

On January 13, Arleen Ferrara, landscape designer and owner of Satori Garden Design in Los Angeles, presented a program on horticultural therapy. During her 14 years in business, Ferrara served on the board of the L.A. chapter of the Association of Professional Landscape Designers, was certified in permaculture, and also became a horticultural therapy practitioner.

The practice of HT is defined by the American Horticultural Therapy Association (AHTA) as “the use of a garden setting and/or plant-based activities to achieve specific goals within an established treatment, rehabilitation or vocational plan for an individual requiring services.” Ferrara explained that HT works because when people interact with and nurture plants, they in turn are nurtured with a sense of calm, empathy and competence. The process itself is considered the therapeutic activity rather than the end product. HT is used by occupational health services, master gardeners, educators, activists and others. It is performed in public and community gardens, shelters, food deserts, on urban farms, in nursing homes, rehab facilities, special needs schools, and even prisons.

Ferrara outlined the various steps required to become a registered HT practitioner through programs available at community colleges, universities and master gardener programs. She pursued her own educational training in HT through Colorado State University, and in 2013 began an internship at Vista Del Mar Child and Family Services. In her time there, Ferrara designed and developed two large gardens and the horticultural therapy program that serves children and young adults with intellectual and developmental disabilities. She showed pictures of the site (before and after), of selected plants growing there, teachers and students interacting through HT activities and some garden “successes.”

Ferrara is also a member of the California Horticultural Therapy Network (CHTN) and shared a few of the HT programs run by members. These included an inpatient eating disorder clinic, a stroke and disabilities learning center, the Adventures To Dream community project in Long Beach and a garden program at Avenal State Prison.

For more information on Ferrara, visit her website at satoridesigns.net. She also provided a list of books, organizations and links with more information on HT, which can be found on the SCHS website.

✿ Sabine Steinmetz

Photo provided by speaker.



Click link below to view entire program including Q&A:

<https://www.youtube.com/watch?v=mgJECzM9Vng>

SCHS MONTHLY GARDEN SHARE

February is all about watching, waiting and anticipating!

- Finish up any final rose pruning.
- Start planting cool season annuals and veggies – and mulch well!
- Pay attention to Santa Ana wind predictions and water beforehand so plants don't dry out.
- Schedule feeding for citrus and azaleas regularly until June.
- Look for seasonal weeds and remove now to slow their spread.
- Check tools for any maintenance they might need ahead of spring!

✿ Sabine Steinmetz

ABOUT THE SCHS RUTH BORUN LECTURE SERIES

In 2020 the Southern California Horticultural Society received a very generous endowment from the Anna and Harry Borun Foundation to fund a horticultural speaker series in memory of Ruth Borun, a longtime SCHS member. The Ruth Borun Lecture Series was established to honor Ruth's gardening legacy by presenting significant horticulture speakers to fellow and future members of our society.

Ruth Borun inherited the gardening gene from her mother and as an adult she engaged landscape designer Chris Rosmini (SCHS Horticulturist of the Year, 1992) to create her home garden. Through Borun's collaboration with Rosmini over the years, it became a highly regarded garden that was featured in *Sunset* magazine, the *Los Angeles Times* and in Christopher Lloyd's book, *Other People's Gardens*. More recently, the Borun family commissioned noted garden photographer Saxon Holt to work on the production of the new book *Ruth's Garden*, completed in late 2021.

Presently, the care of the garden is overseen by Nancy, one of Ruth's daughters, who is working on bringing it back to the way it was originally conceived. The photos seen here were contributed by SCHS Board President John Schoustra and show various aspects of the current garden.

Today and into the future, the Ruth Borun Lecture Series is creating new memories for SCHS members while at the same time keeping those of Ruth and her garden alive.



REGISTER FOR THE 2022 RBLs EVENT AT: WWW.SOCALHORT.ORG

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