

## Marian Terrarium - Supplies List



### Materials

- 1. Glass container**
  - Rinsed and clean.
- 2. Gravel, pebbles, stones, etc.**
  - Enough to fill the bottom of the chosen container by 1 inch.
- 3. Plastic sheet**
  - To be cut roughly to the size of the container and poked with holes for drainage.
- 4. Potting soil**
  - For best results, consider mixing in some peat moss.
- 5. Choice of ferns**
  - Make sure the plant is not too large for the chosen container.
    - Easy care: **Plumosa fern** (Our Lady's Hair)
    - Intermediate care: **Maidenhair fern** (Our Lady's Hair)
- 6. Marian Statue**
  - Small enough to fit comfortably in chosen container.
  - Should be made from a material that will not deteriorate (resin, ceramic, etc.).
- 7. Scissors**
- 8. Pen**
  - For tracing and punching holes in plastic.
- 9. Plastic cup**
  - For scooping gravel and soil.
- 10. Decorations**
  - Moss (gathered from outside)
  - Rocks
  - Anything else you would like to include in the design.

## Planting List - 3 Kinds of Dish Gardens to Grow and Cultivate

The Mary's Gardens movement was founded by [John S. Stokes Jr.](#) in 1951 to research the hundreds of flowers named in medieval times as symbols of the life, mysteries and privileges of the Blessed Virgin Mary, Mother of Jesus. He spent much of his life faithfully sharing his findings and providing resources for others to begin their gardening journey. The Marian Library became home to the Stokes' archival collection in 2007 and was charged with his legacy to promote the cultivation of these gardens in honor of the Blessed Mother. Drawing from Stokes' original resources, we've compiled samplings of his lists of Marian flowers and plants into the following 3 categories:

### 15 Common Flowers for a Mary Garden

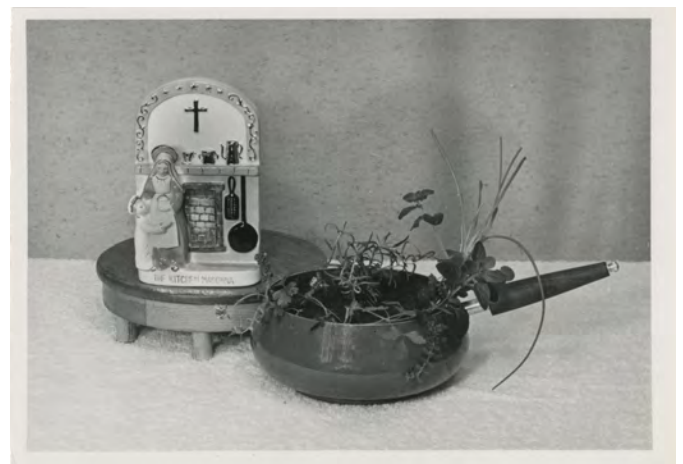
- Rose - Emblem of Mary
- Lily - Symbol of the Annunciation
- Violet - Our Lady's Modesty
- Pansy - Our Lady's Delight / Trinity Flower
- Carnation - Mother of God's Love
- Marigold - Mary's Gold
- Petunia - Our Lady's Praises
- Geranium - Gentle Virgin
- Baby's breath - Our Lady's Veil
- Iris - Mary's Sword of Sorrow
- Lily of the Valley - Our Lady's Tears / Ladder to Heaven
- Cornflower - Our Lady's Crown
- Columbine - Our Lady's Shoes / Pentecost flower
- Morning Glory - Our Lady's Mantle
- Fuchsia - Our Lady's Earrings



