

A photograph of a garden filled with tomato plants. The plants are supported by a metal trellis system. The tomatoes are in various stages of ripeness, from green to bright red. The leaves are green and healthy. The background shows a wooden fence or structure.

**Healing and Nourishing
Garden Design
Tate Tilles-Perrine
Landscape Design 5 w/
Pamela Brief
Spring 2025**

BIG IDEA

My big idea is reciprocity born of proper plant maintenance. In order for a healing garden to offer healing, it must be filled with plants that are tended to strategically, presently, and patiently. In our care for the plants, they will care for us.

Many plants chosen for this palette are native to Southern California. The maintenance needs of these plants have been and continue to be understood by native peoples for millenia. A landscape influenced by humans helps us to understand how many of the chosen species have medicinal qualities.

The same goes with non-native edible plants in this palette. Their productivity is dependent on human care. We must remember to live in reciprocity with plants in a healing garden, in order to gain the benefits they so humbly have to offer.



INSPIRATION

ANALEMMATIC SUNDIAL

The inspiration I had for my big idea evolved over time. It first began with a poetic nod to the presence required to be a strategic and patient gardener. How in order for plants to heal and nourish humans, they must be cared for well. I then got to thinking about what allows for essential plant care: sun. Sun not only allows for plants to develop food for themselves, it regulates soil temperature, influences hormonal behaviors, and very graciously ignites maintenance gardeners to practice effective plant care, seasonally.

I particularly was inspired by an analemmatic sundial, as it is a very accurate way in which the time of day can be determined by understanding where the sun is at in the sky during a particular time of year. An individual's body can be used as a gnomon, or a shadow casting object, whose position changes based on the sun's declination, or angle relative to the celestial equator and date.

When thinking about developing a reciprocal relationship with plants, it is essential to understand how to care for them throughout the time of year. Depending on the quantity of sun in the sky, that will factor into pruning, mulching, and irrigating- the essential maintenance practices to ensure a healthy garden.

Tending to a garden seasonally is a reminder that there's healing to witnessing change. Deciduous trees and shrubs help us to see the importance of rest and recovery, whereas summer dormant grasses remind us that not all plants are evergreen. Perhaps witnessing this change will help us to appreciate nuances in a landscape, and to see how reciprically healing a well-maintained garden can be.



Common Yarrow
Achillea millefolium

Healing Garden

Hydrozone 1

Large Trees



Toyon

Heteromeles arbutifolia

Medicinal uses: the Cahuilla people use parts of this plant to soothe stomach ailments and to allow for menstration regulation.



Coast Live Oak

Quercus Agrifolia

Medicinal uses: the Kumeyaay use the bark to relieve toothaches.



Southern California Black Walnut

Juglans californica

Medicinal uses: the meat of the nut is used by the Cahuilla peoples as an important fat and protein source.

These trees were chosen for their inherent habitat value and cultural significance to Native American peoples of southern CA. They have long been provided shelter and food for wildlife and humans, and are integral species in cultivating life wherever they are planted. They also have medicinal qualities to their seeds and fruits, and provide great aesthetic value to the garden.



Hollyleaf Cherry

Prunus ilicifolia

Medicinal uses: the Gabrieleño peoples use the cherries as a source of vitamin C.

Medium shrubs (6'/+)



Big Berry Manzanita

Arctostaphylos glauca

Medicinal uses: a tea of the leaves can be used to sooth poison oak rash.



Chamise

Adenostoma fasciculatum

Medicinal uses: the Kumeyaay use the leaves and branches to treat infections and inflammation.



Matilija Poppy

Romneya coulteri

Medicinal uses: Chumash people use this plant for treating skin and gum issues.



Coffeeberry

Frangula californica

Medicinal uses: the use of the bark lends laxative qualities.



Yankee Point

Ceanothus

Ceanothus griseus var.

horizontalis 'Yankee Point'

Medicinal uses: unknown for this species; *Ceanothus* spp. traditionally used for making soap and dyes.

Shrubs/Groundcovers (3-6')



Chaparral Mallow

Malacothamnus fasciculatus

Medicinal uses: the Kumeyaay use the roots of the plant to sooth stomach ulcers.



California Buckwheat

Eriogonum fasciculatum

Medicinal uses: leaves can be used for tea to relieve headaches.



Thickleaf Yerba Santa

Eriodictyon crassifolium

Medicinal uses: the Gabrieleno use the leaves in tea to relieve coughs and respiratory ailments.

Cleveland Sage

Salvia clevelandii

Medicinal uses: the Kumeyaay use the leaves for ceremonial smudging.



Deergrass

Muhlenbergia rigens

Medicinal/Cultural uses: Tongva peoples use the flowerstocks for basket weaving.

Low Growing/Walkable (<3')



Common Yarrow

Achillea millefolium

Medicinal uses: traditionally used for wound healing by many Native American tribes.



Coyote Mint

Monardella villosa

Medicinal uses: the Cahuilla use the leaves to heal upset stomach.



Blue-eyed Grass

Sisyrinchium bellum

Medicinal uses: root teas used to treat diarrhea.

Common Lippia

Phyla nodiflora

Medicinal uses: juices/aromas used for respiratory ailments.



Island Alum Root

Heuchera maxima

Medicinal uses: an extract of the root can be used to gargle for mouth sores.

Plant Common Name	Plant Botanical Name	Hydrozone	Plant Family	Approximate Mature Height and Spread	WUCOLS Plant Factor	Summer water reduction, if any	Soil Requirements	Maintenance Requirements	Bloom Color/Season	Wildlife Support
Toyon	<i>Heteromeles arbutifolia</i>	1	Rosaceae	8-15'; 15'	VL <0.10	Max 2x/month once established; less frequent once established	Tolerant of many types	May become leggy; cut to ground and it will grow back from base	White/summer	Cedar waxwings, birds, bees, bats, caterpillars, butterflies
Coast Live Oak	<i>Quercus agrifolia</i>	1	Fagaceae	20-40';35'+	VL <0.10	Max 1x/month once established	Adaptable; prefers well-draining loam which is produced over time with leaf drop	Avoid overpruning; only do so in summer months when tree is dormant	Yellow, cream, green/winter, spring	Caterpillars, butterflies
Holly leaf cherry	<i>Prunus ilicifolia</i>	1	Rosaceae	3'-20'; 10'	VL <0.10	Max 1x/month once established	Tolerant of a variety of soils	Can prune to keep as smaller shrub	Cream, white/winter, spring	Birds, butterflies, caterpillars
Southern California Black Walnut	<i>Juglans californica</i>	1	Juglandaceae	8-25'; 20'+	L 0.10-0.30	Max 1x/month once established	Adaptable	Can be pruned when deciduous	Yellow/spring	Birds, squirrels, caterpillars, butterflies
Big Berry Manzanita	<i>Arctostaphylos glauca</i>	1	Ericaceae	6-15'; 8-10'	L 0.1-0.3	Max 1-2x/month once established	Tolerant; likes well-draining	Prune minimally	White, pink/winter	Caterpillars, butterflies, hummingbirds, bees
Chamise	<i>Adenostoma fasciculatum</i>	1	Rosaceae	5'+;6'	VL <0.10	Max 2x/month once established	Tolerant of sand and clay	Can prune for shape	White/spring, summer	Caterpillars, butterflies
Coffeeberry	<i>Frangula californica</i>	1	Rhamnaceae	5-15';10'	VL <0.10	Max 2x/month once established	Tolerant of a variety of soils	Takes pruning well; upright forms can be formed into a hedge	Green, cream, white/spring, summer	Bats, caterpillars, butterflies
Matilija Poppy	<i>Romneya coulteri</i>	1	Papaveraceae	4-6'; 4'	VL <0.10	Little to no irrigation once established	Prefers faster draining/sandy	Prune to 6" above the ground in fall; control rhizomial spread	Yellow, white/spring, summer	Caterpillars, butterflies, bees
Ceanothus 'Yankee Point'	<i>Ceanothus griseus var. horizontalis</i> 'Yankee Point'	1	Rhamnaceae	2-3', 8-10'	L 0.10-0.30	Max 1x/month once established	Tolerates wide variety of soils	Minimal maintenance required	Dark blue/winter, spring	Bees
Chaparral Mallow	<i>Malacothamnus fasciculatus</i>	1	Malvaceae	4-5';8'+	VL 0.10	1x/month once established	Tolerant of variety of soils; prefers well-draining soil	If leggy, prune back in late/summer fall to encourage compact growth	Pink/spring, summer	Bees, butterflies, birds, caterpillars
California Buckwheat	<i>Eriogonum fasciculatum</i>	1	Polygonaceae	3-4'; 4'+	VL <0.10	Max 1x/month once established; naturalize	Prefers loam soils	Can handle hard pruning; may even be used as a hedge	Yellow, white, pink/summer, fall	Birds, bees, butterflies, caterpillars
Thickleaf Yerba Santa	<i>Eriodictyon crassifolium</i>	1	Boraginaceae	5-6';8'	VL <0.10	Max 1x/month once established	Frequently found in eroded soils; adaptable	Can prune for shape	Lavender, blue/spring	Caterpillars, butterflies
Cleveland Sage	<i>Salvia clevelandii</i>	1	Lamiaceae	5';4'	VL <0.10	Max 1x/month once established	Tolerates variety of soils; prefers well-draining	Prune in fall for spring vigor; deadhead flowers if necessary	Purple, blue/spring, summer	Birds, bees, butterflies, caterpillars
Deergrass	<i>Muhlenbergia rigens</i>	1	Poaceae	2-4';2'	L 0.10-0.30	Max 1x/month once established	Tolerant of sand and clay	Can be cut back in fall if becomes unruly	Yellow, cream/spring	Birds, butterflies, caterpillars
Common Yarrow	<i>Achillea millefolium</i>	1	Asteraceae	1-2';2-3'	L 0.10-0.30	Max 2x/month once established	Used for erosion control; tolerates many varieties of soil	Benefits from division every other year; can deadhead flowers to make room for more to grow	Yellow, white/spring, summer	Bats, birds, bees, butterflies, caterpillars
Coyote Mint	<i>Monardella villosa</i>	1	Lamiaceae	2';2'	VL <0.10	max 2x/month	well-draining	Deadhead when necessary	Pink, lavender/summer	Hummingbirds, birds, bees, butterflies, caterpillars
Blue Eyed Grass	<i>Sisyrinchium bellum</i>	1	Iridaceae	1-2'; 0.5"-1'	L 0.1-0.3	Naturalize or 1x/month once established	Tolerant of sand and clay	Summer semi-deciduous; cut back to ground when finished flowering	Bluish purple/winter, spring	Bees, butterflies
Island Alum Root	<i>Heuchera maxima</i>	1	Saxifragaceae	1';1-2'	L 0.10-0.30	Max 2-3x/month once established	Well-draining	Deadhead flowers when necessary	Pink, white/winter, spring	Hummingbirds, birds
Common Lippia	<i>Phyla nodiflora</i>	1	Verbenaceae	1-6"; spreading	L 0.10-0.30	Max 2x/month once established	Tolerant of a variety of soils	Can be mowed like grass; may need to trim edges to keep from creeping across hardscape	White; spring	Caterpillars, butterflies



