

ELDERGROW APPROVED PLANT LIST

Plants that do well in our Garden (Last a long time)

Anchor Plant (Every Eldergrow Garden Should Have One)



Baby Sun Rose

(*Aptenia & Carpobrotus*)

- Prefers well-drained soil
- Easily propagated from cuttings



Begonia

- All varieties
- Edible, tart flowers may rebloom (always wash before tasting)



Bromeliad

- Green-leaf ones, **no** teeth
- Makes a great long lasting tropical centerpiece
- Related to pineapple



Calathea

- Many varieties such as; Peacock, Rattlesnake, etc.
- Unique texture & patterns
- Easy care



Celosia

- Brilliant "rooster comb" plumes are unique
- Likes direct light
- Deadhead flowers to encourage new growth



Cerveza 'n Lime

(*Plectranthus coleoides*).

- Semi-succulent herb with fuzzy, thick leaves
- Has a lime scent



Coleus (*Coleus hybridus, scutellarioides*)

- Long lasting color
- Easy to propagate
- Pinch back new growth



Vick's Plant / Cuban Oregano

(*Plectranthus amboinicus*)

- Semi-succulent herb
- Fuzzy thick leaves & strong reminiscent scent



Geraniums

(*Pelargonium* species)

- Variegated variety adds interest & continual color
- Sparks memories



Cordyline / Ti plant

(*Cordyline fruticosa*)

- Only wide-leaf cordylines
- Great showpiece
- Bold colors – hot pink!



Standing / Hardy Fuchsia

(*Fuchsia magellanica*)

- Liven up shady areas
- Light foliage contrasts with darker plants

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Heuchera / Coral Bells

- Foilage comes in many different vibrant colors
- Avoid light green
- Adds texture
- Long lasting, low plant



Holiday Cactus

(*Schlumbergera* & *Hatiora* / *Rhipsalidopsis gaertneri*)

- Christmas, Easter, Crab/Thanksgiving cactus
- Short bloom cycles



Brilliant Kalanchoe

(*Kalanchoe blossfeldiana*)

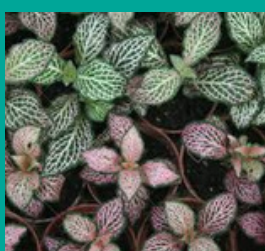
- Succulent with **green leaf**
- Can take drier soil
- Short bloom period



Maidenhair Fern

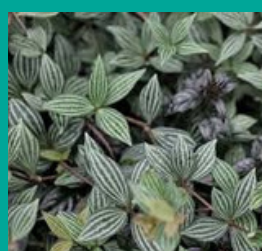
(*Adiantum* species)

- Place in front to cascade
- Likes misting
- Can be shaded



Nerve plant (*Fittonia* species)

- Stays small & low with long-lasting color
- Likes humidity of other close by plants



Peperomia species

- Many variations with interesting patterns/textures
- Compact, small & easy



Persian Shield

(*Strobilanthes dyerianus*)

- Hardy indoor grower
- Iridescent purple foliage



Pilea and Aluminum Plant

(*Pilea cadierei* & other sp.)

- Easy-to-grow
- Variegated and textured leaves
- Creeping or erect forms



Shrimp Plant (*Justicia*, *Phlogacanthus*, or *Bellaperone*)

- May bloom all year
- Prune branches to avoid legginess



Splash / Polka Dot Plant

(*Hypoestes phyllostachya*)

- Likes bright indirect light
- Pinch new leaf growth to avoid legginess



Spider Plant

(*Chlorophytum comosum*)

- Variegated variety adds contrast
- Can grow dense – may need to thin/divide



Elephant Bush

(*Portulacaria afra*)

- Needs bright light & well-drained soil
- Don't overwater

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- Waffle plant**
(*Hemigraphis/Strobilanthes alternata*)
- Cascading purple foliage
 - Low maintenance
 - Medium light



