



— SENSORY GARDEN —

Field Guide



DENVER
art
MUSEUM

Our Partners

Didier Design Studio, a landscape architecture firm in Fort Collins, Colorado, designed, fabricated and installed the raised planter beds that provide the foundation of the garden. The architecture of the surrounding building, designed by Gio Ponti, inspired the shape, color and features of the garden planter design. The designers wanted the architectural elements of the building to literally be reflected in the garden.

The **Denver Botanic Gardens** helped create immersive multisensory experiences in the garden. Kevin Williams, Horticulture Specialist, and Angie Andrade, Manager of Therapeutic Horticulture, designed distinct planting layouts for each of the raised beds. As described by Williams, in the center of the garden is the WATER bed. Designed as a botanical touch tank, its textural succulents, groundcovers, and flowering perennials create a plant reef beneath a matrix of grasses. Closest to the building is the WOOD bed, where layers of tall trees and thick, diverse shrubs complement the height of the Martin building. And sitting on the edge of the terrace, the SKY bed's tall grasses and wildflowers block out views of the city and give the sense of being deep in the prairie.

DENVER BOTANIC
GARDENS

didierdesignstudio
LANDSCAPE ARCHITECTURE

Welcome to the Denver Art Museum's Sensory Garden!

A sensory garden is an accessible outdoor space for visitors of all ages and abilities to engage with and enjoy, and which features plants that evoke the senses.

We hope visitors to the garden find rest and relaxation, connect with nature through touch, smell and sight, and explore the link between creativity and the natural world. The Sensory Garden will be the site for upcoming creative experiences at the DAM, including our creative aging programs that support older adults' well-being.

Thank you for visiting!

