GROWING HEALTH
Gardening is good for people’s physical and mental health but gardening with wild plants helps pollinators too.
Gardening is good for people's physical and mental health but wild gardening is better because it helps pollinators too. Inspired by the role plants play in enhancing health and extending life expectancy of both people and pollinators.
Horticultural therapy is being used to treat patients in hospital, improve learning and memory, calm prisoners in jails and design cities around the world.
GROWING HEALTH

A River of Flowers project inspired by the essential role that flowering plants play in enhancing HEALTH and extending LIFE EXPECTANCY benefitting both people and pollinators.

Researchers have found that handling plants lowers blood pressure, increases brain activity and produces a general upbeat feeling to dispel the depression often experienced by the chronically sick. Merely looking at a garden raises spirits!

River of Flowers curates plant species for hospitals and other health care institutions enabling patients and staff to create native gardens of healing wildflowers and edible herbs many rich in rosmarinic acid, that has been shown to help lung function and improve memory.
Healing Herb Garden
This will be composed of lavenders and edible culinary herbs planted by patients and staff in tall Solo hexagonal planters at the best height for wheelchair users. These plants were once used in medieval herbal medicine, and are safe to handle.

Wildflower Meadow
We also plant wildflower turf in our low hexagonal planters or Trios. This turf contains a variety of healing plants and when fully grown will resemble a meadow.

Wildflowers
All plants curated by River of Flowers provide forage for bees, butterflies and other pollinators, which play a vital role in producing our fruits and vegetables needed for our health and wellbeing.

Self-heal

www.riverofflowers.org
RENAL DIALYSIS UNIT AT YORK HOSPITAL

Outside area marked in yellow

DAY ONE

CAD Design for Wild Garden in Hexagonal Planters

DAY THIRTY ONE
A selection of the proposed healing plants as seeds, individual plug plants and wildflower turf

Wild Marjoram  Roman Chamomile  Goats Rue  Lemon Balm
ACKNOWLEDGEMENTS

Images
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Lemon Balm (Melissa officinalis) © River of Flowers
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