

# *Benefits of Gardening*

Prepared by:  
Etobicoke Master Gardeners



Presented with:  
Humber Arboretum

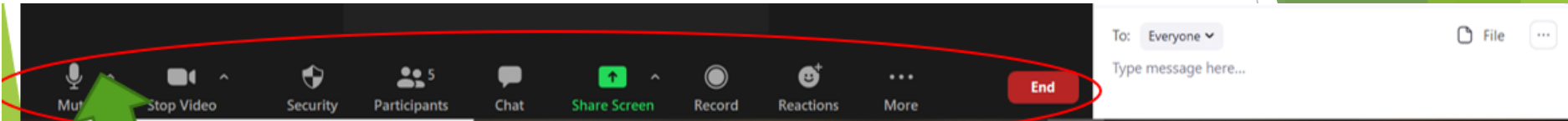


Etobicoke Master Gardeners  
[www.etobickemastergardeners.ca](http://www.etobickemastergardeners.ca)

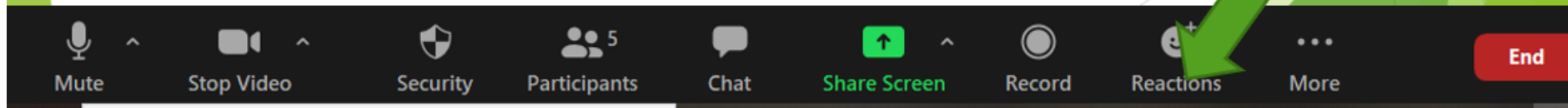
Humber Arboretum  
[www.humberarboretum.on.ca](http://www.humberarboretum.on.ca)

# Welcome to the virtual world

## Zoom Tips & Tricks

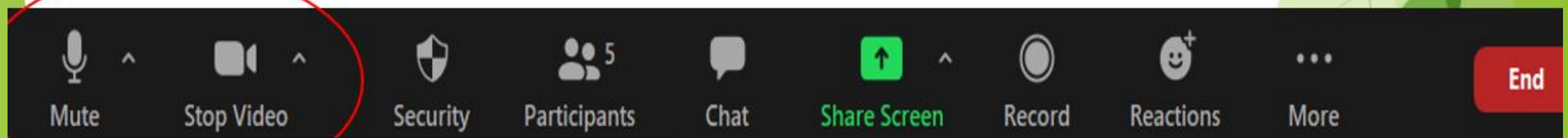


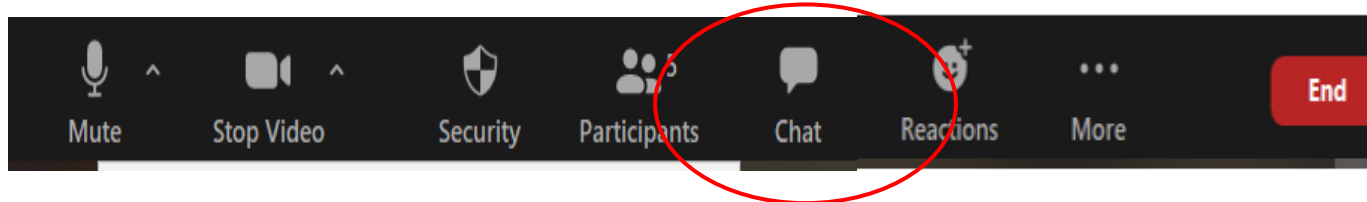
“Mouse over” the screen area to wake up the functions.