Nourishing Garden

Hydrozone 2

Citrus Varieties



Meyer Lemon

Citrus limon 'Meyer Lemon'

Form: Standard

Fruit time: Winter

Sun: Full

Cross-Pollination: N/A



Oro Blanco Grapefruit

Citrus x paradisi 'Oro Blanco'

Form: Standard

Fruit time: Summer, fall

Sun: Full

Cross-Pollination: N/A



Bearss Lime

Citrus aurantifolia 'Bearss Seedless'

Form: Standard

Fruit time: Winter, spring

Sun: Full

Cross-Pollination: N/A

These citrus trees were chosen for their variety of flavors, nutrition and fruit size. They are all standard form, which will fill space and cast shade in the hottest parts of the summer. Citrus is relatively easy to prune. It is important to keep some leaves in the center branches as to avoid sunburn and lion-tailing. Thin the fruits to avoid broken branches.

Deciduous Fruit Trees



Blenheim Apricot

Prunus armeniaca 'Blenheim'

Form: Standard

Fruit time: Summer

Chill hours: 350-400

Sun: Full, tolerates some shade



Santa Rosa Plum

Prunus salicina 'Santa Rosa'

Form: Standard

Fruit time: Summer

Chill hours: 300

Sun: Full, tolerates
some shade



May Pride Peach

Prunus persica 'May Pride'

Form: Standard

Fruit time: Late spring

Chill hours: 150-200

Sun: Full, tolerates some shade



Pomegranate

Punica granatum

Form: Standard

Fruit time: Fall

Sun: Full

Cross-Pollination: N/A

These deciduous fruit trees were chosen for their chill hours. Encino has chill hours between 100-400 annually. These trees may not fruit every year, especially if it's a warmer year, however, they are still likely to have gorgeous blooms. They are all deciduous and require pruning for fruit production and structure in the winter.

Herbaceous Edibles



Lemon Verbena

Aloysia triphylla

Medicinal uses: leaves used as tea for antifungal properties.



French Lavender

Lavandula dentata

Medicinal uses: flowers in tea for calming and ease of mind.



African Blue Basil

Ocimum 'Dark Opal'

Medicinal uses: leaves used as tea to alleviate inflammation



Oregano

Origanum vulgare

Medicinal uses: tea leaves used for antimicrobial qualities.



Lemon Thyme

Thymus x citriodora

Medicinal uses: tea leaves used for coughs and respiratory health.



Annual Vegetables

Cool Season Annuals

Carrots
Beets
Onions
Broccoli
Kale
Snap/Snow Peas
Bok Choi
Garlic
Nasturtiums
Calendula
Dianthus
Violas
Borage

Warm Season Annuals

Tomatoes
Peppers
Eggplants
Sunflowers
Cucumbers
Watermelon
Cantelope
Ginger
Turmeric
Pole/Bush Beans
Cosmos
Marigolds
Chard

Plant Common Name	Plant Botanical Name	Hydrozone	Plant Family	Approximate Mature Height and Spread	WUCOLS Plant Factor	Summer water reduction, if any	Soil Requirements	Maintenance Requirements	Bloom Color and Season	Wildlife Support
Meyer Lemon	<i>Citrus limon</i> 'Meyer Lemon'	2	Rutaceae	6-12'; 6-12'	M 0.4-0.6	Max 2-4x/month once established (deeper watering, less frequently once established is preferred)	Well-draining; takes to compost well	Prune to encourage fruit growth, for structure, and to keep fruit from touching ground	Purple, white/can bloom all year round (predominantly in spring and fall)	Bees, wasps, birds
Oro de Blanco Grapefruit	<i>Citrus x paradisi</i> 'Oro Blanco'	2	Rutaceae	10-20'; 10-20'	M 0.4-0.6	Max 2-4x/month once established (deeper watering, less frequently once established is preferred)	Well-draining; takes to compost well	Be sure to thin fruits- can get heavy and cause branch breakage	White/spring	Bees, wasps, birds
Bearss Limes	<i>Citrus aurantifolia</i> 'Bearss Seedless'	2	Rutaceae	15-20'; 15-20'	M 0.40-0.60	Max 2-4x/month once established (deeper watering, less frequently once established is preferred)	Well-draining; takes to compost well	Prune for solid structure; good to have strong scaffolding to support many fruits	White/spring	Bees
Blenheim Apricot	<i>Prunus armeniaca</i> 'Blenheim'	2	Rosaceae	10-20'; 10-15'	M 0.40-0.60	Max 2-4x/month once established (deeper watering, less frequently once established is preferred)	Well-draining; takes to compost well	Prune in winter to encourage fruit growth in summer	White/spring	Bees
Santa Rosa Plum	<i>Prunus salicina</i> 'Santa Rosa'	2	Rosaceae	15-20'; 15'-20'	M 0.40-0.60	Max 2-4x/month once established (deeper watering, less frequently once established is preferred)	Well-draining; takes to compost well	Prune in winter to encourage fruit growth in summer	Pink, white/spring	Bees
May Pride Peach	<i>Prunus persica</i> 'May Pride'	2	Rosaceae	8-14'; 8-14'	M 0.40-0.60	Max 2-4x/month once established (deeper watering, less frequently once established is preferred)	Well-draining; takes to compost well	Prune in winter to encourage fruit growth in summer	Pink/late spring	Bees
Pomegranate	<i>Punica granatum</i>	2	Punicoideae	15-20'; 15-20'	L 0.1-0.3	Max 2x/month once established	Adaptable	Prune suckers or excessive growth; can be treated like a shrub	Orange/summer	Birds, hummingbirds, bees
Lemon Verbena	<i>Aloysia triphylla</i>	2	Verbenaceae	6-12'; 6-12' (can be smaller)	M 0.40-0.60	Max 2x/month once established; depending on where it's planted	Adaptable	Prune in Fall when leaves yellow; goes deciduous	White/summer	Bees
French Lavender	<i>Lavandula dentata</i>	2	Lamiaceae	2-3'; 4-5'	L 0.1-0.3	Max 2x/month once established	Adaptable	Can cut back when finished flowering	Lavender/spring, summer	Bees
African Blue Basil	<i>Ocimum</i> 'Dark Opal'	2	Lamiaceae	1-2'; 1-2'	M 0.40-0.60	Max 2x/month once established	Adaptable	Can be pruned in winter to allow for new growth in spring; will continue to flower after deadheading	Purple, white/spring	Bees, birds, butterflies
Oregano	<i>Origanum vulgare</i>	2	Lamiaceae	1'; 1-3'	L 0.1-0.3	Max 2x/month once established	Loam	Can be cut back when finished flowering	Pink/summer	Bees
Lemon Thyme	<i>Thymus x citriodora</i>	2	Lamiaceae	<1'; 1-2'	L 0.1-0.3/M 0.40-0.60	Max 2x/month once established	Adaptable	Can sheer in fall to keep from becoming leggy	Lavender/summer	Bees



