



# Gardens for the Mind and Body

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# Table of Contents

01

## PROJECT DESCRIPTION

The GBH, our task, and the goals and objectives of this project.

02

## GARDEN BENEFITS

Supporting research behind the gardens.

03

## OUR APPROACH

Our methods of data collection and project execution.

04

## FINDINGS AND IMPLEMENTATION

Creation of the vertical and healing gardens

05

## CONCLUSION AND RECOMMENDATIONS

What was the outcome?



01

## Project Description





# The Geoff Burton House





# Goals and Objectives



## Objective #1

Needs and preferences



## Objective #2

Identifying Resources



## Objective #3

Design & Implementation

02

## Garden Benefits





# Healing Garden



## Physical Stimuli

- Warm colors
- Focal points
- Pleasant smells



## Unconscious Healing

- Natural environment
  - “Man’s original home”
- Attention restoration theory



## Social Interaction

- Community gardens
- Secluded Areas

# Vegetable Garden



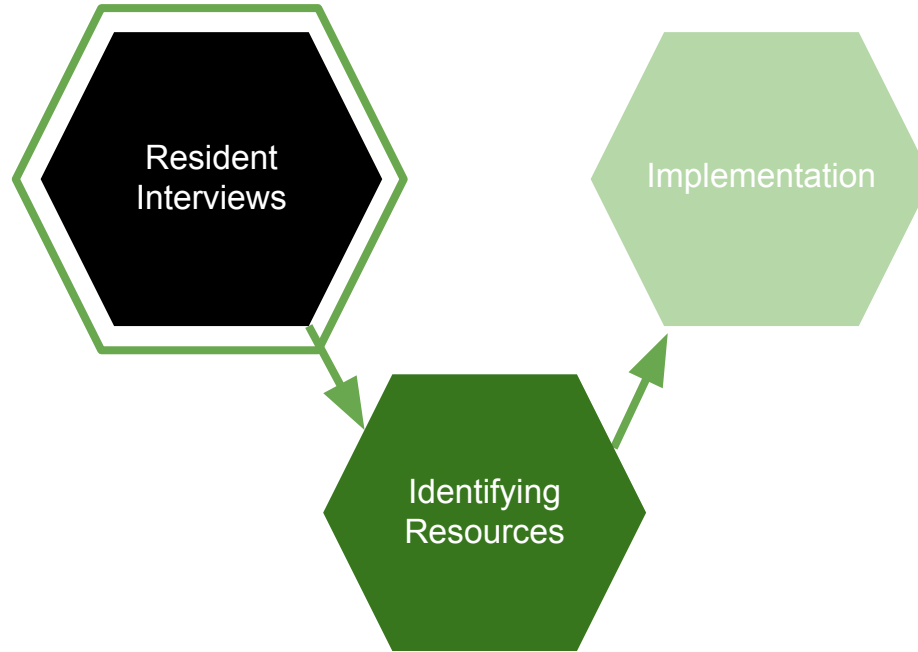


03

## Our Approach

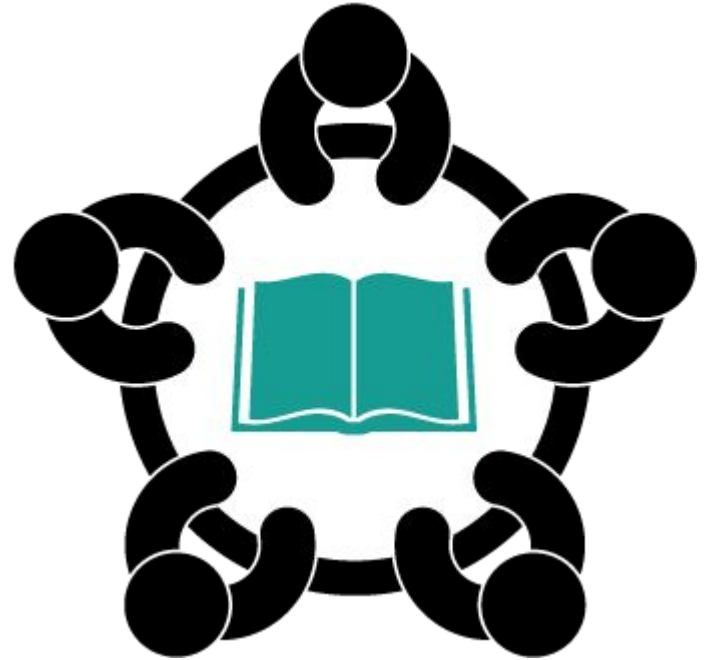


# Our Approach

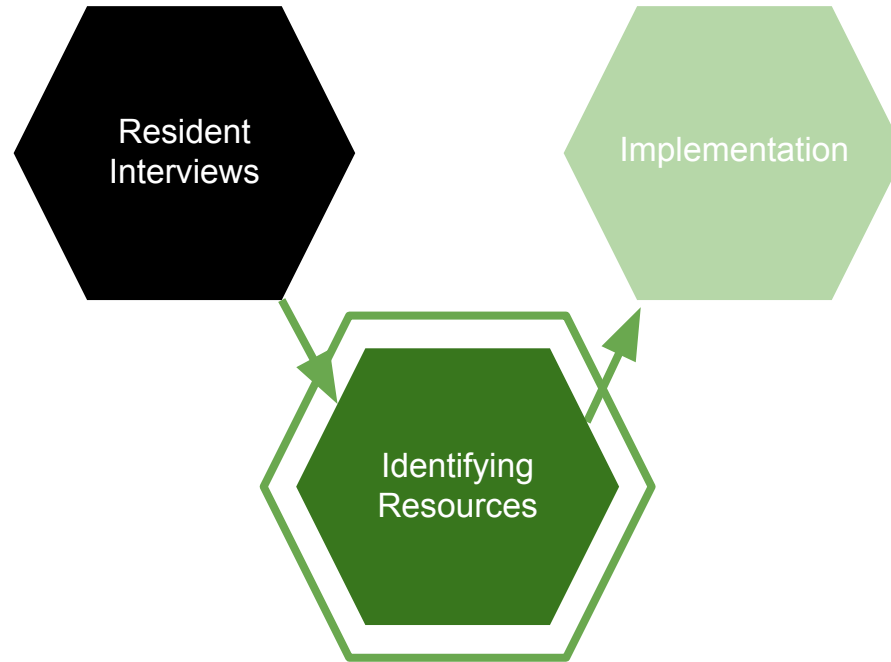




## Small Focus Group Interviews



# Our Approach





# Existing Resources

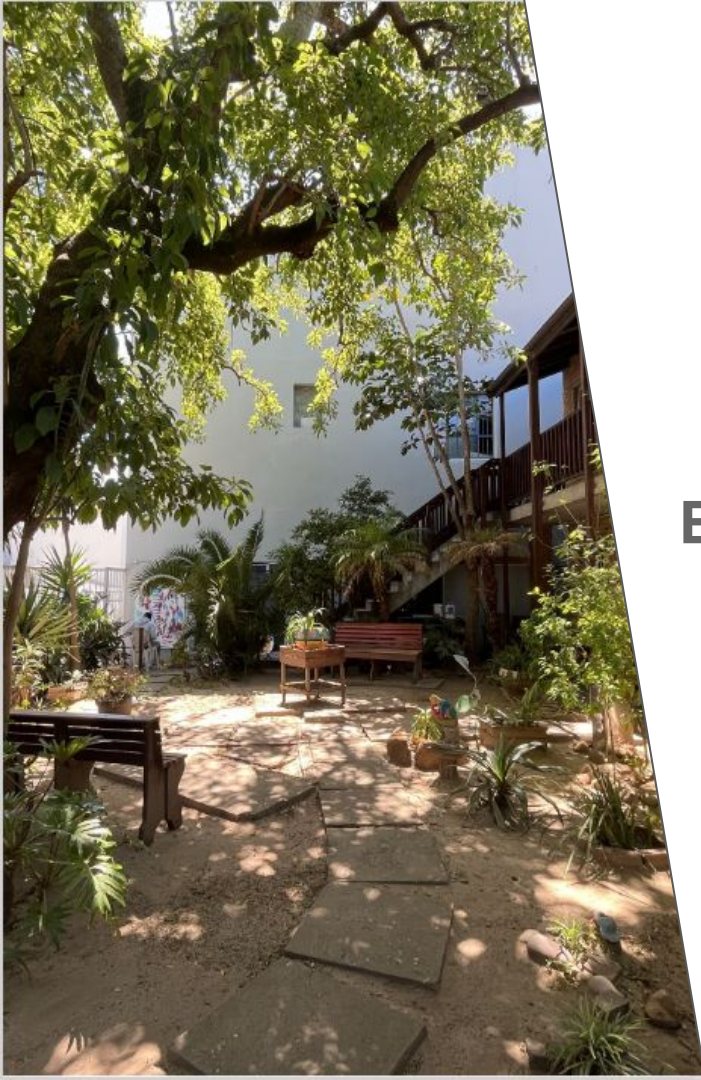
