



AUF

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University of Florence*

SYLLABUS

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Academic Affairs

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Florence University of the Arts (FUA) is an academic institution for study abroad in Florence, Italy. FUA collaborates with The American University of Florence (AUF), an international university offering US-style undergraduate and graduate degrees, in a cooperation to offer study abroad programs with a diverse breadth and depth of academic curriculum.

FUA study abroad programs may include AUF offerings, which are US-aligned in terms of higher education standards as per the university's institutional structure. Common courses offered by FUA and AUF have been jointly selected by both institutions as eligible for mutual recognition and delivery. As such, equal academic standards, credibility, and outcomes are vetted by the Academic Offices of the institutions for all courses and syllabi offered in the study abroad program.

SCHOOL OF LIBERAL ARTS / HORTICULTURE

DEPARTMENT OF PSYCHOLOGY / GENERAL HORTICULTURE / FOOD AND CULTURE

COURSE TITLE: Grow, Cook, Heal: Therapy for Wellbeing

COURSE CODE: LAPYTW300 / HCGHTW300 / FWFCTW300

3 semester credits

1. DESCRIPTION

The garden is a space traditionally associated with food cultivation and recreational activity. Both are known to have an influence on wellbeing. This course explores a culture of wellness based on the fundamentals of horticulture therapy and the use of plants and green spaces, as well as horticultural and culinary activities to promote wellbeing. Students will explore the traditions related to garden activities to foster cognitive, social, emotional, and physical wellbeing for individuals and specific groups (i.e. the elderly, children, individuals with special needs) in a variety of settings. Adapting horticultural therapy in diverse site conditions from sowing to cultivation and the preparation of food products from the garden harvest will be a focus of this course. Course topics will include principles of horticulture, soils and soil cultivation, plant propagation, and harvesting, and the therapeutic potential of farm to table practices. Students will experience first-hand the restorative powers of green spaces through garden management and cooking labs to examine the benefits of the natural environment as a fundamental outcome of this course. This course includes an Experiential Learning Project with CEMI.

2. OBJECTIVES

Upon successful completion of this course, students will:

- Learn the principles of horticultural therapy.
- Discover the benefits derived from people – plant relationships.
- Learn the standard techniques of cultivation and gardening.
- Experience traditional Italian preparations using garden-cultivated ingredients.
- Distinguish garden products according to seasonality.
- Discuss the present and future of green spaces.
- Design green spaces according to different conditions.
- Experience the outcomes of gardening related to issues of health and wellness.

3. REQUIREMENTS

There are no prerequisites for this course.

4. METHOD

This course consists of lectures, class discussions, projects, and interaction with the local community.

Mediums for instruction used will include, but are not limited to, interactive and hands-on activities which challenge thought processes, integrate relevant academic sources, may include multimedia references, propose creative problem-solving, and other appropriate forms of delivery as deemed appropriate to the course's purpose.

5. TEXTBOOK – FURTHER READINGS – RESOURCES

TEXTBOOK (Copy available at the university library):

Sharon Simson and Martha Straus, *Horticulture as Therapy. Principles and Practice*, CRC Press, 1998
The textbook is mandatory for course participation and completion. Where applicable additional materials may be provided by the instructor.

FURTHER READINGS

R.L. Haller, C.L. Kramer, *Horticultural Therapy Methods*. CRC Press, 2006

H. Bruce, *Gardens for Senses. Gardening Therapy*, Petals and Pages Press, 1999

C. Clarkeson, *Garden Therapy: Gardening could be the hobby that helps you live longer*, Ind. published, 2019

Royal Horticultural Society, *Your Wellbeing Garden: How to Make Your Garden Good for You - Science, Design, Practice*, DK, 2020

M. Castleman, *The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines*, Bantam Books, 1999

R. L. Haller, C.L. Capra, *Horticultural Therapy Methods: Connecting People and Plants in Health Care, Human Services, and Therapeutic Programs*, CRC Press, 2016

R.L. Haller, K.L. Kennedy, C.L. Capra, *The Profession and Practice of Horticultural Therapy*, CRC Press, 2019

C.Greenleaf, *The Herbal Healing Handbook: How to Use Plants, Essential Oils and Aromatherapy as Natural Remedies*, Mango, 2018

R.Kaplan, S.Kaplan, *The Experience of Nature: A Psychological Perspective*, Cambridge University Press, 1989

LIBRARY

Course participants may access the campus library. Please consult the posted schedules for official opening times. Texts may be consulted on-site, and scanning/internet services available.

