Benefits of Gardening

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What is gardening?

“ The practice of growing plants for their attractive flowers or foliage, and vegetables or fruits for consumption.” Wikipedia
Types of gardening

- Residential – around the home or condominium. i.e. containers, window boxes, balcony, yard space etc.
- Commercial – around business (usually referred to as landscaping)
- Public and private spaces – parks, botanical gardens etc.
Benefits of Gardening

- Economic
- Therapeutic
- Spiritual
- Exercise
Economic Benefits

- Reduced cost for fruits, vegetables, and herbs, and some flowers.
Therapeutic benefits

- Horticulture therapy – medical art using plants for persons with some health conditions, school, children, nursing homes and prisons.
- Provides a sense of accomplishment and improves self image
Spiritual Benefits

- The combination of colors, scents, textures, and a gentle breeze and nice temperatures can create a spiritual atmosphere.
- Digging into good soil or handling delicate plants does something to the soul.
Exercise

- Low impact
- Muscle toning
- Cardiovascular
- Stretching and flexibility
- Lowers blood pressure and cholesterol
- Improving blood flow / circulation