

**HORTICULTURAL THERAPY**  
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## Fruit, Vegetable and Herbed Waters

Stimulate your patients' palate and hydrate the body with infused waters



One of the elements of maintaining a healthy body is proper hydration. For those who do not drink enough water, infused waters can stimulate the palate through fundamentals of colour, creativity, texture and, of course, great flavour.

- Preliminary research indicates that eight-to-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- Lack of water is the number one trigger of daytime fatigue.
- A 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.

Many people find the taste of water to be uninspiring. How about trying something different that takes the boring taste out of water - fresh fruit infused water?

Although not a new idea, the origins of fruit waters can be traced back to Spanish cuisine (known as aguas frescas). Trendy salons, shops and upscale places of business now provide these fruit waters as a great alternative to coffee, tea and caffeinated beverages.

The many types of infused waters that you can concoct are endless, dependent only on your sense of taste, your imagination and the combinations that complement each other.

When making these infused waters make sure that your produce is squeaky fresh and organic. Wash or rinse thoroughly before using any fruit, vegetable, herb or flower.

Never use anything with marks, blemishes or yellowing. Choose firm vegetables and fruits as they tend to have better colour and taste. Herbs and flowers can be used for flavour, accent or complement to the water's colour.

All fruit stems, seeds and rough spots should be cut off and removed. Waxy vegetables should not be included because the wax preserves the vegetable, but limits the absorption of flavour into the water. Only use flowers that are edible and grown organically.

For serving your magic mixture, use a polished clear glass vessel for clarity and eye appeal.

The following fruits, vegetables and herbs can be used in making delicious infused water.

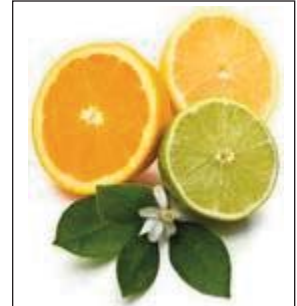
Don't forget to garnish or float edible flowers:



**Fruits and Vegetables:** apple, apricot, avocado, blackberry, black currant blueberry, cherry, Clementine, cucumber, elderberry, grape, grapefruit, kiwi fruit, lemon, lime, mango, melon, honeydew melon, watermelon, rock melon, nectarine, orange, pear, peach, plums, raspberry, strawberry.

**Herbs:** anise, mint varieties, lavender, basil, cilantro, lemon balm, dill, sweet woodruff, lemon grass, tarragon

**Flowers:** pansy, nasturtium, roses, hibiscus, daylilies



## Recipes

### Citrus water with cucumber slices

- One sliced lemon
- One sliced lime
- One sliced orange
- One sliced cucumber
- One half gallon of water

Place all fruits and vegetables into a glass picture and add water. Chill for two hours.

Add ice to keep cool.



### Chocolate fruit delight

- 1 sliced apple
- 1 sliced lemon
- 1 sliced orange
- 1 sliced pear
- Handful of strawberries
- Handful of chocolate mint

Place all fruits, berries and mint into a glass container, add one half gallon of cold water. Chill for two hours. You can also garnish with a mint leaf. You may add ice to keep cool.

### Canadian Delight

- 1 sliced delicious apple
- 1 sliced Bartlett pear
- A few sprigs of lemon balm

Place all fruits and herbs into a glass container, add one half gallon of cold water.

Chill for two hours, garnish also with pansies or nasturtiums flowers.

Add ice to keep cool

### Orange Mint Infusion

- Three naval oranges, sliced
- Handful of mint leaves (the mint boys) peppermint, grapefruit and spearmint.

Place all ingredients in a glass container and pour water over mixture; let cool for two hours. Serve with ice and garnish with extra mint leaves.



### Watermelon basil infusion

- 2 cups of seedless cubed or balled watermelon
- Handful of fresh purple basil
- One half gallon of fresh water

Place in a glass pitcher and pour water over mixture. Refrigerate for two hours, serve over ice.

### Lemon and Lavender Water

- Three lemons , thickly sliced
- ¼ cup fresh lavender
- One gallon of water

Pour water over the lemons and lavender. Refrigerate for two hours and serve over ice.

## Therapeutic goals of infused waters:



- Fresh ingredients provide good sources of vitamins and antioxidants.
- Great activity to encourage participants to choose healthy food choices.
- Excellent variety in a natural drink source to hydrate the body without artificial ingredients.
- Stimulates the senses through taste, colour, texture and fragrance.
- Preparation of these infused waters provides a range of movement and exercise.
- This activity provides good eye hand co-ordination and manual dexterity.
- Great educational activity to grow your own vegetables, fruits and herbs.
- Growing and harvesting these fruits and vegetables is a great nurturing activity.
- Wonderful activity for all ages and abilities.
- Making these waters provides a sense of gratification and quality of life.