



Sunday 19<sup>th</sup> March

[gardenreleaf.com.au](http://gardenreleaf.com.au)

**GARDEN  
RELEAF**

A HELPING HAND

Garden Centres Of Australia



Gardenia Florida

*Awaken your senses with time spent in the garden. The properties of plants can stimulate each of our five senses with their texture, smell, sound, taste and appearance. The benefits of green surroundings in life are invaluable. This years Garden Releaf message is Colour for Health. Garden Releaf aims to improve our mental health and wellbeing with Garden Therapy. Enjoying time in the garden and savouring produce or collecting fragrant produce from a garden, living greenery provides a calming environment with the benefits of fresh, clean air.*

*Funds raised from Garden Releaf this year go to the Mito Foundation.*



Rosemary Tuscan Blue

#### Scented favourites

Aromatic plants can positively impact our emotions, they are calming, stress-relieving and help us focus. Fragrant favourites include:  
Gardenia florida 1 x 1m  
Rosemary Tuscan Blue 1.5 x 1.5m  
Lavender Frenchette 1 x 1m  
Darwinia citriodora Prostrate 0.3 x 1.5m



Adenanthos sericeus

#### Touch Favourites

Add texture with different foliage, flowers and bark. Some plants with soft felt like leaves are almost begging to be touched!

Some favourites include:

Stachys lanata (Lamb's ears) 0.5 x 1m  
Adenanthos sericeus 6 x 4m  
Carex Feather Falls 0.3 x 0.5m  
Olearia axillaris 2 x 2m

**mito**  
FOUNDATION  
Hope for mitochondrial disease



Carex Feather Falls



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# GARDEN RELEAF



Cupressus sempervirens 'Stricta'



Poa Kingsdale (b)

## Sound Favourites

Poa Kingsdale 0.4 x 0.45m

Lomandra longifolia 1 x 0.6m

Cupressus stricta 6 x 1m

Casuarina Green Wave 2 x 2m

## Sight Favourites

Cal. Kings Park Special 5 x 3m

Tra. Jasminoides 4 x 4m

Eucalyptus victrix 8 x 4m

Alternanthera Little Maroon

0.1 x 0.8m

Lep. nanum rubrum 1 x 1m

## Taste Favourites

Mentha australis 0.3 x 1m

Feijoa (syn. Acca)

sellowiana (Pineapple Guava)

4 x 3m

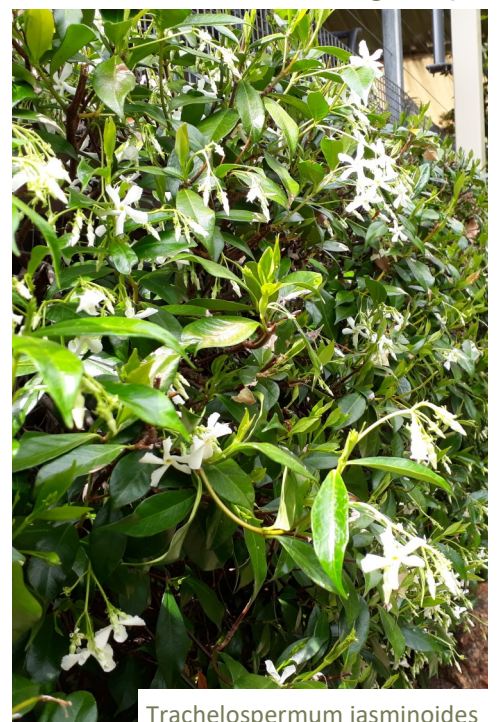
Vaccinium Blueberry

Blue Rose 1.8 x 1.5m

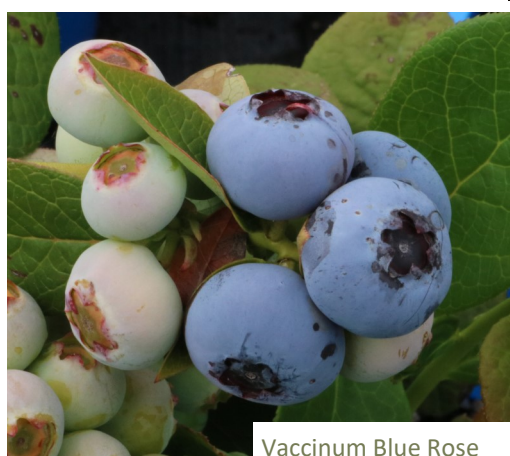
Lemon Lemonicious 1.5 x 1m



Callistemon Kings Park Special



Trachelospermum jasminoides



Vaccinium Blue Rose



Feijoa sellowiana

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