

# Garden for the Senses

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## Synopsis

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A celebration of the senses with practical advice on how to enhance sensory experience in your garden  
Step outdoors and let your space nourish all of your senses and settle a busy mind.  
Discover how to garden to enliven all five senses - touch, sight, hearing, smell, and taste - to build a connection with the world around you and bring joy and wonder into the everyday. Find out how simply being outside can help to ground and calm you, and learn what plants to grow to nourish both your mental and physical wellbeing.  
Ideas on planting and maintaining your garden, which you can put into practice quickly and easily, show how you can improve the sensory enjoyment of your outside space - no matter where you live and no matter what size your plot.  
Whether you want to fill a space with an uplifting fragrance, create a calming colour scheme, grow richly aromatic herbs, or select trees and shrubs for their soothing sounds, you can turn your plot into a sensory delight as a way to connect to the natural world around you.  
Kendra Wilson is a UK-based gardening writer. She writes regularly for magazines including Gardens Illustrated and The Telegraph, and also contributes to House & Garden magazine. She is a longtime contributor to the American style blog Gardenista. Her first book, My Garden is a Car Park and other Design Dilemmas, was released in 2017.

## Reader's comments

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