

Community Wellness Team  
Benefits of Gardening & Gardening Resources



Topic	Link
Did you know that gardening increases <b>brain health</b> to prevent Alzheimers, and also encourages heart health and cuts stroke risk!	<a href="#">5 Benefits of Gardening You May Not Know</a>
Raised beds and table gardens can be a great solution to make gardening accessible for anyone! Read more about <b>accessible garden</b> ideas	<a href="#">Read more about accessible garden ideas here</a>
Do you <b>know your garden zone</b> ? What will grow in our climate?	<a href="#">Click here to find your local <b>Plant Hardiness Garden Zone</b></a> , and find a list of plants that grow well in your climate.
Don't forget the bees! Pollinators are needed and without them we would produce less crops in Manitoba.	<a href="#">Click here for a list of things you can plant to get your garden buzzing!</a>
<b>GROW-A-ROW!</b> Winnipeg Harvest supplies over 300 food banks across the province and gratefully accepts produce donations.	<a href="#">Click here to find the phone number</a> for the nearest food bank to see if they are able to accept your produce. <a href="#">Click here for more details and to register with Winnipeg Harvest Grass to Garden Guide</a> from Winnipeg Harvest
<b>Gardening with kids</b> is a great way to keep them active and teach them about nature. Best of all, it's fun and kids love to play in the dirt!	<a href="#">Gardening With Young Children Helps Their Development</a> <a href="#">Children Gain Educational Benefits from Gardening</a>
<b>Be sun safe</b> while enjoying all the outdoor benefits of gardening.	<a href="#">Information and links from Health Canada</a> about the harmful effects of extreme heat, UV radiation, and first aid tips for sunburn and heat illness.

