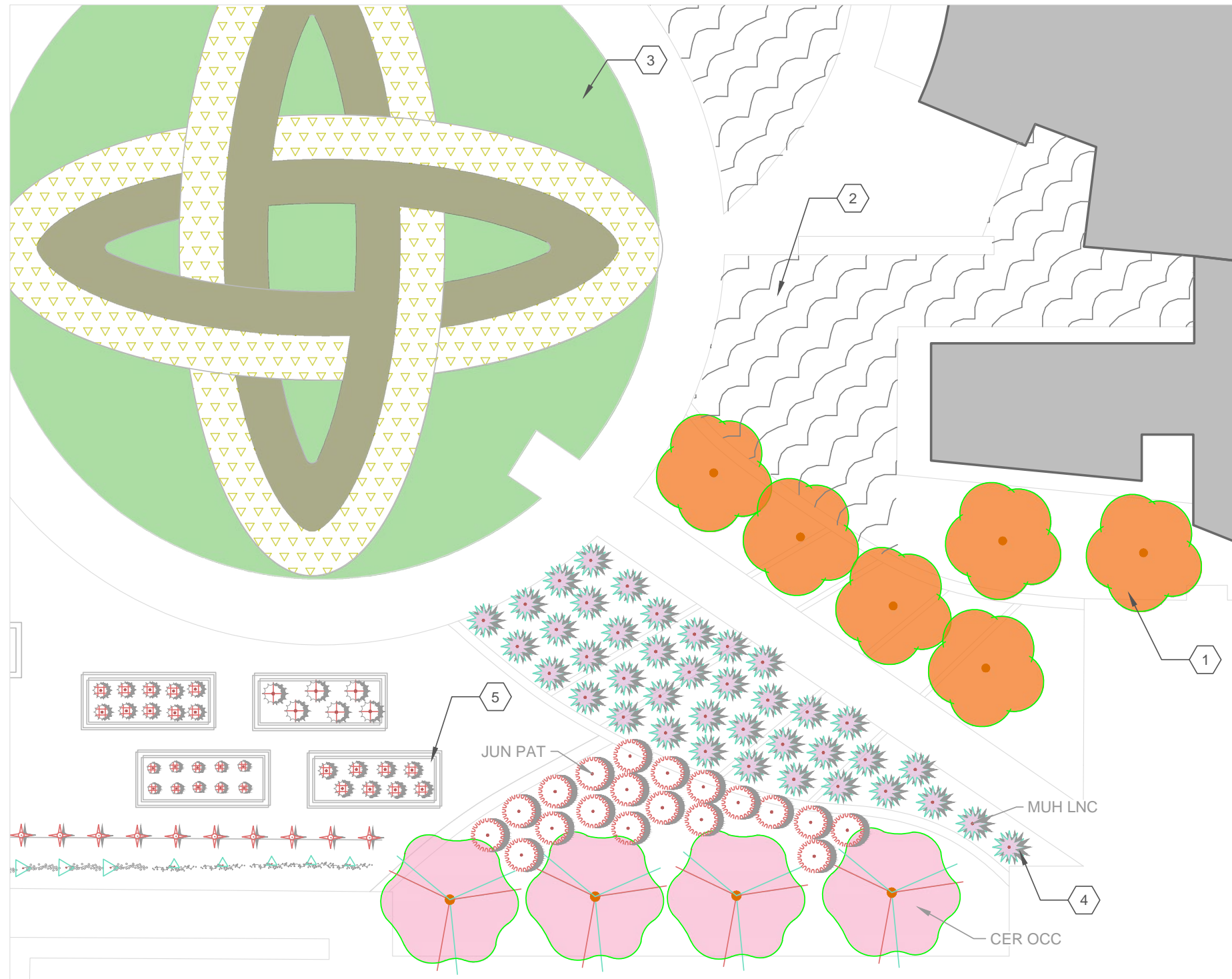
- 1 *Arctostaphylos manzanita* (manzanita), *Condea emoryi* (desert lavender), *Carpenteria californica* (bush anemone), *Romneya coulteri* (matilija poppy), *Ceanothus thyrsiflorus* var. *thyrsiflorus* (creeping blueblossom ceanothus)
- 2 *Heteromeles arbutifolia* (toyon), *Ceanothus cuneatus* var. *cuneatus* (buckbrush ceanothus), *Eriogonum parvifolium* (sea cliff buckwheat), *Artemesia californica* 'Canyon Gray' (canyon gray sagebrush), *Lepechinia fragrans* (fragrant pitcher sage)
- 3 *Rosa nutkana* (Nootka rose), *Ceanothus* 'Concha' (concha ceanothus), *Ribes aureum* var. *gracillimum* (golden currant), *Salvia spathacea* (hummingbird sage)
- 4 *Clinopodium douglasii* (yerba buena), *Asarum caudatum* (ginger)