6. COURSE MATERIALS

No additional course materials are necessary.

Students are expected to wear the apron provided by the institution.

Should students wish to store materials or equipment, lockers are available with a deposit (given back after returning the key).

7. COURSE FEES

Course fees cover course-related field learning activities, visits, and support the instructor's teaching methodologies. Book costs are not included in the course fee. If this course requires a fee, the exact amount is communicated prior to enrollment.

8. GRADING AND EVALUATION & ATTENDANCE

10% Attendance

30% Class Participation and Assignments

20% Midterm Exam, Field Learning project (if applicable), Special/Research Project (if applicable)

20% Final Exam
20% Paper/Project

The above grade breakdown percentages reflect the grading scale standards in the “Grading and Evaluation System” section of the catalog.

Attendance

Class participation is mandatory. Based on the hours defined in the Academic Catalog’s attendance policy, students may miss up to 2 class encounters delivered as lecture hours. A third absence constitutes a course failure.

Please note that absence hours may vary according to the learning methodology, as per the academic catalog policy on credit hours:

https://catalog.fua.it/standard_regulation

9. EXAMS / PROJECTS / ASSIGNMENTS

Midterm Assessment (11 weeks semester ONLY): accounts for 20% of the final course grade. Topic will be assigned on Lesson 5 and is due by Lesson 6. The Midterm assessment must be uploaded on the course portal.

Special/Research Project (Intensive sessions ONLY): accounts for 20% of the final course grade. (Groupwork) Topic: Research and Map Florentine gardens in the city center. Visit minimum 4 (1 per historical neighborhood) of the public ones, and prepare a worksheet for each one. A worksheet must include at least 3 photos and a minimum 600-word text on the garden description, history, and main characteristics. Due by Lesson 10.

The project details will be assigned the first day of class.

Final Exam: accounts for 20% of the final course grade.

The Final Exam is divided into three sections:

- Part I: 10 Multiple choice questions. Each correct answer is worth 2 points, for a total of 20 points.
- Part II: 10 short-answer questions. Each correct and complete answer (concise explanations, main ideas, key words, names, etc.) is worth 5 points, for a total 50 points.
- Part III: two essay questions; each correct and complete answer is worth 15 points (based on content, vocabulary, detail, etc.) for a total of 30 points.

The final exam is cumulative.

Final Project: accounts for 20% of the final course grade and is due by Lesson 9. The project details will be assigned the first day of class. Due by Lesson 9.

Assignments: This course requires at least 3 assignments as per the course outline in the syllabus.

Assignment #1: Plants ID. Students will prepare a worksheet for a selection of 5 plants at the Cafaggio del Vescovo. Each worksheet / plant must include a photo, description, and details on plant care (watering, light exposure, type of soil needed etc.). Due by Lesson 3.

Assignment #2: Plants make-up! Students will design a decoration strategy for plant pots and vases sold at the Pomario Botanical Retail Store. Students are asked to collect natural materials or recycled items and apply them to Pomario products for a seasonal festivity (Spring: Easter/ Fall: Christmas).

Due by Lesson 7.

Assignment #3: Reflection Paper on Lesson 8 Visit. Students are asked to write a journal entry on the visit (min 500 words). Due by Lesson 10.

Further details are provided in the course portal.

10. COURSE OUTLINE

Lesson 1	
Meet	In class
Lecture	<p>THE ART OF GARDENING: AN INTRODUCTION</p> <p>Presentation of the course, introduction to the class syllabus and course structure.</p> <p>Information on assignments, exams, and final project.</p> <p>A brief history of gardening: from antiquity to modern times.</p> <p>Walking tour of the Cafaggio del Vescovo garden and facilities. Description of the main plants: herbs, trees, etc.</p>
Objectives	<ul style="list-style-type: none">• Introduce students to the course contents and requirements• Learn the principles of horticulture• Familiarize with the standard equipment, tools, materials for gardening• Recognize the main species cultivated in the garden
Visit/Lab	Cafaggio del Vescovo garden of Palazzo Villani Stiozzi Ridolfi
Readings/ Assignments	<p>Reading: S. Simson and M. Straus, <i>Horticulture as Therapy, Principles and Practice</i>, pp. 3 – 20.</p> <p>Reading: <i>Gardens for Senses</i>, pp. 5-12</p> <p>Assignment #1 topic assigned. Plants ID. Due by Lesson 3.</p>