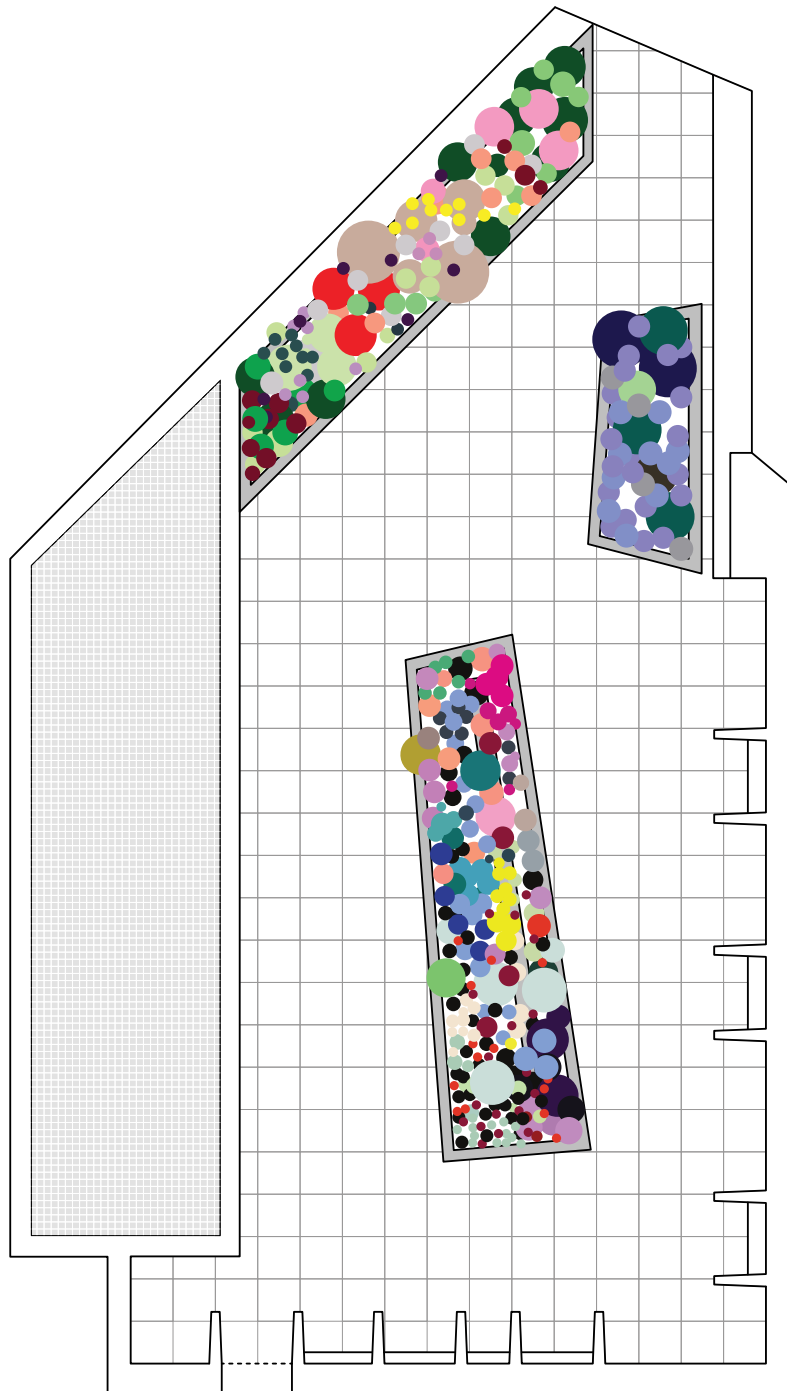


**“Thought I, the fallen flowers
Are returning to their branch;
But lo! they were butterflies.”**

Arakida Moritake (1472-1549),
translation from 1899 by
William George Aston



Map of the Sensory Garden

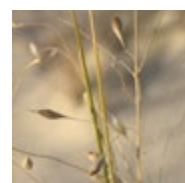


Relax and Reflect

There are elements throughout the garden encouraging visitors to stop, slow down, and take notice. Flip through these pages to find visual icons and written prompts designed to invite visitors to touch, smell, or notice something special about the almost fifty different plant types found in the garden. There are icons indicating pollinator plants, so keep an eye out for a buzzing bee or a fluttering butterfly. See overlooked details by peering closely at botanical illustrations from local artists or sit on one of the benches to quietly take in your surroundings.

Come back to visit the garden throughout the year to see the space develop and change with the seasons. Visit denverartmuseum.org to learn more about the Sensory Garden and other programs at the museum.

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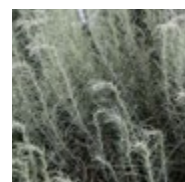
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**Indian
Ricegrass**



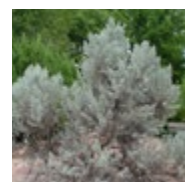
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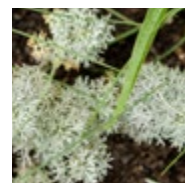
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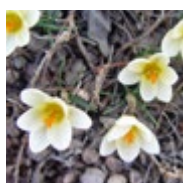
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Cupid's Dart



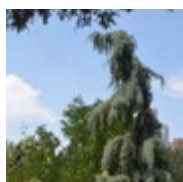
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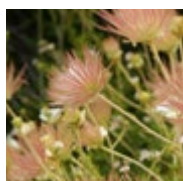
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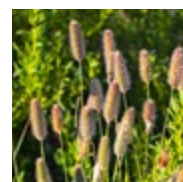
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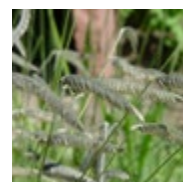
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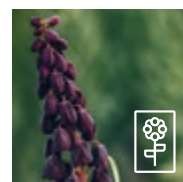
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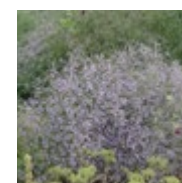
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**Prairie
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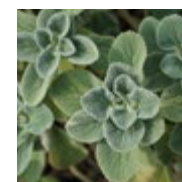
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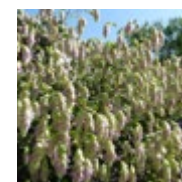
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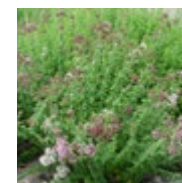
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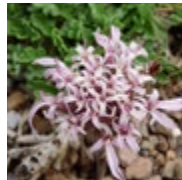
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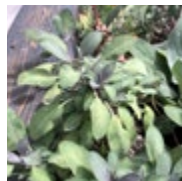
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Appalachian Mountain Mint



