

# Ready, Set, GROW!

## Resources Health Benefits Gardening

### General

<https://www.thehealthy.com/mental-health/self-care/health-benefits-of-gardening/> all

<https://www.bbc.com/worklife/article/20181210-gardening-could-be-the-hobby-that-helps-you-live-to-100> intro

<https://www.sciencedirect.com/science/article/pii/S2211335516301401#:~:text=Indeed%2C%20the%20positive%20association%20with,activity%20levels%2C%20and%20cognitive%20function>

<https://www.amazon.com/Well-Gardened-Mind-Healing-Plants-Outdoors/dp/1476794464> horticultural therapy, mental

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6125071/> national institute of

health <https://plantspeopleplanet.org.au/j1/j4/>

[https://www.canr.msu.edu/news/what\\_are\\_the\\_physical\\_and\\_mental\\_benefits\\_of\\_gardening](https://www.canr.msu.edu/news/what_are_the_physical_and_mental_benefits_of_gardening)

### Vitamin D

<https://www.gardenoflife.com/blog/getting-enough-sunshine>

<https://pubmed.ncbi.nlm.nih.gov/20072137/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3983246/>

<https://www.ncbi.nlm.nih.gov/pubmed/30945275>

<https://www.healthline.com/nutrition/vitamin-d-from-sun#amount-of-skin>

### Color psychology

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1297510/>

<https://www.verywellmind.com/color-psychology-2795824>

<https://www.apa.org/monitor/apr01/greengood>

<https://www.verywellmind.com/color-psychology-green-2795817>



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lsa.umich.edu/psych/people/emeriti-faculty/rkaplan.html

## Stress

<https://www.forbes.com/sites/jeannecroteau/2019/03/27/how-gardening-can-fight-stress-and-improve-your-life/?sh=6087c87d6b5f>

<https://pubmed.ncbi.nlm.nih.gov/19999748/>

<https://www.healthline.com/nutrition/12-benefits-of-meditation>

## Nutrition

[https://www.sciencedirect.com/science/article/pii/S0889157516302113?fbclid=IwAR3IzIfE23dymTnMII8pkTD1rgpdQtU\\_ewaVdufM8xBUHVJq8fqutvYxqd0](https://www.sciencedirect.com/science/article/pii/S0889157516302113?fbclid=IwAR3IzIfE23dymTnMII8pkTD1rgpdQtU_ewaVdufM8xBUHVJq8fqutvYxqd0)

[https://www.hpj.com/crops/healthy-soils-lead-to-healthy-food-and-added-value-for-all/article\\_410aa5e8-062d-527a-bb13-432e8c227cf5.html](https://www.hpj.com/crops/healthy-soils-lead-to-healthy-food-and-added-value-for-all/article_410aa5e8-062d-527a-bb13-432e8c227cf5.html)

<https://ag.umass.edu/news-events/highlights/growing-nutrient-dense-vegetables>

<https://pss.uvm.edu/ppp/articles/whygrow.html>

[https://www.researchgate.net/publication/263117318\\_The\\_benefits\\_of\\_gardening\\_and\\_food\\_growing\\_for\\_health\\_and\\_wellbeing](https://www.researchgate.net/publication/263117318_The_benefits_of_gardening_and_food_growing_for_health_and_wellbeing)

## Kids

<http://gardening.cals.cornell.edu/program-tools/benefits-and-research/key-findings/>

## Special Needs

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3372556/>

<https://blog.anytimefitness.co.uk/fitness/avoiding-back-pain-when-gardening/>

[https://www.epa.gov/sites/production/files/2015-10/documents/elder\\_accessible\\_gardening.pdf](https://www.epa.gov/sites/production/files/2015-10/documents/elder_accessible_gardening.pdf)

<http://blog.arthritis.org/living-with-arthritis/helpful-garden-tools/>



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