



Vegetable Gardens

Benefits of gardening

- Reduces green house gases associated with transportation of produce.
- Families with home vegetable gardens eat more fruit and vegetables for improved nutrition. (1)
- Gardening provides exercise, stress reduction, and relaxation. For many Americans it provides a creative outlet, a sense of accomplishment, and the gardener's personal link to nature. (2)
- Familial bonds are strengthened as families work together on yard care and gardening activities. Children learn work skills and team skills through gardening projects.
- Community gardens and urban forestry projects contribute to lower levels of domestic violence. (3,4)
- Plants help remove chemicals and bacteria from water in the ground.

Did you know?

It has been estimated that produce travels an average distance of **1500 miles** before it is consumed.

Agricultural products are one of the top two commodities transported by semi-truck in the US.

In a 10 by 10 foot garden, one could grow 150 pounds of cherry tomatoes, which is the equivalent of keeping 27 pounds of CO₂ out of the atmosphere.



References:

- 1 Gardens for All. 1979. National Gardening Survey.
- 2 Relf, D. 1996. The psycho-social benefits of green spaces. Grounds Maintenance. March.
- 3 Sullivan, W.C., and Kuo, F.E. 1996. Do Trees Strengthen Urban Communities, Reduce Domestic Violence? Arborist News (4):33-34
- 4 Whiting, D.E. 1993. Unpublished data of the Ramsey County Master Gardener Program, University of Minnesota Extension Service.

