

# Plant Identification Newsletter

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THIS ISSUE: SENSORY PLANTS



IDENTIFY PLANTS!

LEARN THE IMPORTANCE!

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## Spearmint

**Scientific name:** *Mentha spicata*

**Family:** Lamiaceae

**Origin:** Europe and Southern Temperate Asia

**Size:** 1-2' HT, 1-2' W

**Colors:** Green, lilac, pink, and white

**Type:** Herbaceous perennial

**Light:** Full Su to partial shade

**Soil:** Rich, moist

**Fun fact:** Slightly sweet with a cool aftertaste



## German Chamomile

**Scientific name:** *Matricaria chamomilla*

**Family:** Asteraceae

**Origin:** Germany

**Size:** 2' HT

**Colors:** White and yellow

**Type:** Annual

**Light:** Full sun to partial shade

**Soil:** Sandy

**Fun fact:** It is fruity





## Sunshine Mimosa, Powderpuff

**Scientific name:** *Mimosa strigillosa*

**Family:** Fabaceae

**Origin:** Native to FL

**Size:** 2-8" HT, 50' SPD

**Colors:** Green leaves, bright pink flowers

**Type:** Groundcover

**Light:** Full sun to partial shade

**Soil:** Dry to moist, well drained sandy soils

**Fun fact:** Leaves fold closed when touched



## Lamb's Ear

**Scientific name:** *Stachys byzantina*

**Family:** Lamiaceae

**Origin:** Native to Middle East

**Size:** 1-2' HT, 2-3' SPD

**Colors:** Blue-gray, almost silver leaves, pink/purple flowers

**Type:** Shrub

**Light:** Full sun to partial shade

**Soil:** Dry to medium, very well-drained soils

**Fun fact:** Leaves are extremely soft and fuzzy to touch







## Beach sunflower

**Scientific name:** *Helianthus debilis*

**Family:** Asteraceae

**Origin:** Native

**Size:** 2-4' HT, 2-4' SPD

**Colors:** Green, Yellow

**Type:** Perennial / Groundcover

**Light:** Full Sun

**Soil:** Acidic, sand, loam soil

**Fun fact:** Known for its ability to self-seed



## Coleus

**Scientific name:** *Hybridus*

**Family:** Labiatae

**Origin:** Native to Southeast Asia / Australia

**Size:** 1-3' HT, 1-3' SPD

**Colors:** Yellow, Green, Burgundy, Blue Flower

**Type:** Annual

**Light:** Part shade, part sun

**Soil:** Clay, sand, acidic

**Fun fact:** In some cultures, certain varieties of coleus are used for the medicinal properties and as culinary herb





## Sweetbay Magnolia

**Scientific name:** *Magnolia virginiana*

**Family:** Magnoliaceae

**Origin:** Native to FL

**Size:** 10-35' HT, 10-35' SPD

**Colors:** Green and White

**Type:** Shrub or Tree

**Light:** Full sun to partial shade

**Soil:** Prefers evenly moist, acidic soil

**Fun fact:** It has a light lemon scent



## Lavender

**Scientific name:** *Lavandula angustifolia*

**Family:** Lamiaceae

**Origin:** Native to countries bordering the Mediterranean

**Size:** 1-3' HT, 1-3' SPD

**Colors:** Green and Purple

**Type:** Shrub, often sold as perennial

**Light:** Full sun

**Soil:** Well drained soil

**Fun fact:** The word "Lavender" comes from the Latin word "Lavare", which means to wash







## Balloon Flower

**Scientific name:** *Platycodon grandiflorus*

**Family:** Campanulaceae

**Origin:** Asia

**Size:** 12-30" HT, 12-18" SPD

**Colors:** Blue, pink, white, purple

**Type:** Perennial

**Light:** Full sun to partial shade

**Soil:** Loamy, moist, well-drained

**Fun fact:** Pre-bloom flowers can be crushed in hand to make a popping sound



## Purple Fountain Grass

**Scientific name:** *Pennisetum setaceum* "Rubrum"

**Family:** Poaceae

**Origin:** Africa/Asia

**Size:** 3-5' HT, 2-4' SPD

**Colors:** Red and purple

**Type:** Perennial

**Light:** Full sun to partial shade

**Soil:** Moist, but well-drained

**Fun fact:** The strength of the wind produces different sounds like a windchime



# Why Sensory Plants?

Sensory plants play a crucial role in promoting a deeper connection to the natural world. Their importance lies within their various benefits from therapeutic, educational, aesthetic, and environmental domains. Certain plants can stimulate touch, smell, sight, taste, and hearing, which provides sensory stimulation that can improve one's mood. These plants allow to enhance the beauty and diversity of gardens and landscapes as some provide interesting textures with vibrant colors and unique fragrances. Sensory plants have also shown to reduce stress, anxiety, and depression which in relation promote mindfulness and physical activity. In summary, sensory plants play a crucial role in enhancing well-being and promoting deeper connections to the natural world among other things.

