

Fold me

"Someone is sitting in the shade today because someone planted a tree a long time ago"

- *Warren Buffet*



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Fold me

**GO GREEN FOR POSITIVITY!**

 Varies

 Varies

 Varies

## Get Planting

Gardening doesn't only boost the health of your geraniums. The simple act of pruning a hedge can also provide significant health benefits.

- Growing a garden encourages people to engage in other behaviors and activities that promote wellness. For example, gardeners consume more fruits and vegetables than non-gardeners.
- Home gardeners who choose to grow food organically reduce their exposure to pesticides.
- People end up potentially eating produce with a higher nutrient content.
- Gardening also reduces stress and improves mental health.
- A study showed that gardening also counted as moderate-intensity exercise and can help women live longer.

### Ingredients

With summer around the corner and all these benefits, what are you waiting for?! Here's what you need to get started.

- Sun
- Water
- Nutrients and Soil

## Get in the zone!

To better understand your climate, get familiar with the plant hardiness zones. They're based on the coldest winter temperatures, which will help you determine which plants are likely to do best in a particular location. The USDA offers a helpful map <https://planthardiness.ars.usda.gov/PHZMweb> that shows which plants are most likely to grow in which parts of the U.S. This information is especially useful for growing perennial plants — that is, plants like trees, shrubs, and many flowers that can live for several years — because often it's the coldest winter temperatures that determine where these plants can thrive.

Whether it's your home garden, a neighborhood garden or planters in your apartment or on the porch, look for opportunities to start growing something green today!

\*sources,

Gardening 101: What to know to actually see your garden grow,  
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