

Botanical Bites

Look for these plants as you explore the Garden. Each has a unique set of wellness benefits.



Bee Balm

Monarda 'Raspberry Wine'

Wells Fargo Rose Garden

Monarda, also known as bee balm, horsemint or bergamot, is a favorite of bees. This herbaceous perennial has many uses beyond the ornamental. For centuries, Native Americans have used its fragrant leaves to fight infections, slow bleeding, alleviate stomach pain and more.



Lavender

Lavandula x intermedia 'Phenomenal'

The EMC Insurance Companies Entry Garden

Native to Mediterranean Europe and Africa, lavender thrives in well-drained areas that receive full sun. The flowers, leaves, stems and oils of this plant have long been used for culinary and medicinal purposes. Most commonly, lavender oil is employed as an herbal sleep aid and anti-anxiety treatment.



American Black Elderberry

Sambucus canadensis

Lauridsen Savanna

This shrub, native to Eastern North America, can grow to be five to 12 feet. Clusters of tiny, white flowers give way to dark fruits in late summer. Though uncooked fruits are mildly poisonous, cooked fruits can be used to create jams, jellies and wine. The leaves and stems also have numerous uses in herbal medicine, ranging from cold and flu treatment to headache relief.



Pineapple

Ananas 'Mini Me'

Ruan Allée

Pineapples are the only widely consumed member of the bromeliad family. Originally endemic to South America, pineapples are now widely cultivated in well-drained tropical habitats across the globe. These tasty tropical fruits are known by many to be a symbol of hospitality and welcome.



Yarrow

Achillea 'New Vintage Violet'

Koehn Garden

With its feathery foliage and compact clusters of bright blooms, yarrow is beloved by gardeners and pollinators alike. The Latin name *Achillea* refers to the Greek hero Achilles who, according to legend, used yarrow to heal the wounds of his soldiers. In fact, yarrow has been shown to possess several medicinal properties, including wound healing.

Sensory Seek and Find

Use your senses to explore everything the Garden has to offer!

Look

The Garden is a kaleidoscope of color! **Match the colors below to the stem, leaf or flower of a plant.** Can you find your favorite color?



Listen

Turn off your other senses and listen for nature noises.

Can you hear...

- The **buzz** of a busy bee
- The **whoosh** of a breeze through the trees
- The **tweet** of a singing bird
- The **plop** of a frog jumping into the water

What other nature noises can you hear?

Touch

Yes, you can touch the plants! Be gentle and remember to leave everything in place as you explore texture. **Can you find...**

- A leaf that is soft and fuzzy
- A leaf that is rough like sandpaper
- A flower with sticky nectar
- A flower with dusty pollen

Smell

Some flowers and leaves have a scent to attract insects or deter pests.

Follow your nose to these scents!

- Two roses that smell different
- Lavender: What does the smell remind you of?
- Something that smells stinky

Did you know...

Flowers are different colors to help attract pollinators! Hummingbirds like red flowers, for example.

Guess What...

The texture of a leaf is often an adaptation for survival. A prickly leaf might prevent animals from eating it; a fuzzy leaf can keep in water so the plant doesn't dry out.

Before you go...

Extend your visit and check out the **Wells Fargo Rose Garden, John Pat Dorrian Trail** and the **Robert D. Ray Asian Gardens**.

