

CATEGORY: HORTICULTURE AS A CATALYST FOR SOCIAL INTERACTIONS

Apolitical Groups as a Catalyst for Social Interactions

Research has revealed that social connections and interactions are an important element of human health (Lavasseur et al., 2010; Leavell et al., 2019). Social theory helps to explain the role that groups play including those with a horticulture focus. Apolitical groups like master gardener programs, garden clubs, horticulture groups (Rare Fruit Councils, American Horticulture Society etc.) and green industry trade groups affiliate using horticulture as a common bond. Their social interactions focus on networking, creating sense of community and community service. These have a high degree of volunteerism and promote social interactions.

Research where social connections involve horticulture or gardening has investigated specific groups including children participating in school gardens (Pollin & Retzlaff-Furst, 2021), refugee place-making (Goralnik et al., 2022; Marsh et al., 2023; Ramburn et al., 2023), native American community gardening (Brown, 2020), adolescent health (Knoff et al., 2022), and young cancer survivors partnered with master gardeners (Winkels et al., 2020). Impacts on socialization and behavior where horticulture-centric activity is a catalyst continues to be studied (Pollin et al., 2021; Putra et al., 2020; Richardson et al., 2017; Rogers et al., 2019; Sachs et al., 2022; Day et al., 2020). This includes social prescribing, a newer strategy that is more common in Europe (Hardman et al., 2024; Leavell et al., 2019; Tierney et al., 2022).

Numerous studies on social affiliation through community gardens appears in the literature (Berg et al., 2023; Calcagni & Calenzo, 2024; Delshad, 2022; Kingsley et al., 2020). Isolation due to COVID-19, where community gardens played a role in social connections was explored by Harding et al., 2022 among others.

For related resources refer to category: Landscapes for Health – Community Gardens, and category: Horticulture for Health Overview – Gardening Health Benefits and Pandemic Gardening.

Key Organizations

[American Community Garden Association](#)

[AmericanHort](#)

[American Horticultural Society](#)

[Extension Master Gardener](#)

[GardenComm: Garden Communicators International](#)

[National Garden Clubs](#)

[Native Plant Societies](#)

[Plant Societies](#)

[Professional Organizations](#)

[The Garden Club of America](#)

Books, journals & epublications on horticulture as a catalyst for social interactions/apolitical groups

[American Journal of Community Psychology](#)

Nettle, C. (2014). *Community gardening as social action*. Routledge.

[Public Garden magazine](#) (American Public Gardens Association)

[Research Digest](#) (Children & Nature Network)

The American Gardener magazine (American Horticultural Society)

Truong, S., Gray, T., Tracey, D.K., & Ward, K.S. (2018). *The impact of Royal Botanic Gardens' Community*

Greening Program on perceived health, wellbeing, and social benefits in social housing communities in NSW. Western Sydney University.

Research & articles on horticulture as a catalyst for social interactions/apolitical groups

Recently published selected research & articles:

