Aboriginal Health Garden Core:
- Alannah Young
- Tonya Gomes
- Jeri Sparrow
- Lee Brown
- Hannah Lewis

Landscape Design Facilitator:
- Alexander Suvajac

SALA Faculty Mentor:
- Patrick Mooney
Musqueam Territory
The Musqueam people have been present in what is now Greater Vancouver for several thousands of years. Current Musqueam values and teachings are based on traditional culture. A major part of these teachings and values is the kinship system. The IAH Garden is a proud piece of the current culture.
programs

1. Teaching Garden
   medicine walks and workshops. Community-based research projects. Food security and access to traditional plants. Work in the garden - Promoting the health of Aboriginal student volunteers, and the IAH/College of Health Disciplines staff through access to healthy foods. Horticultural therapy

2. Ceremony Space
   Not just about the medicines, but everything that comes with them: ceremony, community, supporting and fostering them

3. Feast Bowl
   community meal, in partnership with the First Nations House of Learning.

4. Hub
   for outreach on issues related to health and aboriginal healing tradition

5. Workshops
   held by elders and other knowledge-keepers focused on salve-making, Tea-making, and tobacco pipe mix making.

6. Youth program
   Culturally Relevant Urban Wellness & IAH Summer Science students at the Farm
current plant arrangement
future plant beds arrangement potentials

**group by what it heals**

1. Diabetes:
   Blueberry, bearberry, Labrador tea, mint, St John’s wort

2. Heart:
   Hawthorne, blue Elderberry, yarrow (angina), wild ginger root, motherwort, valerian, strawberry

3. Arthritis:
   balsam, goldenrod, willow, devil’s club, comfrey, willow, poplar buds

4. Blood:
   red clover, yellow dock, red dock, Echinacea, oregan grape, burdock, stinging nettle, raven’s beak

5. Cancer (different types—lymph, adenomas, sarcomas, carcinomas):
   yellow water lily root, raven’s beak, balsam, red clover, alder, burdock, sheep sorrel, yellow dock, Chaga

6. Colds/coughs:
   colt’s foot, elecampane, pleurisy root, wild ginger, wild cherry bark, cotton wood buds

7. Central Nervous system:
   Valerian, St John’s Wort, Lemon Balm, Lavender, Rosemary,

8. Food
   kale, carrots, galric, herbs etc

9. Skin salves + Teas
   muscle injury, liver and kidney cleanse and teas
MEDICINE WHEEL AS IT RELATES TO LAY OF THE LAND & CIRCULATION NEED

MAIN ARRIVAL FARM HOUSE

FUTURE FOREST TRAIL

FIRE PIT SMOKE HOUSE

DRY HOUSE FUTURE LONG HOUSE

TOOL SHED PREPARATION AREA

OUTDOOR CLASS ROOMS

context
paths & mulch

Clover for mulch
Not just about the medicines, but everything

Wood chips and Leaves
Pit and Mound gardening method

bed height + width

raised beds or open ground

Natural Logs
Cut beams and boards
Beach or Rivier rock
Built raised beds
The five principles of Natural Farming are that:

1. Human cultivation of soil, plowing or tilling are unnecessary, as is the use of powered machines.
2. Prepared fertilizers are unnecessary, as is the process of preparing compost.
3. Weeding, either by cultivation or by herbicides, is unnecessary. Instead only minimal weed suppression with minimal disturbance.
4. Applications of pesticides or herbicides are unnecessary.
5. Pruning of fruit trees is unnecessary.

Why?
Build soil fertility, health and productivity with less work and less reliance on heavy machines.
Hugelkultur

http://www.thetruthsource.org/diy/raised-garden-beds-hugelkultur-instead-of-irrigation

Hugelkultur which is an ancient form of sheet composting developed in Eastern Europe. It uses woody wastes such as fallen logs and pruned branches in order to build soil fertility and improve drainage and moisture retention. Hugelkultur boasts some pretty audacious benefits: Dramatically increased soil aeration, increased soil fertility, creative use of what would otherwise be ‘waste’ (the brush/burn pile) and biggest of all – little/no watering.

