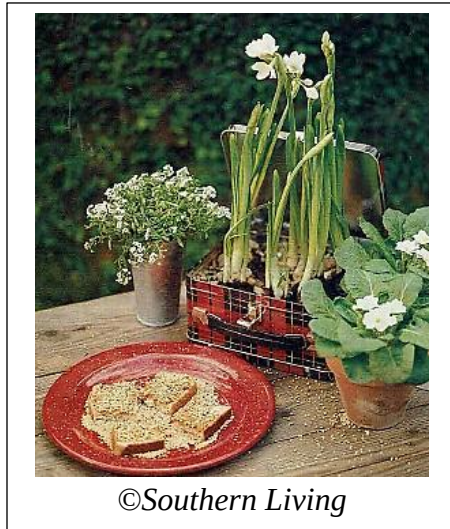


RECYLED CONTAINERS FOR PAPERWHITES

And the Benefits of Plants in Our Surroundings

ANOTHER VARIATION of this could be done with other seasonal plants of your choosing .



OBJECTIVES:

EDUCATIONAL

- 1) Participants will learn of the many ways “stuff” can become recycled plant containers.
- 2) Participants will learn of the additional health benefits plants provide us.
- 3) Participants will learn how to force paperwhites.

ACTIVITY

Participants will chose a container for their paperwhites from an assorted variety of items to be recycled, and plant almost-ready-to-bloom paperwhites.

TAKE AWAY

Each participant will bring their potted paperwhite back to their rooms, along with a handouts on forcing paperwhites and ideas for recycled plant containers.

MATERIALS:

(Plan for 8-10 patients. Eight is supposed to be the maximum, but sometimes we get 10.)

- ____ Pens
- ____ Markers
- ____ Dishpans for dirt (2 available in BRI supply cabinet)
- ____ Watering cans (2 available in BRI supply cabinet) or individual watering bottles for patients to use
- ____ Name tags for patients (check BRI supply cabinet)
- ____ Example of completed project you're doing
- ____ A extra set of the patient-project materials listed below in order for you to demonstrate the project.
- ____ Completed presentation forms (1 to BRI and 1 mailed to ext. office)
- ____ Your clean receipts for materials purchased (give to BRI therapists)
- ____ Other

SPECIFIC ITEMS NEEDED for this project:

- An assortment of recycled containers for patients to choose from: See *"Handout #2: Ideas for Recycled Plant Containers"*
- Paperwhite bulbs that are almost ready to bloom (about 1-3+ per person, depending upon bulb size and container size)
NOTE: Make sure the bulbs are good quality. They should not be mushy.
- Violas, sweet alyssum, ivy
- Plastic sandwich bags
- Aluminum foil
- Newspaper
- Pebbles
- Moss
- Water

IS A POWERPOINT OR PREZI PRESENTATION AVAILABLE? No

HANDOUTS? 1) *"How to Force Paperwhite Bulbs Indoors"*
2) *"Ideas for Recycled Plant Containers"*

BEFORE CLASS

1. You will need to spend some time finding a variety of recycled containers for the plants. Since the containers will be different and participants will be choosing their containers, it is recommended you have more containers than participants.

BEFORE CLASS *(Continued)*

If you can not find enough containers from your home, look in rummage sales, flea markets, and Goodwill.

Handout #2 attached gives you some ideas for recycled containers that could be used.

2. Individually access all the recycled containers to plan how to stuff them (*See “During Class, step 4” instructions below*), and to make sure you’re bringing enough materials to the BRI presentation.
3. Prepare paperwhites so that they are almost ready to bloom. Start growing the bulbs in pebbles and water about 2 to 2 1/2 weeks before your BRI presentation. *See “Handout #1: How to Force Paperwhite Bulbs Indoors” for instructions.*
4. Create an example of the project for the class.
5. You will need to be careful how you pack up your paperwhites when getting ready to take them to BRI. They will be in water containers and have tall, floppy stems that may already be getting top-heavy.