- Anderson, A.G., Messer, I., & Langellotto, G.A. (2021). [Gardeners' perceptions of U.S. native plants are influenced by ecological information and garden group affiliation](#). *HortTechnology*, 31(4).
- Anaëbo, J., Agbonome, P., Agu, A. et al. (2023). Exploring the use of landscape to enhance social interactions among the inmates of centres for destitute children. *International Journal of Innovative Environmental Studies Research*, 11(3).
- Bailey, A., & Kingsley, J. (2020). Connections in the garden: Opportunities for wellbeing. *Local Environment*, 25(11-12), 907-920.
- Barry, V., & Blythe, C. (2018). Growing pathways to well-being through community gardens and greenspace. Case studies from Birmingham and the West Midlands, UK. In Coles, Costa & Watson (Eds.) *Pathways to Well-Being in Design Examples from the Arts, Humanities and the Built Environment*. Routledge, 76-96.
- Bateman, A. (2023). Social and emotional learning benefits of urban pollinator gardens. Thesis: Tufts University.
- Battisti, A., & Calcagni, L. (2024). Avant gardening to grow the green city. In *Beyond the Garden*. Springer, 25-38.
- Baybutt, M., Dooris, M., & Farrier, A. (2019). Growing health in UK prison settings. *Health Promot Int.*, 34(4), 792-802.
- Berg, AC., Padilla, HM., Sanders, CE. et al. (2023). Community gardens: A catalyst for community change. *Health Promot Pract.*, 24(1_suppl), 92S-107S.
- Bølling, M., Niclasen, J., Bentsen P., & Nielsen, G. (2019). Association of education outside the classroom and pupils' psychosocial well-being: Results from a school year implementation. *Journal of School Health*, 89, 210-21.
- Boyer, R. Waliczek, T.M., & Zajicek, J.M. (2002). The master gardener program: Do benefits of the program go beyond improving the horticultural knowledge of the participants? *HortTechnology*, 12(3), 432-436.
- Brown, B., Dybdal, L., Noonan, C. et al. (2020). Group gardening in a native American community: A collaborative approach. *Health Promot Pract.*, 21(4), 611-623.
- Buck, D. (2014). Understanding the economics of investments in the social determinants of health. *Institute for Health Equity, UCL and Public Health England*.
- Burke, E. (2018). Expanding the social performance of food production landscapes: Measuring health and well-being benefits. *Landscape Research*, 43(5), 587-599.
- Calcagni, L., & Calenzo, A. (2024). Growing urban health. Questioning the role of urban gardening in distressed urban areas. *Designing Environments*.
- Christensen, S., Malberg Dyg, P., & Allenberg, K. (2019). Urban community gardening, social capital, and "integration"—a mixed method exploration of urban "integration-gardening" in Copenhagen, Denmark. *Local Environment*, 24(3), 231-248.
- Companion, M. (2016). Lessons from "The bucket brigade": The role of urban gardens in Native American cultural continuance. In J.C. Dawson and A. Morales (Eds), *Cities of farmers: Urban agricultural practices and processes*. University of Iowa Press, 126-140.

- Day, P., Gould, J., & Hazelby, G. (2020). A public health approach to social isolation in the elderly. *Journal of Community Nursing*, 34(3).
- DelSesto, M. (2019). People-plant interactions and the ecological self. *Plants People Planet*, 2(3), 201-211.
- Delshad, A.B. (2022). Community gardens: An investment in social cohesion, public health, economic sustainability, and the urban environment. *Urban Forestry & Urban Greening*, 70, 127549.
- Dept. of Health, State Government of Victoria Australia. (2021). Gardens for all – a health activity.
- Dicke, L.A., & Saitgalina, M. (2014). How can professional membership associations provide meaningful value for their members? Creating models of affiliation and engagement. American Society of Association Executives Foundation Membership Engagement Models of the Future Award. American Society of Association Executives Foundations.
- Dorn, S.T., Newberry, M.G., Bauske, E.M., & Pennisi, S.V. (2018). Extension master gardener volunteers of the 21st century: Educated, prosperous, and committed. *HortTechnology*, 28, 218-229.
- Dubová, L., Macháč, J., & Vacková, A. (2020). Food provision, social interaction or relaxation: which drivers are vital to being a member of community gardens in Czech cities? *Sustainability*, 12(22), 9588.
- Egerer, M., Philpott, S., Bichier, P. et al. (2018). Gardener well-being along social and biophysical landscape gradients. *Sustainability*, 10(1), 96.
- Egerer, M., Fouch, N., Anderson, E.C., & Clarke, M. (2020). Socio-ecological connectivity differs in magnitude and direction across urban landscapes. *Science Reports*, 10(1), 4252.
- Eng, S., Donoghue, C., Khun, T., & Szmodis, W. (2024). Growing, learning, sharing, and healing through Home Garden Network: A social capital framework. *Family Relations*.
- Fleming, L. (2023). Gardening's social side. *Cultivate*, 2(4).
- Fleming, L. (2023). Community farms promote sense of community. *Digging In*, 9(1), 7-8.
- Gall, E.A., Lerner, B.R., & Orvis, K.S. (2020). Self-efficacy is a valuable predictor of Extension master gardeners' likelihood to continue volunteering in the program. *HortTechnology*, 30(4).
- Gerich, J. (2014). Effects of social networks on health from a stress theoretical perspective. *Social Indicators Research*, 118(1), 349-364.
- Ghallab, R. (2024). Cultivating connections: Exploring the impact of community garden on social cohesion. Thesis: Swedish University of Agricultural Sciences.
- Glennie, C. (2020). Growing together: Community coalescence and the social dimensions of urban sustainability. *Sustainability*, 12(22), 9680.
- Gilbert, J., Chauvenet, C., Sheppard, B., & De Marco, M. (2020). "Don't just come for yourself": Understanding leadership approaches and volunteer engagement in community gardens. *Journal of Agriculture, Food Systems, and Community Development*, 9(4), 259-273.
- Glover, TD. (2021). Healthy garden plots? Harvesting stories of social connectedness from community gardens. *Int J Environ Res Public Health*, 8(11), 5747.
- Goralnik, L., Radonic, L., Garcia Polanco, V., & Hammon, A. (2022). Growing community: Factors of inclusion for refugee and immigrant urban gardeners. *Land*, 12(1), 68.
- Hall, C.R., & Knuth, M.J. (2019). An update of the literature supporting the well-being benefits of plants: Part 3 – social benefits. *Journal of Environmental Horticulture*, 37(4), 136-142.
- Han, S.H., Kim, K., & Burr, J. A. (2018). Stress-buffering effects of volunteering on salivary cortisol: Results from a daily diary study. *Social Science & Medicine*, 201, 120–126.
- Harding, D., Lukman, K. M., Jingga, M. et al. (2022). Urban gardening and wellbeing in pandemic era: Preliminary results from a socio-environmental factors approach. *Land*, 11(4), 492.