Dry Creek Bed

Hydrozone 3

Riparian Tree



Mexican Elderberry

Sambucus mexicana

Medicinal/cultural uses: used in many ways by the Cahuilla peoples- berries for syrups and dyes; flowers for teas and tonics; hollowed wood for instruments in ceremonies.

Riparian Herbaceous Shrubs



Valley Sedge

Carex barbarae

Cultural use: rhizomial roots used for basketry by multiple tribes in southern CA.



Basket Rush

Juncus textilis

Cultural use: Chumash, Cahuilla, and Kumeyaay use stems for basketry.



Common Rush

Juncus patens

Cultural uses: basketry, binding, and in ceremony for some southern CA tribes.

Scarlet Monkeyflower

Erythranthe cardinalis

Cultural uses: flowers are used in ceremony and as a polstice to alleviate sores and burns.



Mugwort

Artemisia douglasiana

Cultural uses: dried and smoked to help with sleep and dreams; the Chumash used it as a polstice to treat poison oak distress.

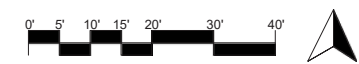
Plant Common Name	Plant Botanical Name	Hydrozone	Plant Family	Approximate Mature Height and Spread	WUCOLS Plant Factor	Summer water reduction, if any	Soil Requirements	Maintenance Requirements	Bloom Color and Season	Wildlife Support
Elderberry	<i>Sambucus mexicana</i>	1	Adoxaceae	6-20'; 15'+	L 0.1-0.3	Max 1x/month once established	Tolerates variety of soils; preference for well-draining	Prune during winter decidous time to maintain shape and form	Yellow, cream/spring, summer	Bees, butterflies, flies, beetles, caterpillars
Mugwort	<i>Artemisia douglasiana</i>	3	Asteraceae	4-8'; 4'	M 0.40-0.60	Max 1x/month once established	Tolerates variety of soils; as long as moisture is available	May be cut to ground during dormancy	yellow, cream, white/spring-fall	Birds, caterpillars, butterflies
Basket rush	<i>Juncus textilis</i>	3	Juncaceae	3'+;3'+	M 0.40-0.60	Max 3-4x/month once established	Tolerant of well-draining, moist soils	Can cut back if desired; maintain soil moisture	N/A	Caterpillars, butterflies
Common Rush	<i>Juncus patens</i>	3	Juncaceae	2';2'	M 0.40-0.60	Max 3-4x/month once established	Tolerant of well-draining, moist soils	Can cut back if desired; maintain soil moisture	N/A	Caterpillars, butterflies
Scarlet Monkeyflower	<i>Erythranthe cardinalis</i>	3	Phrymaceae	2-3';3'	M 0.4-0.6	Keep moist	Tolerates sand and clay	Deadhead when necessary and prune to keep from flopping	Red, orange/spring, summer, fall	Hummingbirds, bees, butterflies
Valley Sedge	<i>Carex barbarae</i>	3	Cyperaceae	1';3'	M 0.4-0.6	Max 1-2x/month once established	Adaptable	Can deadhead when necessary	Brown/summer	Birds

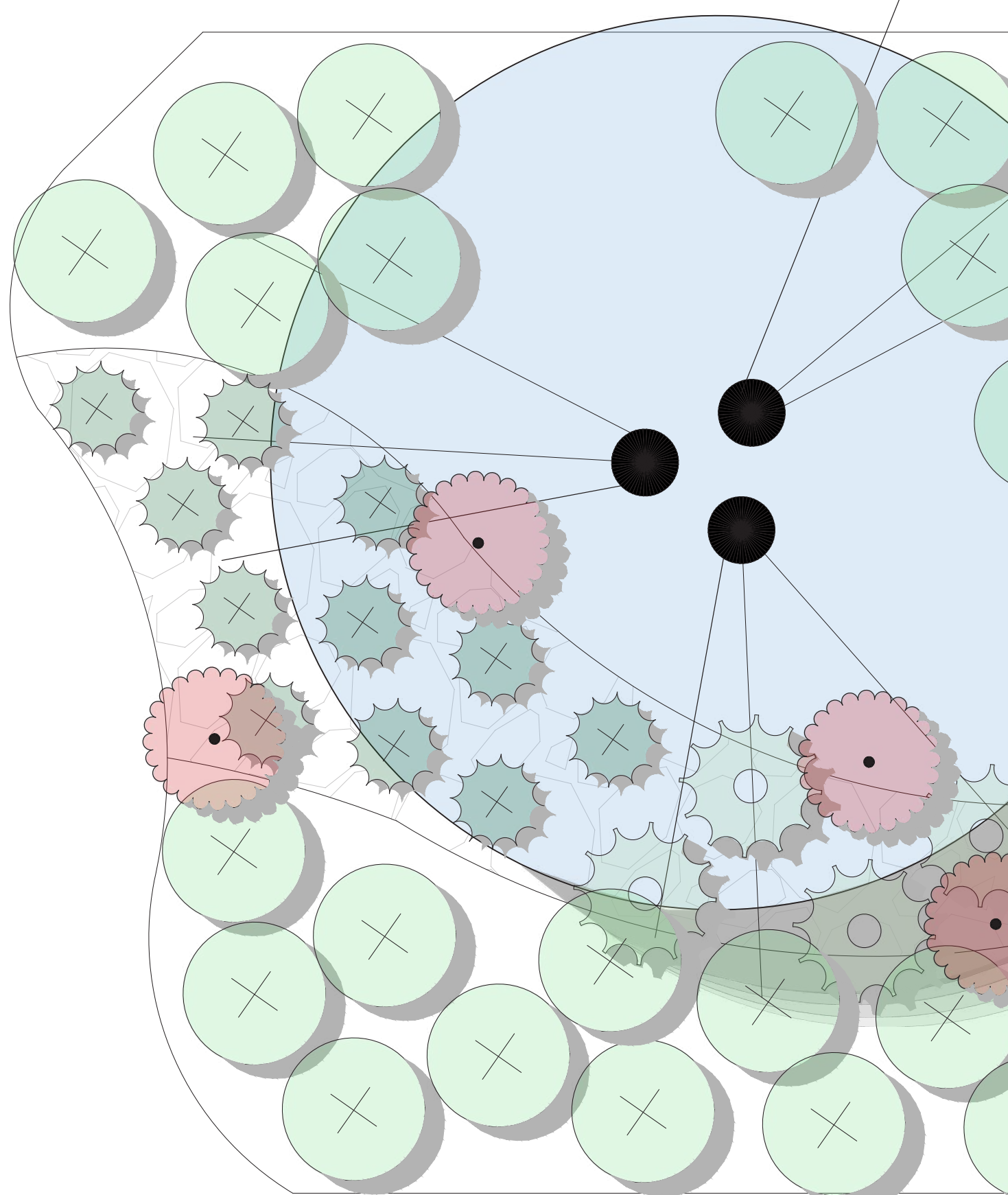
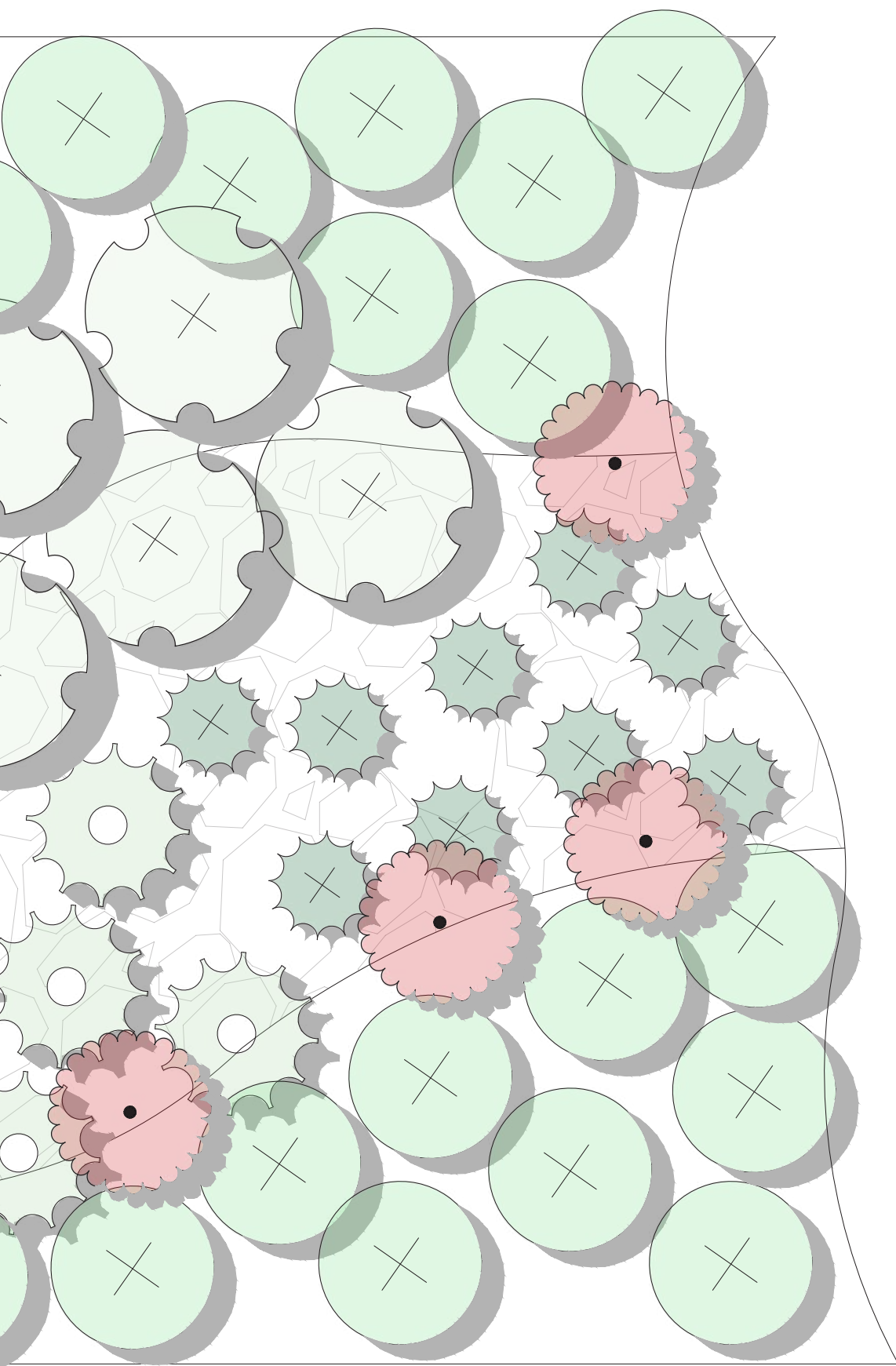