Technique

logs, chopped wood, sticks, and branches and form them along the ground in any shape or pattern you’d like. best wood to use for this project are alders, apple, cottonwood, poplar, willow (dry), as well as maple. Other woods can be harmful to plants. Also newer the wood the better especially if they have moss and fungus growing on them as this will supply the mound with great nutrients to aide in composting. After you have laid all the wood out you’re now ready to start covering it with dirt or compost if you’d like. I’d also recommend using compost as a layer in this project. You could even use new compost on the bottom and then work your way up with older compost. This will help to make the shrinking process last longer but not by a lot. You cover the very top layer with wet soil and pack it all in tight. Then you should cover that with hay or straw to help with erosion.
Patterns in nature

Patterns in nature are visible regularities of form found in the natural world. Natural patterns include symmetries, trees, spirals, meanders, waves, foams, arrays, cracks and stripes.
inspiration_ medicine wheel

Coastal Medicine Wheel - example

<table>
<thead>
<tr>
<th>East</th>
<th>South</th>
<th>West</th>
<th>North</th>
</tr>
</thead>
<tbody>
<tr>
<td>st. john’s wort</td>
<td>heal-all</td>
<td>ginger</td>
<td>sweetgrass</td>
</tr>
<tr>
<td>cinquefoli</td>
<td>blueberry</td>
<td>bearberry</td>
<td>bayberry</td>
</tr>
<tr>
<td>moneywort</td>
<td>skullcap</td>
<td>bloodroot</td>
<td>sweet fern</td>
</tr>
<tr>
<td>hens and chicks</td>
<td>penny royal</td>
<td>strawberry</td>
<td>pipsissewa</td>
</tr>
<tr>
<td>purslane</td>
<td>seaside lavender</td>
<td>dwarf seaside roses</td>
<td>sage</td>
</tr>
<tr>
<td></td>
<td>ajuga</td>
<td></td>
<td>dwarf seaside beach</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>plums</td>
</tr>
</tbody>
</table>

using the medicine wheel

The medicine wheel allows us the potential to creating symbolic learning and ceremony space with intention.
medicine wheel  past and present
layering medicine wheel + cardinal directions
layering medicine wheel + cardinal directions

MAIN ARRIVAL FARM HOUSE

MEDICINE WHEEL AS IT RELATES TO LAY OF THE LAND & CIRCULATION NEED

FUTURE FOREST TRAIL

FIRE PIT SMOKE HOUSE

TOOL SHED PREPARATION AREA

DRY HOUSE FUTURE LONG HOUSE

DRY HOUSE OUTDOOR CLASS ROOMS
Directions

standard farm rows
respond to circulation and practical needs
create new spatial order
join other gardens

Ideation

spirals
medicine wheel
patches
concept thumbnails

S1 spirals

S2

S3

S4

M1 medicine wheel

M2

M3

P1 patches

P2

P3
Aboriginal Health Garden Core: Alannah Young, Tonya Gomes, Jeri Sparrow, Lee Brown, Hannah Lewis
Landscape Designer: Alexander Suvajac
Garden Design: Design Development

LEGEND

- MEDICINES
- SECONDARY MEDICINE PLANTS & CEREMONY PLANTS
- FOOD
- PRIMARY MEDICINE PLANTS
- MAIN PATHS
- WOOD CHIPS
- GARDEN PATHS
- CLOVER
- CEREMONY SPACE
- MEDICINE WHEEL STONES
- EAST, SOUTH, WEST, NORTH, CENTRE
- TREES
- BUILT FORMS
- LATTICE, BENCH, TABLE

Aboriginal Health Garden Core: Alannah Young, Tonya Gomes, Jeri Sparrow, Lee Brown, Hannah Lewis