- Hardman, M., Hubbard, L., & Watson, H. (2024). Upscaling green social prescribing and urban agriculture in cities: Reflections on social and horticultural therapy in the United Kingdom. *The Professional Geographer*, 76(2), 170-179.
- Heilmayer, D., Reiss, N., and Buskirk, M. (2020). Community gardens cultivate positive experiences for refugees. *Journal of Therapeutic Horticulture*, 30(1), 25-35.
- Hennchen, B., & Pregernig, M. (2020). Organizing joint practices in urban food initiatives—A comparative analysis of gardening, cooking and eating together. *Sustainability*, 12(11), 4457.
- Hunter, R.F., Cleland, C., Cleary, A. et al. (2019). Environmental, health, wellbeing, social and equity effects of urban green space interventions: A meta-narrative evidence synthesis. *Environ Int.*, 130, 104923.
- Husk, K., Lovell, R., Cooper, C. et al. (2016). Participation in environmental enhancement and conservation activities for health and well-being in adults: A review of quantitative and qualitative evidence. *Cochrane Database Syst Rev.*, 2(5), CD010351.
- Hussein, H., Ishak, SA., & Omar, Z. (2016). Promotion of inclusive society through therapeutic sensory stimulation garden for the intergenerational society. *Environmental Processes Journal*, 1, 161.
- Jennings, V., & Bamkole, O. (2019). The relationship between social cohesion and urban green space: An avenue for health promotion. *Int J Environ Res Public Health.*, 16(3), 452
- Joung, D., Park, B.J., & Kang, S. (2022). Quality of life and mental health benefits of public participation in forest conservation activities in urban areas. *Int J Environ Res Public Health.*, 19(15), 9768.
- Kalaman, H., Knox, G.W., Wilson, S.B., & Wilber, W. (2020). A master gardener survey: Promoting pollinator-friendly plants through education and outreach. *HortTechnology*, 30(2).
- Kingsley, J., Foenander, E., & Bailey, A. (2020). “It’s about community”: Exploring social capital in community gardens across Melbourne, Australia. *Urban Forestry & Urban Greening*, 49, 126640.
- Knoff, KAG., Kulik, N., Mallare, J., & Dombrowski, RD. (2022). The association between home or community garden access and adolescent health. *Fam Community Health.*, 45(4), 267-271.
- Leavell, M.A., Leiferman, J.A., Gascon, M. et al. (2019). Nature-based social prescribing in urban settings to improve social connectedness and mental well-being: A review. *Curr Environ Health Rep.*, 6(4), 297-308.
- Lee, SM., Jang, HJ., Yun, HK. et al. (2022). Effect of apartment community garden program on sense of community and stress. *Int J Environ Res Public Health.*, 19(2), 708.
- Liamputtong, P., & Sanchez, E. (2022). Community gardens and social connectedness among rural older people. In Liamputtong (Ed.), *Handbook of social inclusion*. Springer.
- Litt, J.S., Schmiede, S.J., Hale, J.W. et al. (2015). Exploring ecological, emotional and social levers of self-rated health for urban gardeners and non-gardeners: A path analysis. *Social Science & Medicine*, 144, 1–8.
- Lynch, B. (2015). How can botanic gardens grow their social role. Lessons from the Communities in Nature Programme. Calouste Gulbenkian Foundation, 1-28.
- Mansourian, Y. (2021). Information activities in serious leisure as a catalyst for self-actualisation and social engagement. *Journal of Documentation*, 77(4), 887-905.
- Marques, B., McIntosh, J., & Kershaw, C. (2021). Therapeutic environments as a catalyst for health, well-being and social equity. *Landscape Research*, 46(6), 766-781.
- Marsh, P., Mallick, S., Kendal, D., & Riviere, R. (2023). Environmental place-making by the ‘out of place’: Migrants building connections to new landscapes through structured conservation activities. In Marsh & Williams (Eds.), *Cultivated therapeutic landscapes*. Routledge.
- Martin, W., & Vold, L. (2018). Building capacity through urban agriculture: Report on the askîy project. *Health Promot Chronic Dis Prev Can.*, 38(1), 29-35.