TREES			
SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	HETEROMELES ARBUTIFOLIA "TOYON"	18	24" BOX
	QUERCUS AGRIFOLIA "COAST LIVE OAK"	17 (EXISTING)	NONE ADDED
	SAMBUCUS MEXICANA "MEXICAN ELDERBERRY"	1	24" BOX
	JUGLANS CALIFORNICA "SOUTHERN CA BLACK WALNUT"	3	36" BOX
	PRUNUS ILICIFOLIA "HOLLYLEAF CHERRY"	7	36" BOX
	CITRUS MAXIMA "ORO BLANCO" "ORO BLANCO PUMMELO"	3	24" BOX
	CITRUS X AURANTIFOLIA "BEARSS LIME" "BEARSS LIME"	3	24" BOX
	CITRUS X LIMON 'MEYER' "MEYER LEMON"	3	24" BOX
	EXISTING TREE	20	NONE ADDED
	PRUNUS ARMENIACA "BLENHEIM" "BLENHEIM APRICOT"	3	15 GAL POT
	PRUNUS PERSICA "MAY PRIDE" "MAY PRIDE PEACH"	2	15 GAL POT
	PRUNUS SALICINA "SANTA ROSA" "SANTA ROSA PLUM"	2	15 GAL POT
	PUNICA GRANATUM "POMEGRANATE"	2	24" BOX
	ARCTOSTAPHYLOS GLAUCA "BIGBERRY MANZANITA"	5	24" BOX

SHRUBS			
SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	ADENOSTOMA FASCICULATUM "CHAMISE"	17	5 GAL POT
	ALOYSIA TRIPHYLLA "LEMON BEEBRUSH/VERBENA"	15	5 GAL POT
	ARTEMISIA DOUGLASIANA "MUGWORT"	8	1 GAL POT
	CAREX BARBARAE "SANTA BARBARA SEDGE"	48	1 GAL POT
	CEANOTHUS GRISEUS "HORIZONTALIS 'YANKEE POINT' "YANKEE POINT CARMEL CREEPER"	7	5 GAL POT
	ERIODICTION CRASSIFOLIUM "THICK-LEAVED YERBA SANTA"	5	5 GAL POT
	ERIOGONUM FASCICULATUM "CA BUCKWHEAT"	35	5 GAL POT
	ERYTHRANTHE CARDINALIS "SCARLET MONKEYFLOWER"	9	5 GAL POT
	FRANGULA CALIFORNICA "CA COFFEEBERRY"	18	15 GAL POT
	JUNCUS PATENS "CA GRAY RUSH"	20	1 GAL POT
	JUNCUS TEXTILIS "BASKET RUSH"	13	1 GAL POT
	LAVANDULA DENTATA "FRENCH LAVENDER"	10	5 GAL POT
	MALACOTHAMNUS FASCICULATUS "BUSH MALLOW"	7	5 GAL POT
	MUHLENBERGIA RIGENS "DEER GRASS"	70	5 GAL POT
	OCIMUM BASILICUM X KLIMANDSCHARICUM "AFRICAN BLUE BASIL"	26	5 GAL POT
	ROMNEYA COULTERI "MATILUA POPPY"	5	5 GAL POT
	SALVIA CLEVELANDII "CLEVELAND SAGE"	16	5 GAL POT

GROUND COVERS			
SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	ACHILLEA MILLEFOLIUM "COMMON YARROW"	250	1 GAL POT
	HEUCHERA MAXIMA "ISLAND ALUM ROOT"	100	1 GAL POT
	MONARDELLA VILLOSA "COYOTE MINT"	25	1 GAL POT
	ORIGANUM VULGARE "OREGANO"	175	1 GAL POT
	PHYLLODOLPHRA "COMMON LIPPIA"	300	1 GAL POT
	SISYRINCHIUM BELLUM "BLUE-EYED GRASS"	40	1 GAL POT
	THYMUS X CITRIODORUS "LEMON THYME"	75	1 GAL POT
	ASSORTED SEASONAL VEG	SEASONAL	4" POT