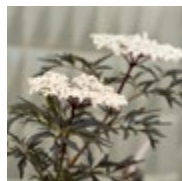
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Little Bluestem



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American Plum



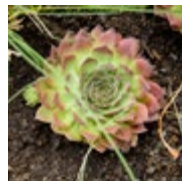
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Pasqueflower



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Moon Carrot



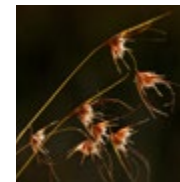
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Lamb's Ear



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Silver Feather Grass



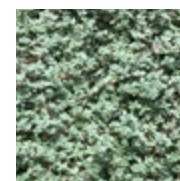
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Wooly Thyme



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Glossary

SENSORY GARDEN

Guide & Legend



Look

Keep an eye out for this icon! It invites you to appreciate the unique features of the plants.



Touch

We encourage you to experience the plants through touch.



Smell

Some plants or flowers have a distinctive fragrance. Get close and experience the aromas around the garden.



Attracts Pollinators

Plants with this icon are key to the survival of pollinators like bees and butterflies.



Medicinal Plant

This icon will show you which plants have properties that can help treat or alleviate symptoms and illnesses.



Culinary Plant

Look for this icon to find out which plants are edible or used in food preparation.

ACHNATHERUM HYMENOIDES

Indian Ricegrass

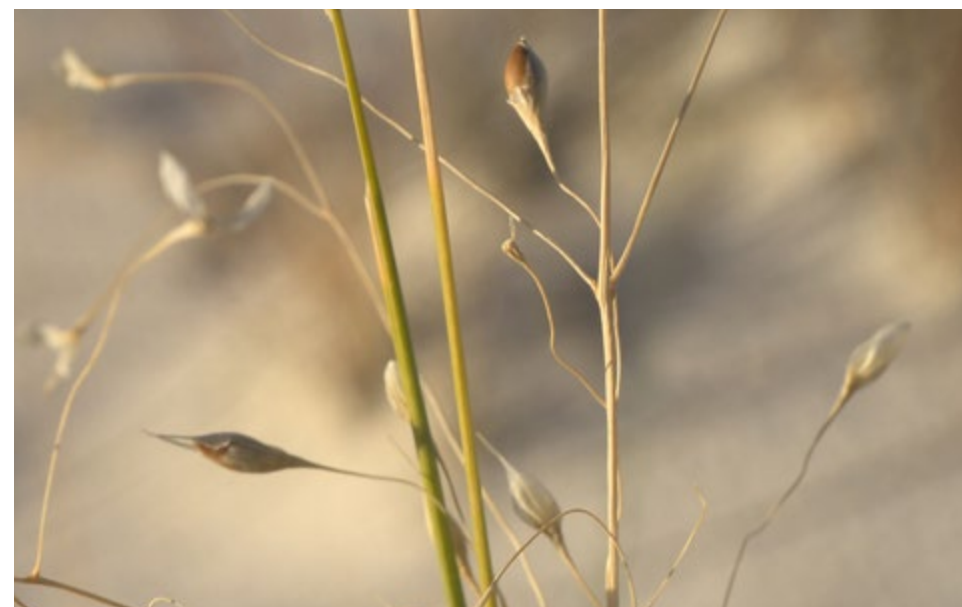


Bunchgrass with tightly rolled leaves and yellow and green blooms with long stalks that look like hairs. Grows up to two feet tall.

Look for airy seed heads.



This plant was a staple in the diets of Native Americans for thousands of years. They beat the plant with long thin paddles, collected the seeds in shallow baskets, and ground them into a meal for bread and porridge. Raw seeds were eaten to relieve stomachache and colic.



ALLIUM 'AMBASSADOR'

Ornamental Onion



A single purple globe seven to eight inches in diameter packed with hundreds of star-shaped flowers on a tall, straight stem. Grows up to four feet tall.

The flowers and foliage have an oniony scent.



The genus *Allium* contains over 700 species, including garlic, leeks, shallots, and chives. This particular species is ornamental and not typically used for culinary purposes.