- Zebra plant**
(*Aphelandra squarrosa*)
- Adds contrasting foliage
 - Does not like water logged soil
 - Susceptible to pests



- Swedish Ivy**
(*Plectranthus australis*)
- Easy to propagate
 - Pretty variegated leaves
 - Hardy



- Pineapple Plant**
(*Ananas comosus*)
- Fun for bromeliad lesson
 - Pull if leaves develop teeth



- Rabbit's Foot Fern**
(*Davallia* sp.)
- Can spread or drape over edge of garden
 - Has cute fuzzy "feet"



- Mouse Ear Hosta/ Funkia**
(*Hosta* 'blue mouse ears')
- Shade tolerant
 - Low growing, may bloom



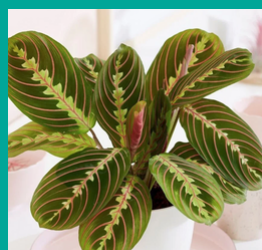
- Fluffy Ruffles Fern**
(*Nephrolepis exaltata*)
- Mini-version of Boston fern
 - Likes dappled light
 - Needs lots of water



- Boston Fern**
(*Nephrolepis* sp.)
- Lush large deep green fern
 - Iconic house plant
 - Easy to grow



- Lambs Ear**
(*Stachys byzantina*)
- Drought tolerant
 - Super fuzzy & soft, touchable leaves



- Prayer plant**
(*Maranta leuconeura*)
- Interesting leaves, stays short but can spread
 - At night, leaves raise up, like praying hands

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ELDERGROW APPROVED PLANT LIST

Annuals/ Color Bursts (Not Long Lasting)



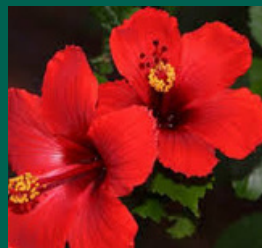
- Asters** (*Callistephus*, *Townsendia*, *Boltonia*, & *Dimorphotheca*)
- Greek for "star" flowers
 - **NOT** *Leucanthemum* or *Helenium*



- French Lavender**
(*Lavandula dentata*)
- Sweet scented edible herb w/aromatic leaves too
 - Tiny notches in leaves
 - **ONLY** French variety



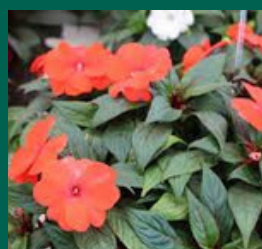
- Purple Cone Flower**
(*Echinacea* species)
- Once established likes drier soil
 - Heavily amended soil may result in poor flowering



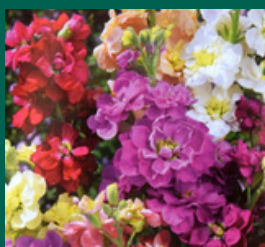
- Hibiscus species**
(& *Abelmoschus manihot*)
- Chinese hibiscus does best
 - Flowers last only one day and may rebloom



- Gerbera Daisy**
(*Gerbera jamesonii*)
- Large & short blooming
 - Enjoys bright light
 - **NO** other daisy species



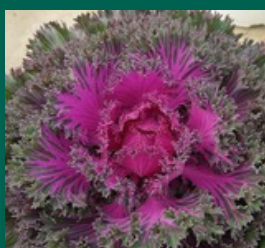
- Impatiens**
(*Impatiens walleriana*)
- "Busy Lizzie," & Touch-me-nots
 - Likes moisture & shade
 - **NOT** *I. balsamina*



- Hoary Stock**
(*Matthiola incana*)
- Prefers well-drained soil.
 - Dead-head regularly for growth



- Ornamental Kale**
(*Brassica oleracea*)
- Ornamental version of edible kale
 - Will lose color in low light



- Ornamental Cabbage**
(*Brassica oleracea*)
- Ruffled, colorful version of edible cabbage
 - Will lose color in low light



- Viola species / Violets**
Edible flowers
- Fun for reminiscing
 - Small, abundant flowers
 - Good filler, but typically doesn't last long



- Pansy** (*Viola* × *wittrockiana*)
- Delicate, edible flower with a "face"
 - Larger flowers than violas
 - Good short-lived filler color
 - Fun for reminiscing

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Annuals/ Color Bursts (Not Long Lasting) - Cont.