DURING CLASS

1. When patients are introducing themselves, ask them to talk about any feelings they may experience when they’re in a flower garden, woods, or plants in general - whether indoors or out.
2. Give the presentation, first focusing on the how plants help both the environment and our health. Then demonstrate how to do the project.
3. Have participants choose a recycled container for their plants.
4. How the recycled containers are filled will depend upon the container:

MAINTENANCE

INFORMATION/DESCRIPTION/FACTS:

SOURCES:

Grant, A. (n.d.). Planting forced paperwhites: Forcing instructions for paperwhites. Retrieved April 27, 2018, from <https://www.gardeningknowhow.com/ornamental/bulbs/paperwhites/forcing-paperwhite-bulbs.htm>

Homedit. (n.d.). Top 30 planters - DIY and recycled. Retrieved April 27, 2018, from <https://www.homedit.com/top-30-planters-diy-and-recycled/> (*Photo*)

Jauron, R. (n.d.). Forcing amaryllis and paperwhit narcissus indoors. Retrieved April 27, 2018, from <https://hortnews.extension.iastate.edu/2011/11-16/forcingbulbs.html>

Source Unknown. (n.d.). Paper-whites for Christmas.

Southern Living. (1999, December). Paperwhites shop southernliving.com. *Southern Living*.

HOW TO FORCE PAPERWHITE BULBS INDOORS



© Brianna Privett

FORCING PAPERWHITES IN WATER

1. Partially fill container with washed gravel or stones.
2. Place bulbs on the gravel or stones.
3. Then place additional gravel or stones around the bulbs, leaving the tips (noses) of the bulbs exposed.
4. Add water to the bowl until it touches the bottom of the bulbs. Maintain the water at this level throughout the forcing period.

FORCING PAPERWHITES IN SOIL

1. Select a container with drain holes that will hold at least 3 to 5 inches of soil.
2. Partially fill the container with potting soil.
3. Place bulbs on the soil surface close enough to touch each other, and leaving necks slightly exposed.
4. Then add additional potting soil. When potted, the tips of the bulbs should stick above the potting soil.
5. Water the potting soil thoroughly. Keep the potting soil moist throughout the forcing period.
6. Keep the potting soil consistently moist, but not soaked, throughout the forcing period.
7. Place the planted bulbs in a cool (50 to 55 degree Fahrenheit), dark location for 1 to 2 weeks to encourage root growth. When the shoots reach a height of 3 inches, move the plants to a sunny window with a temperature of 60 to 70 degrees Fahrenheit.
8. As the plants continue to grow, staking is often necessary as the plants are rather floppy. Flowering typically occurs 3 to 6 weeks after potting. When the paperwhites begin to flower, move the plants from direct sunlight to prolong their bloom period.

Paperwhite narcissus bulbs should be discarded after flowering. Paperwhites cannot be successfully forced again and are not winter hardy outdoors.

IDEAS FOR RECYLED PLANT CONTAINERS

OLD COOKWARE AND BAKWARE



©Garden Lovers' Club

TEA CUPS



©Homedit

RAIN BOOTS



©Southern Living

AND SHOES



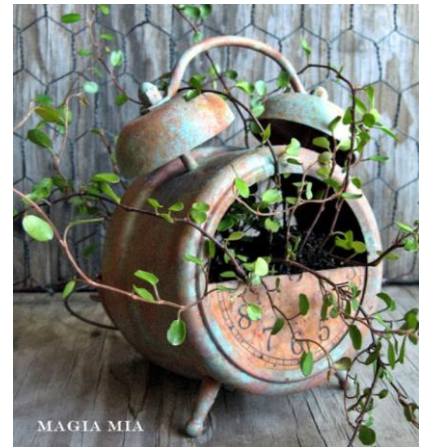
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COLANDERS



©Garden Lovers' Club

ALARM CLOCK



MAGIA MIA

©Miaga Mia

TEA KETTLES



©Garden Lovers' Club

TINS



©Garden Lovers' Club

WINE BOTTLES



©Garden Lovers' Club

WATERING CANS



©Garden Lovers' Club

OLD ELECTRONICS



©Garden Lovers' Club

OLD 3 1/2" COMPUTER DISKS



©Garden Lovers' Club

COFFEE POTS AND COFFEE CUPS



©Garden Lovers' Club

BIRD CAGES AND BIRD HOUSES



©Garden Lovers' Club

FISHING TACKLE BOXES, TOOL BOXES, AND SEWING BOXES



©Garden Lovers' Club

HATS



©Garden Lovers' Club

SMALL BUSHEL BASKETS, CHICKEN FEEDERS, AND CROCK POTS



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STEMWARE, PITCHERS, AND PICNIC BASKETS



©Garden Lovers' Club

PURSES



©Garden Lovers' Club

COOLERS AND PAILS



©Garden Lovers' Club

BASKETS



©Garden Lovers' Club

PAINT CANS AND OTHER OBJECTS THAT HAVE BEEN DRIPPED WITH PAINT



©Garden Lovers' Club

©Homedit

LUNCH BOXES



©Southern Living