

**Gardening corner**

# Lesser-known pleasures a garden can provide

BY LIZ DOUVILLE  
For The Spokesman

What do we consider when choosing plants? Is it sight, smell, touch or taste that stimulates our senses? I don't have grandchildren in grade school anymore. I couldn't help bring to mind those touchy, feely types of experiences that age group may have missed being introduced to the past few years. I vividly remember how excited one grandson was discovering that a chocolate daisy (*Berlandiere lyrata*) actually smelled like chocolate. He was sure I should convert the entire landscape to chocolate daisies.



123RF

Gardens provide a world of treats for the senses.

Perhaps it is to the benefit of adults as well as young people to learn how to stop and "smell the roses" and appreciate the sensory and tactile pleasures a garden can provide.

Seed and plant shopping lists are being organized. It might be fun to include some of the lesser known pleasures a garden can provide. Suggestions provided are from The Herb Society of America plus other sources from my file. Only selections from the Herb Society list that will grow in central Oregon have been listed.

**Touch** — "To bring your fingers or another part of your body into contact with." The most classic soft-wooly, silver green leafed plant is lamb's ears, (*Stachys byzantinina*). The flower stalks can be dried for use in dried flower arrangements to add a shade of gray. Yarrow (*Achillea*) all varieties, also a good pollinator. Coneflower (*Echinacea purpurea*) of interest is the center core of the flower, some are fairly flat and other varieties have centers that rise like a mountain. All varieties are pollinator friendly. Silver clary sage (*Salvia argentea*) white leaves covered with fine silver hairs, an unusual combination.

**Smell** — "The ability to sense different things by means of the organs in the nose." We often miss the memory scents of our childhood. The plant itself may not grow in our climate but the scent can be duplicated-example: citrus, especially lemon. Lemon balm (*Melissa officinalis*) has a strong lemony scent and a great plant to grow along a path to be brushed against to release the smell. Leaves are also used for tea. Lemon thyme (*Thymus*

*citriodorus*) can also be grown indoors providing you have a sunny window sill. The classic example of scent is lavender (*Lavandula sp.*) which grows very well in central Oregon. Roses, of course, are historic examples, proper selection for our climate is important.

**Taste** — "The sensation of flavor perceived in the mouth when it comes into contact with a particular substance."

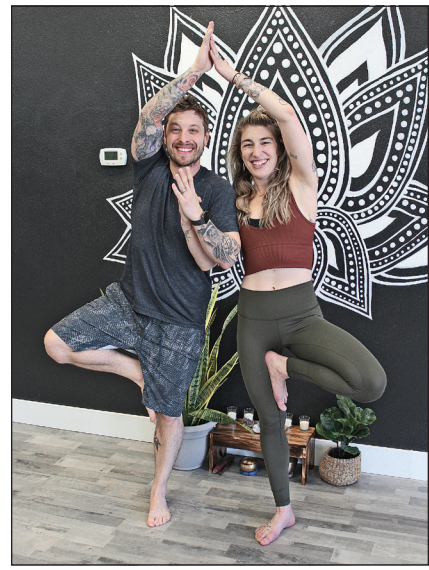
Chives (*Allium schoenoprasum*) delicate onion flavor. Chop stalk or flowerhead can be broken up and added to soups and salads. Keeps well as a cut flower, plant over winters well. Basils (*Ocimum species*), there are about 150 species of basil. Basil is native to warm climates which indicates it is a little tricky to grow in colder climates. Gardeners need to make that a consideration when planting as to how it can be protected if needed during the summer. Cilantro (*Coriandrum sativum*) the necessary herb for Thai, Mexican and Indian cuisine. The seeds, called coriander, taste different, like spicy oranges. Dill (*Anethum graveolens*) can be used fresh or dried. Greek oregano (*Origanum vulgare hirtum*) this variety retains good flavor after drying. Lady's Mantle (*Alchamilla vulgaris*) is most often thought of as a ground cover plant and not an herb. The plant contains tannins and anti-inflammatory substances,

herbalists considered it "one of the most singular wound herbs." Dried leaves are used in a tea to relieve discomforts of menopause.

**Sight** — "The ability to see." The selections in this category are endless. Think of adding flower varieties that you haven't grown before along with your favorites. Marigolds (*Tagetes*) are a good example of a favorite most of us grow. Now there are so many varieties in all shapes, and colors. A big plus is that deer avoid the scent. Liatris is a summer bulb with a unique flower spike that blooms from top to bottom rather than bottom to top. The powdered root and leaf may also be used as an insect repellent and in potpourris. Globe Thistle (*Echinops ritro*) is a perennial, produces beautiful globe shaped metallic blue flower heads on tall stiff stalks, always popular with garden visitors. Love in-a-Mist (*Nigella damascene*) is an annual with bright indigo-blue flowers top delicate lacy foliage, seed pods can be dried for arrangements.

A garden partially designed to stimulate all of our senses can be a learning tool as well as a calm, enjoyable atmosphere to spend time in. Even our hearing is stimulated if we take the time to appreciate the chattering of birds and the humming of insect activity.

