

Growing up green



Charles E. Majuri, PhD

A simple gardening book for
children and adults


PSIpress

About this book

Gardening provides a wonderful opportunity for children and adults to have fun and learn together. *Growing up green* is a simple gardening book that uses nature-based activities to foster trusting, meaningful relationships between children and adults. Interactive gardening activities, a month-to-month gardening guide, and a journal section make horticulture fun and engaging for kids and adults alike.

About the author

Dr. Charles E. Majuri has been working with children and families for more than three decades. He holds a PhD in child clinical psychology and a lifetime credential in college counseling, and he is a nationally certified Horticulture Therapist. Dr. Majuri began using gardening as a way to connect with children in the 1970's, and has spoken and consulted on this topic nationally and internationally. Dr. Majuri lives in Portland, Oregon.

“As an experienced farmer myself, I think the book is a wonderful approach to the complex and wondrous world of gardening and growing one’s own food... I believe it will serve as a useful guide for anyone approaching this new world and inciting the passion to be a lifelong gardener.”

—*Rebeca Siplak, Program Coordinator for the Oregon Food Bank Learning Garden Programs*

“Charles Majuri, clinical psychologist and family therapist, has prepared a valuable new tool for parents and their children. This structured family activity program aims to build family health and wellness through better relationships. This easy to use, nature-based program may be started any month or any season. Family relationships will benefit from this educational and discovery tool.”

—*Teresia Hazen, MEd, HTR, QMHP
Registered Horticultural Therapist, Mental Health Therapist and Educator*

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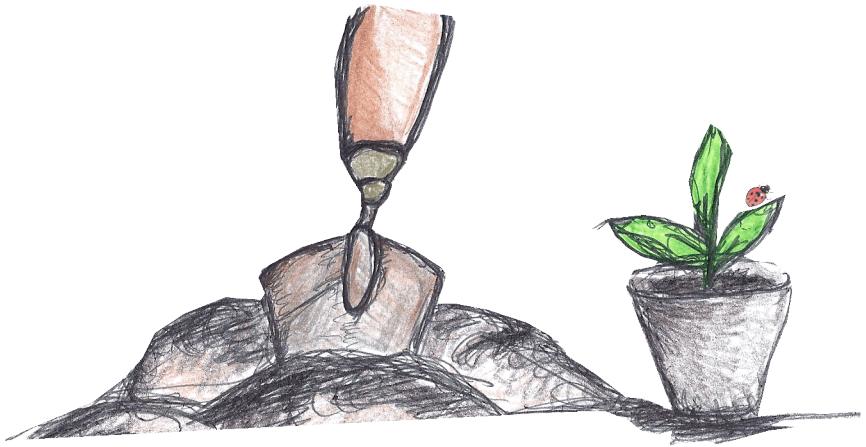

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Chapter one



*To create a garden is to search for a better world.
In our effort to improve on nature, we are guided
by a vision of paradise. Whether the result is a
Horticultural masterpiece or only a modest vegetable
Patch, it is based on the expectation of a glorious future.
This hope for the future is at the heart of all gardening.*

Mariana Schinz



Why gardening?

It is amazing just how many people garden. If you look on various lists compiled about what is the most popular pastime or most popular hobby **gardening** will always be at or near the top.

The total number of people who garden for a hobby is, I understand, in the multi-millions. Why are so many people doing this activity? It is a fair question and I believe the answer lies in the fact that there are quite a few benefits one receives when doing **gardening activities**. Gardening benefits both mind and body. For example, in an article in *The Wall Street Journal* Michael Waldholz says,

Common sense and experience tells us that hiking in the wild or working in a garden can be emotionally restorative. Now, scientists are beginning to understand why: Gardening — or simply observing a lush landscape — holds a powerful ability to promote measurable improvements in mental and even physical health.

And later he writes “. . . gardening can have an especially beneficial mental-health impact because it provides a sense of control, a psychological counter to stress and anxiety.” And lastly, Charles A. Lewis, one of the giants in the field of horticulture had this to say,

Simple horticulture practices such as growth of seedlings, rooting of cuttings, unfolding of flower, elicit subtle responses which can be beneficial, and which symboli-

cally fulfill a human need (from Keynote address The Human dimension of Horticulture, June 13 -14, Morton Arboretum, Lisle, Illinois).

As a certified horticultural therapist, I could give you a long and detailed explanation of the benefits associated with gardening, but I think it is better for me to list the information so that you have a good idea of just how beneficial gardening can be.

The benefits from gardening lie in four basic areas: physical, cognitive, social and psychological.

In conclusion, I feel gardening is beneficial on several levels, and gardening with a child can open their eyes and help us open ours to the wonders of nature.

Physical
<p>Exercise for your hands, arms and general upper body Moderate exercise in coordination, strength, stamina Motivates / encourages people to walk, stoop, stretch, reach and maintain balance Provides a lot of pleasurable opportunities for stimulating all the senses: touch, taste, sight, smell and hearing</p>
Cognitive
<p>Exercises attention span Practice in following direction Exercises mind in terms of memory, logic, safety and judgment Teaches new skills like vocabulary, physical and natural science Stimulates understanding of abstract concepts such as time, growth, death and change Provides greater awareness of other living organisms around us</p>
Social
<p>Promotes interactions by providing common interests and goals Gives practice expressing opinions, formulating descriptions, asking questions and generally increasing communications skills Helps promote leadership abilities Increases options for social interactions via clubs, contests, cultural celebrations</p>
Psychological
<p>Raises self-esteem Relieves stress and tension Promotes enthusiasm for the future Stimulates success oriented and creative expression Satisfies need to nurture and care for other living organisms Teaches independence</p>