**KR** Your Name

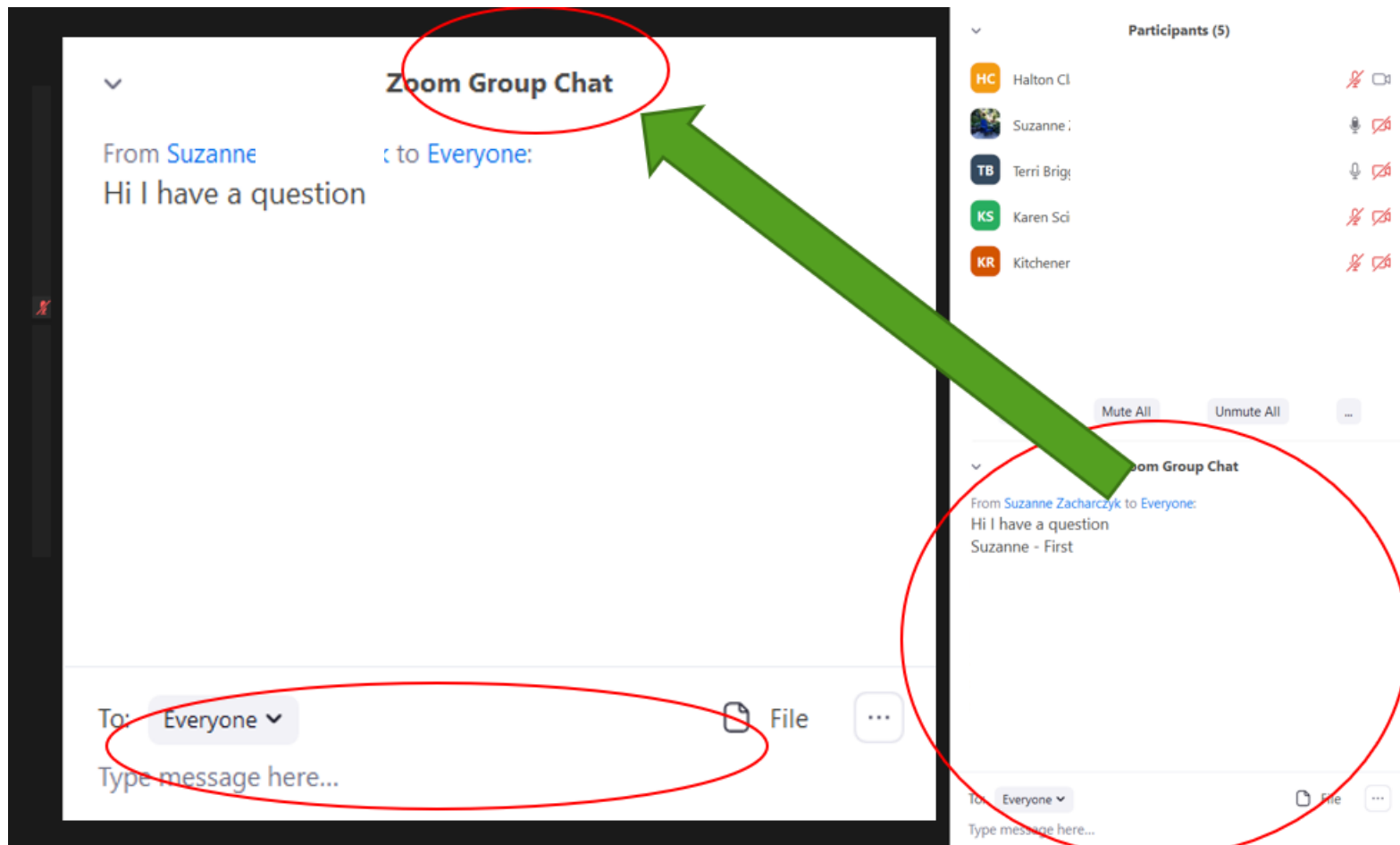
Mute yourself and turn off video unless you are the presenter.





## How to ask a question:

- ✓ Click on “Chat” in the functions
- ✓ Type in your question. A moderator will read it.



