

NAME OF HORTICULTURE THERAPY PRESENTATION ACTIVITY:

Rock Gardens with Succulent Plants



OBJECTIVE

EDUCATION

Most succulents lack thorns but are considered part of the cactus family. Succulents like cacti are native to dry, warm climates with low humidity and strong sunlight. Succulents originated in Africa, yet, some are native to the USA. Succulents are classified as plants that adapt to warm, dry climates by storing moisture in its leaves and stems. When dry, its leaves and stems shrink, become soft and wrinkled. When watered, its leaves and stems quickly swell up as it prepare for the next dry period. Succulents thrive in soil that is well-drained. Once established it require little maintenance. Succulents thrive well in today's central heated and air conditioned homes. They make good rock garden and potted plants. Succulents come in a variety of colors ranging from red, to purple, pink, and orange, and a variety of shapes and textures. Some succulents can be propagated from offsets, which are small plants that are connected to the parent plant but develop its own root system. Hence the name hen & chicks.



ACTIVITY

Participants will follow step-by step directions to create their own rock garden with succulents. Participants will have the opportunity to touch rock, stones, pebbles, soil, and select the succulents of their choice. Participant will complete the rock garden with succulent project. Participants will be provided the opportunity to interact with peers and staff through conversation and eye contact as observed by master gardener assistants. Participant will have the opportunity to show their creation to the rest of the group. Participant will be provided the opportunity to express level of satisfaction with finished project.

TAKE AWAY

This horticulture group activity seeks to provide participants with opportunities for experiencing a sense of purpose, feelings of well-being, and mastery of the task. And, seeks to improve components of movement, physical, cognitive and social functioning. Participants will follow step-by step directions to create their own rock garden with succulents. Participants will have the opportunity to touch plants, soil & sand, rocks and other items from nature, and select a garden dish. Participant will complete the rock garden with succulent project. Participant will be provided the opportunity to express level of satisfaction with finished project.

MATERIALS

Typical number of participants is eight (8). It is not unusual to have more (mostly family members) or less.

Succulent plants; sempervivum, blue juniper sedum, variety of sedums



If you prefer the cactus look, agave and aloe plants can also do surprisingly well indoors if placed in a bright window. Try out different kinds of succulents. They're not all alike.

- Cactus potting mix 1 bag (4 quarts) soilless, sand
- Containers with drainage holes – Any well-draining container will do. Planting succulents in unglazed plants can help them to drain completely and will prevent them from becoming waterlogged.
- Rocks, pumice stone, pebbles, pea gravel, driftwood or other decorative items which can be used to finish the garden. A top dressing of gravel, stones, pea sized pebbles helps the surface from drying out and is decorative
- Gloves to protect hands
- Participant name tags
- Two completed presentation forms. One for BRI. One mailed to the Extension Office

DURING CLASS

Project leader will introduce self and share information regarding the UA Master Gardner program. Each Master Gardner will introduce them self and share a personal & brief account of their gardening expertise, a gardening experience, or Master Gardener affiliation. Participants will be encouraged, but not required, to introduce their self and share their gardening interest. An introduction to the program and brief introduction to rock gardens with succulents will be provided. The succulent plant(s) will be displayed. If a variety of succulents are used encourage group discussion regarding the similarities and differences. Using a completed rock garden with succulent project, a description of the project and key steps will be introduced. The completed rock gardens with succulents will be displayed throughout the presentation. Master Gardeners will oversee attendees' participation and assist only as needed. Encourage participants to try different ways of designing their rock garden with succulents.

INFORMATION/DESCRIPTION/FACTS:

What is the difference between Succulent and Sedum?

As nouns the difference between succulent and sedum, is that succulent is a succulent plant (such as cactus) while sedum is any of various succulent plants, of the genus sedum, native to temperate zones; the stonecrop.

Reference: wikidiff.com/succulent/sedum

What is the Difference between Sedum and Sempervivum?

Sempervivum are an extensive group of hardy succulents, with a rosette forming type of growth habit. They always grow from the center of the rosette in a spiral pattern. They spread by making 'chicks' which are attached with stolon's from the mother hen, and will eventually spread this way to form a large colony.

Reference: <https://www.drought-smart-plants.com/what-is-the-difference>

- **Leaf:** Succulents are plants that have adapted to dry conditions and retain moisture in their plump, fleshy leaves. When dry they shrivel
- **Root:** Succulents store water underground in swollen roots. Therefore they can survive long periods of drought
- **Growing conditions:** Sempervivum are tough and frost tolerant. They need good light and a little water in winter. Sedums are not frost free. Bring it inside during the cold months
- **Soil:** Commercial cactus mix is best. This mix is soil free and drains well
- **Watering:** Water when soil is dry only. Needs water in active growth only (Spring & Fall). Needs little water or **no** water in the Winter months

Sempervivum is a genus of about 40 species of flowering plants in the Crassulaceae family, commonly known as houseleeks. Other common names include live-forever and hen and chicks. Succulent perennials form mats composed of tufted leaves in rosettes. The spread rapidly in dry, sunny locations.



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Sedum is a large genus of flowering plants in the family Crassulaceae, members of which are commonly known as stonecrops. The genus has been described as containing up to 600 species. They are leaf succulents found primarily in the Northern Hemisphere, but extending into the southern hemisphere in Africa and South America. The plants vary from annual and creeping herbs to shrubs. The plants have water-storing leaves. The flowers usually have five petals, seldom four or six. There are typically twice as many stamens as petals.



ACTIVITY INSTRUCTIONS

1. Allow participant to select containers if they vary. Otherwise, pass dish garden containers to each participant.
2. Participants will add a small layer of pea gravel to the bottom of the dish.
3. The importance of good drainage will be explained
4. Ask participants to mix cactus soil with sand. Then slowly add water. The mix should be thoroughly moistened but not soaking
5. Participants will fill the dish to within a ½ inch of the rim and gently firm the soil (do not pack)
6. Participants will pick their succulent plant(s) of choice
7. Demonstrate how to remove the plant from the pot or cell pack.
8. Participants will poke small holes in the soil with their finger and plant their plant(s).
9. The final soil level should be ½ inch from the rim
10. Participants will water or spritz the rock garden until water drains from the bottom (this settles the soil around the roots)
11. Participants will add top dress the soil with decorative items as mentioned above.
12. As the participant to show their creation to the rest of the group.

HANDOUT (Title)

- Gardening; text by Michele Adams
- Tough Guys; New Digs for Plants; Better Homes and Gardens, January 2013 Southern Living
- Plant Catalog; Sempervivum

SOURCE REFERENCE

- Better Homes and Gardens Magazine January 2013
- BHG.com
- GOODHOUSEKEEPING.COM/BOOKENDS
- Good Housekeeping magazine, October 2014, page 41
- www.Gardenista.com
- Health Through Horticulture, Chicago Botanical Garden, 2009

