

# GARDENING – LIBRARY MATERIALS

Browse Title	Collection	Call Number
What Plants Talk About	Adult DVDs	580 What
The Garden Pantry	Adult DVDs	635 Garden
Perennial Vegetable Gardening : with Eric Toensmeier	Adult DVDs	635 Perennial
The Queen's Garden	Adult DVDs	635 Queen's
Outsmarting Squirrels	Adult DVDs	635.926 Outsmarting
A Guide To Keeping Hens In Your Garden	Adult DVDs	636.5 Guide
Enchanted April	Adult DVDs	Drama Enchanted
Fine Gardening	Adult Magazines	Fine Gardening
Garden Gate	Adult Magazines	Garden Gate
Horticulture	Adult Magazines	Horticulture
<b>Easy-To-Grow Vegetables by Fine Gardening</b> 8.5 x 0.4 x 10.9 inches / 224 pages / 12.6 ounces Does not lay flat well, but you can support it on a table and turn pages. Lots of full page photos of scrumptious vegetables as well as a few diagrams.	Adult Nonfiction	635 Fin
<b>Gourmet Garden by Virginia Hayes</b> 8.8 x 0.5 x 8.8 inches / 144 pages / 1 pound Contains a herb identification section. Lots of photos of individual vegetables and fruits. It does lay flat.	Adult Nonfiction	635 Hay
<b>Heirloom Fruits and Vegetables by Toby Musgrave</b> 11.4 x 1.1 x 11.3 inches / 224 pages / 4.2 pounds A coffee table book. Some pages do have a lot of text, but there are still plenty of full page photos up close and personal with a variety of fruits and vegetables.	Adult Nonfiction	635 Mus
<b>The Art of Gardening by The Chanticleer Gardeners</b> 7.8 x 1 x 11.5 inches / 340 pages / 2.8 pounds Lots of full page photos of full scenes and individual plants and blossoms.	Adult Nonfiction	635 Tho
<b>Vegetables by Creative Homeowner</b> 8.5 x 0.2 x 10.9 inches / 96 pages / 10.4 ounces Does not lay flat, but it can be held easily and paged through.	Adult Nonfiction	635 Veg
<b>The Plant Propagator's Bible by Miranda Smith</b> 7.5 x 0.6 x 9.8 inches / 192 pages / 1.4 pounds Does not lay flat and is a bit heavy. Very visually appealing with lots of photos and diagrams of work being done.	Adult Nonfiction	635.043 Smi
<b>The One-Hour Garden : how you can have a no-fuss, no-work garden by Joanna Smith</b> 8.9 x 0.8 x 11.1 inches / 160 pages / 2.5 pounds Too heavy to hold for many people, but it lays flat on a table. Appropriate for MCI with interesting diagrams and charts as wells as photographs of people working in gardens and flowering plants.	Adult Nonfiction	635.9 Smi