# Master Gardeners of Ontario



Etobicoke Master Gardeners

[ABOUT US](#)

[CONTACT US](#)

[CALENDAR OF EVENTS](#)

[COMMUNITY ACTIVITIES](#)

## Etobicoke Master Gardeners

**Etobicoke Master Gardeners (EMG)** was formed in January 2005 and is meant to cover the west side of Toronto and take in those people who want to study for the Master Gardener (MG) designation.

Meetings are held at the [Montgomery Inn](#) on the fourth Wednesday of most months from 7 to 10 p.m.

EMG comprises 36 active members: 26 Master Gardeners (MG) and 10 Master Gardeners in Training (MGIT) who are in the process of studying for Master Gardener Certification. We welcome inquiries from enthusiastic and interested individuals wishing to learn more about joining our





# Humber Arboretum



A partnership of:



About

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# LAND ACKNOWLEDGEMENT

Humber Arboretum and Humber College are located within the traditional and treaty lands of the Mississaugas of the Credit.

Known as Adoobiigok [A-doe-bee-goke], the “Place of the Alders” in Michi Saagiig [Mi-Chee Saw-Geeg] language, the region is uniquely situated along the Humber River Watershed, which historically provided an integral connection for Anishinaabe [Ah-nish-nah-bay], Haudenosaunee [Hoeden-no-shownee], and Wendat [Wine-Dot] peoples between the Ontario Lakeshore and the Lake Simcoe/Georgian Bay regions.

Now home to people of numerous nations, Adoobiigok continues to provide a vital source of interconnection for all.





# Session Topics

- ✓ Introduction
- ✓ What is Gardening?
- ✓ Benefits of gardening
  - ✓ Environment
  - ✓ Property Value
  - ✓ Educational
  - ✓ Mental Health
  - ✓ Physical
  - ✓ Culinary Passion
  - ✓ The simple joy of it

# What is Gardening



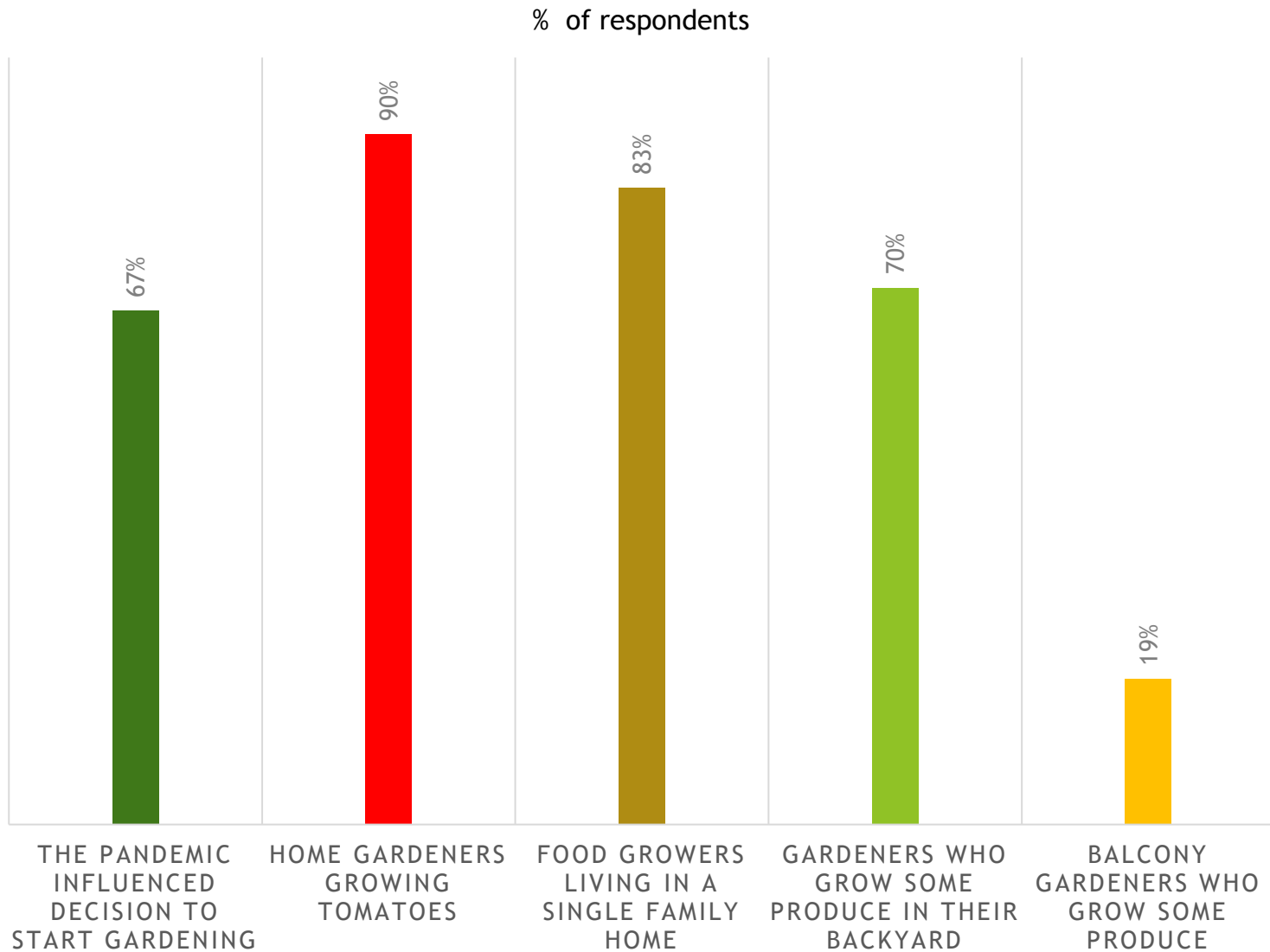
# What is a Gardener?