### Marian Herb Garden

#### (15 Culinary Plants with Religious Symbolism)

- Sage - Mary's Shawl
- Rosemary - Mary's Bouquet
- Basil - Holy Communion Plant
- Parsley - Our Lady's Little Vine / Our Lady's Lace
- Thyme - The Virgin's Humility
- Spearmint - Mary's Mint
- Lemon Balm - Sweet Mary
- Lavender - Mary's Drying Plant
- Strawberry - Fruitful Virgin
- Valerian - Our Lady's Needlework
- Chamomile - Mary's Plant
- Sorrel and Dandelion - Mary's Bitter Sorrow
- Fennel - Our Lady's Fennel
- Hyssop - St. Joseph's Plant
- Costmary - Bible Plant / Our Lady's Balsam



## 15 Marian Houseplants

### (Partial Sun/Shade)

Maidenhair Fern - Our Lady's Hair  
Plumosa Fern - Maiden's Hair  
Begonia - Mary's Heart  
Periwinkle/Myrtle - Virginity  
Kenilworth Ivy - Tears of Mary  
Spiderwort - Our Lady's Tears / Trinity Flower  
Lady of the Night Orchid - Lady of the Night  
Heart Vine / Rosary Vine  
African Violet - Madonna  
Bamboo Palm / Lady Palm  
Prayer Plant

### (Full Sun: 6+ hours a day)

Forget-Me-Not - Eyes of Mary  
Jasmine - Mary's Purity  
Golden Star Cactus or Hedgehog Cactus - Lady's Finger  
Passionflower - Flower of the Cross / Symbols of the Passion



## Where to Begin?

### Steps for creating your Mary Garden and tips to help it thrive:

There are 4 important aspects to consider when envisioning your Mary Garden, but these steps can be followed in no particular order based on which elements are most important to you.

**CONTAINER:** Decide which type of container you would like to use (pots, saucepan, teacups, etc.) Just make sure what you select is at least 3 inches deep. Consider repurposing an old item.

**MARY STATUE:** Select a Mary statue or other Marian themed object proportionate to your container. What images, symbols, or titles of the Blessed Mother resonate with you the most?

**PLANT SELECTION:** Take a trip to your local nursery and see if you can spot a few of the plants and flowers listed above. Choose 1-3 plants to focus on that will have similar lighting/care requirements. Start small and know you can always transplant if your plants outgrow their dish!

**LOCATION/LIGHTING:** The majority of plants on this list require lots of sun to thrive so please be aware of this as you choose a location for your dish garden. Windows receiving around 5+ hours of direct sunlight a day are best for an herb garden and most of the Marian flowers listed.

For easier care and lighting requirements, consider selecting from the Marian houseplants list or following along with the terrarium tutorial (supply list to follow). Also consider placing your dish garden outside during warmer months or skipping the dish all together and planting your garden straight in the ground!

## INDOOR DISH MARY GARDEN PLANTING & CARE

Growth. Plants grow by manufacturing food (sugar and starch) from absorbed water, nutrients, carbon dioxide and light in daytime, and by utilizing this food at night, at lower temperatures, with absorption of oxygen.

Air provides carbon dioxide to plant leaves, oxygen to leaves and roots, and nitrogen (through the agency of water and soil bacteria) to the roots.

Soil provides plant roots with support, water, nutrients and air. Outdoors, fine clay soils are preferred where it is desired to retain and draw up moisture, and coarse sandy soils where it is desired to drain off moisture and let in air. Indoors, where watering can be controlled closely, a medium-textured soil is desired which will retain moisture for at least a day and also permit good air penetration while moist. A good basic soil mixture for indoor dish gardens is 1/2 fine sand (salt free) and 1/2 milled sphagnum moss.

Nutrients required for plant growth can be provided in a water-soluble fertilizer supplied every several weeks during watering; in slowly soluble dry fertilizer blended with the basic soil mix; or in organic loam, compost or humus mixed in with the basic soil mix in a proportion of 1/3. Nutrients include nitrogen, potassium, phosphorus and, in lesser amounts, calcium, iron, sulphur and magnesium. Also required are trace elements, normally present in sufficient amounts in water, soil and the other nutrients: boron, zinc, manganese, copper, molybdenum, chromium, cobalt, nickel, aluminum and sodium.