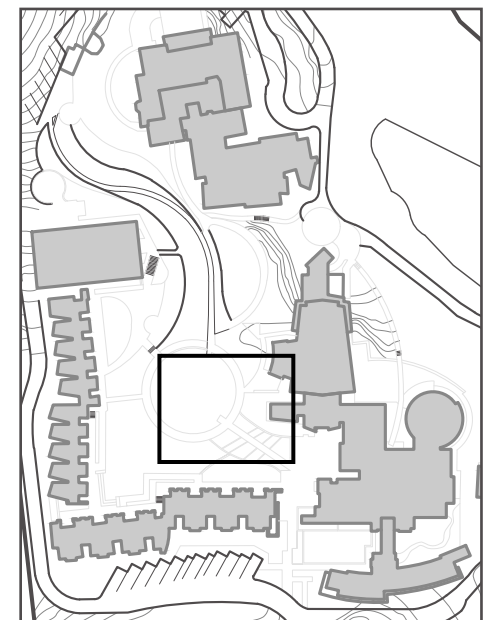
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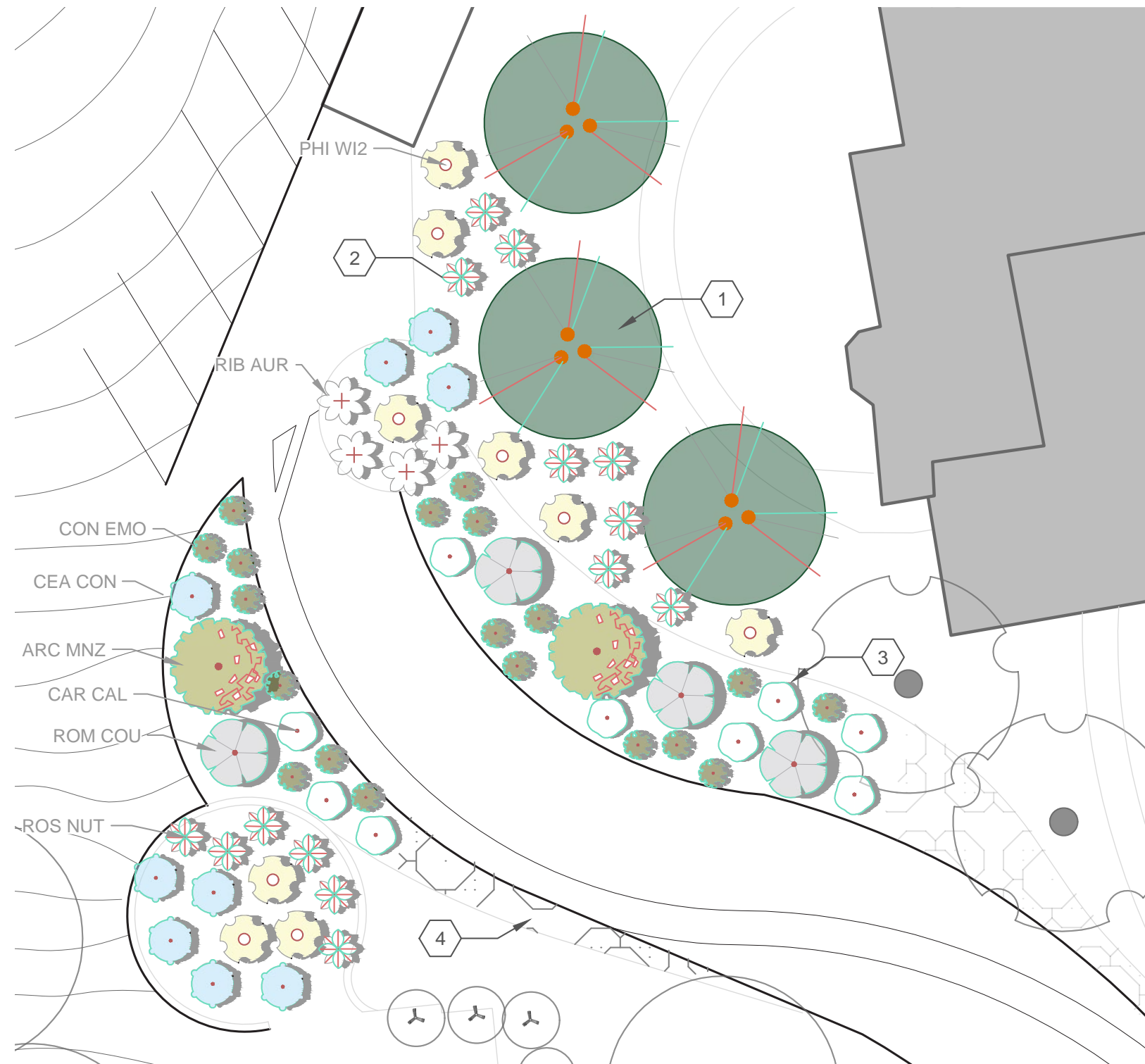
KNOT GARDEN ENTRANCE



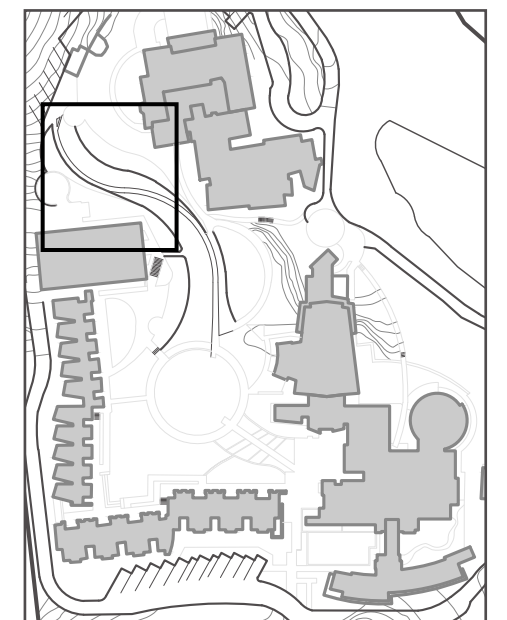
- ① *Citrus x sinensis* 'Dwarf Valencia' (dwarf Valencia orange)
- ② *Achillea millifolium* (yarrow)
- ③ *Sedum spathulifolium* (broadleaf stonecrop), *Thymus sperpullum* (creeping thyme), *Origanum vulgare* 'Aureum' (golden oregano)
- ④ *Muhlenbergia capillaris* 'Regal Mist' (Regal Mist pink muhly grass), *Juncus patens* (California gray rush), *Cercis occidentalis* (western redbud)
- ⑤ *Capsicum annuum* 'Poblano' (poblano pepper), *Phaseolus vulgaris* 'Blue Lake' (blue lake bean), *Pisum sativum macrocarpon* (sugar snap peas), *Brassica oleracea acephala* 'Nero Di Toscana' (dinosaur kale), *Zea mays* (corn), *Malus x domestica* 'Anna' (Anna apple), *Malus x domestica* 'Dorsett Goldon' (Dorsett Golden Apple)