Healing Garden



Communicated with  
UCT Student



Vegetable Garden



## Evaluation of Space and Materials





# Expert Interviews

Kirstenbosch  
Botanical Garden



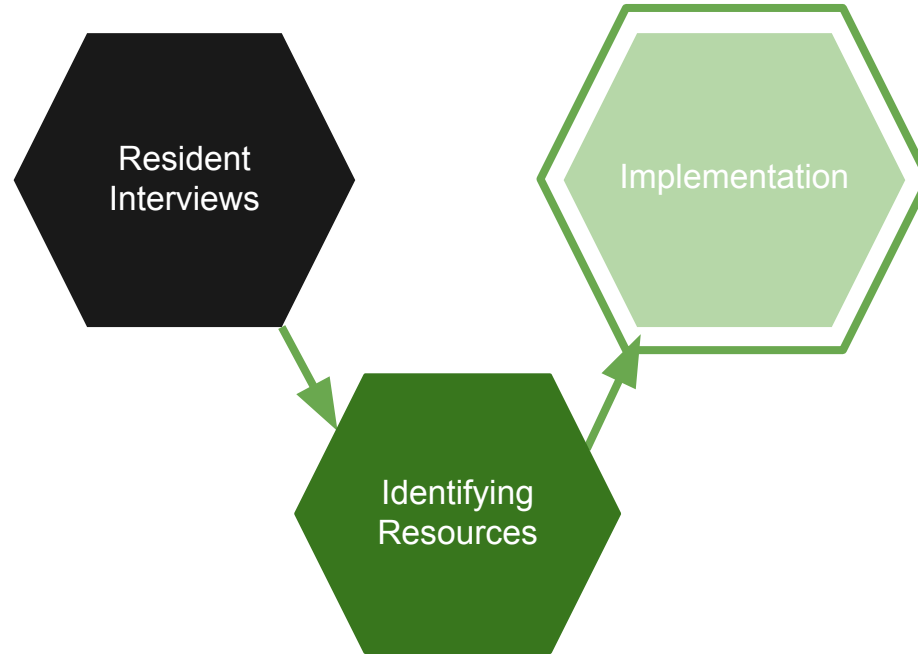
Khulisa Community  
Garden



## Further Resources



# Our Approach

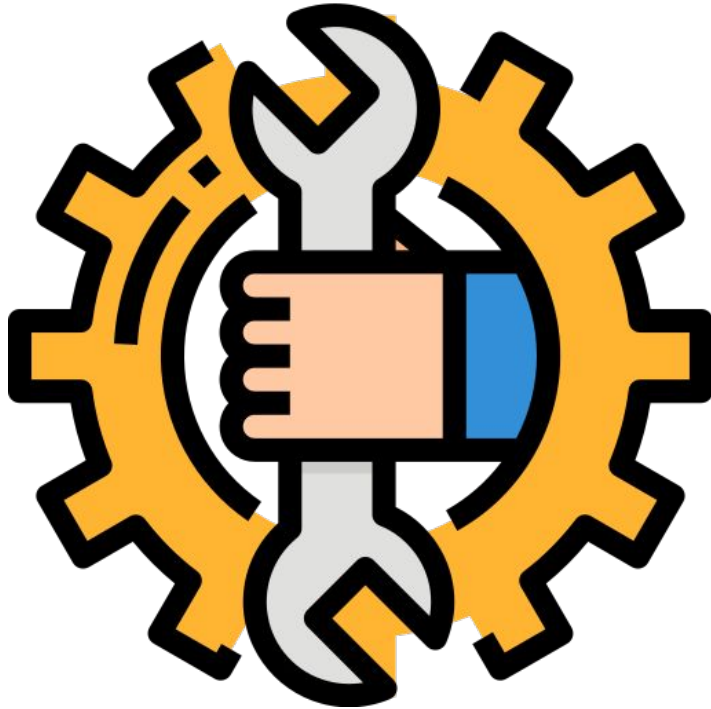


## Garden Measurements





# Maintenance Schedules



# 04

## Findings and Implementation



# Healing Garden

Small Group  
Resident  
Interview  
Findings



<i>Concerns</i>	<i>Interests</i>
<b>Smoking Area</b>	<b>Braai</b>
<b>Rarely use the space</b>	<b>Flowers</b>
<b>Falling leaves</b>	<b>New furniture</b>