Browse Title	Collection	Call Number
<p><b>The Flower-Powered Garden : supercharge your borders and containers with bold, colourful plant combinations by Andy Vernon</b>  8.2 x 0.9 x 10.7 inches / 300 pages / 2.6 pounds  Pictures, pictures, pictures in this book. Arranged by color. The book is heavy but will lay flat on a table and the pages turn easily.</p>	Adult Nonfiction	635.9 Ver
<p><b>Cactus and Succulents : a care manual by Tony Mace</b>  9.8 x 0.8 x 11.5 inches / 128 pages / 1.8 pounds  Some pages are heavy with text; however, every page does have some sort of photo of many varieties of cactus.</p>	Adult Nonfiction	635.9335 Mac
<p><b>The Plant Recipe Book : 100 living arrangements for any home in any season by Baylor Chapman</b>  8 x 0.9 x 9.2 inches / 272 pages / 1.8 pounds  Lots of photographs of unusual plants in unusual arrangements. Might be too heavy to hold for an extended time, but will lay flat on a table.</p>	Adult Nonfiction	635.965 Cha
<p><b>Houseplants A to Z by Cecelia Heffernan</b>  9.9 x 0.8 x 13.8 inches/ 160 pages / 3.3 pounds  A smaller coffee table book. Full-page photos of beautiful plants and blossoms along with with smaller images of work being done.</p>	Adult Nonfiction	635.965 Hef
<p><b>Houseplants : the green thumb guide to easy indoor gardening by the Editors of Readers Digest</b>  8.9 x 0.4 x 11.2 inches / 160 pages / 1.6 pounds  Paperback, but still a little heavy. It will mostly lay flat on a table. Pictures are big and bold.</p>	Adult Nonfiction	635.965 Hou
<p><b>Choosing and Using Climbing Plants by Barbara Abbs</b>  8.2 x 0.2 x 10.5 inches / 96 pages/ 1 pound  Book is a little lighter than others on this list. Pictures include how-to diagrams, including tools and work.</p>	Adult Nonfiction	635.974 Abb
<p><b>Successful Container Gardening : 75 easy-to-grow flower and vegetable "gardens" by Joseph Provey</b>  8.5 x 0.4 x 10.9 inches / 160 pages / 1.2 pounds  Most photos are of flowering plants; however, there are some of hands or people working on tasks.</p>	Adult Nonfiction	635.986 Pro
<p><b>Containers for Patios by DK publishing</b>  7.3 x 0.5 x 9.3 inches / 160 pages / 1 pound  Several photos of hands working in dirt doing various tasks along with many varieties of flowering and succulent plants.</p>	Adult Nonfiction	635.986 Ros
<p><b>Private Gardens of the Hudson Valley by Jane Garmey</b>  10.4 x 1 x 12.3 inches / 240 pages / 4.2 pounds  Coffee table book with full-page photos of gardens. Many photos are 2 page spreads. Very little text.</p>	Adult Nonfiction	712.6 Gar
<p><b>In Search of Paradise by Penelope Hobhouse</b>  10.2 x 0.9 x 12.2 inches / 272 pages / 4 pounds  Coffee table book with glorious 2-page spread photos</p>	Adult Nonfiction	712.6 Hob
<p><b>The Hidden Gardens of Kyoto by Katsuhiko Mizuno</b>  11.9 x 0.7 x 9.1 inches / 128 pages / 2.4 pounds  A smaller coffee table book with large photos, some 2-page spreads.</p>	Adult Nonfiction	712.6 Ono
<p><b>Garden Details by Marg Thornell</b>  11.4 x 0.9 x 11.5 inches / 252 pages / 4.1 pounds  Heavily illustrated with large full color photographs, very little text. Will lay flat on a table.</p>	Adult Nonfiction	712.6 Tho
<p><b>An Amish Garden by Laura Anne Lapp</b>  9.2 x 0.8 x 10.2 inches / 208 pages / 2.2 pounds  Pictures include children, animals, flowers, produce in the garden, and produce being prepared. Text includes recipes. Possibly too heavy to hold and the pages do arch when it is laid on a table, but it can be paged through.</p>	Adult Nonfiction	712.6097 Lap

<b>Browse Title</b>	<b>Collection</b>	<b>Call Number</b>
<b>Vegetables by Nancy Dickmann</b> 8.5 x 0.5 x 7 inches / 24 pages / 6.4 ounces Very simple bold text. Simple photographs. Each page only has one photo. Easy to hold. Appropriate for those who have a more advanced diagnosis.	Children's Nonfiction	J 635 Dic
<b>Grow It, Cook It by DK Publishing</b> 8.9 x 0.5 x 11.1 inches / 80 pages / 1.4 pounds Lots of photographs of children gardening and eating. Each page has several pictures and many are step by step instructions. It easily lays flat, but is light enough that it might be held.	Children's Nonfiction	J 635 Gro
<b>Super Simple Kitchen Gardens : a kid's guide to gardening by Alex Kuskowski</b> 9.5 x 0.5 x 7.8 inches / 32 pages / 9.9 ounces Light enough to hold easily with text appropriate for MCI. Photos mainly show hands doing various tasks. These are not traditional gardens, but rather potted herbs, etc. The projects could easily be done as an activity besides just looking at the book.	Children's Nonfiction	J 635 Kus
<b>Watch Me Plant a Garden by Jack Otten</b> 7 x 0.2 x 5.8 inches / 24 pages / 3 ounces Very simple bold text. Simple illustrations. Each page only has one photo. Book is small enough to be held easily. Photos include children working in a garden. Appropriate for those who have a more advanced diagnosis.	Children's Nonfiction	J 635 Ott
<b>Container Gardening for Kids by Ellen Talmage</b> 8.8 x 0.5 x 9 inches / 80 pages / 14.1 ounces	Children's Nonfiction	J 635.048 Tal
<b>Garbage Helps Our Garden Grow : a compost story by Linda Glaser</b> 11 x 0.5 x 9.2 inches / 32 pages / 11.2 ounces Most pages only have one or two photos of children working (often getting dirty). Text is simple, but written in white and might be hard to see. The photos make this book appropriate for either MCI, or those with a more advanced diagnosis.	Children's Nonfiction	J 635.0489 Gla
<b>Potatoes On Rooftops : farming in the city by Hadley Dyer</b> 8.8 x 0.2 x 9.5 inches / 84 pages / 10.1 ounces Shows lots of unusual ways to grow things in a variety of cultures	Children's Nonfiction	J 635.0917 Dye