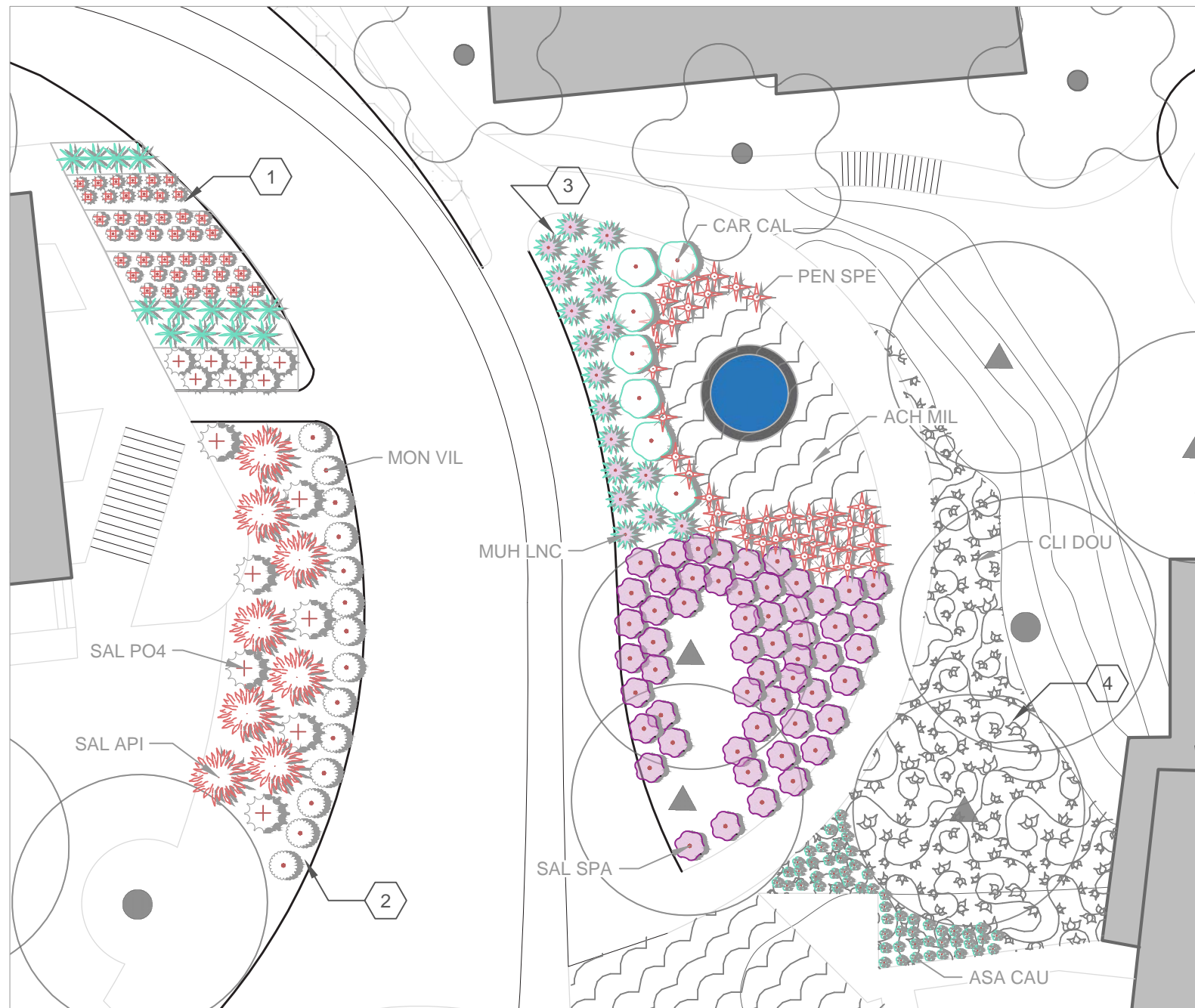
EXTRAVAGANT WELCOME NORTH



- 1 *Umbellularia californica* (California bay laurel)
- 2 *Rosa nutkana* (Nootka rose), *Ceanothus* 'Concha' (concha ceanothus), *Ribes aureum* var. *gracillimum* (golden currant), *Philadelphus lewisii* (western mock orange)
- 3 *Arctostaphylos manzanita* (manzanita), *Condea emoryi* (desert lavender), *Carpenteria californica* (bush anemone), *Romneya coulteri* (matilija poppy)
- 4 *Ceanothus thyrsiflorus* var. *thyrsiflorus* (creeping blueblossom ceanothus)

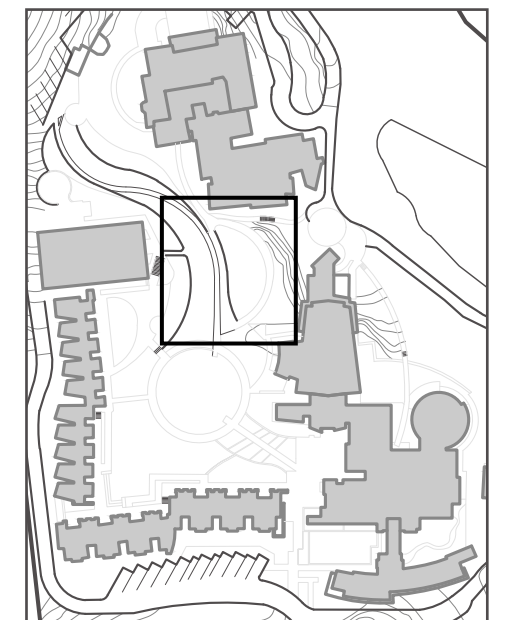


HEALING POND AND HERB GARDEN



- ① *Ocimum basilicum* 'Genovese' (Genovese basil), *Cymbopogon citratus* (lemongrass), *Aloysia verbena* (Lemon verbena)
- ② *Monardella villosa* (Coyote mint), *Salvia apiana* (white sage), *Salvia* 'Pozo Blue' (pozo blue sage)
- ③ *Mulenbergia capillaris* 'Regal Mist' (pink muhly grass), *Carpenteria californica* (bush anemone), *Penstemon spectabilis* (showy penstemon), *Achillea millefolium* (yarrow)
- ④ *Clinopodium douglasii* (yerba buena), *Asarum caudatum* (ginger)

