

# LANDSCAPES NORTH

## NEWSLETTER

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## A Message from Jay Lazzarin

It is with joy and enthusiasm that I welcome Laurelin Svisdahl as a principal of our firm. With the new partnership our business name is being changed to reflect Laurelin's major role.



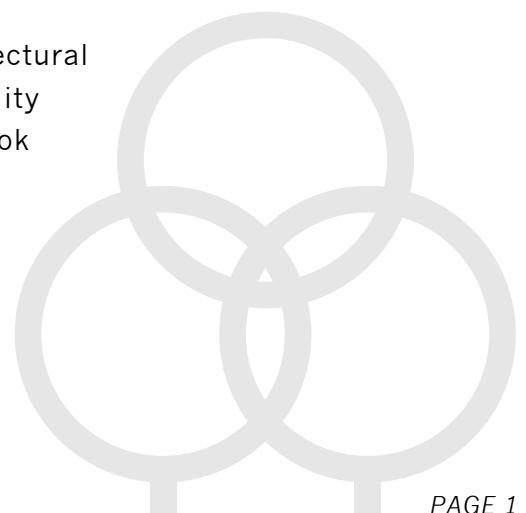
As a registered BCSLA landscape architect, Laurelin has thirteen years experience working in the Lower Mainland and most recently one year with Jay Lazzarin Landscape Architect.

Laurelin has experience with a wide range of landscape design projects from small patios and private gardens to public plazas, parks, trails as well as large scale resort development and planning projects.



Laurelin also brings to the firm a background and formal education in graphic / illustration and visual communication, skills and knowledge that complement many aspects of the landscape design development process. Laurelin has managed several multi disciplinary projects that often blend graphic design, marketing and communication with site navigation / circulation and development of wayfinding systems, interpretive signs, public consultation initiatives and conceptual visualization materials.

As a northern BC landscape architectural firm we thank-you for the opportunity of assisting you in the past and look forward to you meeting Laurelin, and serving you again in the near future.



# Children and Natural Spaces

**Exert from Children and the Success of Biophilic Design by Richard Louv**

... "Natural spaces and materials stimulate children's limitless imaginations and serve as the medium of inventiveness and creativity," says Moore, who is an international authority on the design of children's play and learning environments. For example, in Sweden, Australia, Canada and the United States studies of children in school yards with both green areas and manufactured play areas found that children engaged in more creative forms of play in the green areas. Swedish researchers compared children in two daycare settings: at one the quiet play area was surrounded by tall buildings, with low plants and a brick path; the second was based on an "outdoors in all weather" theme and was set in an orchard surrounded by pasture and woods. Adjacent to the school was an overgrown garden with tall trees and rocks. The study revealed that children in the green daycare, who played outside every day, regardless of the weather, had better motor coordination and more ability to concentrate.

While nature experience should not be seen as a panacea or a substitute for appropriate medication, it can help relieve the everyday pressures that may lead to childhood depression.

More than 100 studies of children and adults show that spending time in nature reduces stress. Research conducted by the Human-Environment Research Laboratory at the University of Illinois shows that contact with the natural world significantly reduces symptoms of Attention Deficit Disorder in children as young as age five. I am moved when I hear how parents notice significant changes in their hyperactive children's behavior when they take them hiking or encourage them to enjoy other nature-oriented outings. Camping programs accustomed to facilitating emotional well-being since the early 1900's, increase self-esteem, especially for preteens. Children with disabilities, physical disabilities and traumatic brain injury-revealed that participating children demonstrated improved initiative and self-direction that transferred to their lives at home and in school.

As a species, we have known all of this intuitively, for thousands of years. But only now in Western society is science beginning to fully appreciate the role of nature experiences in child development.

*Natural playground*



*Children's playground in New York City*



# The Benefits of Herbs

Herbs are plants valued for their flavour, fragrance, medicinal, spiritual, and healthful qualities. Herbs are made up of a whole medicinal plant or its parts, such as leaves, roots, bark, fruits, flowers, bulb, resin and seeds.

Herbs support our mental, emotional and physical bodies, and protect our vital energy. Herb use helps prevent disease from entering our bodies and has very few, if any, negative side effects. Herbs can be grown, harvested wild, or bought in herb shops, health-food stores, or grocery stores.