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Kevin and Larissa Darcy strike a pose in their new Sutra Yoga Studios at 636 NW Sixth St. in Redmond. The practice opens March 1 with a grand opening celebration planned for March 4.

Gerry O'Brien/The Spokesman

## Yoga studio set to open in Redmond

BY GERRY O'BRIEN  
The Spokesman

REDMOND — It was love of yoga that brought Larissa and Kevin Darcy together and now they hope to share that with Redmond residents.

The Darcys will be opening Sutra Yoga Studios at 636 NW Sixth St. in Redmond on March 1 with a grand opening event planned for Friday, March 4.

"I'm from Chicago and was in school for liberal arts, but should have been studying yoga all the time," laughs Larissa. "I was skipping all my classes to do yoga teacher training. I just love the practice."

Both 31, the Darcys met in Austin, Texas, where Kevin, at first, was reluctant to try the practice.

"I was into football, lifting weights and thought I'd never do yoga," he said. "But Larissa brought me to my first class and I fell in love with it and have been practicing it for eight years now."

"It's a wonderful activity because you are using your body weight for strength training," Larissa said. "We like to call it cross-training for life."

After traveling around the

country for a few years, including in a remodeled bus for a tiny home, the pair decided to relocate to Redmond from Flagstaff, Ariz.

"We came here with very little expectations, but wound up falling in love with the town," Larissa said.

Both are real estate agents for Engel & Volkers based in Bend, but in their spare time they've remodeled the studio in a mini-mall off Sixth and are ready to accept students. They are also seeking yoga teachers.

The studio will offer three types of classes: Power Vinyasa, Flow Vinyasa and yoga with light weights.

"We believe in a really good healthy sweat. It gets you deeper faster. It's good for the muscles and good for detox. It's sort of our bread and butter," Larissa said.

Yoga with weights, "is a real burner," said Kevin, so be prepared to push some limits.

The studio will offer two to three classes a day, and plans to expand that to four or five classes by summer. It will be open seven days a week, offering weekend classes.

For more details and pricing, visit the website [sutranyogastudios.co](http://sutranyogastudios.co) or call 541-420-7101.

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### CROSSWORD

**Buried Entertainment**

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66					67					68		

CREATORS NEWS SERVICE By Charles Preston

**ACROSS**

- 1 Pontificated
- 7 Legendary whaler
- 11 Quipster
- 14 Give a new identity
- 15 Nettle Garrison
- 16 Sound of triumph
- 17 Chaucer's magnum opus, with *The*
- 20 Liaison, often
- 21 Mineral
- 22 Humdrum
- 23 Erstwhile TV sitcom
- 27 Med. republic
- 30 Bane of 27 Across
- 31 Of evolving stages
- 32 Phonograph parts
- 35 Not on the bounding main
- 38 Tamil \_\_\_\_; Indian state
- 39 Caterpillar track
- 41 Shirking one's mil. duties
- 42 Blinks of an eye
- 44 Found in barbershops
- 46 Prime number after CLI
- 48 New Deal farm org.
- 49 Saloon choice
- 50 Boxing's \_\_\_\_ rules

**DOWN**

- 15 Wolverine genus
- 54 Neighbor of Tenn.
- 55 *La guillotine* claimed many
- 59 Rasputin in 1932 film
- 63 Island group west of New Guinea
- 64 Buzzers
- 65 Kind of poisoning
- 66 Plains lead-in
- 67 Bind hay
- 68 Firstborn's ancient inheritance right
- 1 Whale
- 2 Quantity of paper
- 3 \_\_\_\_ *mundi*
- 4 Actress O'Neal
- 5 Brilliant green
- 6 Kin of *das*
- 7 Skylike
- 8 They're scarce in hard times
- 9 Before time or place
- 10 Nocturnal mammal
- 11 *Chairanthus*
- 12 Forward
- 13 Type of wound
- 18 Float
- 19 "We are coming,

**Answers on Page 4**

### SUDOKU

Fill in the grid so every row, every column and every 3x3 box contains the numbers 1 through 9, with no repeats.

	9						8	1
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4		7			8			
9	2							4

MEDIUM # 72

**Answers on Page 4**

### WEATHER

FORECAST	HIGH	LOW	
Wednesday	25	9	Sunny
Thursday	35	5	Clouds/PM Sun
Friday	41	12	Sunny
Saturday	49	24	Partly Cloudy
Sunday	50	26	Cloudy
Monday	53	28	Cloudy
Tuesday	59	31	Cloudy
LAST WEEK	HIGH	LOW	PRECIP
Monday, Feb. 14	54	23	0
Tuesday, Feb. 15	50	19	0
Wednesday, Feb. 16	52	23	0
Thursday, Feb. 17	62	17	0
Friday, Feb. 18	64	24	0
Saturday, Feb. 19	59	22	0
Sunday, Feb. 20	45	23	0

Precipitation to date this year: .73 inches  
\* = daily record  
National Weather Service broadcasts are on 162.50 mhz.

# THE REDMOND Spokesman

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