0' 5' 10' 20'



EXTRAVAGANT WELCOME SOUTH



Condea emoryi



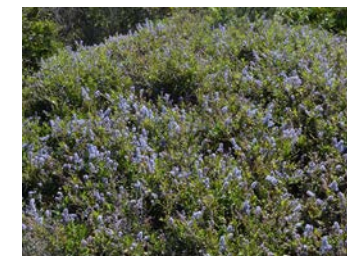
Heteromeles arbutifolia



Arctostaphylos manzanita



Romneya coulteri



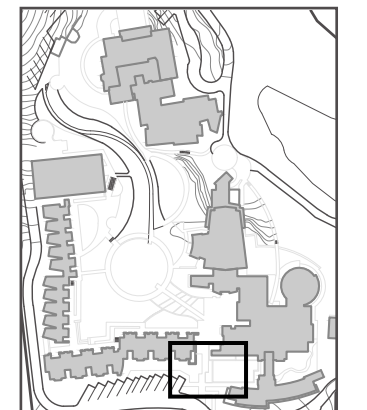
Ceanothus thrysiflorus
var. *thrysiflorus*



Carpenteria californica



Lepechinia fragrans



KNOT GARDEN



Origanum vulgare 'Aureum'



Thymus serpyllum



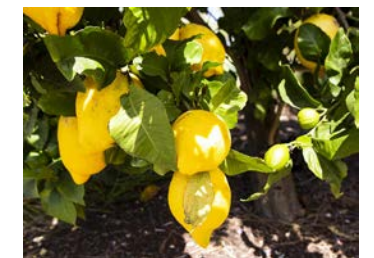
Sedum spathulifolium



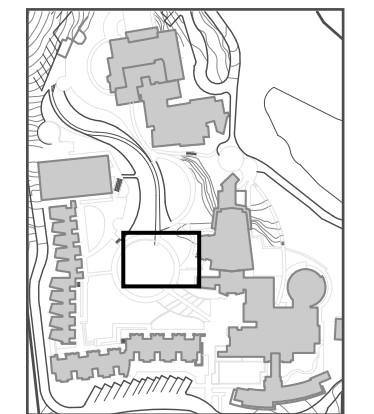
Salvia spathacea



Ceanothus 'Concha'



Eureka lemon



WELCOMING SHADE



Umbellularia californica



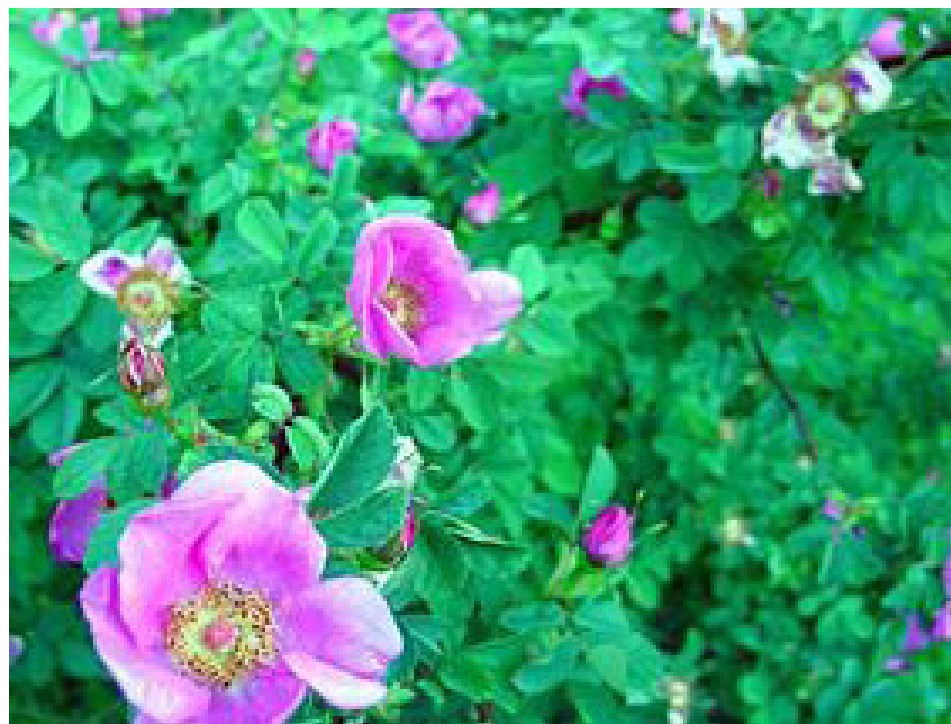
Ceanothus 'Concha'



Lepechinia fragrans



Ribes aureum var. gracillimum



Rosa nutkana



Philadelphus lewisii

WELCOMING SUN



Heteromeles arbutifolia



Eriogonum parvifolium



Artemisia californica 'Canyon Gray'



Ceanothus cuneatus var. *cuneatus*

WELCOMING SUN



Arctostaphylos manzanita



Ceanothus thrysiflorus var. *thrysiflorus*



Romneya coulteri



Carpenteria californica 'Elizabeth'