Landscape Designer: Alexander SuvaJajc
Aboriginal Health Garden Core: Alannah Young, Tonya Gomes, Jeri Sparrow, Lee Brown, Hannah Lewis

Landscape Designer: Alexander Suvařac

MEDICINES
SECONDARY MEDICINE PLANTS & CEREMONY PLANTS
FOOD
PRIMARY MEDICINE PLANTS
LEGEND
MAIN PATHS
WOOD CHIPS
GARDEN PATHS
CLOVER
CEREMONY SPACE
MEDICINE WHEEL STONES
EAST, SOUTH, WEST, NORTH, CENTRE
TREES
BUILT FORMS
LATTICE, BENCH, TABLE

Garden Design: Design Development
DD3-b

MEDICINE WHEEL STONES
EAST, SOUTH, WEST, NORTH, CENTRE

HUGECULTURE
WOOD MOUND PLANTING TECHNIQUE

WOOD CHIPS

GARDEN PATHS

CLOVER

CEREMONY SPACE

MEDICINE WHEEL STONES
EAST, SOUTH, WEST, NORTH, CENTRE

TREES

BUILT FORMS
LATTICE, BENCH, TABLE

Aboriginal Health Garden Core: Alannah Young, Tonya Gomes, Jeri Sparrow, Lee Brown, Hannah Lewis

Landscape Designer: Alexander Suvařac
Aboriginal Health Garden Core: Alannah Young, Tonya Gomes, Jeri Sparrow, Lee Brown, Hannah Lewis

Landscape Designer: Alexander Suvajac

LEGEND

MEDICINES
SECONDARY MEDICINE PLANTS & CEREMONY PLANTS

FOOD
PRIMARY MEDICINE PLANTS

HUGELKULTUR
WOOD MOUND PLANTING TECHNIQUE

MAIN PATHS
WOOD CHIPS

GARDEN PATHS
CLOVER

CEREMONY SPACE
MEDICINE WHEEL STONES
EAST, SOUTH, WEST, NORTH, CENTRE

TREES

BUILT FORMS
BENCH, WOOD, TABLE

Garden Design: Design Development
Diagram Comparison

DD1
SEED POD

DD2
SQUARE TO CIRCLE

DD3
WHORL

DD3-a
WHORL - DOUBLE WHEEL

DD3-b
WHORL - PROTECTED CEREMONY SPACE
PAST FOOD + MEDICINE GARDEN
2/3 FOOD PLANTS approx 2140 sq. ft. - 1/3 MEDICINE PLANTS approx 1060 sq. ft.
TOTAL 3200 sq. ft.

NEW FOOD + MEDICINE GARDEN
PRIMARY MEDICINE PLANTS
NEW TOTAL 4000 sq. ft. = + 800 sq. ft. of planting space added.
Garden Design: Design Refinement
DR1 - Seed & Pod Medicine Wheel Design

NEW FOOD + MEDICINE GARDEN
PRIMARY MEDICINE PLANTS
NEW TOTAL: 4000 sq. ft (= +800 sq. ft. of planting space added)

features
4’ wide garden beds
1/3 medicinals
2/3 food
- medicine wheel - 4 beach rocks 18” on center stone
- larger and mountain like. Land & water reference
- table and benches located in garden to enjoy the space.
- select beds near forest dedicated to hugelculture
- optional trees

HOW THIS DESIGN DIFFERS:
Pivots around a point which allows for 3 - 10’ circle
within the lot size, the fourth will be the designed to
accomodate the childrens garden.

+ little more challenging to implement
+/- paths of seed pod and rings don’t prefectly meet
this could be adjusted thought.
* each can welcome the childrens garden in the same way
see option 2 for example.