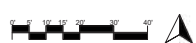




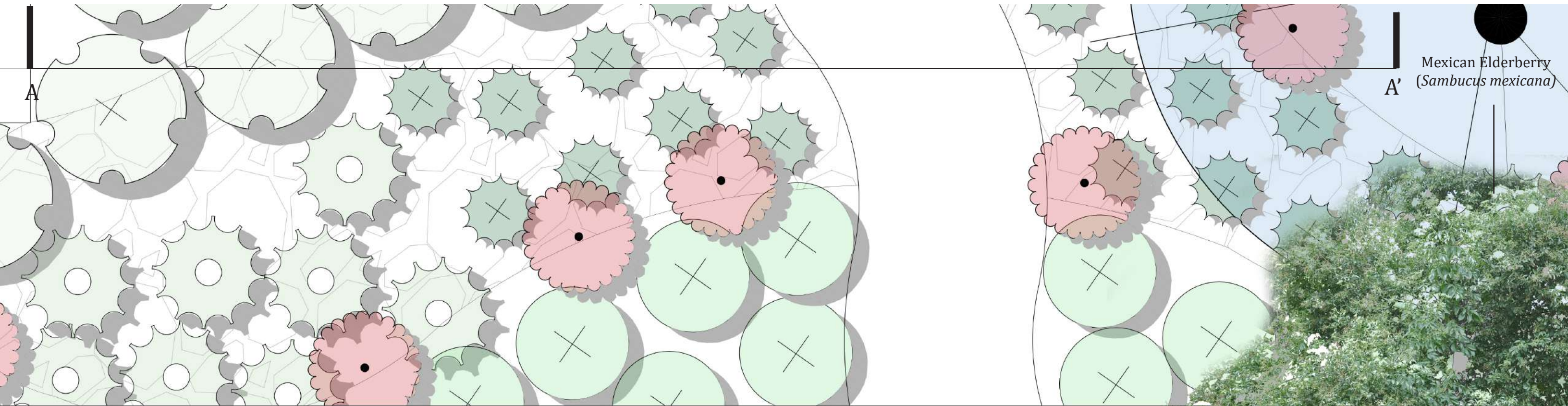
TREES			
SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	HETEROMELES ARBUTIFOLIA "YONK"	18	24" BOX
	CELEBRIS ARBUTIFOLIA "HOT ONE ONE"	17 (EXISTING)	NONE ADDED
	RAMBULUS MEXICANA "MEXICAN EUCYDORUS"	1	24" BOX
	LEUCAE CALIFORNICA "YOUNGERS BLACK "REBUILT"	3	36" BOX
	PRUNUS SICOPIA "HOLLYLEAF CHERRY"	7	36" BOX
	CITRUS MAXIMA "TROPIC BLISS" "TROPIC BLISS PLUMLET"	3	24" BOX
	CITRUS AURANTIIFOLIA "SEARS LIME" "SEARS LIME"	3	24" BOX
	CITRUS LIMON NEYER "NEYER LEMON"	3	24" BOX
	EXISTING TREE	20	NONE ADDED
	PRUNUS AMERICANA "BURNING "LEWIS AND CLARK"	3	15 GAL POT
	PRUNUS PERSEA "MAY PRIDE" "MAY PRIDE PLUM"	2	15 GAL POT
	PRUNUS SALICINA "SWEET PEAR" "SANTA ROSA PLUM"	2	15 GAL POT
	PUNICA GRANATUM "POMEGRANATE"	2	24" BOX
	ARCTOSTAPHYLOS GLAUCA "SISKIYOU MANDELITA"	5	24" BOX

SHRUBS			
SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	ADONISMA "FASCICULATUM "CHAMBER"	17	5 GAL POT
	ALYSSA TRIPHYLLA "LEMON BEEBLOSSOM/VERBENA"	15	5 GAL POT
	ANTHEMIS POLYGONA "MADONNA"	8	5 GAL POT
	CELEBRIS ARBUTIFOLIA "HOT ONE ONE"	48	5 GAL POT
	CELEBRIS ARBUTIFOLIA "HOT ONE ONE"	7	5 GAL POT
	PROSTROCHIA CRASSIFOLIA "ROCK SANDY YERBA "SANTA"	5	5 GAL POT
	PROSTROCHIA CRASSIFOLIA "ROCK SANDY YERBA "SANTA"	35	5 GAL POT
	ERTHRAEA CARDINALIS "SCARLET MONARDILLA"	9	5 GAL POT
	FRAXINUS CALIFORNICA "CA COFFEEBERRY"	18	15 GAL POT
	JUNCEPATENS "CA JUNE BUSH"	20	1 GAL POT
	JUNCEPATENS "CA JUNE BUSH"	13	1 GAL POT
	LAVANDULA DENTATA "FRENCH LAVENDER"	10	5 GAL POT
	MALACOTHAMNUS "FASCICULATUM "BUSH MALLOW"	7	5 GAL POT
	MULLENBERGIA ROSEA "ROSE BUSH"	70	5 GAL POT
	ORIGANUM BALSAMICUM "KUMMINGS CARICUM "ORIGANUM BALSAMICUM"	25	5 GAL POT
	ROSEMARY COLETTI "MATHILDA POPPY"	5	5 GAL POT
	SALVIA CLEVELANDI "CLEVELAND BASIL"	16	5 GAL POT

GROUND COVERS			
SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	ACHILLEA MILEFOLIUM "COMMON YARROW"	200	1 GAL POT
	HEUCHERA MAURIA "MILK ALM ROOT"	100	1 GAL POT
	MONARDELLA VILLOSA "SUNSPOT BUSH"	25	1 GAL POT
	ORIGANUM BALSAMICUM "ORIGANUM"	175	1 GAL POT
	PHYLLOSTACHYA "COMMON LIPPER"	300	1 GAL POT
	SISYRINCHIA BELLUM "BLUE-FIED GRASS"	40	1 GAL POT
	THYMUS CYTHOCIDUS "LEMON THYME"	75	1 GAL POT
	ASSORTED SEASONAL VEG	SEASONAL	4" POT



SECTION/ELEVATION- DRY CREEK BED



Mugwort (*Artemisia douglasiana*)

Common Rush (*Juncus patens*)

Elevated Bridge

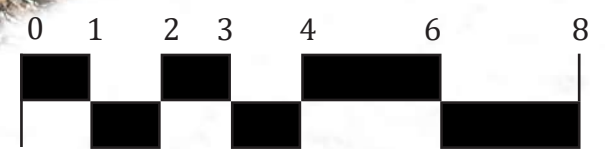
Scarlet Monkeyflower (*Erythranthe cardinalis*)

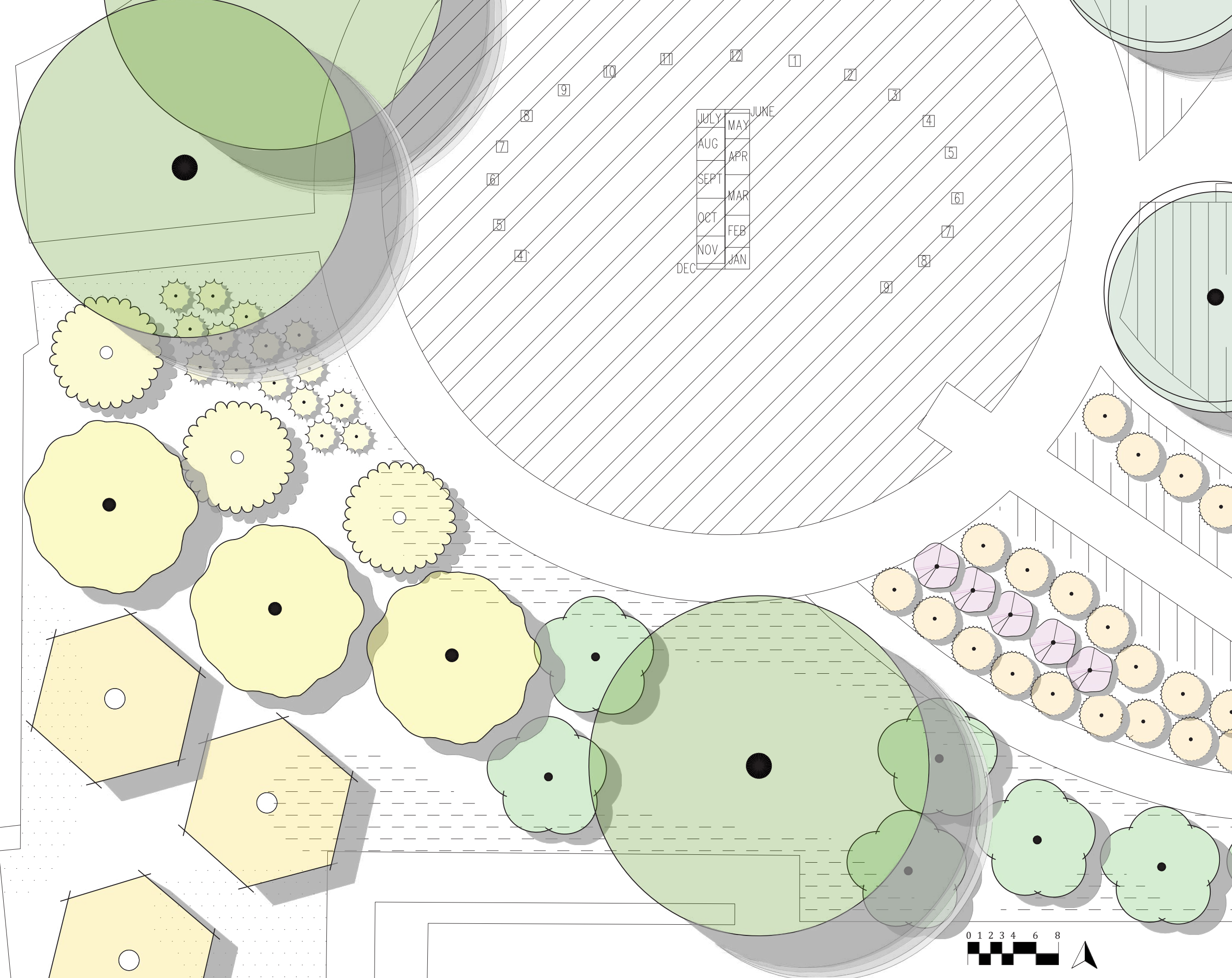
Mexican Elderberry (*Sambucus mexicana*)