ARTEMISIA FILIFOLIA

Sand Sagebrush



Shrub with feathery, silver-blue foliage. Grows up to four feet.



White-tailed deer, wild turkey, northern bobwhite, and other small mammals use this plant for cover.



ARTEMISIA TRIDENTATA

Big Sagebrush



Shrub with a gnarled spread of small, silvery leaves. Grows up to nine feet.



Nearly 100 bird species depend on big sagebrush for food and habitat. It is also eaten by grouse, mule deer, pronghorn, and jackrabbits.



Humans have used this plant primarily as firewood. Its aromatic oils are extremely flammable; even green plants can burn. It commonly lives 40-50 years, and some live up to a century.



ARTEMISIA VERSICOLOR 'SEAFOAM'

Curlicue Sage



Low-growing mound with curlicue, silver-white foliage that looks like seafoam.



Versicolor means 'various colors.' What colors do you see? This plant also has a very soft texture.



All the plants with the genus *Artemisia* are named for Artemis, the goddess of wild animals, the hunt, and vegetation in Greek mythology.



CATANACHE CAERULEA

Cupid's Dart



Lavender-blue flowers with dark centers on wiry stems.



This flower closes in the afternoon. The bud is pale beige and has a scaly texture.



Early Greeks and Romans used this plant to make love potions.



ASCLEPIAS SPECIOSA

Showy Milkweed



Clusters of rose-colored flowers with oval leaves covered in velvety hairs. Flowers give way to seed pods that split when ripe, releasing seeds with silky tails. Grows up to five feet tall.

This plant is both a host and a nectar source for Monarch butterflies. Look closely for a black, white, and yellow striped larva or a jade green chrysalis. The chrysalis becomes transparent just before the butterfly emerges.



The genus name honors *Asklepios*, the Greek god of medicine. The stem and leaves weep a milky sap when cut or bruised, which has been used as an antiseptic to treat cuts and sores.



CROCUS CHRYSANTHUS 'CREAM BEAUTY'

Snow Crocus



Pale yellow goblet-shaped flowers with linear leaves.



This flower blooms early in the year, hence the common name 'snow crocus'. You may see golden flower petals peeking through the snow in spring.



CUPRESSUS ARIZONICA 'RAYWOOD WEEPING'

Arizona Cypress



Irregular upright, weeping cypress with aromatic silvery-blue foliage.



DAUCUS CAROTA

Queen Anne's Lace



Umbrella-like clusters of white to purple-tinged flowers. Grows up to four feet tall.



The leaves have a characteristic carrot odor.



The roots can be ground and used as a coffee substitute.



ERICAMERIA NAUSEOSA 'BABY BLUE'

Rubber Rabbitbrush



Shrub with slender branches covered in felt-like hairs. Silvery-blue linear leaves last for most of the summer, and clusters of yellow flowers bloom in late summer.



The specific epithet *nauseosa* refers to the flowers' aroma, which some describe as sweet and pineapple-like, and others as burnt rubber.



This plant is forage for mule deer, pronghorn, jackrabbits, antelope, and elk. Nesting birds use it for cover.



Some Native Americans have used this plant to make chewing gum, tea, and cough syrup. The Hopi stripped the branches and used them for basket weaving. The Navajo used the flowers to make yellow dye. Rubber rabbitbrush is also used as a small alternative source of rubber, hence the common name.



CALLIRHOE DIGITATA

Standing Winecup

Fringed Poppy Mallow



Cup-shaped magenta flowers on branching stems.



What do you see that reminds you of a cup? What do you see that reminds you of wine?



The specific epithet *digitata* means shaped like an open hand, which refers to the leaves.



ERIGERON FLAGELLARIS

Trailing Daisy



A spreading groundcover that has tiny white blooms with yellow centers and green leaves.



Compare the size of your hand to the flower. Feel the texture of the center of the flower and the edges of the petals.



FALLUGIA PARADOXA

Apache Plume



Shrub with white flowers, pink plumes, and pale gray intertwined branches with dark green leaves.



The specific epithet *paradoxa* refers to the fact that the plant can be in seed and flower at the same time. This plant is a member of the rose family.



ECHINACEA PARADOXA

Yellow Coneflower



Yellow flowers with drooping petals and bristly brown centers on tall stems. Grows up to three feet tall.