Condea emoryi

WELCOMING PLANT PALETTE DETAILS

Botanical Name	Plant Family	Common Name	Sun	Height	Width	WUCOL (Zone 3)	Summer Irrigation/ Water Reduction	Soil	Flower Color	Flowering Season	Maintenance	Uses
Shade/deciduous trees												
<i>Umbellularia californica</i>	Lauraceae	California bay laurel	Full Sun, Partial Shade	6 - 80 ft	3 - 30 ft	L	Max 3x / month once established	Tolerates a variety of soils including clay and serpentine	Yellow, Green, Cream, White	Spring	It requires a minimum of 13 inches of water per year, and a maximum of 84 inches of water per year once established. It prefers part shade and to be planted by creeks, irrigated areas or other water sources.	Antimicrobial skin wash, antifungal athlete's foot, smelling salt, careful of nose bleeds
Shrubs over 6' to provide screening												
<i>Arctostaphylos manzanita</i>	Ericaceae	Common Manzanita	Full sun	6 - 20 ft	10 ft	VL	Max 1x / month once established	Tolerant of clay or alluvial soil	White, Green	Winter, Spring	Requires a minimum of 14 inches of water per year, and a maximum of 60 inches of water per year once established. Seeds must be fire treated to germinate	Hedge
<i>Heteromeles arbutifolia</i>	Rosaceae	Toyon	Full sun	6 - 30 ft	10 - 15 ft	L	Max 2x / month once established, Never irrigate once established	Tolerant of a variety of soils	White	Summer	Susceptible to fireblight. For propagation by seed, needs 3 months stratification.	Bank stabilization , Hedge
<i>Ceanothus cuneatus</i> var. <i>cuneatus</i>	Rhamnaceae	Buckbrush	Full sun	10 ft	5 - 8 ft	VL	Yes: summer dry	Sand, fast draining	White	Winter, Spring	Requires a minimum of 16 inches of water per year, and a maximum of 36 inches of water per year once established. Likes dry slopes.	Bank stabilization , Hedge
<i>Rosa nutkana</i>	Rosaceae	Nootka rose	Full Sun, Partial Shade, Deep Shade	6 - 10 ft	3-4 ft	L	Max 1x / week once established	Tolerates sandy or clay soil as long as adequate moisture is available	Red, Pink	Spring	It requires a minimum of 55 inches of water per year, and a maximum of 125 inches of water per year once established. For propagating by seed: 5 mos. stratification; preceding this by 2-3 mos. warm stratification may improve germination (USDA Forest Service 1974).	Fragrant flowers
Shrub/groundcover medium (3'-6')												
<i>Ceanothus 'Concha'</i>	Rhamnaceae	Concha Ceanothus	Partial Shade	3 - 6 ft	3 - 6 ft	L	Never irrigate once established	Any; tolerates heavy soils	Blue	Spring, Winter	Propagation by cuttings.	
<i>Carpenteria californica</i> 'Elizabeth'	Hydrangeaceae	Elizabeth Bush Anemone	Full Sun, Partial Shade	5 - 6 ft	3 - 4 ft	M	Yes: summer dry	sandy, coarse-grained or other fast draining soils	White	Spring, Summer	Susceptible to aphids. Resistant to oak root fungus.	Hedge
<i>Philadelphus lewisii</i>	Philadelphaceae	Western mock orange	Full Sun, Partial Shade	5 - 12 ft	6 ft	M	Max 3x / month once established	Well-drained soils that are coarse to medium (rich, loamy) textured	Yellow, White	Summer, Spring	It requires a minimum of 19 inches of water per year, and a maximum of 69 inches of water per year once established. Propagate by seed, cuttings or root sections. Seeds need 2-3 months stratification.	
<i>Ribes aureum</i> var. <i>gracillimum</i>	Grossulariaceae	Golden currant	Full Sun, Partial Shade	3 - 6 ft	3 - 6 ft	VL	Max 1x / week once established	Variable	Yellow	Winter, Spring	Golden currant grows best in areas with somewhat more ground water, such as the bottom of slopes, near creeks or canyon bottoms.	
<i>Romneya coulteri</i>	Papaveraceae	Matilija Poppy	Full Sun	6 - 8 ft	6 - 8 ft	VL	Never irrigate once established	Prefers sandy or gravelly soil with fast drainage	Yellow, White	Summer, Spring	Propagation by rhizomes during winter. Disturbing the rhizomes at other times is usually fatal. Propagation by seeds is difficult.	External skin wash, antimicrobial
<i>Condea emoryi</i>	Lamiaceae	Desert lavender	Full Sun	6 - 12 ft	8 ft	VL	Max 1x / month once established	Prefers sandy or decomposed granite soil	Blue, Lavender	Spring, Winter	After established, it should survive the dry months with no supplementary water. It's moderately sensitive to pathogens that grow in warm moist soils.	Aromatic
<i>Lepechinia fragrans</i>	Lamiaceae	Fragrant pitcher sage	Full Sun, Partial Shade	3 - 5 ft	3 - 5 ft	L	Max 1x / month once established	Tolerant of a variety of soils as long as adequate moisture is present	Purple, Lavender	Summer, Spring, Fall	This plant is not particularly drought tolerant. It likes summer water every 2-4 weeks.	
Shrubs/groundcovers low growing (< 3')												
<i>Ceanothus thyrsiflorus</i> var. <i>thyrsiflorus</i>	Rhamnaceae	Creeping Blueblossom	Full Sun	2 - 3 ft	6 - 10 ft	L	Never irrigate once established, Irrigate ~ 1x / mo once established, Irrigate ~ 2x / mo once established	Tolerates sand or clay	Blue	Winter, Spring	Can be pruned immediately after flowering but does not take well to heavy pruning.	Groundcover, Bank stabilization
<i>Eriogonum parvifolium</i>	Polygonaceae	Sea Cliff Buckwheat	Full Sun	1 - 3 ft	2 - 3 ft	L	Max 1x / month once established	Sandy rocky soils, sandstone	Red, Yellow, Green, Pink, White	Summer, Spring, Fall, Winter	Moderately sensitive to pathogens that grow in warm moist soils. No treatment for propagating by seed.	Bank stabilization , Groundcover
<i>Artemisia californica</i> 'Canyon Gray'	Asteraceae	Canyon Gray Sagebrush	Full Sun	1 - 2 ft	4 - 10 ft	L	Max 1x / month once established	Tolerates a wide variety of soils	Pink	Summer, Fall	Looks best if mowed or heavily trimmed down every 1 or 2 years.	Bank stabilization , Containers, Deer resistant, Groundcover, Lawn alternative

