

Why should I garden?

- Gardening can count as a form of exercise
- Caring for a garden reduces stress levels and anxiety
- You can strengthen your immune system
- It's cheap! People can save up \$600 per year on produce
- Home-grown produce has more nutrients and flavor since it isn't artificially ripened
- You will have fewer chemicals from fertilizers and pesticides in your diet
- People who garden are more likely to have a sustained, healthy diet.