

# ARAIYS NEWS

SUMMER NEWSLETTER 2020



## PRESIDENTS MESSAGE

**Greetings,** Summer is finally here! We wish the best of health and well-being to you and your loved ones during these times. As we continue our best efforts to ‘flatten the curve’ with rotating staff schedules and our continuing precautionary measures, we are also cleansing our spirits with the breath of fresh air that the Summer landscape bring us. In times such as these where one of the few activities we can participate in is spending time outdoors, we at Araiys are pleased to be a profession that can aid both it’s clients and the public in enjoying the outdoor spaces we design. We hope that you and your loved ones get to sit back and smell the everblooming roses this Summer and that you will all take a moment to feel that wonderful connection with nature and the landscapes that surround you.

**Wishing you all a happy and healthy Summer,**

Gabriella D’Angelis, Senior Intern Landscape Architect

### Negative Edge Pools-The Better Cut

This season we are inspired by connections to nature through visual illusion with negative edge pools. A negative edge pool, also known as a “vanishing edge”, brings a sense of continual flow through the landscape, allowing for a panoramic view that is seemingly touchable from afar. This illusion can be created in one of two ways: “cut-away” or “cut-in.” Both having a different aesthetic and functionality for the user and landscape, which of the two is considered the best option? A negative edge pool that has been “cut-away” presents itself with a reduced surface area and a steep slope for water to spill into the lower basin. The “cut-away” method may present itself as a clean edge from the inside, but when looked upon from the outside it can be an eye-sore in that the water as it slides down the slope away from the pool and drops drastically to the basin below. The “cut-in” method is a much softer appeal inside and out while creating a useful feature for it’s users. This technique uses a shallow slope that faces inward, not only achieving the look of a disappearing edge but also providing a more comfortable ledge for users to rest upon. The seamless nature of this design creates a better connection to the landscape that surrounds it from both the inside and outside of the pool. The right sense of flow through the landscape is important and we are here to aid the connections.



### Spotlight: Shinrin-Yoku

As we talk about connections to nature, there is a term that originated from Japan “Shinrin-Yoku.” This term translates to “Forest Bathing,” which is a form of exercises and tasks that take place outdoors. The idea behind this stems from the subconscious human need to interact and bond with the living things around them. It has been studied for decades with proven psychological and physiological health benefits such as improvements in the many systems of the body, relief from depression, reductions in pain, stress, and aggravations and much more. Taking the time to practice this connection with nature and enjoy the earth around us becomes more important as we become busier in our lives and spend more time indoors. Please check out the following links for more information and ideas:

**Wikipedia**  
[https://en.wikipedia.org/wiki/Nature\\_therapy](https://en.wikipedia.org/wiki/Nature_therapy)

**Good Therapy**  
<https://www.goodtherapy.org/learn-about-therapy/types/econature-therapy>



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### PLANTS OF THE SEASON

#### Native Plants Of The Season



Common Name: Cardinal Flower  
Scientific Name: *Lobelia cardinalis*

A native perennial that lives up to its name, Cardinal Flower is best known for its scarlet red summer flowers. It is a plant best grown in full sun to part shade preferring a moist soil and tolerant of wet or briefly flooding soils. The abundant spikes of flowers emerge in July lasting into September and are a major attraction for Butterflies and Hummingbirds. Reaching a height of 2 - 4' upon flowering and a spread of 1 - 2' in width, this is a plant utilized in perennial borders, rain gardens, and naturalized areas.

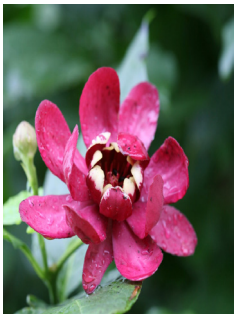


Common Name: Sweet-fern  
Scientific Name: *Comptonia peregrina*

A low-maintenance woodland shrub, Sweet-fern is best known for its glossy fern-like texture. A full sun to part shade shrub reaching 2 - 5' in height and 4 - 8' wide. It is a deciduous, upright, rounded shrub with lustrous dark green leaves. This native is versatile in that it can tolerate extreme conditions such as wet soils, drought, and wind. The fragrant leaves on this shrub deter deer from grazing on them. Due to its rhizomatous, spreading roots, Sweet-fern is best utilized in massing and mixed borders. It is a plant also used along roadsides and sheltered seashore areas as it has some salt-tolerance.

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#### Ornamental Plants Of the Season



Common Name: Sweetshrub  
Scientific Name: *Calycanthus floridus* 'Aphrodite'

Sweetshrub is a deciduous shrub growing 4 - 6' tall by 4 - 6' wide. An old-school versatile plant well known for its use as potpourri due to its fragrant leaves and flowers. Flowering begins in May reblooming continually into September with its plentiful burgundy blooms. It is a dense, upright, multi-stemmed shrub. Large green leaves turn an attractive shade of yellow in the Fall. It grows in full sun to part shade, tolerates deer, and prefers a well-drained soil but is tolerant of most soil conditions. The blooms are fragrant and are said to have a scent compared to apples. A plant best utilized in woodland gardens but also makes for a great deciduous hedge.



Common Name: Spiked Speedwell  
Scientific Name: *Veronica spicata* 'Royal Candles'

A low growing perennial, Spiked Speedwell reaches 15 - 18" in height and 15 - 18" in width. A full sun lover flowering through the summer season from June through August. The bright purplish-blue blooms are an attractor for butterflies and add great seasonal color to most gardens. It is a plant tolerant of drought conditions once establishes but prefers a moderately moist, well-drained soil. Utilize this plant for butterfly gardens, perennial borders, foundation plantings, and cutting gardens.