Ideally herbs should be grown in a sunny sheltered location with well-drained soil. Most commonly herbs are annuals or perennials grown outside from seed. Sow once the soil is relatively dry in the spring and continue sowing at intervals of 3 to 4 weeks to ensure a continuous supply of fresh leaves.

Herbs can be grown in separate dedicated 'herb' gardens or alternatively make a great addition to flower beds and borders, as their colourful leaves offset flower colours and provide a different texture throughout the bed.

Herbs are relatively low maintenance. Besides growing the traditional herbs such as parsley, dill, mint, chives, chervil, lemon balm, thyme and lavender you may wish to try growing and /or harvesting the following northern British Columbia edible, medicinal plants:



- Yarrow** Leaves and flowers to make nutritive vinegar
- Dandelion** Young roots eaten as nutritious vegetable.  
Leaves can be eaten fresh in salads, soups and stews (high in calcium and Vitamin C)
- Red Clover** Sprouted seeds added to salads
- Sage** Leaves are ideal for adding flavour to meats and stuffing.
- Basil** Fresh lemon flavour from leaves, for salads and pasta dishes.

## Footbaths

*By Jay Lazzarin*

*Our feet carry us many thousands of miles in our lifetime, so when they are tired, sore, infected, cracked, dry or itch, they can stress our entire body. Soaking your feet in plain hot water is the simplest footbath. Adding a few herb leaves and essential oils to boiling water can make the experience truly luxurious and healing. Let the water cool to toe temperature, immerse your feet and soak 15 to 20 minutes.*



# Recent 2015 Projects

Initiatives PG Courtyard  
- Prince George, BC



Whistle Bend  
Continuing Care Facility  
- Whitehorse, Yukon

Northland Dodge  
- Prince George, BC



Riverpoint Landing  
Shopping Centre  
- Prince George, BC

Allwest Glass  
- Prince George, BC



Municipal Entry Sign  
- Mackenzie BC

Kwadacha Community Park  
- Fort Ware, BC



# Featured Plant | **HOSTAS**

Hostas are one of the most popular shade perennials. In addition to being 'shade loving', Hostas are low maintenance, incredibly elegant and hardy to zone 3, (-40 C). As a herbaceous perennial they emerge each spring from winter dormancy, growing shoots from its root system. Unlike most perennials, Hostas are primarily grown for their colorful foliage from spring to fall frost. There are literally hundreds of different Hosta cultivars available, reflecting the overwhelming popularity. Forming a dense clump of 18" to 24" spread, they grow from 6" to 24" height. The leaves vary enormously in size, pattern, texture and colour. In summer, exotic, lily-like flowers on slender, leafless stems rise above the foliage.



Although moist soil conditions are preferred, Hostas can tolerate drier areas for short periods of time. Hostas are relatively pest free. Slugs are the most common pest which work at night leaving small holes in the leaves. Good horticultural practices will reduce slug damage. Hostas take 3 to 5 years for the foliage to develop a mature texture and character. Unlike many perennials, Hostas do not need to be divided unless you wish to propagate additional plants.

## **A FEW POPULAR HYBRIDS INCLUDE:**

*Hosta 'Patriot'*



*Hosta 'City Lights'*



*Hosta 'Green Mouse Ears'*



*Hosta 'Earth Angel'*





## IRRIGATION SYSTEMS | More than just a sprinkler

We have all seen that garden; the one that is covered in beautiful plants or open lawn spaces, the one that started out with so much planning and potential. So when August comes, and you look out onto the hopeful splendor that the garden is destined to provide, only to see the cracked soul of the Sahara desert, yellowing spots across the lawn or marshy swamplands that resembles the bayou of New Orleans... You think what could have possibly went wrong?

A good maintenance plan and properly designed & installed irrigation system is an important part of a successful landscape and so often both are overlooked. Along with taking into account soil types and proper placement of plant material (*Right Plant in the Right Place*), an efficient irrigation system design requires you think about several other factors to ensure your system is running to its full potential. The complexity of a properly designed, installed and maintained irrigation system requires abilities and expertise of a professional.



Some of the factors to consider: understanding of local regulation & permit needs, which backflow device is needed, quantity and type of valves needed, PVC or poly pipe, sprayhead or rotor, drip or mist, types of heads, sprinkler head alignment & spacing to ensure 'Head to Head' spray coverage, properly designed zones, rain sensors and watering time schedule, elevation change of the site, water source specifics, calculating pipe sizes and pressure loss, etc, etc.

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