Planting. Select a small figure of the Virgin or Virgin and Child and a dish or other container at least 3" deep, of a size suited to the figure. Decide whether you will place your garden in a North, East, South or West window, and, using the list of House Plants of Our Lady on the reverse side of this sheet, choose and procure plants suitable for this location which can be composed in artistic and symbolical unity with the figure. Then place a 1/4" layer of charcoal chips or pellets at the bottom of the container for absorption of excess, toxic amounts of nutrients or other salts which may accumulate. Fill with soil mixture to 5/6 the height of the container (to 1/2" below the rim of a 3" container), position the religious figure, and plant the plants, allowing a soil space around each of 1-1/2 times the diameter of its root mass. Firm the soil, water once and keep in the shade for 3 days. Then move to the planned window location and tend daily.

Watering. Add water by filling the space fully from the top of the soil to the rim of the container whenever the soil is found to be dry on inspection at morning or early afternoon. When tapped with a hard object a container will respond with a "rap" when the soil is still moist below the surface, and with a "ring" when it has dried. Inexpensive indicators are available to show soil moisture and dryness. Wash and brush off any insects with spray at sink.

Watching. The best available conditions of light, temperature and humidity in your house (and outdoors in warm weather) for your House Plants of Our Lady must be found by watching growth and making changes it is judged will help it. Favorable conditions will result in vigorous, healthy growth and blooms. Unfavorable conditions can be recognized as follows: Insufficient light causes rapid but pale and spindly growth; low light - few blooms; excessive light - burning of foliage (brown or white patches). Insufficient humidity and/or soil moisture causes wilting or drying of foliage; excessive humidity - flabby growth; excessive soil moisture - slow root growth or rotting of root tips (causing browning of foliage tips). Freezing usually kills; insufficient heat retards growth; excessive heat produces distorted or accelerated growth.

Rest. Most plants require 8 to 10 weeks rest period each year, corresponding to the cold or dry periods in their native habitats. When plant growth slows and stops, reduce temperature, light, moisture and nutrients for 8 to 10 weeks. Then resume normal care for a new cycle of growth. Prune roots and shoots, as required, at start of growth period to retain desired size.

## Additional Mary Garden Resources

- The Mary's Garden website, content transferred to the Marian Library:  
<https://udayton.edu/marianlibrary/marysgardens/>
- Digitized selections of the John Stokes and Mary's Garden collection in eCommons: [https://ecommons.udayton.edu/imri\\_stokes/](https://ecommons.udayton.edu/imri_stokes/)
- "Who was John Stokes?" Marian Library blog post:  
<https://udayton.edu/blogs/marianlibrary/2017-04-03-who-was-john-stokes-jr.php>
- "The Inspiration Behind Mary's Gardens" Marian Library blog post:  
<https://udayton.edu/blogs/marianlibrary/2017-05-04-woods-hole.php>
- Native Mary Garden Design Plans from the Marianist Environmental Education Center (MEEC):  
[https://meec.center/files/attachments/post/mary\\_garden\\_layout.pdf](https://meec.center/files/attachments/post/mary_garden_layout.pdf)
- The archived websites of John Stokes and a blog by Vincenzina Krymow:  
<https://archive-it.org/collections/6536>
- Mary's Flowers: Gardens, Legends, and Meditations for purchase on Amazon:  
<https://www.amazon.com/Marys-Flowers-Gardens-Legends-Meditations/dp/0867165138>
- Mary's Flowers in Contemporary Art by Holly Schapker (archived website):  
<https://wayback.archive-it.org/4727/20170823041320/https://www.udayton.edu/imri/art/past-exhibits/past-exhibits-archived/marys-flowers-in-contemporary-art-schapker.php>
- Fun and Games with Mary - Activities and Downloads from the Marian Library website: <https://udayton.edu/marianlibrary/fun-and-games-with-mary/index.php>
- Selection of statues for purchase online by artists from across the world via Etsy:  
<https://www.etsy.com/search?q=virgin%20mary%20figurine>