

How does your community grow?

Researchers have been trying to explain why people respond positively to plants and green spaces. One group suggests that people are overwhelmed by the noise and movement of the modern world. Plant environments are less chaotic and reduce stress. Some suggest that gardening fosters tranquility and peacefulness. In fact, researchers have found that simply looking at a plant can reduce stress, fear, anger and lower blood pressure and muscle tension. Green environments have been shown to foster healthy community life.

Community gardens can be a public demonstration of a how a community works together. If a neighborhood can work together to grow flowers or vegetables, they can use the same skills to grow vibrant, thriving communities.



Getting started on your garden

- **Five or six committed individuals, a youth group, a civic organization or an informal group of neighbors can decide to start or support a garden.**
- **Gardens can be on public or private land.**
- **The garden should be located near the organizers.**
- **While gardening is not complicated, training makes members more effective.**
- **A maintenance schedule and the budget will depend on the size and complexity of the garden.**