<b>Concrete below dirt</b>	<b>Pathways</b>
<b>Flooding</b>	<b>Bird feeders</b>
<b>Wind</b>	<b>Fake grass</b>
	<b>Waterfall mural</b>
	<b>Different areas/section</b>
	<b>History of Geoff Burton House</b>
	<b>trim/prune plants</b>
	<b>Painted pots</b>



# Healing Garden

## Professional Interviews

## Kirstenbosch National Botanical Garden

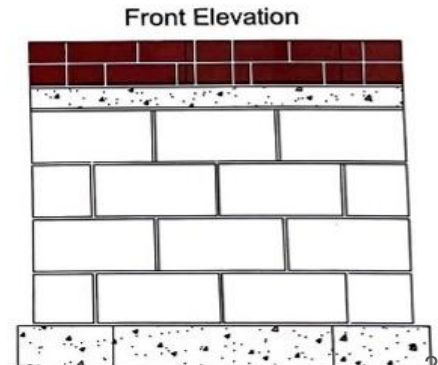
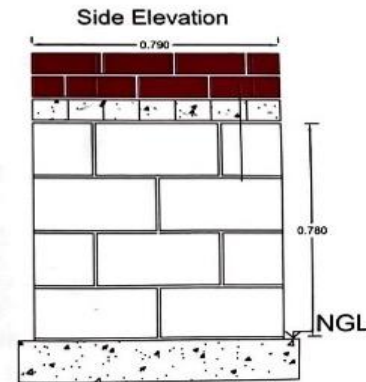
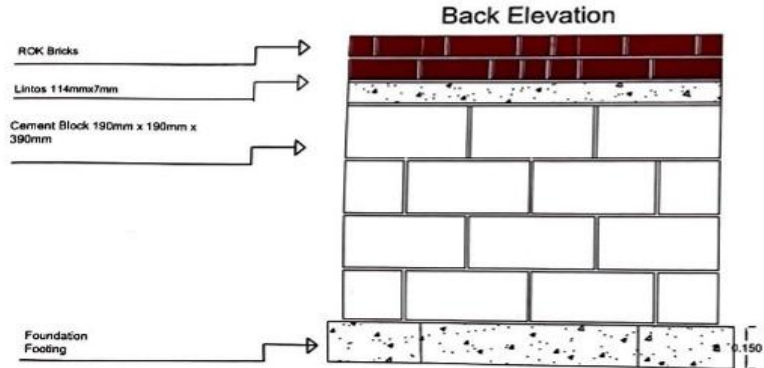
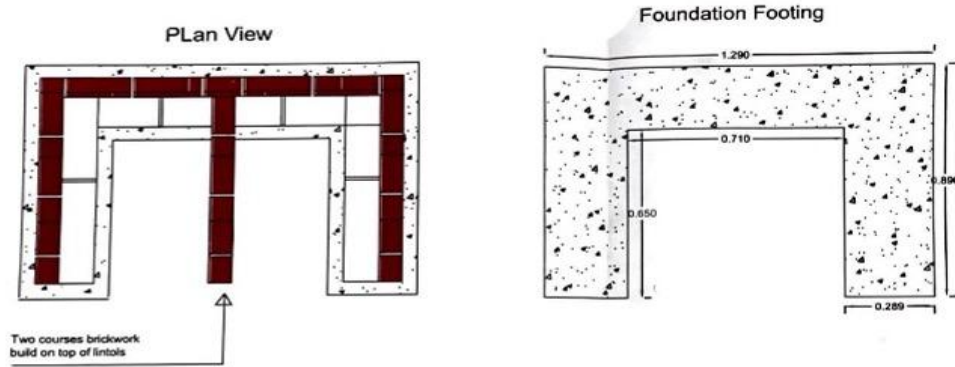
- Local Plants
- Water
- Healing elements
  - Comfortable benches
  - Moving water
- Organic look
  - Wood
  - Mulch
  - Raised beds