Lesson 2	
Meet	In class
Lecture	<p>HORTICULTURAL THERAPY: FROM THEORY TO BEST PRACTICES</p> <p>An overview of background theories, methods, and practical applications: how horticultural therapy can improve health care and wellness.</p>
Objectives	<ul style="list-style-type: none">• Learn how to apply therapeutic modalities in green activities• Discover people – plant relationships• Recognize the connection between plants and community• Discover the therapeutic potential of gardening for wellness
Readings/ Assignments	Reading: S. Simson and M. Straus, <i>Horticulture as Therapy, Principles and Practice</i> , pp. 21 – 42.

Lesson 3	
Meet	In class

Lecture	THE ART OF GARDENING: CARING FOR PLANTS Introduction to the basic activities of gardening: sowing, potting, repotting, cultivation, drainage, fertilization, exposition to light, temperature and weather.
Objectives	Learn basic cultivation techniques Illustrate diverse plant needs according to context Experience the benefits of gardening for health and wellness
Visit/Lab	Cafaggio del Vescovo garden of Palazzo Villani Stiozzi Ridolfi
Readings/ Assignments	Reading: S. Simson and M. Straus, <i>Horticulture as Therapy, Principles and Practice</i> , pp. 42 - 68. Reading: <i>Horticultural Therapy Methods</i> , pp. 1-7 Assignment #1 DUE Assignment #2 topic assigned: Plants make-up! Due by Lesson 7.

Lesson 4	
Meet	In class
Lecture	COOKING LAB: ITALIAN TRADITIONAL SPREADS AND CONDIMENTS Experience the traditional Italian preparation of jams, marmalade, preserves, and condiments with seasonal fruit and vegetables: <ul style="list-style-type: none"> ○ <u>Spring</u>: citrus fruits and strawberry spreads, preserved seasonal vegetables and fruits ○ <u>Fall</u>: Italian preserved fruit “mostarda” and chestnuts spreads, preserved seasonal vegetables and fruits
Objectives	<ul style="list-style-type: none"> • Learn the traditional recipes of spreads and condiments • Understand basic food hygiene procedures • Discuss the history and uses of class recipes • Distinguish the different products available for each season • Experience the act of collective cooking as a therapeutic activity
Readings/ Assignments	Reading: S. Simson and M. Straus, <i>Horticulture as Therapy, Principles and Practice</i> , pp. 71 - 100. Reading: <i>Horticultural Therapy Methods</i> , pp. 8-20 FINAL PROJECT OVERVIEW

Lesson 5	
Meet	In class
Lecture	REGENERATION OF URBAN SPACES Review of urbanism and sustainability in cityscapes, the development of regenerated green spaces.
Objectives	<ul style="list-style-type: none"> • Be able to define urban regeneration. • Explore the significance of regenerated urban spaces in Florence. • Learn the history of Le Cure and its current shared garden projects.

Visit/Lab	Walking tour Le Cure
Readings/ Assignments	<p>Reading: S. Simson and M. Straus, <i>Horticulture as Therapy, Principles and Practice</i>, pp. 287 - 316.</p> <p>Reading: <i>Gardens for Senses</i>, pp. 83-97</p> <p>MIDTERM ASSESSMENT ASSIGNED, due prior to next class meet.</p>

