

WORKSHOP SYLLABUS WOODLAND GARDENING

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Workshop Description:

This workshop teaches a fourfold practice of engaging participants in the restorative design of woodland gardens. The core learning experience throughout the workshop is the completion of a woodland garden plan. The core concepts taught in this workshop are a logic model of conservation landscaping principles, an aesthetic model of woodland design, an ethical model of forest botanical product enterprise, and a metaphysical model of holistic connection with nature. Within this diverse framework, workshop participants develop unique approaches to regenerative woodland garden design. Their design training is supported by means of journal writing and active participation in an online community.

Reference materials:

Clifford, Amos. 2013. [A Little Handbook of Shinrin-yoku](#). Santa Rosa, CA: Association of Nature and Forest Therapy. 64 pp.

Darke, Rick. 2002. [The American Woodland Garden: Capturing the Spirit of the Eastern Deciduous Forest](#). Portland OR: Timber Press. 378 pp.

Darke, Rick and Doug Tallamy. 2014. [The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden](#). Portland OR: Timber Press. 392 pp.

Davis, Jeanine, and W. Scott Persons. 2014. [Growing and Marketing Ginseng, Goldenseal and other Woodland Medicinals](#). Gabriola Island, BC: New Society Publishers.

Ellis, Barbara. 2015. [Chesapeake Gardening and Landscaping: The Essential Green Guide](#). Chapel Hill NC: UNC Press. 328 pp.

Slattery, Britt E., Kathryn Reshetiloff, and Susan M. Zwicker. 2003. [Native Plants for Wildlife Habitat and Conservation Landscaping: Chesapeake Bay Watershed](#). U.S. Fish & Wildlife Service, Chesapeake Bay Field Office, Annapolis, MD. 82 pp.

Slattery, Britt, Rebecca Wertime, Carole Ann Barth, Bob Campbell, Debbie Herr Cornwell, Meosotis Curtis, Marcy Damon Kathy Davis, Suzanne Etgen, Carol Jelich, Claudia Jones, Sylvan Kaufman, Wanda MacLachlan, Sara Tangren. 2013. [Conservation Landscaping Guidelines: Eight Essentials of Conservation Landscaping](#). Chesapeake Conservation Landscaping Council, Annapolis, MD. 37 pp.

Tallamy, Doug. 2009. [Bringing Nature Home: How You Can Sustain Wildlife With Native Plants](#). Portland OR: Timber Press. 360 pp.

Workshop Training Modules:

Conservation Landscaping: Gardening for the 21st Century

Underlying any naturalistic landscape gardening practice that seeks to balance a triple bottom line of functional, aesthetic, and environmental performance standards, a logical set of wise gardening principles must first be addressed. For this pre-workshop exercise, participants complete a personal assessment of conservation landscaping practices that they currently or potential could apply. This is followed by a presentation focusing on both the rationale and the methods for reducing and replacing turf lawns, using a palette of native plants to increase ecosystem diversity, managing stormwater runoff, and inviting wildlife to share our landscape with us. Workshop participants will receive a copy of The Eight Essential Elements of Conservation Landscaping to further explore the possibilities of ecological gardening.

Woodland Garden Design: Capturing the Spirit of the Eastern Deciduous Forest

Creating a woodland garden is both an ecological restoration practice and an aesthetic design experience weaving personally meaningful stories that mimic natural processes in an immersive three-dimensional environment. This presentation examines each phase of the design process and provides examples of distilling the essence of the forest, sculpting with layers to orchestrate light in the understory, and using organic architecture to create portals, pathways, and woodland sanctuaries by choreographing textured foliage in mixed plantings to convey this narrative experience. Workshop participants will work through the various phases of the design process and share their woodland garden plan at the final session.

Woodland Botanicals: Cultivating Nature's Garden

Small-scale micro-enterprise cultivation among the wide range of native medicinal, edible, and decorative plants that grow in our forests provides an ethical dimension further deepening our connection to woodland gardening. We will look at a number of native plants that can be grown for their practical as well as ecological and aesthetic benefits, highlighting their sustainable harvesting, preparation, and uses as food, medicine, and decoration. Workshop participants will research the culinary or healing value of one plant and prepare a brief summary of their findings.

Forest Bathing: Sensory Experience with Nature

A focused immersion in the sensory experience of nature, *shinrin-yoku*, or forest bathing, allows us to develop a much deeper relationship with our woodland garden ecosystem by engaging our visual, auditory, olfactory, and tactile senses in new ways. A guided forest bathing walk will provide workshop participants with a new dimension of interconnectedness by which to appreciate the value of cultivating the woodland garden. Workshop participants will develop their practice in keeping a nature journal as a place to expand upon their relationship with the natural world.

WORKSHOP OUTLINE

Date	Lecture	Lab	Assignments
Pre-workshop assignment	NONE	NONE	<ol style="list-style-type: none"> 1. Complete preliminary conservation landscaping checklist 2. Map your property
Tuesday, January 12, 2016	<ul style="list-style-type: none"> • Workshop Overview • Review of Participants' Properties and Goals • Review upcoming assignments 	<ol style="list-style-type: none"> 1. Forest bathing walk 2. The woodland journal 	<ol style="list-style-type: none"> 1. Draft a site inventory of existing site features 2. Develop major woodland restoration goals
Tuesday, January 19, 2016	<ul style="list-style-type: none"> • Lecture: Conservation Landscaping: Gardening for the 21st Century • Review upcoming assignments 	<ol style="list-style-type: none"> 1. Site analysis: defining goals and needs 2. Site design 	<ol style="list-style-type: none"> 1. Woodland garden site design
Tuesday, January 26, 2016	<ul style="list-style-type: none"> • Lecture: Designing the Woodland Garden: Capturing the Spirit of the Eastern Deciduous Forest • Review upcoming assignments 	<ol style="list-style-type: none"> 1. Planting design 	<ol style="list-style-type: none"> 1. Woodland garden planting design
Tuesday, February 2, 2016	<ul style="list-style-type: none"> • Woodland Botanicals: Cultivating Nature's Garden • Review upcoming assignments 	<ol style="list-style-type: none"> 1. Installing your woodland garden 	<ol style="list-style-type: none"> 1. Scheduling and pricing the woodland garden design project
Tuesday, February 9, 2016	Woodland Garden Design Presentations		