## Healing Garden



# The Hope Exchange Proposed Braai





# Materials



Material Name	Cost (Rand)
Cement Blocks	R139,90
Mortar Mix 40 kg	R260,00
Wood	R2270,00
Sealer/Stain	R1076,00
Screws	R80,00
Fairy Lights	R438,00
Sandpaper	R95,00
Paint Tray	R20,00
Mutton Cloth	R39,00
Gravel	R560,00
Soil	R5050,00
Total:	R10,027,90

# Design

## Design Elements

- Focal Points
  - Waterfall
  - Mural
  - Plants
  - Fairy Lights



## Healing Elements

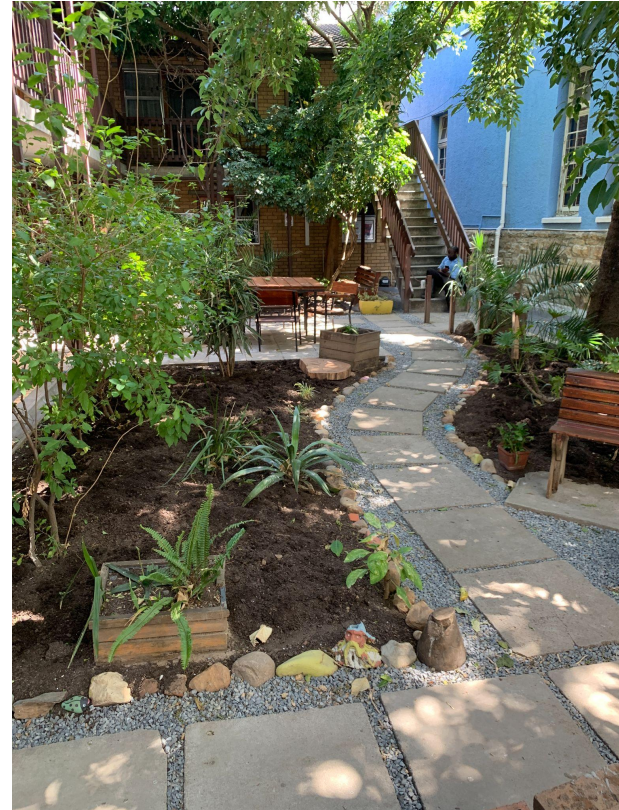
- Unconsciously relaxing
- Secluded or Open
- All mental states

- Social aspects
  - Braai
  - Chairs and Benches
  - Table
- Simple and Natural
  - Gravel and Soil
  - Natural wood



