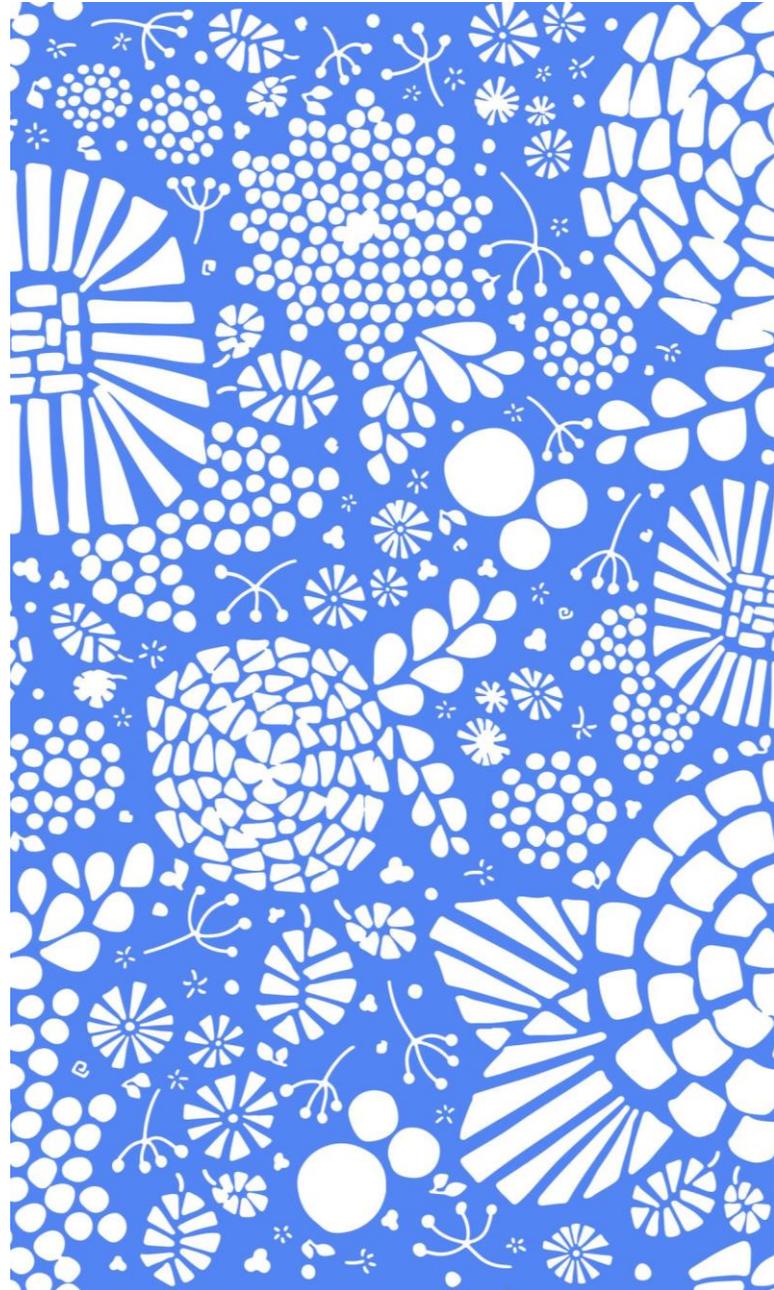


The Many Benefits of Gardening!

From Victory Gardens...

... to entering the « zone »





« Few activities are more life -giving »

—Dr. Seth J. Gillihan, PhD, Assistant Professor of Psychiatry, University of Pennsylvania



**Does gardening benefit our
health? In what ways?**



**Here are
just a
few
physical
benefits:**

Reduced risk of stroke

Helps prevent osteoporosis, dementia

Burns calories, keeps you fit

Stress reduction: reduces depression, anxiety

Boosts your immune system

Fosters profound connections to the land

"A regular dose of gardening can improve public health"