LEDEND

FOOD
PRIMARY MEDICINE PLANTS
AND 1/3 MEDICINALS

MEDICINES
SECONDARY MEDICINE PLANTS OR CEREMONY PLANTS
1/3 AND 2/3 MEDICINALS

MEDICINE WHEEL STONES
EAST, SOUTH, WEST, NORTH, CENTRE
18” cardinal stones (water) - beach/river rounds, centre (land) 20”+ angular mountain like

TREES

BUILT FORMS
LATICE, BENCH, TABLE

Aboriginal Health Garden Core: Alannah Young, Tonya Gomes, Jeri Sparrow, Lee Brown, Hannah Lewis
Landscape Design: Alexander Suvajac
NEW FOOD + MEDICINE GARDEN
PRIMARY MEDICINE PLANTS
NEW TOTAL: 4000 sq. ft. + +800 sq. ft. of planting space added

features
4' wide garden beds
1/3 medicals
2/3 food
-medicine wheel - a beach rock 18" on center stone larger and mountain like. Land & water reference
-table and benches located in garden to enjoy the space.
-select beds near forest dedicated to hugelculture
-optional trees

HOW THIS DESIGN DIFFERS:
Pivots around same point as major seed pod design.
+easier to implement & logical layout
+paths of seed pod and rings meet
-circle island garden bed is partly cut by edge of lot

Garden Design: Design Refinement
DR2 - Seed & Pod Medicine Wheel Design

Aboriginal Health Garden Core: Alannah Young, Tonya Gomes, Jeri Sparrow, Lee Brown, Hannah Lewis
Landscape Designer: Alexander Suvajac
Garden Design: Rough Example of Construction

STRING PIVOT MARKING

Option 1
Pivots around same point as major seed pod design.

+ easier to implement & logical layout
+ paths of seed pod and rings meet
- circle island garden bed is partly cut by edge of lot

Option 2
Pivots around a point which allows for 3 - 10’ circle
within the lot size, the fourth will be the designed to
accommodate the children's garden.

+ little more challenging to implement
+ paths of seed pod and rings don’t perfectly meet
  this could be adjusted thought.
The built features are designed to add structure, function and orientation to the garden. Four structures in total will be built each located in one of the four cardinal corners. Each structure will signify the cardinal direction through dipped paint or coloured wax tips show the symbolic colour of that direction. Structures will be made with donated materials and labour.
**CHILDREN'S GARDEN AREA**
- 3' wide beds with 2' path in between
- All other beds will be 4' wide

**SEED BEDS**
Created through overlapping scribe-rings from two different stakes.

**CHILDREN'S GARDEN AREA**

- 3' wide beds with 2' path in between
- All other beds will be 4' wide

**SEED BEDS**
Created through overlapping scribe-rings from two different stakes.

**GARDEN DESIGN**

- Child's area of 3' wide paths in line segments
- Use the 100' measuring tape to mark and pivot/scribe each bed/path edge
- Garden beds vary in initial circles have a radius of 6' then the average beds are 4' wide with exception of the children's 3' wide beds and the seed shaped beds

**GARDEN DESIGN**

- Child's area of 3' wide paths in line segments
- Use the 100' measuring tape to mark and pivot/scribe each bed/path edge
- Garden beds vary in initial circles have a radius of 6' then the average beds are 4' wide with exception of the children's 3' wide beds and the seed shaped beds

**FINAL TOUCHES**

- Combine and/or complete odd shaped beds at parameter to any extra surrounding
- Round all sharp bed angles with approx 6" radius corners or to liking
- Trench garden edge in event of heavy rain prior to planting. Lowering all the pathes 3-4" will also delinate raised beds and leave space for 3"-4" woodchip mulch or other
- Bring in Medicine wheel stones 4-16" rounded (ocean reference) 1-18"+ proud mountain like soft angular stone for centre. (sacred stones choose appropriately)
- After planting add wood chips all 3' paths and clover all 2' (or mulch as desired)

**GARDEN DESIGN:**

- Aboriginal Health Garden Core: Alannah Young, Tonya Gomes, Jeri Sparrow, Lee Brown, Hannah Lewis
- Landscape Designer: Alexander Suvajac