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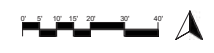
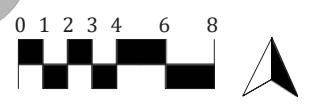
JULY	MAY	JUNE
AUG	APR	
SEPT	MAR	
OCT	FEB	
NOV	JAN	
DEC		



SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	HETEROMELES ARBUTIFOLIA "TOWN"	18	24" BOX
	ADONISOMA "SMART LIME GAIL"	17 (EXISTING)	NONE ADDED
	SAMBUCUS MEXICANA "MEXICAN ELDERBERRY"	1	24" BOX
	JUGLANS CALIFORNICA "SOUTHERN CALIFORNIA WALNUT"	3	36" BOX
	PRUNUS S. CALIFORNICA "CALIFORNIA CHERRY"	7	36" BOX
	CITRUS MAXIMA "SUN BLANCO"	3	24" BOX
	CITRUS X AURANTIIFOLIA "SANTA ROSA PLUM"	3	24" BOX
	CITRUS X LIMON 'NEVER' "NEVER LEMON"	3	24" BOX
	EXISTING TREE	20	NONE ADDED
	PRUNUS AMERICANA "BLUSH CHERRY"	3	15 GAL POT
	PRUNUS PERSEA "SANTO ROSA PLUM"	2	15 GAL POT
	PRUNUS SALICINA "SANTA ROSA PLUM"	2	15 GAL POT
	PRUNUS GRANITUM "POMERANIAN"	2	24" BOX
	ARCTOSTAPHYLOS GLAUCA "SEABERRY WANDERING"	5	24" BOX

SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	ADONISOMA "SMART LIME GAIL"	17	5 GAL POT
	ADONISOMA "SMART LIME GAIL"	15	5 GAL POT
	ARTEMISA DOUGLASSIANA "MUGWORT"	8	1 GAL POT
	SANTALUM "SANTALWOOD"	48	1 GAL POT
	HORISCHUM "MORNING GLORY"	7	5 GAL POT
	PROCTOTYCA CHRYSOPHILUM "TICK LEAVED YERBA SANTA"	5	5 GAL POT
	BRIGONIA FASCICULATA "LA BUCKINGHAM"	35	5 GAL POT
	SEYMERIA CROCEA "SCARLET MONARDELLA"	9	5 GAL POT
	FRAXINUS CALIFORNICA "CALIFORNIA WHITE OAK"	18	15 GAL POT
	QUERCUS PRINCEPS "LA GRAY OAK"	20	1 GAL POT
	QUERCUS LAEVIS "WHITE OAK"	13	1 GAL POT
	LARIX LARicina "TRENCH LARIX"	10	5 GAL POT
	WALNUT "WALNUT"	7	5 GAL POT
	WALNUT "WALNUT"	70	5 GAL POT
	QUERCUS LAEVIS "WHITE OAK"	26	5 GAL POT
	QUERCUS LAEVIS "WHITE OAK"	5	5 GAL POT
	QUERCUS LAEVIS "WHITE OAK"	16	5 GAL POT

SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	ACHILLEA MILEFOLIUM "COMMON YARROW"	200	1 GAL POT
	HEUCHERA MAURANDI "ISLAND ALUM ROCK"	100	1 GAL POT
	MONARDELLA VILLOSA "SCOTCH BELL"	25	1 GAL POT
	ORIGANUM VULGARE "ORIGANUM"	175	1 GAL POT
	PIVIA HEDYCLADA "COMMON LIPPER"	300	1 GAL POT
	SEYMERIA CROCEA "SCARLET MONARDELLA"	40	1 GAL POT
	THYMUS X CITRINODORUS "LEMON THYME"	75	1 GAL POT
	ASSORTED SEASONAL VEG	SEASONAL	4" POT



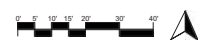


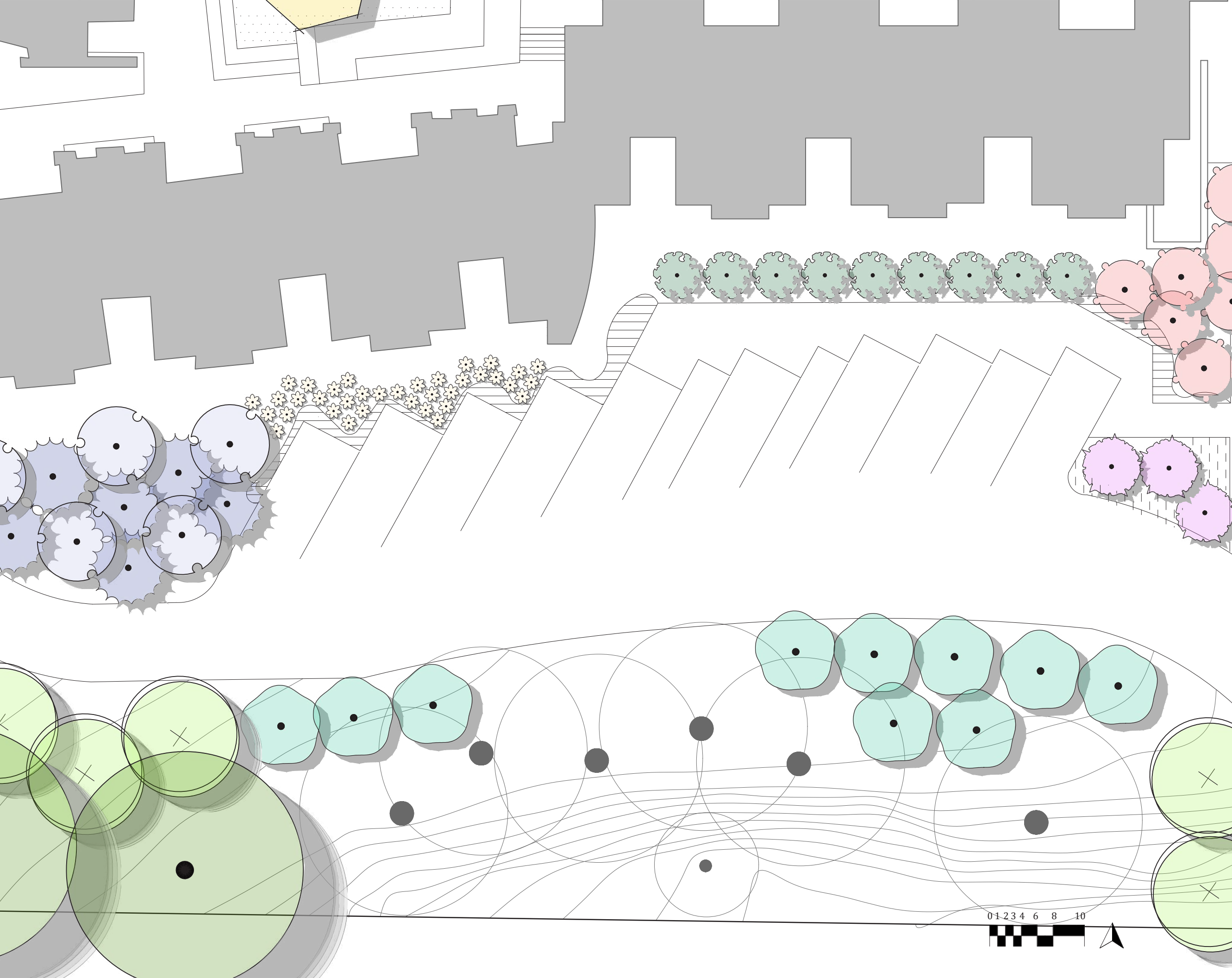
TREES			
SYMBOL	BOTANICAL NAME COMMON NAME	QUANTITY IN PLAN	CONTAINER SIZE
	METROXILUS ARBUTIFOLIA "TODDY"	18	24" BOX
	FAUCIOLUS KOPFOLIA "SEASIDE LIME GAT"	17 (EXISTING)	NONE ADDED
	SAMBUCUS MEXICANA "MEXICAN ELDERBERRY"	1	24" BOX
	JUGLANS CALIFORNICA "CALIFORNIA BLACK WALNUT"	3	36" BOX
	PRUNUS SUCROFOLIA "SWEET LIME CHERRY"	7	36" BOX
	CITRUS SINENSIS "ORANGE"	3	24" BOX
	CITRUS X AURANTIIFOLIA "SEASIDE LIME"	3	24" BOX
	CITRUS X LIMON MEYER "MEYER LEMON"	3	24" BOX
	EXISTING TREE	20	NONE ADDED
	FRAXINUS AMERICANA "RED BARKED DOGWOOD"	3	18 GAL POT
	PRUNUS PERSEA "SWEET PRUNE"	2	18 GAL POT
	PRUNUS SALICINA "SWEET BERRY"	2	18 GAL POT
	PUNICA GRANATUM "POMEGRANATE"	2	24" BOX
	ARTOCYSTAPHYLUS GLAUCA "MORNING GLORY"	5	24" BOX