Imagine you are a bee perched on the spiny center.



The genus name *Echinacea* comes from the Greek *echinos*, which means hedgehog or sea urchin, referring to the spiny center of the flower



FINGERHUTHIA AFRICANA

Thimble Grass



Tufted grass tipped with soft, pale yellow spikes.



The texture of the spikes resembles that of a thimble, hence the common name. Thimble grass has been used to make brooms.



HARPOCHLOA FALX 'COMPACT BLACK'

Caterpillar Grass



Dark green bunchgrass that produces caterpillar-like flowers in summer.



Can you think of any other plants that are named for animals and insects?



FRITILLARIA PERSICA 'TWIN TOWERS TRIBUTE'

Persian Lily



Bell-shaped dark purple flowers with long stems. Grows up to two feet tall. The flowers are heavily fragrant. Look for buds and seed heads shaped like tiny bell peppers.

The flowers attract the invasive scarlet lily beetle.



Fritillaria persica 'Twin Towers' was named in remembrance of September 11th, 2001. Each bulb produces two flower spikes, rather than one.



JUNIPERUS VIRGINIANA 'CRY BABY'

Weeping Eastern Red Cedar



Evergreen tree with berry-like cones and branch tips that droop in a weeping form.



The Creeks and Choctaws made oil from the berries to treat dysentery. Zuni women used the berries to promote recovery after childbirth. The earliest colonists used this tree for fences, shingles, tables, coffins, and the superstructures of boats. This tree was also used by settlers as windbreaks around farms and homesteads. The heartwood has a deep red and purple center when it is first cut.



KOELERIA MACRANTHA

Prairie Junegrass



Bunchgrass with silver-green inflorescences that appear in late spring. The specific epithet *macrantha* means large-flowered.



Look out for insects. This grass attracts the Columbian skipper butterfly and grasshoppers.



Some Native Americans used the seeds to make flour for bread and mush. They also used the leaves to make brooms and paintbrushes.



GEUM TRIFLORUM

Prairie Smoke

Lion's Beard, Old Man's Whiskers



Dark pink flowers that give way to feathery plumes and fern-like leaves. The leaves can persist through the winter, turning shades of crimson.

Notice the three common names—prairie smoke, lion's beard, and old man's whiskers. Which is your favorite?



Some Native Americans boiled the roots to make tea that was used to treat wounds as well as sore throat.



LIMONIUM PLATYPHYLLUM

Sea Lavender



Cloud-like mass of papery lavender flowers on long stems with leathery, spoon-shaped leaves.



Look for spiders. They sometimes use the straight stems as support for their webs. The flowers also attract hummingbirds.



MARRUBIUM ROTUNDIFOLIUM

Silverheels Horehound



Groundcover with velvety, spoon-shaped leaves edged in silver with small white blooms.



This plant is a member of the mint family and is native to the low mountains of Turkey.





GYMNOCLADUS DIOICUS

Kentucky Coffeetree



Tree with rough, scaly, gray-brown bark and large leaves. Greenish-white flowers in late spring give way to flattened reddish-brown seed pods.

The flowers smell like roses. Look closely: the flowers have a single pistil and grow in clusters nine to eleven inches long.



Some Native Americans and early American settlers roasted and ground the seeds to brew a caffeine-free coffee substitute. Native Americans roasted and ate the seeds and used the pulp to treat headaches, fever, and some mental illnesses. The seeds are toxic prior to roasting and should never be eaten fresh off the tree.



ORIGANUM LIBANOTICUM

Hopflower Oregano



Pale green bracts on wiry stems with tiny pink flowers that bloom throughout the summer.



Don't add this to your pantry! This plant is ornamental and not used for cooking.



ORIGANUM VULGARE

Oregano



Round green leaves with pink, pale purple, or white flowers.

Do you use oregano in any of your favorite recipes?



Oregano has been used for thousands of years as a culinary herb, as well as to relieve toothaches, treat skin conditions, respiratory ailments, and indigestion. It has anti-inflammatory and antibacterial properties.

