

2. Sensory Garden

Sensory gardens use plants that enhance the five senses. Plants are chosen that are specific to touch, smell, sound, sight and taste. Although all plants encourage us to use our five senses, the following plants bring out the extremes, from a soft lamb's ear to a borage plant with hairy leaves. You can choose plants that enhance one or all of the senses.

The sensory garden is especially valuable for teaching kindergarten students as part of their science curriculum.

The following table provides examples of some of our favorite plants to enhance one or several of the 5 senses.

Table 2.1 Sensory Garden

Plant Name	Senses	Other Notes
Lamb's Ear	Touch	Soft Leaves
Mullein	Touch	Soft Leaves like lamb's ear
Wormwood Artemesia	Touch	In the sage family
Sunflowers	Sight	Several wild varieties
Bee Balm	Sight, smell	Attracts pollinators
Strawflower	Touch, Sound	Prickly, crackles when moved
Grasses	Sight, sound	Graceful movement and sound
Borage	Touch, Taste	Hairy leaves, edible blue or white flowers
Chinese Lantern	Sight	Unusual flower petals that open and close
Quaking Aspen	Sound	Fits its name
Wildmint, Catmint	Taste, smell,	Cats love it!
Coneflower, Echinacea	Touch	Prickly seed pods
Blanket Flower	Touch, Sight	Prickly seed pods with Yellow/orange/red flowers
Bachelor Button	Touch	Blue flowers
Columbine, Violas, Calendula	Taste	Edible flowers
Cactus	Sight, Touch or not	Un-mistakeable touch
Lavender, chocolate, apple or other mints, lemon verbena, pineapple sage,	Smell, Taste	Several herbs can be used for their strong aroma or flavor
Nasturtiums	Taste	Edible flowers (sweet), leaves (bitter), seeds (pickled like capers)
Sweat pea, geraniums, roses, petunias, lilacs	Smell	Strong aromatic flowers