SHRUBS			
SYMBOL	BOTANICAL NAME COMMON NAME	QUANTITY IN PLAN	CONTAINER SIZE
	ADONISYMA "CHAMBER"	17	5 GAL POT
	ALCORNIA TRIPHYLLA "SANTA BARBARA SEDGE"	15	5 GAL POT
	ARTEMISIA DOUGLASSIANA "SANTA BARBARA SEDGE"	8	1 GAL POT
	CANTHUS SPENSIS "HONEY SUEDE"	48	1 GAL POT
	HORIZONTALIS YANKEE "HONEY SUEDE"	7	5 GAL POT
	PRODRYMON CRASSIFOLIUM "TROPICAL LIME TREE"	5	5 GAL POT
	PRODRYMON CRASSIFOLIUM "TROPICAL LIME TREE"	36	5 GAL POT
	ERYTHRAEAE CUCULIARIS "SCARLET MONKEY FLLOWER"	9	5 GAL POT
	FRAXINELLA CALIFORNICA "CALIFORNIA CHERRY"	18	15 GAL POT
	JUSTICIA SPENSIS "SANTA BARBARA SEDGE"	20	1 GAL POT
	LAURELIA DENTATA "BRENCH LEAVENERS"	13	5 GAL POT
	LAURELIA DENTATA "BRENCH LEAVENERS"	10	5 GAL POT
	MALACOTHAMNUS "SANTA BARBARA SEDGE"	7	5 GAL POT
	SCOPOLIA "SANTA BARBARA SEDGE"	70	5 GAL POT
	OCYRUS MEXICANA X KALAMANDSCHAKIANA "AFRICAN BLUE BIRD"	26	5 GAL POT
	ROSEMYRTA COLUTER "MEXICAN LIME TREE"	5	5 GAL POT
	SALVIA CLEVELANDI "CLEVELAND SAGE"	16	5 GAL POT

GROUND COVERS			
SYMBOL	BOTANICAL NAME COMMON NAME	QUANTITY IN PLAN	CONTAINER SIZE
	ACHILLEA MILLEFOLIUM "YARD SAGE"	350	1 GAL POT
	HELIOPSIS SCABRA "SUNNYSIDE"	100	1 GAL POT
	MONARDELLA VILLOSA "CANTON MINT"	35	1 GAL POT
	ORIGANUM VULGARE "ORIGANUM"	175	1 GAL POT
	PHILA SCOPULORUM "COMB LIPPER"	300	1 GAL POT
	SEMPERVIVUM BELLIUM "SUNNYSIDE"	40	1 GAL POT
	THYMUS X CITRICOLOUS "LEMON THYME"	75	1 GAL POT
	ASSORTED SEASONAL VEG	SEASONAL	4" POT

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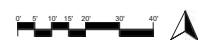
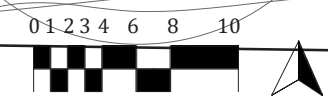




TREES			
SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	NERIUM OLEANDER "DOGWOOD"	18	24" BOX
	HIBISCUS SYRIACUS "HISPIER LIME GAT"	17 (EXISTING)	NONE ADDED
	SAMBUCUS MEXICANA "MEXICAN ELDERBERRY"	1	24" BOX
	JUGLANS CALIFORNICA "CALIFORNIA BLACK WALNUT"	3	36" BOX
	PRUNUS SIBIRICA "SIBIRIAN CHERRY"	7	36" BOX
	CITRUS SINENSIS "ORANGE"	3	24" BOX
	CITRUS X AURANTIIFOLIA "SEASIDE LIME"	3	24" BOX
	CITRUS X LIMON MEYER "MEYER LEMON"	3	24" BOX
	EXISTING TREE	20	NONE ADDED
	PRUNUS AMERICANA "AMERICAN APRICOT"	3	15 GAL POT
	PRUNUS PERISICA "MAY PRUNE"	2	15 GAL POT
	PRUNUS SALICINA "SANTA ROSA PLUM"	2	15 GAL POT
	PUNICA GRANATUM "POMEGRANATE"	2	24" BOX
	ARCTOSTAPHYLOS GLAUCA "COASTAL MANROSE"	5	24" BOX

