

Bob writes, "We're **planting** parts of a city park in Westmont, Illinois **to interest children**. I am hoping you can provide me with plant suggestions that can be used for **therapeutic purposes** or for interesting, yet safe, textures. **Touchable plants**. I could use both sun and shade suggestions. I appreciate the assistance."

Those with asterisks are the ones we consider toughest -- they're most able to stand up to frequent petting. Even those may need occasional replacement due to wear but that seems a small price to pay to draw kids outdoors and into nature.

Kids Love em:

Intriguing scent

Engages the
curious

*Curly chives (*Allium senescens glaucum*)

*Fennel (*Foeniculum* varieties) x

Kind Edward yarrow (<i>Achillea tomentosa</i>)	x
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*Lambs ear (*Stachys lanata*) x

*Lemon balm (*Melissa officinalis*)

Cooking sage (*Salvia officinalis*)

*Feverfew (*Chrysanthemum parthenium*) x

Artemisia

Southernwood (*Artemisia abrotanum*) x*Sea wormwood (*A. maritima*) xSilvermound (*A. schmidtiana*) xSilver Brocade (*A. stelleriana*) x

*Mint:

Orange mint (*Mentha citrata*)

Peppermint (*Mentha piperita*)

Spearmint (*Mentha spicata*)

*Sheep's fescue (*Festuca ovina*) xPearly everlasting (*Anaphalis spp.*) x

Pinks (*Dianthus* spp.)

Prairie dropseed (*Sporobolus heterolepsis*)

Thrift (*Armeria maritima*) xThyme (*Thymus* varieties) xPussytoes (*Antennaria dioica*) x

Lavender (*Lavandula angustifolia*) x

Hens and chicks (*Sempervivum* varieties)



Lambs ear is a classic kids' plant.
Photo ©2009 Steven Nikkila

X	X
X	X
X	X

Dill (*Anethum graveolens*) xDittany of Crete (*Origanum dictamnus*) x

Scented geraniums (*Pelargonium* varieties) x

Part shade, perennials

Bigroot perennial geranium (*G. macrorrhizum*) x

Pigsqueak (*Bergenia cordifolia*) xDwarf goatsbeard (*Aruncus aethusifolius*) x

*Lady's mantle (<i>Alchemilla mollis</i>)	x	x
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*Sweet cicely (*Myrrhis odorata*) x x

Wild ginger (*Asarum canadensis*) x

Japanese sedge (*Carex morrowii*) x x