



# AUGUST

# URBAN GARDENING

*for sustainability and health*

Gardening, especially in urban settings ranging from apartment rooftops to business parking lots, has sprung up as a quickly growing trend. The appeal lies in offering the opportunity to grow fresh food in cities, providing a beautiful aesthetic to urban landscapes, and providing a health-promoting hobby to enthusiasts.

## Growing Well-being

**Stress Reduction:** A study published in *Frontiers in Psychology* found that participants who engaged in gardening activities had a significant reduction in cortisol levels (a key stress hormone) compared to those who engaged in other activities like reading. Gardening led to a 30% decrease in cortisol levels.

**Connection to Nature:** The American Horticultural Therapy Association states that spending time in nature, even through gardening in urban environments, can lower blood pressure and heart rate, contributing to an overall sense of calm and relaxation.

## Nourishing Human Health

**Access to Fresh, Nutritious Food:** Urban gardens provide easy access to fresh, organic produce, improving dietary habits and overall nutrition.

**Movement:** Studies show that gardening can burn up to 330 calories per hour for individuals weighing around 155 pounds. Activities like raking, mowing, or pushing a wheelbarrow are excellent for heart health.

## Sprouting Sustainability

**Reduction of Carbon Footprint:** By growing food locally, urban gardens reduce the need for transportation, cutting down on greenhouse gas emissions.

**Biodiversity:** These gardens create habitats for pollinators like bees and butterflies, contributing to biodiversity and healthy ecosystems in urban areas.

More resilient cities are created when humans come together to nurture nature in the concrete jungle.