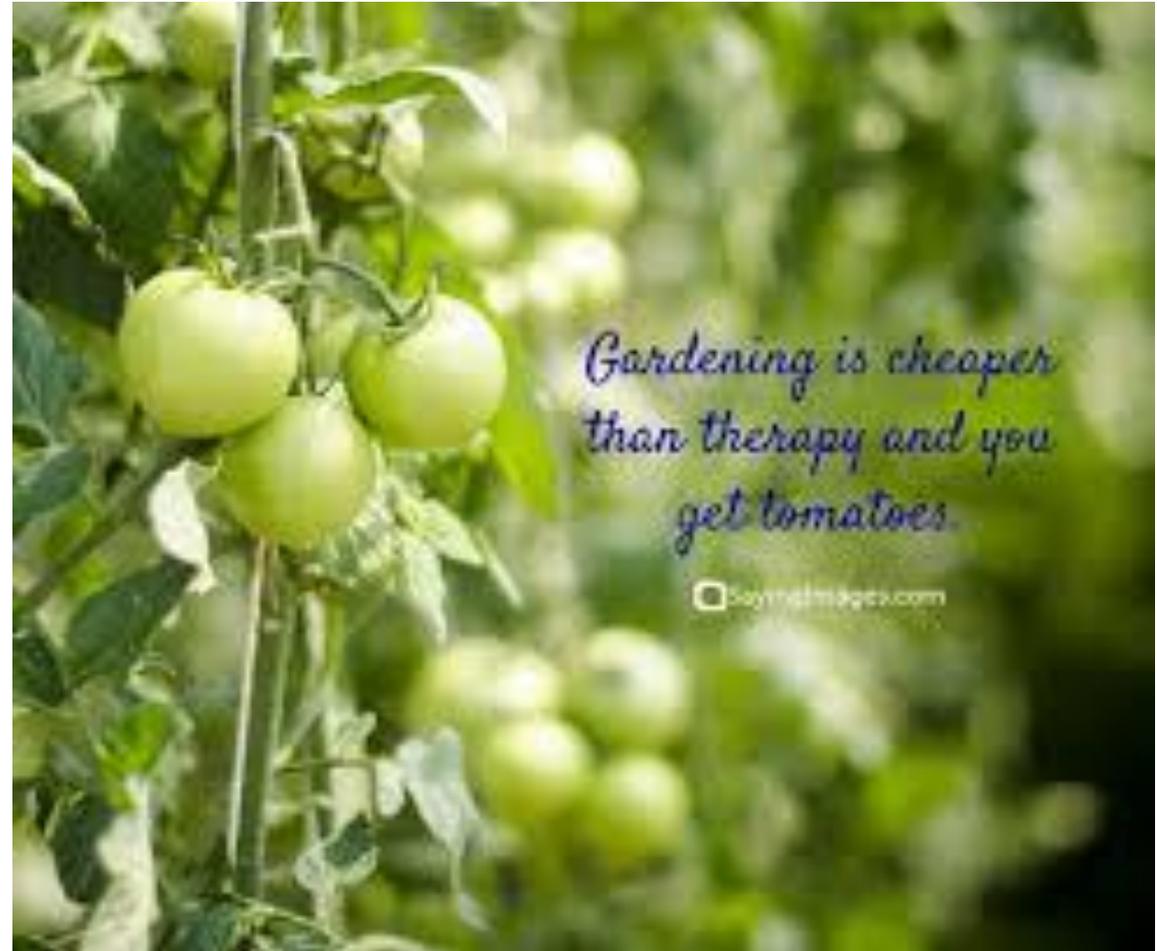
- Gardening improves health outcomes for many chronic diseases: depression, anxiety, diabetes, obesity, circulatory and heart disease
- It increases longevity!
- The National Heart, Lung and Blood Institute (US) recommends gardening to reduce blood pressure
- Gardeners in their 60's and 70's found to have 36%-47% lower risk of developing dementia





Gardening is about connection

- It can be “an antidote to the modern world.”
- It helps people develop a profound connection to the land.
- It connects us to natural rhythms.
- Gardening is scientifically proven to improve life satisfaction, quality of life, and sense of community
- It fosters empathy and compassion



When children garden...



- Children exposed to dirt in the formative years develop healthier, stronger immune systems and have a lower incidence of asthma, eczema and allergies later in life
- Gardening can counteract what is coming to be known as “nature deficit disorder” in children (term coined in 2005)
- They get hands-on, direct sensory experience of the natural world...and know where their food comes from.



« *shinrin-yoku* »

Forest-bathing

- By simply being in nature and using our five senses, “shinrin yoku” is a bridge that connects us to the natural world.
- We don’t need to have a plan...we don’t need to live up to any standards, or perform
- Dr. Qing Li, a researcher, has found it has beneficial effects on many illnesses: cancer, strokes, ulcers, depression, anxiety; it boosts immunity and aids sleep





But above all, home-grown food is simply delicious and deeply satisfying!



Victory Gardens in Canada



- First encouraged during WW1 as « war gardening »
- -reached its peak in 1944, when there were an estimated 209,200 Victory Gardens in Canada, that produced around 57,000 of vegetables. (The total population of Canada in 1945 was 12 million)
- The Cdn Dept of Ag was opposed to the trend. they felt that “unskilled” gardeners would create high demand for tools and tax Canada’s seed supply





What about now?

According to Stats Can: in 2013, 57% of Canadian households reported growing their own fruit, herbs, vegetables, or flowers.

- Sylvain Charlebois, of Dalhousie University, says our Canadian food supply chain is strong.
- There is no shortage of food, but there are temporary disruptions of supply in some circumstances (A potato farmer with 19 million lbs of potatoes but no restaurants to ship to; temp. closure of AB meat packing plant)
- In winter/spring, 40% of Canadian food supply comes from or passes through the US
- The cost of fresh produce at the grocery store keeps rising.

And here in Québec...?



- Farmers and suppliers are reporting double, triple and even five times as many orders as other years
- Stokes is no longer taking orders from individuals in order to honour orders from farmers
- However, there is no seed or bedding plant shortage in Quebec (2020).
- Some companies have to shut down their website or phone orders temporarily in order to catch up with orders.





Getting started...



- “The best way to get started is to meet other gardeners, because the amount of info can be overwhelming...”

--Katherine Brown, Executive Director, Southside Community Land Trust



Inch by inch, row by row...

..gonna make this garden grow

All you need is a rake and a hoe

And a piece of fertile ground....



Thank you to our funders



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