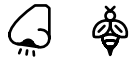


KNIPHOFIA HIRSUTA 'FIRE DANCE'

Red Hot Poker



Dense clumps of foliage with bright orange and yellow flowers.



This plant attracts hummingbirds as well as butterflies.



The name red hot poker refers to the flower shape and the brilliant ember-colored tips. Notice in the drawing the tips seem to be burning the paper.



PHLOMIS CASHMERIANA

Kashmir Sage



Spires of bright lavender-pink flowers with woolly stems and green leaves with soft, silvery undersides. Grows up to two feet tall and can spread to form a mass ten feet wide or more. Gently rub one of the soft leaves between your fingers to release the strong aroma.

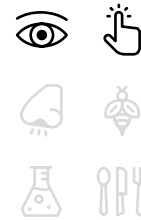


This plant is native to the dry landscapes of the Western Himalayas and Kashmir, so it feels right at home in Colorado.



PINUS BUNGEANA

Lacebark Pine



Conifer tree with bark that peels off to reveal a patchwork of green, pale purple, silver and white.

Our tree is very young, so it looks blue-gray, but as it grows and matures, the bark will begin to peel off to reveal other colors.



A lacebark pine that sits beside the main hall of the Jogyesa Temple in Seoul, South Korea, is around 500 years old and is designated and protected as a natural monument because it is a rare tree species and valuable to biology.



PTEROCEPHALUS DEPRESSUS

Carpeting Pincushion



Large mauve flowers with crinkled evergreen foliage.

What would this 'carpet' feel like on your bare feet?



PYCNANTHEMUM FLEXUOSUM

Appalachian Mountain Mint



Large grayish-green foliage with fuzzy clusters of flowers that range in color from white to lavender. Grows up to three feet tall.

This edible and fragrant plant has many uses. How do you use mint?



This plant is a host plant to gray hairstreak caterpillars.



MUHLENBERGIA REVERCHONII 'UNDAUNTED®'

Ruby Mubly Grass



Grass with pink cloud-like seed heads that bloom in late August.



Touch the plant from the stem to the top. How does the texture change?



SALVIA OFFICINALIS 'PURPURASCENS'

Purple Sage



Shrub with grayish-purple leaves and lavender-blue flowers. This plant attracts hummingbirds when in bloom.



Sage is a common herb in many holiday dishes. Do you have a favorite recipe that uses this fragrant plant?



Genus name comes from the Latin *salveo* meaning 'to save or heal.' Sage was used as a healing plant by early Greeks and Romans for skin and respiratory disorders.



SAMBUCUS NIGRA 'BLACK LACE'

Elderberry



Upright shrub with lacy, dark purple foliage and flat clusters of tiny pink flowers that give way to glossy purple berries.



The flowers of this plant smell like lemons.



The berries are used to make jam, jelly, and elderberry wine. They are not edible until cooked. Elderberry also boasts a plethora of health benefits and has been used by ancient and modern herbalists.



SANGUISORBA MINOR

Salad Burnet



Herb with rounded, toothed leaves and tiny green flowers with purple styles.



It is said the young plants taste like cucumbers. Do you think the old plants taste like pickles?



This is a very versatile plant! It is a wound-healing plant and can be used to help stop bleeding. The leaves can also be used in salads, herb butters, and drinks.



SCHIZACHYRIUM SCOPARIUM 'TWILIGHT ZONE'

Little Bluestem



Bunchgrass with an iridescent silvery-mauve color that turns reddish-mahogany with white seed tufts in fall.



Notice the shift in color from the base to the tips of the leaves.



This plant is a host plant for the skipper butterfly caterpillar.



PRUNUS AMERICANA

American Plum



Short trunk with black bark, large white flowers, and red plums. Flowers bloom in spring, followed by fruit that ripens in August.

Some say the flowers smell like grape Kool-Aid. What do you think?



American plums are used in jellies and preserves. The Omaha boiled the bark and applied it to abrasions. The Cheyenne mixed the fruit with salt to treat mouth sores. The Teton Dakota peeled and painted the tree shoots to use as wands in the *waunyampi* ceremony. This is an offering or form of prayer, usually for people who are sick.



SCROPHULARIA MACRANTHA

Redbirds in a Tree



Bright red tubular blossoms perched atop spikes of green foliage.