“Gardening is the art or activity of tending and cultivating a piece of ground which becomes a garden”

Susan Hill  
Through the Garden Gate

# Pandemic Gardening is *definitely a thing*



# Benefits of Gardening: Environmental



# Ecology in your garden

- ✓ Encourage pollinators, birds, and wildlife
- ✓ Can be responsible for pollinating plants, ingest and spread seeds
- ✓ Control insect populations

Photo by EMG

Photo by EMG - Ray





# Benefits of Gardening to the Environment

## *Sustainable Benefits of Gardening - Rainwater*

Photo by EMG

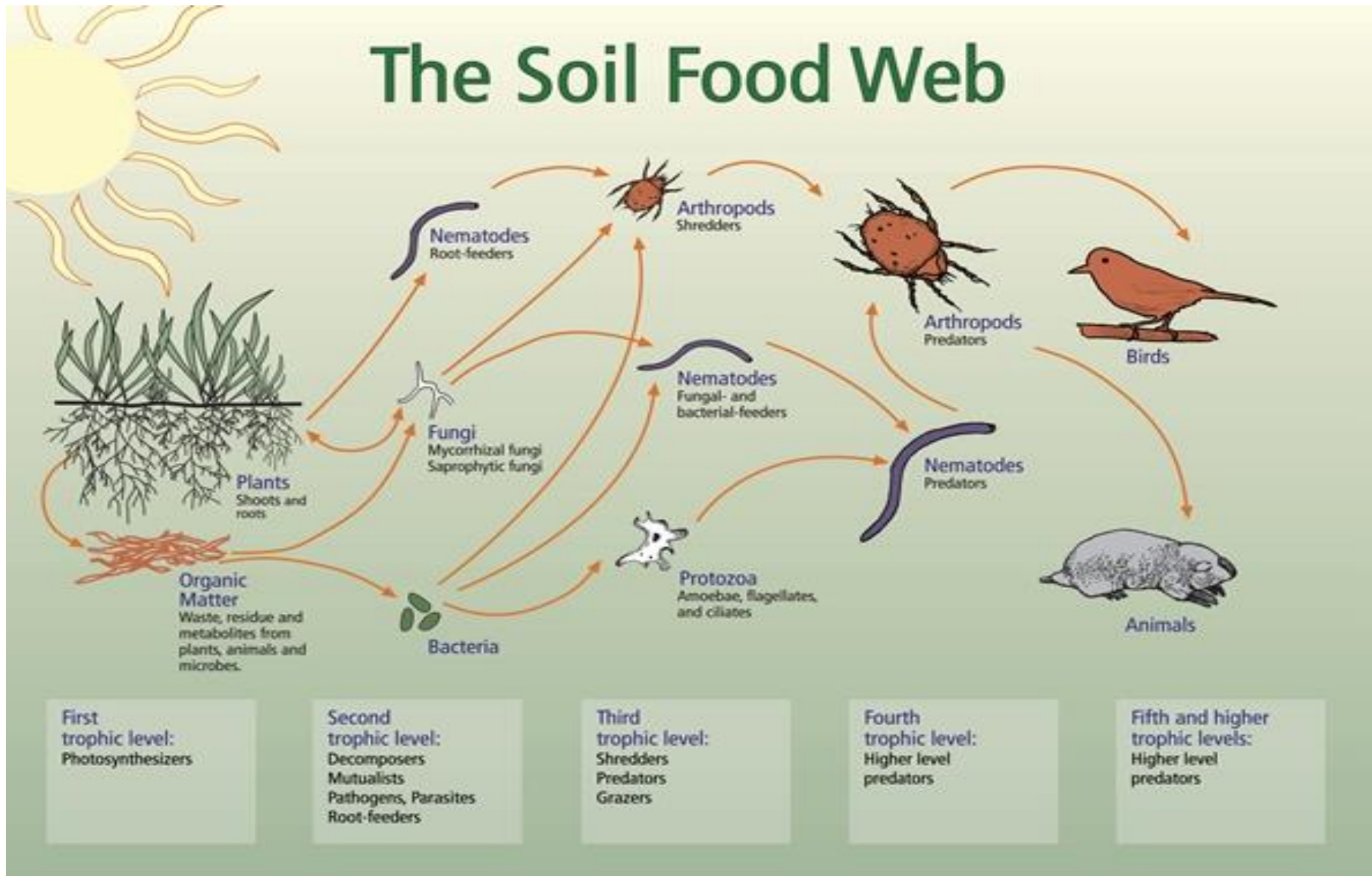


# Benefits of Gardening to the Environment

## *Sustainable Benefits of Gardening - Composting*



# The Soil Food Web



# Benefits of Gardening: Property Value



# Benefits of Gardening to your Property Value



Photo by EMG



# Benefits of Gardening to your Property Value



Photo by EMG



Photo by EMG

# Benefits of Gardening: Educational

# Benefits of Gardening to your Education





# Get Connected



Photo by EMG

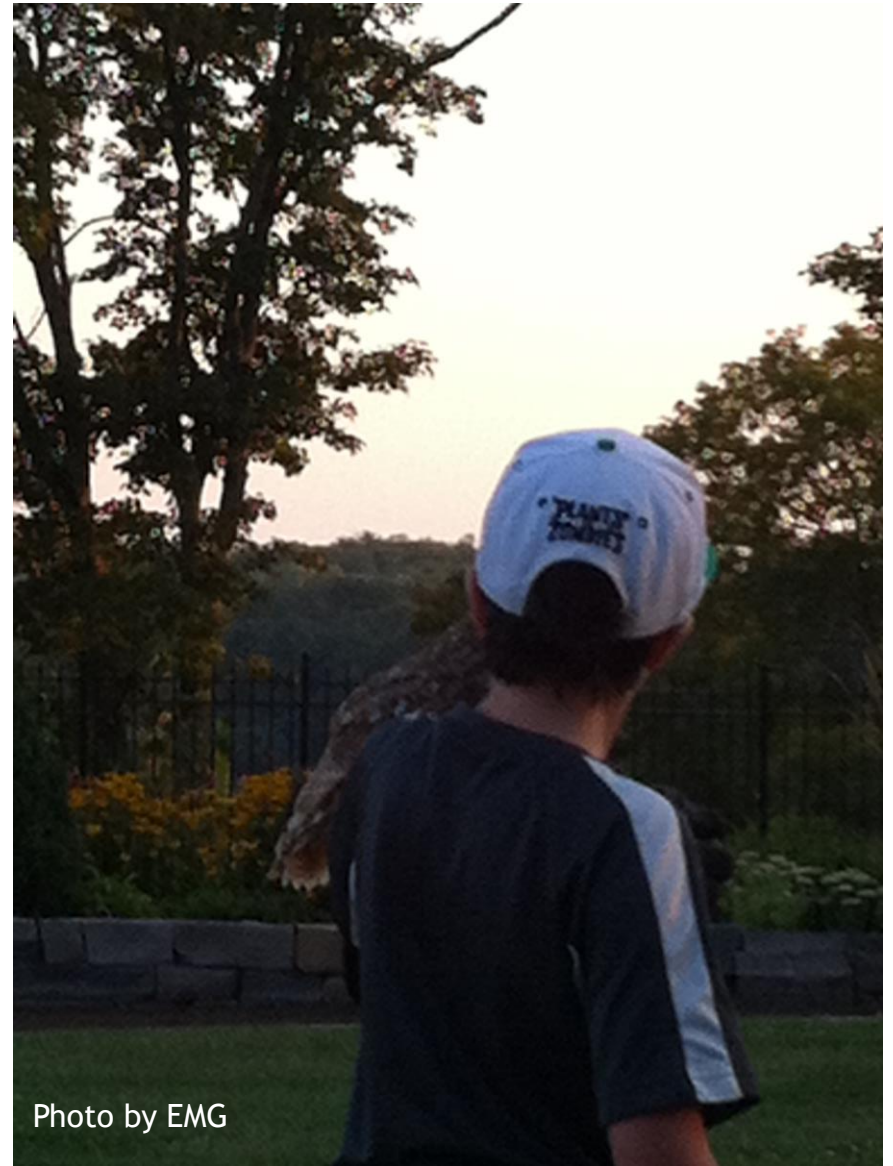


Photo by EMG

The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic feel. The shapes are layered, with some appearing more prominent than others, and they extend towards the right and bottom edges of the frame.

# Benefits of Gardening: Mental Health

# Benefits of Gardening on your Mental Health

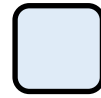


[www.gardentags.com](http://www.gardentags.com)

# Benefits of Gardening: A Quick Poll



# Match the picture to the plant & it's benefits



## **Calendula** (*Calendula officinalis*)

Diverse plant, frost tolerant, with lasting color. Historically used for medicinal and culinary purposes.



## **Gray-headed Coneflower** (*Ratibida pinnata*)

Native wildflower, tough plant, great for cuttings. Gained worldwide popularity as the No. 1 herbal medicinal.



## **Lavender** (*Lavandula angustifolia*)

Herb with many culinary uses, harvested for fragrant floral arrangements, sachets, and potpourri. Blooms early summer into fall.



## **Milkweed** (*Asclepiadaceae*)

Fragrant flowers producing nectar during the summer. Act as larvae host to Monarch butterflies.



## **Bergamot** (*Monarda*)

Drought tolerant native plant, providing flowers from June to August, attracting birds, butterflies, hummingbirds, bees, other showy Insects.