- Purple Passion / Velvet plant**
(*Gynura aurantiaca*)
- Doesn't like wet feet
 - Place in back or in gardens that get dry



- Sages / Salvia species**
- Long lasting blooms, many different colors
 - Some varieties have scented leaves
 - Likes lots of light



- Snap Dragons**
(*Antirrhinum majus & multfl.*)
- Squeeze sides of flower to make "jaws" talk/roar
 - Good for reminiscing



- Sunflowers**
(*Helianthus species*)
- Small varieties for indoors
 - Blooms needs lots of light & may not bloom from seed if only indoors



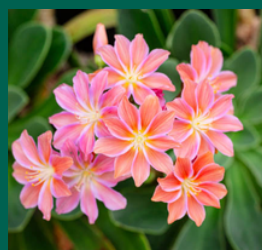
- Petunia**
(*Petunia x hybrida*)
- In tobacco family but safe, with showy tube flowers
 - Good short-lived color



- Torenia / Wishbone Flower**
(*Torenia fournieri*)
- Multiple unique flowers, often with several colors
 - Prefers moist soil



- Zinnia Species**
- Good filler for color
 - Typically doesn't last long an may not rebloom
 - Good for reminiscing



- Lewisia** (*Siskiyou lewisia*)
- Very low leaves with taller colorful flowers
 - Do not overwater
 - Edible roots used for medicinal purposes



- Angelonia**
(*Angelonia angustifolia*)
- Tight colorful flower spikes
 - Medicinal indigenous uses in Latin America



- Nasturtiums**
(*Tropaeolum species*)
- Edible, peppery, large, bright flowers
 - Vining growth can drape/climb the garden



- African Violet**
- Vivid, violet-colored flowers
 - Avoid water on foliage
 - Soft stems overwatered, rot
 - Likes bright, indirect light

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Edible Plants



Basil (*Ocimum basilicum*)

- Annuals are short lived & delicate
- Perennial African Blue Basil – longer-lived
- Prone to pests



Mint (*Mentha* species)

- Great for tea & mojitos
- Gets leggy/ invasive
- Pinch back new growth and runners regularly
- Prone to mites



Curly Parsley (*Petroselinum crispum*)

- Curley parsley does best
- Crinkled rich leaves are super hardy
- Freshens breath



Kale (*Brassica oleracea*)

- Use dwarf varieties, such as Dwarf Blue Curled w/ pretty ruffled leaves



Oregano (*Origanum vulgare*)

- Herb likes bright light, dry feet & regular haircuts
- Medicinal & culinary
- **NOT** marjoram (which has a similar appearance)



Rainbow Chard (*Beta vulgaris*)

- Dark, leafy greens with vivid red stalks
- Pick outer leaves regularly



Rosemary (*Salvia rosmarinus*)

- Strongly fragrant & good for memory & alertness
- Does well in moist, well drained kokedama



Sage (*Salvia officinalis*)

- Strong aroma, flavorful
- Likes dry soil
- Thrives in lots of bright light
- Plant toward back to avoid too much water



Stevia (*Stevia rebaudiana*)

- Sweet taste
- Prune often to prevent it from becoming leggy



Thyme (*Thymus* species)

- Mint family
- Susceptible to drying
- Edible, medicinal, & ornamental use



Lemon Balm (*Melissa officinalis*)

- Similar to mint but lemony with crinkled leaves
- **NOT** lemon verbena

IMPORTANT SAFETY NOTES:

- Get staff approval before having residents taste any edible plants/herbs.
- Wash edible plants thoroughly under warm running water for 20 seconds before tasting.

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