Look closely: the flowers look like a flock of bright red birds perched in a tree.



This plant attracts hummingbirds.



SEDUM TELEPHIUM 'DARK MAGIC'

Dwarf Stonecrop



Glossy violet-black leaves with dark pink flowers.



This plant is in the central bed, near the water feature. Take a moment to peer into the water. Do you see the building reflected? What else do you see?



SEMPERVIVUM 'RED BEAUTY'

Hens and Chicks



Evergreen rosettes that are light green in spring and have maroon centers in winter. Light pink flowers bloom in July and August.



In Latin *semper* means forever, and *vivo* means live. When the stem dies in the central “hen” rosette, a “chick” grows in the empty space.



SEMPERVIVUM ARACHNOIDEA

Cobweb Hens and Chicks



Rosettes of green leaves with cobweb-like hairs at the tips.

The white hairs at the center of this plant are very soft to the touch.



The juice of the leaves has been used to soothe skin conditions.



PULSATILLA PATENS, PULSATILLA VULGARIS

Pasqueflower



Bell-shaped violet or red flowers on short, hairy stems.



Feel the velvety soft petals.



SESELI GUMMIFERUM

Moon Carrot



Lacy, silvery foliage with balls of pale pink flowers that fade to white as they age. Grows up to three feet tall.



What else fades to white with age?



STACHYS BYZANTINA 'HELEN VON STEIN'

Lamb's Ear



Low mats of grayish-green velvety leaves. Occasionally blooms with light purple flowers.



As the common name indicates, the velvety leaves of this plant resemble the shape and texture of a lamb's ear.



STIPA BARBATA

Silver Feather Grass



Slender arching foliage with silky awns.



Watch this plant shimmer as it dances in the breeze.



THEMEDA TRIANDRA

Kangaroo Grass



Large reddish spikes on branched stems with green leaves that turn brown in summer.



Why do you think this is called kangaroo grass?



This grass is used for thatching in some parts of Africa. The stems can be used to make paper pulp. The awns can be potentially hazardous to pets.



SEDUM SIEBOLDII

October Daphne



Succulent green disk-shaped foliage edged with pink. Deep rose-colored flowers bloom in the fall.



Find this plant in the central bed. Once you find it, turn around and look up at the tall exterior of the Martin Building. In the sea of gray tiles, can you find the hidden, yellow tile? Where else do you see yellow in the garden?



THYMUS PSEUDOLANUGINOSUS

Wooly Thyme



A creeping groundcover with fuzzy, dark green leaves, a hairy stem, and tiny pink blooms.



While part of the mint family, this plant has little fragrance and is rarely used in cooking.



In this guide, we discuss how these plants have been used in the past and present by some indigenous communities of North

America. We recognize that indigenous plant knowledge is maintained by some but not by all and we do not wish to claim that all Native peoples use these plants in the same ways nor in the specific ways mentioned in our book. We seek to present the most accurate information possible, and welcome any edits or comments be sent to adults@denverartmuseum.org.

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GoodFood World
Korean Cultural Heritage Administration
Lady Bird Johnson Wildflower Center
Lurie Garden
Medical News Today
Missouri Botanical Garden
National Audubon Society
New Mexico Rare Plant Technical Council
North Carolina State University
Oklahoma State University
Plants For A Future
Royal Botanic Gardens, Kew
San Diego Zoo Wildlife Alliance
Santa Fe Botanical Garden
Silverhill Seeds & Books, Capetown, South Africa
South African National Biodiversity Institute
University of Arkansas Division of Agriculture
University of Vermont
University of Wisconsin-Madison
US Department of Agriculture
US Forest Service
Utah State University

From the Illustrators

Michael Campbell

artbotanica.wordpress.com

 @campbelm

Standing Winecup, page 16

Yellow Coneflower, page 20

I am primarily a pencil artist interested in portraying wild and native flora in their natural settings.

My approach to this, and any illustration assignment, is to evolve my work in some new way, and to possibly move beyond just depicting flowers and plants, but to also consider how the climate, light and landscape of the Western United States interacts and influences those plants. Artistically, I am very interested in combining graphite, color pencil and watercolor to create interesting and unconventional drawings.

