

# Healing Community Gardens

Healing gardens are often designed with plants that hold medicinal properties or plants that have nutritional properties that can naturally improve our well-being. Plants that have leaves, flowers, roots or budding vegetative parts that can help in reducing or healing ailments are often introduced in these gardens.



Healing Gardens at Singapore Botanical Gardens

## Growth Conditions for Healing Gardens

### Light Requirement

- A site with full sun to partial sun would be preferable. This is due to the wide array of plants that can be grown in a healing garden, some shade loving plants can also be grown under larger shade providing plants.

### Water Requirement

- Moderate Watering is required to be carried out for most plants in a healing garden. The plants are often bushy and are not acclimatised to dry conditions. However, special plants like aloe vera enjoy sandy soil conditions.

### Soil Requirement

- Approved Soil Mix (3:2:1 ; Loamy Soil; Compost: Sand)

### Fertilising Regime

- Fertilising, once every 2 weeks.

## Recommended Plants



Halia  
(*Zingiber officinale*)  
Height: 1.8m



Aloe Vera  
(*Aloe vera*)  
Height: 0.4m – 0.6m



Pucok Merah  
(*Leea rubra*)  
Height: 3m



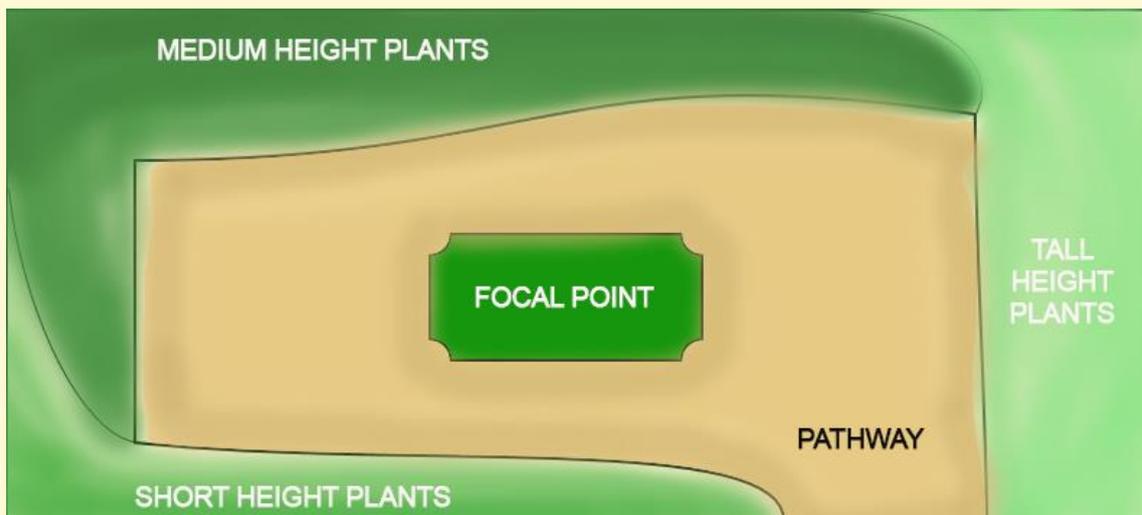
Indian Alcalypha  
(*Alcalypha indica* L.)  
Height: 0.6m



Spadeleaf  
(*Centella asiatica*)  
Height: 0.2m



Oyster Plant  
(*Tradescantia spathacea*)  
Height: 0.3m - 0.45m



Example of a Garden Layout (Various plants of similar heights can be placed close together to provide a more naturalistic feel. A focal point is the main attraction which makes a garden unique.)

For a step by step process, you can refer to 'Planning Your Community Garden' handout.

For more information on plant selection and plant choices, refer to <https://florafaunaweb.nparks.gov.sg>