HEALING SHADE



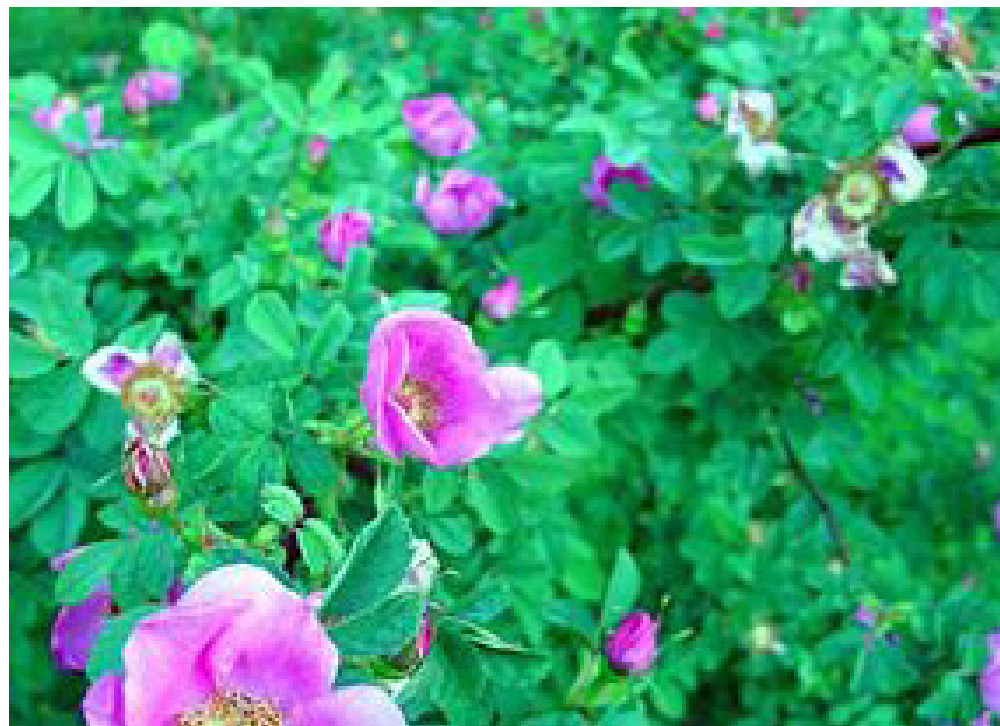
Ceanothus 'Concha'



Asarum caudatum



Clinopodium douglasii



Rosa nutkana



Salvia spathacea



Ribes aureum var. gracillimum

HEALING SUN



Salvia apiana



Salvia 'Pozo Blue'



Achillea millefolium



Mondardella villosa

HEALING PLANT PALETTE DETAILS

Botanical Name	Plant Family	Common Name	Sun	Height	Width	WUCOL (Zone 3)	Summer Irrigation/ Water Reduction	Soil	Flower Color	Flowering Season	Maintenance
Shrubs over 6' to provide screening											
<i>Rosa nutkana</i>	Rosaceae	Nootka rose	Full Sun,Partial Shade,Deep Shade	6 - 10 ft	3-4 ft	L	Max 1x / week once established	Tolerates sandy or clay soil as long as adequate moisture is available	Red, Pink	Spring	It requires a minimum of 55 inches of water per year, and a maximum of 125 inches of water per year once established. For propagating by seed: 5 mos. stratification; preceding this by 2-3 mos. warm stratification may improve germination (USDA Forest Service 1974).
Shrub/groundcover medium (3'-6')											
<i>Ceanothus 'Concha'</i>	Rhamnaceae	Concha Ceanothus	Partial Shade	3 - 6 ft	3 - 6 ft	L	Never irrigate once established	Any; tolerates heavy soils	Blue	Spring, Winter	Propagation by cuttings.
<i>Ribes aureum var. gracillimum</i>	Grossulariaceae	Golden currant	Full Sun,Partial Shade	3 - 6 ft	3 - 6 ft	VL	Max 1x / week once established	Variable	Yellow	Winter, Spring	Golden currant grows best in areas with somewhat more ground water, such as the bottom of slopes, near creeks or canyon bottoms.
<i>Salvia 'Poza Blue'</i>	Lamiaceae	Pozo blue sage	Full Sun	4 - 5 ft	4 - 5 ft	VL	Max 1x / month once established	Tolerates a wide variety of soils	Purple	Spring, Summer	Prune back by third in fall or winter.
Shrubs/groundcovers low growing (< 3')											
<i>Salvia spathacea</i>	Lamiaceae	hummingbird sage	Shade and part-shade	1 - 3 ft	3 ft	L	Max 2x / month once established	Tolerates a variety of soils	Pink, Red	Winter, Spring, Summer	Fairly sensitive to pathogens that grow in warm moist soils. Spreads by rhizomes. For seed propagation, sow outdoors in early fall.
<i>Monardella villosa</i>	Lamiaceae	coyote mint	Full Sun,Partial Shade	2 ft	3 ft	VL	Max 2x / month once established	Tolerates a variety of soils	Pink, Lavender	Summer	It likes summer water every 2-4 weeks. Put it in the sun to attract butterflies.
<i>Salvia apiana</i>	Lamiaceae	white sage	Full Sun	3 - 5 ft	3 - 8 ft	VL	Max 1x / month once established	Adaptable to a variety of soil types	White	Winter, Spring, Summer	You can trim off the flower spikes after they die to make the plant a little neater. Probably the strongest smelling of all the sages in California. Propagate by seed outdoors in early fall.
Low growing ground covers											
<i>Achillea millefolium</i>	Asteraceae	Yarrow	Full sun	1 - 3 ft	6 - 18 in	L	Max 1x / week once established	Nearly any type except very wet. Because of its deep roots it has been used to control erosion.	Yellow, White	Summer, Spring	Requires a minimum of 8 inches of water per year, and a maximum of 60 inches of water per year once established. Spreads by rhizomes. Plant seed in warm soil, max 1/4 inch under so sun can get to it. Can become invasive. For propagating by seed: No treatment.
<i>Asarum caudatum</i>	Aristolochiaceae	wild ginger	Deep Shade,Partial Shade	1 ft	12-18 in	H	Max 1x / week once established	Woodland soil with high organic content	Brown, Purple, Yellow	Spring	Requires moist soil. Prefers part shade.
<i>Clinopodium douglasii</i>	Lamiaceae	yerba buena	Deep Shade,Partial Shade	4 - 7 in	3 ft	M	Max 1x / week once established	Adaptable	White	Spring, Summer	It likes summer water every 1-4 weeks. Seed propagation.
<i>Sedum spathulifolium</i>	Crassulaceae	Broadleaf stonecrop	Full sun, Partial sun	2 - 8 in	1 - 3 ft	L	No	Well drained clay, loam, sand	Yellow	Summer	Deer resistant, propagate by seed or semi-hardwood cuttings