Susan DiMarchi

Red Hot Poker, page 38

Ruby Muhly Grass, page 44

There is something about the common names of plants that sparks my imagination. It is only fitting that my Red Hot Poker illustration would begin to burn through the paper!

Leslie Crosby

 @lesliecrosby71

Prairie Smoke, page 28

Pasqueflower, page 56

Seeking, growing, collecting, and observing plant specimens in the field is the inspirational leg of the journey. Choosing and revealing the plant's character through the artist's eyes is the winding path. *Geum triflorum*, or "Prairie Smoke", is a common native across much of the country.

I was drawn to the visual drama of a prairie fire, as well as the plant's unique habit and color. The many distinct phases of "Prairie Smoke's" life cycle offer the Sensory Garden viewer an opportunity to discover the plant in nearly every season!

Laura Farnsworth

 @tendrilandvine

Persian Lily, page 24

October Daphne, page 62

Laura illustrates, gardens, and writes in the Wash Park area of Denver. Antique children's books and old science texts influence her approach.

Marjorie Leggitt

marjorieleggitt.com

 @mcleggitt

Sensory Garden center spread, page 31-32

Sketching Plein Air is perhaps one of my greatest joys! The freedom to experience and express the rawness of nature and all her attributes, to see and capture plants in their "natural" environment, to artistically suggest light and weather, to composite a "garden" as a visual "stream of consciousness ... it's my way of paying tribute to the soul of the botanical world.

Doug McCallum

Showy Milkweed, page 10

I started with the pollinator and imagined the view of its host plant as it was flying toward the flower. In the words of the French poet Ponce Denis Écouchard Le Brun

"The butterfly is a flying flower, The flower a tethered butterfly."

Mary McCauley

mccauleyart.studio

Kentucky Coffeetree, page 34

The Kentucky Coffeetree has a great story about early settlers making a brewed drink from the seeds - which they quickly gave up once coffee was available - but the pod itself was what fascinated me. I encourage you to find a mature female tree with pods and learn for yourself why I had to make the pods the focal point of my illustration.

Susan Rubin

susanrubinstudio.com

 @SusanRubin

Ornamental Onion, page 4

American Plum, page 50

The American Plum that grew in my own yard was a source of delight in every season; nubby bark and thorns in winter, white blossoms in spring and brilliant red fruit in summer. My nod to the intricate design of the Art Nouveau era highlights and incorporates all the elements of this beautiful Colorado native tree.

Field Guide Glossary

— A —

Awn

A stiff bristle, especially one of those growing from the ear or flower of barley, rye, or many grasses.

Axil

The upper angle between a leaf stalk or branch and the stem or trunk from which it is growing.

— B —

Bract

A modified leaf or scale, typically small, with a flower or flower cluster in its axil. Bracts are sometimes larger or more brightly colored than the true flower.

Bunchgrass

A grass that grows in clumps.

— C —

Cone

A mass containing the reproductive organs of certain nonflowering plants.

Conifer

A tree that bears cones and needle-like or scale-like leaves that are typically evergreen.

— E —

Evergreen

A plant that retains green leaves throughout the year.

— H —

Heartwood

The dense inner part of the tree trunk, yielding the hardest timber.

— I —

Inflorescence

The complete flower head of a plant including stems, stalks, bracts, and flowers.

— P —

Pistil

The female organs of a flower, comprising the stigma, style, and ovary.

Plume

Spread out in a shape that resembles a feather.

— R —

Rosette

A radial arrangement of horizontally spreading leaves at the base of a low-growing plant.

— S —

Seed head

The dried part of the plant that contains the seeds and develops after flowering or fruiting. Seed heads are often seen as unappealing and are quickly removed, but they can create interesting shapes and textures in a garden.

Specific epithet

The second element in the Latin name of a species, which follows the generic name and distinguishes the species from others in the same genus.

Stigma

The part of a pistil that receives the pollen during pollination.

Succulent

Having thick fleshy leaves or stems adapted to storing water.

Style

A narrow, typically elongated section of the ovary, bearing the stigma.

— W —

Weeping

Describes trees with branches that droop towards the ground.

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