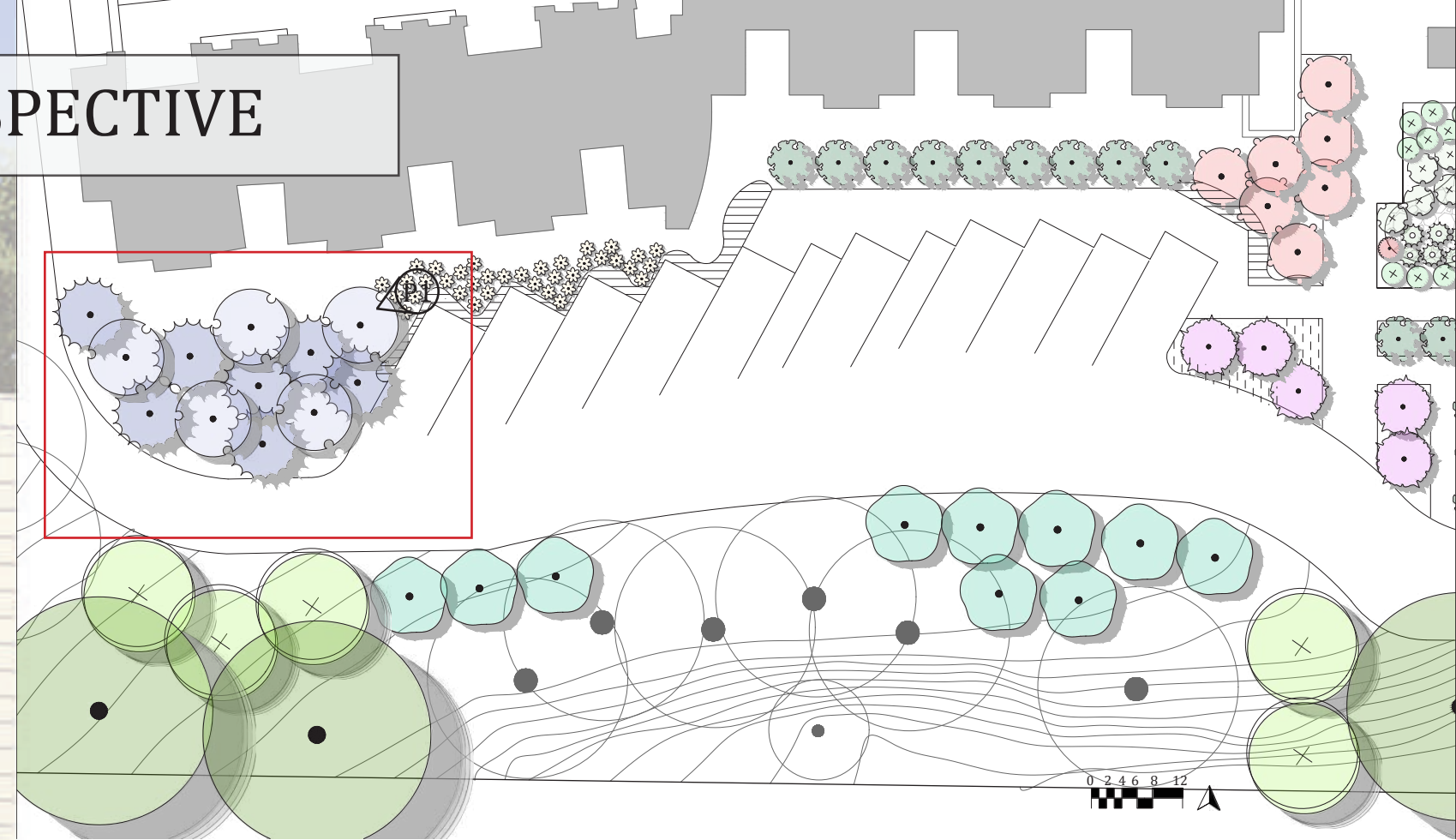
SHRUBS			
SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	ADONIS VERNALIS "PINK PANSY"	17	5 GAL POT
	ALYCEA TENUIS "SANTA BARBARA SEDGE"	15	5 GAL POT
	ARTEMISIA DOUGLASSIANA "MUGWORT"	8	1 GAL POT
	SAMBUCUS MEXICANA "MEXICAN ELDERBERRY"	48	1 GAL POT
	CERATOPHYLLUM DEMERSUM "WATER HYacinth"	7	5 GAL POT
	BRODIAEA "TINKLEBELL"	5	5 GAL POT
	PRISCILLA SIBIRICA "SIBIRIAN CHERRY"	36	5 GAL POT
	ERYTHRONIUM CALIFORNICUM "SCARLET MONKEYFLLOWER"	9	5 GAL POT
	PRUNELLA CALIFORNICA "CALIFORNIA BERRY"	18	15 GAL POT
	PRUNUS SIBIRICA "SIBIRIAN CHERRY"	20	1 GAL POT
	ADONIS VERNALIS "PINK PANSY"	13	1 GAL POT
	LAMNELLA DENTATA "BRENCH LILY"	10	5 GAL POT
	MALACOTHAMNUS FASCICULATUS "SAGE BRUSH"	7	5 GAL POT
	SIDA ACUTA "SAGE"	70	5 GAL POT
	OENOTHERA BIENNIS "BLACK ONION"	26	5 GAL POT
	ROMANIA COULTERI "MEXICAN POPPY"	5	5 GAL POT
	SALVIA LEUCANTHERA "CLEVELAND SAGE"	16	5 GAL POT

GROUND COVERS			
SYMBOL	BOTANICAL NAME "COMMON NAME"	QUANTITY IN PLAN	CONTAINER SIZE
	ACHILLEA MILLEFOLIUM "COMMON YARROW"	350	1 GAL POT
	HELIANTHUS MAXIMILIANI "TALL ANNUAL SUNFLOWER"	100	1 GAL POT
	MONARDA VILLOSA "WITCHES HAZEL"	35	1 GAL POT
	PRUNELLA CALIFORNICA "CALIFORNIA BERRY"	175	1 GAL POT
	PHLOX SIBIRICA "SIBIRIAN PHLOX"	300	1 GAL POT
	SEDUM SPECTABILE "SEDUM"	40	1 GAL POT
	THYMUS X CITRIODORUS "LEMON THYME"	75	1 GAL POT
	ASSORTED SEASONAL VEG	SEASONAL	4" POT



Bigberry Manzanita
(*Arctostaphylos glauca*)

PERSPECTIVE



This perspective emphasises the way in which two specific species facilitate ease of maintenance. Depicted are *Arctostaphylos glauca* and *Ceanothus griseus* var. *horizontalis* 'Yankee Point', two species known for their ability to control erosion. Planted along the steepest southernmost slope would help to keep soil locked in place, as each of these species tend to develop deep roots. Keeping soil locked in place will help the soil retain moisture and keep it from running off towards buildings. I also chose these two plants, the *Ceanothus* sp. as a mounding groundcover and the *Arctostaphylos* sp. as a medium shrub to also cover and shade the soil beneath them, which will keep weeds and make it easier to work with both plants. They'll require minimal pruning, and attract many bees, butterflies and birds.

Ceanothus 'Yankee Point'
(*Ceanothus griseus* var. *horizontalis*
'Yankee Point')

IRRIGATION

The plants in the Healing Garden palette are native to Southern CA. It's best practices to plant these native plants in the fall, just before the winter rains. They may require supplemental weekly watering for the first few months, if the rainy season is sparse. Thereafter, monthly or bimonthly deep soakings will be necessary until establishment. The best way to deliver water to these plants is via drip line, rotating sprinklers, and occasional leaf splashes that keep the plants cool and free of dust.

Water needs of the Nourishing Garden will be higher and more frequent. To establish fruit trees, a similar weekly watering will help trees to reach their roots deep into the soil. As they mature, less frequent, but deep soaks (approximately 1-2x/month) will be necessary. I suggest continuing this deep watering via drip irrigation for the tree's life.

For the vegetables, more frequent irrigation via drip tubing will be required. Depending on the time of the year, how often these plants will need to get watered may vary. More frequent watering will be necessary in the warmer season, as water will evaporate from the soil more quickly, and many of these plants don't have deep roots.

For the riparian species planted in the dry creek bed, they may require supplemental irrigation, in times when the bed runs dry. Drip or rotating sprinklers can best achieve infrequent, yet deep soaks that these species need to establish deep roots. Keeping the bed filled with mineral/rock mulch will help retain moisture in the soil and slow the flow of water towards the plants that desire moisture the most.

MAINTENANCE

It is my recommendation to include more maintenance people on staff. Whether they be volunteers or hired horticulturists, in order to maintain the plants chosen in this palette, consistent care is key. Healthy and happy plants will embody that sense of healing people will look for when visiting.

One way to help the maintenance team better manage the grounds would be to reduce weed growth. I would strongly encourage the use of wood mulch, especially in the healing and nourishing gardens. Hand weeding may be necessary too. With more hands, there will be less weeds.

In order for the fruit trees to give abundant fruit, they will need annual pruning. The stone fruits and pomegranate will need pruning for fruit production and structure in the winter, when they go dormant. I also highly suggest fertilizing the fruit trees quarterly or biannually with granular fertilizer and compost. This will boost the nutrition of the soil surrounding the trees and encourage flower growth and fruit production.

The annual vegetables will require consistent maintenance, depending on their variety. For instance, tomatoes need to be pruned early on in their lives, peppers will need their flowers removed until they reach a certain height, and even kale leaves need to be harvested in order for more to grow. Vegetables, whether they be grown in the ground or in raised beds will need to have their surrounding soil amended at least once per growing season.

Compost and granular fertilizer can be added to help enhance the soil.

The native plants in this design may require pruning. Most of which takes place in the fall and winter. Some pruning requirements may drop off as the plant ages, such as with Coast Live Oaks, however, plants like Matilija Poppy will benefit from annual prunes.

SOIL PREPARATION

Soil preparation is most significant for the Nourishing Garden. Fruit trees and vegetables like organic, rich, and nutrient dense soil. Adding compost is a great way to build soil around fruit trees and vegetables. Wood mulch will also help to enhance the soil, as it breaks down and feeds microorganisms in the soil.

While considered controversial, I recommend tilling the vegetable garden. While this may disturb some of the microbial relationships in the soil, I do believe it helps with plant establishment and future growth. This won't be necessary around the areas where perennial vegetables exist. However, I would suggest doing so in the annual beds. Tilling helps break up any tree roots that might find their way into the beds, and guarantees more space for the annuals.

In both the Healing Garden and the Dry Creek Bed, I don't believe much soil amendment will be necessary. However, the use of mulch in these areas is essential. Beyond keeping down the weeds, the mulch will breakdown and feed the microorganisms in the soil, just as it does so around the fruit trees. The mulch will also help with drainage, as its breakdown does change the soil structure around the native plants, and will ultimately help them to grow.