WATER SHADE/SUN



Cercis occidentalis



Muhlenbergia capillaris 'Regal Mist'



Achillea millefolium



Carpenteria californica 'Elizabeth'



Juncus patens



Penstemon spectabilis

WATER PLANT PALETTE DETAILS

Botanical Name	Plant Family	Common Name	Sun	Height	Width	WUCOL (Zone 3)	Summer Irrigation/ Water Reduction	Soil	Flower Color	Flowering Season	Maintenance
Trees or large shrubs											
<i>Cercis occidentalis</i>	Fabaceae	Western red bud	Full Sun, Partial Shade	10 - 20 ft	10 - 15 ft	low	Max 1x / week once established	Adaptable	Red, Yellow, Pink	Spring, Winter	Grows best next to a seasonal stream, natural drainage or irrigated area. Propagate by seed with hot water and 2 month stratification.
Shrubs medium height (3'-6')											
<i>Carpenteria californica</i> 'Elizabeth'	Hydrangeaceae	Elizabeth Bush Anemone	Full Sun, Partial Shade	5 - 6 ft	3 - 4 ft	M	Yes: summer dry	sandy, coarse-grained or other fast draining soils	White	Spring, Summer	Susceptible to aphids. Resistant to oak root fungus.
Shrubs/groundcover (<3')											
<i>Muhlenbergia capillaris</i> 'Regal Mist'	Poaceae	Pink muhly	Full sun, partial sun	2 - 3 ft	2 - 3 ft	moderate	No	Moist, well-drained	Pink, Red	Fall	Cut back in late winter or early spring. Cut a distance of 3 to 4 inches from crown.
<i>Juncus patens</i>	Juncaceae	California gray rush	Full sun, partial shade	1 - 3 ft	3 ft	low	Max 1x / month once established	Tolerates a variety of soils	Red, Brown	Summer, Fall	Can survive dry months without supplemental water. See propagation without treatment.
<i>Penstemon spectabilis</i>	Plantaginaceae	Showy penstemon	Full Sun	2 - 4 ft	3 - 4 ft	low	Max 1x / month once established	Performs best and lives longest in well-drained soil	Blue, Pink, Purple	Spring, Winter	After established, it should survive the dry months with no supplementary water. It's moderately sensitive to pathogens that grow in warm moist soils. Propagate by seed.
Low growing walkable ground covers (grass or herbaceous perennials)											
<i>Achillea millefolium</i>	Asteraceae	Yarrow	Full sun	1 - 3 ft	6 - 18 in	L	Max 1x / week once established	Nearly any type except very wet. Because of its deep roots it has been used to control erosion.	Yellow, White	Summer, Spring	Requires a minimum of 8 inches of water per year, and a maximum of 60 inches of water per year once established. Spreads by rhizomes. Plant seed in warm soil, max 1/4 inch under so sun can get to it. Can become invasive. For propagating by seed: No treatment.

NOURISHING SUN



Anna apple



Dorsett apple



Wonderful pomegranate



Eureka lemon



Eva's Pride peach



Dwarf Valencia orange

NOURISHING SUN



Blue Lake bush bean



Sugar snap pea



Concord grape



Dinosaur kale



Squash zucchini



Corn

NOURISHING SUN



Cymbopogon citratus



Thymus serpyllum



Genovese basil



Poblano chili pepper



Aloysia verbena



Cherokee purple tomato



Origanum vulgare 'Aureum'



Sedum spathulifolium

NOURISHING PLANT PALETTE DETAILS

Botanical Name	Plant Family	Common Name	Height	Width	WUCOL (Zone 3)	Summer Irrigation/ V	Soil	Flower Color	Flowering Season	Maintenance	Fruit Tree Form and Cross Pollination	Chill hours and ripening time
Citrus												
<i>Citrus x sinensis</i> 'Dwarf Valencia'	Rutaceae	Dwarf Valencia orange	8-12'	8-12'	moderate	none	Prefers well-drained soil	white	early spring	Needs moist soil but never standing water. Water new trees twice a week and established trees every other week during the summer. Soak to a depth of 3-4 feet. Mulch is beneficial. Prune suckers and twigggy growth, to shape. Avoid thorns.	Semi-dwarf, Self fertile	0-100, Dec-April
<i>Citrus limon</i>	Rutaceae	Eureka lemon	12'	12'	moderate	none	Needs rich, acidic soils	white	early spring	Needs moist soil but never standing water. Water new trees twice a week and established trees every other week during the summer. Soak to a depth of 3-4 feet. Mulch is beneficial. Prune suckers and twigggy growth, to shape.	Espalier, Self fertile	0-100, year-round
Stone fruit												
<i>Prunus persica</i> 'Eva's Pride'	Rosaceae	Eva's Pride bare root peach	12-15'	12-15'	moderate	none	Loamy, well-drained	pink	early spring	Require heavy pruning because they produce fruit on year-old branches. Thin fruit when 1 inch wide. Susceptible to leaf curl and brown rot fungus.	Bare root, Self fertile	100-200; June-July
Apples												
<i>Malus domestica</i> 'Anna'	Rosaceae	Anna apple	15-25'	15-20'	moderate	none	Needs deep, well-drained soil	pink-white	spring	Preferred pruning style is pyramidal with widely angled branches.	Dwarf, Self fertile	200; Summer
<i>Malus domestica</i> 'Dorsett Gold'	Rosaceae	Dorsett apple	18-20'	18-20'	moderate	none	Needs deep, well-drained soil	pink-white	spring	Preferred pruning style is pyramidal with widely angled branches.	Dwarf, Cross pollination	100; June-July
Fig, persimmon, pomegranate												
										Prune trees to maintain good structure and shape. Remove mummified fruit		