Lesson 6	
Meet	In class
Lecture	<p>HORTICULTURAL THERAPY: ADAPTIVE GARDENING</p> <p>Interior and exterior horticultural space design and techniques for adaptive gardening in the city. Case studies of community gardening programs in Florence.</p> <p>MENTAL HEALTH AND HORTICULTURAL THERAPY PRACTICE</p> <p>Overview of mental health problems. Treatment approaches of therapies adapted to diagnostic cases and in relation to psychological methodologies. Group psychology methods.</p>
Objectives	<ul style="list-style-type: none"> • Learn different adaptive tools and methodologies • Discuss the present and future of public green spaces • Compare international standards on adaptive gardening in contemporary communities • Learn how to design your green space according to diverse physical mobility, age, and spatial conditions. • Distinguish between types of diagnostic cases and methodologies • Learn how to apply horticultural therapy • Work in teams on an assigned Case Study
Readings/ Assignments	<p>Reading: S. Simson and M. Straus, <i>Horticulture as Therapy, Principles and Practice</i>, pp. 317 - 354.</p> <p>Reading: <i>Gardens for Senses</i>, pp. 99-108</p> <p>Reading Assignment: S. Simson and M. Straus, <i>Horticulture as Therapy, Principles and Practice</i>, pp. 157 - 192.</p> <p>MIDTERM ASSESSMENT DUE</p>

Lesson 7	
Meet	In class
Lecture	<p>THE ART OF GARDENING: STANDARD TECHNIQUES</p> <p>Analysis of the standard activities of gardening (maintenance and development): watering, irrigation, seeding, weekly care and protection (from animals, bacteria and viruses), fertilization with kitchen waste, maintenance of the soil, managing pests, transplanting, pruning, mulching.</p>
Objectives	<ul style="list-style-type: none"> • Learn the standard techniques of cultivation for maintenance and growth • Illustrate diverse plant needs according to context • Experience the benefits of gardening for health and wellness

Visit/Lab	Cafaggio del Vescovo garden of Palazzo Villani Stiozzi Ridolfi
Readings/ Assignments	Reading: <i>Horticultural Therapy Methods</i> , pp. 33-57 Assignment #2 DUE

Lesson 8	
Meet	In class
Lecture	MEDICINAL HORTICULTURE IN ITALIAN HISTORY The importance of plants for healing and the interrelation of medicine, religion, and magic.
Objectives	<ul style="list-style-type: none"> Explore a traditional <i>hortus conclusus</i> of Florence. Learn the history of the Officina Profumo-Farmaceutica of Santa Maria Nuova, one of the world's oldest apothecaries. Distinguish commonly used aromatic healing herbs and spices.
Visit/Lab	Museo Santa Maria Nuova, focus on Orto dei Semplici.
Readings/ Assignments	Reading Assignment: <i>Gardens for Senses</i> , pp. 55-80 Special Project DUE (Intensive Sessions ONLY) Assignment #3 assigned: Reflection Paper on Lesson 8 visit . Due by Lesson 10.

Lesson 9	
Meet	In class
Lecture	HERBS IN ITALIAN CULINARY TRADITIONS Experience the seasonal use of culinary herbs and spices in traditional Italian cooking - Food pairing analysis utilizing the items sustainably produced through the course. Final Course Review
Objectives	<ul style="list-style-type: none"> Learn the history and uses of herbs in the Mediterranean diet and wellness practices Be able to use a variety of herbs available in specific seasons Experience the different tastes, colors, and smells of culinary herbs Prepare a complete meal utilizing seasonal herbs Analyze class recipes for appropriate food pairings Develop and reflect on the possible uses of the horticultural product in the culinary field
Lab	<ul style="list-style-type: none"> Pesto pantesco (pasta sauce of Pantelleria) Tasting of Lab 1 recipes
Readings/ Assignments	Reading Assignment: S. Simson and M. Straus, Horticulture as Therapy, Principles and Practice, pp. 131 - 156. FINAL PROJECT DUE

Lesson 10	
Meet	In class
Lecture	THE ART OF GARDENING: SYSTEMS-BASED APPROACHES Analysis of systems-based activities for gardening: elements of permaculture, hydroculture, vertical gardens, elements of art and gardening
Objectives	<ul style="list-style-type: none"> • Learn gardening techniques from a systems-based perspective • Create a green artistic project with the topics given in class • Experience the benefits of gardening for health and wellness
Visit/Lab	Cafaggio del Vescovo garden of Palazzo Villani Stiozzi Ridolfi
Readings/ Assignments	Reading: <i>Horticultural Therapy Methods</i> , pp.59-84 Assignment #3 DUE

Lesson 11 Final Exam	
Meet	In class
Lecture	FINAL EXAM