# Match the picture to the plant & it's benefits



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# Benefits of Gardening: Physical



# Benefits of Gardening to the your Physical Health

## The Physical Benefits of Gardening



**WEIGHT LOSS**



**BLOOD  
CIRCULATION**



**FLEXIBILITY**



**REDUCED  
BONE LOSS**



**STRONGER  
IMMUNE SYSTEM**



**VITAMIN D**



**STRENGTH**



**IMPROVED  
COORDINATION**

# Workout Tips



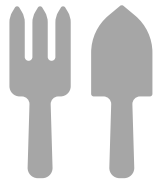
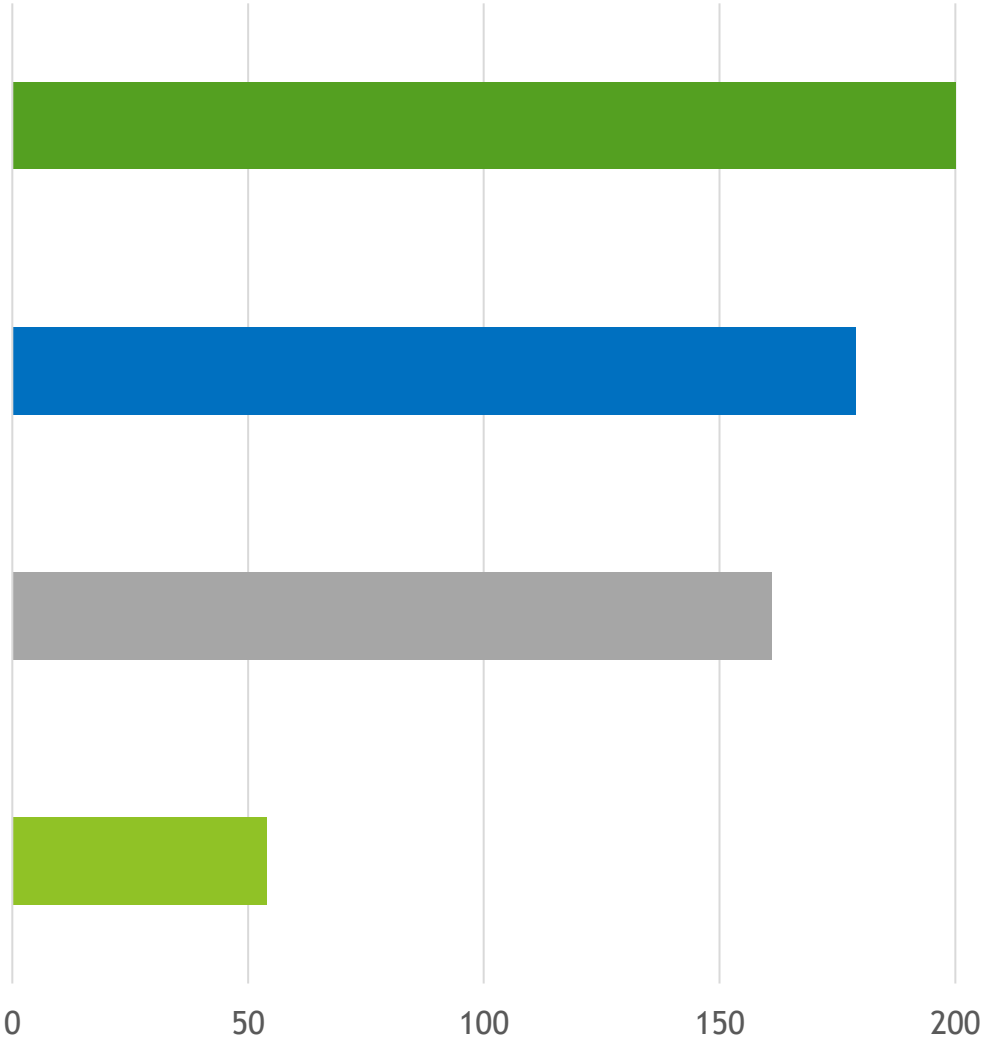
<http://www.elgt.org.uk/projects/health-wellbeing/hailes-quarry-park-outdoor-gym>

# Burning calories

Calories per 30 minutes



Raking and bagging leaves



Digging and spading



Planting seedlings



Watering plants by hand



# Horticulture Therapy

- ✓ A professional practice that uses plants and **gardening** to improve mental and physical health



Photo by EMG

Gardening is fundamentally an act of enormous hope  
because everything you do in the garden is for the future.