NOURISHING PLANT PALETTE DETAILS

Botanical Name	Plant Family	Common Name	Height	Width	WUCOL (Zone 3)	Summer Irrigation/ Water Reduction	Soil	Flower Color	Flowering Season	Maintenance
Leafy greens, veggies, fruiting crops										
<i>Phaseolus vulgaris</i>	Papilionaceae	Blue lake bush bean	24'	18'	moderate	none	Well-drained, fertile soil	white to lavender	spring	Keep soil moist during 10-day germination period. After, water well if the first inch of soil becomes dry.
<i>Pisum sativum</i> 'Macrocarpon Group'	Papilionaceae	Sugar snap peas	6' vine	8"	moderate	none	Needs organically enriched well-drained soil.	pink	spring	Plant in area with good circulation to prevent mildew. Blast off aphids with jets of water.
<i>Vitis labrusca</i> 'Concord'	Vitaceae	Concord grape	6'	10'	moderate	none	Needs deep, moderately fertile, well-drained soil.	white	spring	Train on trellis. Prune in the dormant season starting in the third winter to limit the amount of fruiting (year-old) wood.
<i>Zea mays</i>	Poaceae	Corn	5-10'	1.5-3'	moderate	none	Needs deep rich, well-drained soil	yellow	summer	Feed with high N fertilizer when 15" then 2' tall. Don't remove suckers.
<i>Brassica oleracea var. palmifolia</i>	Brassicaceae	Dinosaur kale	3'	18"	moderate	none	Needs well-drained, rich soil amended with organic matter	yellow	late winter	Plant in late summer for a fall crop. Harvest leaves by removing them from the outside of clusters.
<i>Ocimum basilicum</i> 'Genovese'	Lamiaceae	Genovese basil	2'	14"	high	none	Light, well-drained fertile soil	white	summer	Prefers evenly moist soil.
<i>Cucurbita pepo</i>	Cucurbitaceae	Squash zucchini	3'	3'	moderate	none	Needs rich soil	yellow	summer	Roots need regular moisture but leaves and stems should be kept as dry as possible.
<i>Solanum lycopersicum</i> 'Cherokee purple'	Solanaceae	Cherokee purple tomato	6'	3'	moderate	none	Needs well drained soil	yellow	summer	Train plants to stay off ground. Need regular water at the root level. Water deeply
<i>Capsicum annuum var. annuum</i> 'Poblano'	Solanaceae	Poblano chili pepper	2'	2'	moderate	none	Needs well drained soil	white	spring	After plants are established but before bloom give balanced liquid fertilizer.
Groundcovers/herbs low growing (< 3')										
<i>Aloysia verbena</i>	Verbenaceae	Lemon verbena	6 ft	2 - 4 ft	low	No	Rich and moist loam with good drainage	White, Purple	Late Summer	Needs regular irrigation. Cut plants back by a third to half in early spring.
<i>Cymbopogon citratus</i>	Poaceae	Lemongrass	2 - 4 ft	2 - 4 ft	moderate	No	Moist, rich, loamy but well draining	White, Green	Summer	Keep roots constantly moist. Use mulch. Shear plants about 6" high at the end of winter. Remove dead, dried-up leaves.
<i>Thymus serpyllum</i>	Lamiaceae	Creeping thyme	2 - 6 in	6 - 18 in	moderate	No	Well-drained, sandy	Pink, white, purple	Summer	Prune back stems in early spring. Prune again after flowers die at end of summer. In late fall, prune woodiest stems by half.
<i>Origanum vulgare</i> 'Aureum'	Lamiaceae	Golden oregano	6" - 1 ft	1 - 2 ft	low	No	Well-drained, loam	Pink	summer to fall	Deer resistant, relatively disease and pest free, propagate by cutting, cut back old flowered stems in early spring

PLANTING AND MAINTENANCE

SOILS

Healing garden: Most plants are California natives. For these, limited soil preparation is needed. However, because soils appear to have high clay content, some organic matter amendments could be added to increase porosity and drainage, especially if the ground became compacted. This could be worked into the entire garden area. Soil can be mounded into berms to also increase drainage. The entire area should be covered with 3-4 inches of an organic mulch. Mulch should be kept away from the crown of plants. For the herb garden, soil should be amended with organic compost to improve texture and increase organic content.

Nourishing garden: Soil should be amended with organic compost to improve texture and increase organic content. The planting area around fruit trees should be covered with 3-4 inches of an organic mulch. Mulch should be kept away from the trunk. Pond: Most plants are California natives that tolerate a variety of soils. limited soil preparation is needed. Some amendments may be needed to increase drainage.

IRRIGATION

California native plants: Plants should be installed in the fall at the beginning of the rainy season so that natural rains can help with establishment. To ensure success of the garden, a drip irrigation system should be installed with drip tubing. Tubing can be buried to limit wildlife from chewing on it. To create an even coverage of irrigation and growth of the root zone, four emitters can be installed at each plant (one on each side). Plants should be watered when planted. If there is adequate rain, such as once per week, irrigation will not be needed in the winter. Once winter rains end, plants should be watered weekly. During summer, irrigation should take place on cool days in the early morning to prevent fungal pathogens. Once plants are established, plants should be irrigated deeply but infrequently, about one to two times per month. Soil at the root level should be allowed to dry out in between watering.

Nourishing garden: To ensure success of the garden, a drip irrigation system should be installed with drip tubing. Fruits and vegetables should be watered twice a day for about 7 minutes each. Fruit trees should be watered frequently after planting (2-3 times per week). Once established, trees should be watered deeply and infrequently, about 1-2 times per month. The top 3-6 inches of soil should dry out before watering. Water under the canopy with a soaker hose and slightly beyond the drip line for established trees.

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