

Community Wellness Team

Benefits of Gardening & Gardening Resources



Topic	Link
Did you know that gardening increases brain health to prevent Alzheimers, and also encourages heart health and cuts stroke risk!	5 Benefits of Gardening You May Not Know
Raised beds and table gardens can be a great solution to make gardening accessible for anyone! Read more about accessible garden ideas	Read more about accessible garden ideas here
Do you know your garden zone ? What will grow in our climate?	Click here to find your local Plant Hardiness Garden Zone, 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.	Click here for a list of things you can plant to get your garden buzzing!
GROW-A-ROW! Winnipeg Harvest supplies over 300 food banks across the province and gratefully accepts produce donations.	Click here to find the phone number for the nearest food bank to see if they are able to accept your produce. Click here for more details and to register with Winnipeg Harvest Grass to Garden Guide from Winnipeg Harvest
Gardening with kids 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!	Gardening With Young Children Helps Their Development Children Gain Educational Benefits from Gardening
Be sun safe while enjoying all the outdoor benefits of gardening.	Information and links from Health Canada about the harmful effects of extreme heat, UV radiation, and first aid tips for sunburn and heat illness.