- Please the senses
- Trauma, Grief, and Illness
- Escape daily burdens

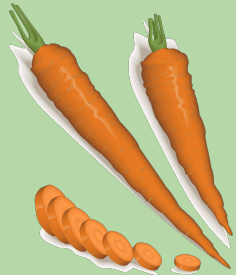
# Pictures of the Hope Exchanges Healing Garden





# Vertical Garden

Small Group  
Resident  
Interview  
Findings



<b><i>Concerns</i></b>	<b><i>Interests</i></b>
<b>Hard to Access</b>	<b>Chili's, Potatoes</b>
<b>Lack of care</b>	<b>Basil, Cabbage</b>
<b>No incentives</b>	<b>Beans, Carrots, Ginger</b>
<b>Rats/pests</b>	<b>Kale, Broccoli</b>
	<b>Thyme, Parsley</b>
	<b>Shelving</b>
	<b>Hanging pots</b>
	<b>Garden boxes</b>
	<b>Trellis</b>

# Vegetable Garden

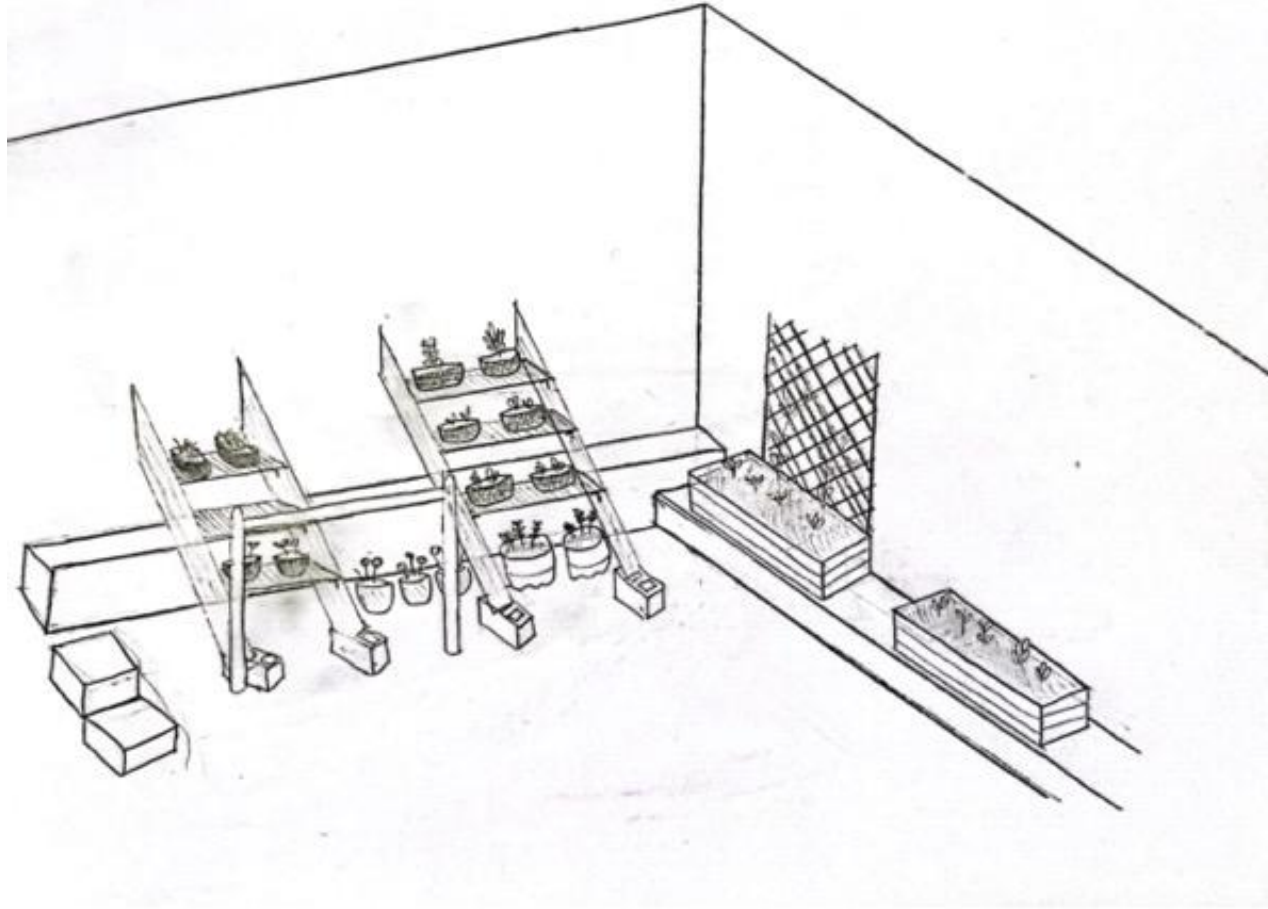
## Professional Interviews

### Khulisa Community Garden



- Most vegetables are easy to grow
- Plenty of water
- Soil mixture with compost
- Deep soil (20+ cm)
- Companion Planting
- Rats

## Vertical Garden





# Materials



Material Name	Cost (Rand)
Four 1.8 m long planks	R1200,00
Two 2.4 m long planks	R800,00
Garden box	R500,00
Stain/Sealer	estimated in healing cost
Soil	estimated in healing cost
Plants	R385,00
Total:	R2885,00

# Design

## Shelving

- Wall with most sunlight
- Leaning against wall
- Allow for more vegetables



## Garden Boxes

- Deep soil
- Good for tomatoes, carrots, and potatoes
- Provide organic vegetables



# Pictures of The Hope Exchanges Vegetable Garden





05

## Conclusion and Recommendations



# Key Findings

01

## Interaction/Usage

- Braai
- Table
- Plants



02

## Cooperation

- Residential
- Professional



03

## Maintenance

- Construction
- Weeding
- Cleaning

# Key Findings

01

## Interaction/Usage

- Braai
- Table
- Plants



02

## Cooperation

- Residential
- Professional



03

## Maintenance

- Construction
- Weeding