BARBARA FRUM CANADIAN BROADCAST JOURNALIST BARBARA FRUM, 1937-1992

# Therapeutic gardens



Photo by EMG



Photo: [theriverwoodconservancy.org](http://theriverwoodconservancy.org)

# Benefits of Gardening: Culinary Passion



# Benefits of Gardening to your Culinary Passion



Photo by EMG

H  
A  
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V  
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!!



Photo by EMG

# Sun Lovers

- ✓ Tomatoes
- ✓ Peppers
- ✓ Squash
- ✓ Zucchini
- ✓ Okra
- ✓ Cucumbers
- ✓ Herbs; thyme, oregano, basil
- ✓ Fruit trees
- ✓ Berries





# Shady Characters

- ✓ Lettuce
- ✓ Beets
- ✓ Kale
- ✓ Parsnips
- ✓ Carrots
- ✓ Spinach
- ✓ Radishes
- ✓ Garlic
- ✓ Peas
- ✓ Parsley
- ✓ Lettuce
- ✓ Rhubarb





# Flowers for Food

- ✓ edible flowers can be grown as  
ornamentals or to add color to the salad
- ✓ Daylilies
- ✓ Nasturtiums
- ✓ Violets
- ✓ Borage
- ✓ Hyssop
- ✓ Lemon Verbena
- ✓ Marigolds



# Herb Garden

- ✓ Harvest herbs for culinary use
  - ✓ Wash and store them
- ✓ You can bring your herbs
  - ✓ Trim them and repot in new, clean soil.
  - ✓ Rinse the plant to remove insects and eggs
- ✓ Monitor the indoor herbs closely



Photo by EMG

# Easy care culinary herbs for Urban Gardens

- ✓ Basil (*Ocimum basilicum*)
- ✓ Chives (*Allium schoenoprasum*)
- ✓ Cilantro (*Coriandrum sativum*)
- ✓ Dill (*Anethum graveolens*)
- ✓ Lavender (*Lavandula*)
- ✓ Mint (*Mentha*)
- ✓ Oregano (*Origanum vulgare*)
- ✓ Parsley (*Petroselinum crispum*)
- ✓ Rosemary (*Rosmarinus officinalis*)
- ✓ Thyme (*Thymus*)



Photo by EMG



# Edible Weeds

- ✓ Garlic mustard
- ✓ Dandelion
- ✓ Plantain
- ✓ Purslane
- ✓ Mallow
- ✓ Lamb's Quarter



Purslane



Plantain



Mallow



The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic feel. The shapes are layered, with some appearing more prominent than others, and they extend from the top and right edges towards the center.

# Benefits of Gardening: The Simple Joy of it!

Let's get dirty!





*Stop and smell the roses...  
and other amazing smells!*



<http://idioms.languagesystems.edu>



Photo by EMG

# Join us an upcoming workshop

Saturdays 10 - 11 am

Pruning - October 16, 2021

Pests & Pathogens - November 13, 2021

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Humber Arboretum  
[www.humberarboretum.on.ca](http://www.humberarboretum.on.ca)



Photo by EMG



# Resources

- ✓ Etobicoke Master Gardeners Web Site
- ✓ Humber Arboretum, [Ontario Wildlife \(humber.ca\)](http://humber.ca)
- ✓ Better Homes & Gardens, Gardening for Health (2021)
- ✓ National Post, Pandemic Gardening (Oct 7/2020)



# Etobicoke Master Gardeners

Thank you!

Questions