### Conversation Starters

- Talk about vegetables the person might have grown in the past. Ask how they would deal with weeds or insects and any ways they would serve up their harvest.
- Talk about the weather and how it affects growing things.
- Talk about pests and how to control them. Moles, deer, raccoons, squirrels. When you see animals, use them as a conversation starter about the garden.
- Thank them for work done and look for things to praise.
- Take pictures while doing activities involving more movement that they won't be able to do later. Keep them in an album and look at them later or on days with bad weather.

### Tips (from Alzheimers.net)

1. Avoid giving someone with Alzheimer's any sharp gardening tools.
2. Build raised beds so that gardening is more accessible and enjoyable.
3. Create a garden in the shape of a figure eight, as dead end gardens can cause confusion.
4. Ensure that all plants are non-toxic.
5. Garden early in the morning to avoid the hottest times of the day.
6. Keep it fun and light-hearted!
7. Provide adequate sunscreen and a hat to protect your loved one from the sun.
8. Try planting a container garden, to make the activity more accessible for a senior.

## **GARDENING – ACTIVITIES** Some activities are taken from Mind-start.com

- Create and maintain a worm bin. <http://compost.css.cornell.edu/worms/steps.html>
- The person with dementia can help plant and tend to patio plants or raised gardens, including watering, pulling weeds, and harvesting the produce. Try using a trellis for cherry tomatoes, beans, etc.
- Rake leaves.
- Start plants from seed in small cups to set out in the garden.
- Take a walk and admire other gardens
- Visit the U of I Arboretum, or the gardens at the Museum of the Grand Prairie in Mahomet.
- Visit Prairie Farm in Centennial Park or Curtis Orchard.
- Things to list: fruits, vegetables, weeds, garden pests. They may enjoy writing the list.
- Create a matching or sorting game using seed packets. You might ask friends to give you carefully opened empty packets.
- There are many one step kitchen tasks that can involve the person with dementia. Stemming strawberries, snapping beans, shucking corn, or peeling potatoes or apples (use judgement about using a knife).
- Handle and taste different herbs, which offer a rich sensory experience. Try basil, thyme, rosemary, lavender, peppermint, or lemon balm.
- Visit the local farmer's market for fresh produce.
- Many plants thought of as outdoor garden plants can also be grown inside in pots. Try cherry tomatoes, fresh herbs, lettuce, sprouts, or radishes.
- Dump and stir ingredients that have already been chopped up for a fresh vegetable salad. Give the person step by step cues to pour in each ingredient and then to stir. Try diced cucumber, diced tomatoes, diced red pepper, and basil, plus a squeeze of lemon and a splash of olive oil. Season with salt and pepper. The bright colors of the salad can also help stimulate appetite for the person.
- Sing a song related to the summer outdoors such as "You Are My Sunshine" or "Oh, What a Beautiful Morning."
- Visit a garden supply store or nursery.
- Select fruits and vegetables at the store.
- Request a free seed catalog and look through it together.

### **Benefit**

- Involving a person in real work maintains a sense of usefulness, value, and identity.

To place requests on these materials or materials on a different topic, please call Champaign Public Library at 403-2070.

If you are looking for more information or help, please feel free to reach out to the Alzheimer's Association 24.7 Helpline at 800-272-3900. They have trained professionals available who can help you set-up or adjust these activities, make local referrals, and provide emotional support.

**These suggested activities and materials are not intended as medical information. The caregiver is responsible for deciding which activities and information are safe and appropriate to the situation.**