- Cleaning



# Maintenance Plans

## Vertical Vegetable Garden Maintenance Book

The vertical vegetable garden was implemented based on recommendations from residents, professionals, and students from WPI. The garden includes shelving, garden boxes, and recycled vegetable pots. These allow for more vegetables in the back and a safety to be grown.

Through interviews and evaluations of the garden, it was decided that leaning vertical shelves would best fit the garden to maximize space. The shelving was built using wood planks and screwing them together along with cinder blocks to hold the bases. It is leaning due to permission not being able to be granted to drill into the walls, so every addition to the garden must be self-standing. Garden boxes were also added to add an area to plant vegetables that need a 20-30 cm depth in order to grow. Some of the boxes were refurbished out of old garden boxes using recycled wood planks and a plastic tarp to line the boxes to hold the soil in. The recycled liter bottles were used for vegetables that could grow at only a few centimeters of depth to grow and were placed on the shelves. The trellis was added behind a garden box for climbing plants or plants that will grow very tall in height. Steps were made around the edge of the garden for the convenience of watering and watering cans were bought to make it more convenient for the residents.



Technical Skills



Repair guide



Plant maintenance

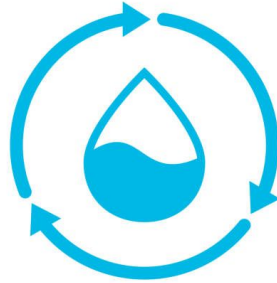


# Recommendations

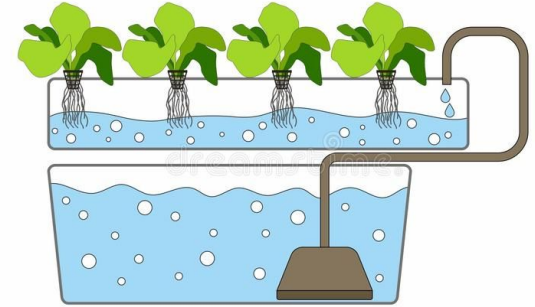
## Compost



## Grey Water



## Hydroponics



# Why This Matters?





Thank You!





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