



7 Advantages of growing your own garden

1. Active gardeners live longer than couch potatoes according to a 2018 article published in the journal Clinical Medicine. Gardening not only provides a constant supply of fresh vegetables but it can also reduce stress and increase vitamin D exposure from the sun. Gardening also offers a sense of accomplishment and purpose as well as social interaction, another important key to longevity.
2. Active gardeners burn roughly 330 calories an hour contributing to weight loss over non-active neighbors.
3. Active gardeners eat healthier with more fruit and vegetables than non-gardeners.
4. Active gardeners have access to fresh and tasty vegetables, fruits and berries. Handpicked produce matured in sun and soil taste better than store bought packaged produce.
5. Gardening is cheaper on the wallet than store bought produce. Proper soil and watering technique keeps the cost of gardening low.
6. Active gardeners are exposed to sunlight that produces serotonin, which helps raise your mood.
7. Active gardeners are less stressed than non-gardeners. Research shows that even half an hour of garden work reduces the stress hormone cortisol in the body.