- McGuire, L., Morris, S.L., & Pollard, T.M. (2022). Community gardening and wellbeing: The understandings of organisers and their implications for gardening for health. *Health Place*, 75, 102773.
- Mehta, K., Lopresti, S., & Thomas, J. (2019). Addressing nutrition and social connection through community gardening: A South Australian study. *Health Promot J Austr.*, 30 Suppl 1, 5-8.
- Mejia, A., Bhattacharya, M., & Miraglia, J. (2020). Village Community Garden & Learning Center: Community gardening as a way to build cross-cultural community resilience in intersectionally diverse gardeners: Community-based participatory research and campus-community-partnered proposal. *JMIR Res Protoc.*, 9(10), e21218.
- Mmako, N.J., Capetola, T., & Henderson-Wilson, C. (2019). Sowing social inclusion for marginalized residents of a social housing development through a community garden. *Health Promotions Journal Australia*, 30(3), 350-358.
- Morais, M.V., Cattoor, B., & van Bueren, E. (2022). Engagement by design: How four residential gardens in the Randstad (NL) stimulate healthy interactions between individuals, community, and place. In *Environments by design: Health, wellbeing and place*. AMPS Architecture Media Politics Society, 176-185.
- Ng, T.K.S., Gan, D.R.Y., Mahendran, R. et al. (2021). Social connectedness as a mediator for horticultural therapy's biological effect on community-dwelling older adults: Secondary analyses of a randomized controlled trial. *Soc Sci Med.*, 284, 114191.
- Noone, S., & Jenkins, N. (2018). Digging for dementia: Exploring the experience of community gardening from the perspectives of people with dementia. *Aging Mental Health*, 22(7), 881-888.
- Norwood, MF., Lakhani, A., Maujean, A. et al. (2019). Assessing emotional and social health using photographs: An innovative research method for rural studies and its applicability in a care-farming program for youth. *Eval Program Plann.*, 77, 101707.
- Ochylski, R. (2017). [Better health through horticulture: Using horticulture to influence behavior and reduce stress](#). Thesis: Northern Michigan University.
- Office of Disease Prevention and Health Promotion. (2020). Social determinants of health.
- Okechukwu, P., Aniakor, U., Barnaby, J. et al. (2023). Exploring the use of architectural elements to promote wellbeing via social interaction in centers for autistic children. *International Journal of Innovative Environmental Studies Research* 11(4), 99-106.
- Ong, M., Baker, A., Aguilar, A., & Stanley, M. (2019). The meanings attributed to community gardening: A qualitative study. *Health Place*, 59, 102190.
- Palau-Salvador, G., de Luis, A., Pérez, J.J., & Sanchis-Ibor, C. (2019). Greening the post crisis. Collectivity in private and public community gardens in València (Spain). *Cities*, 92, 292-302.
- Polanco, V.G. (2020). [Equity and inclusion in the garden: Factors that facilitate immigrants and refugees participation in a community garden network in Lansing, MI](#). Thesis: Michigan State University.
- Pollin, S., & Retzlaff-Furst, C. (2021). The school garden: A social and emotional place. *Front. Psychol.*
- Poortinga, W. (2012). Community resilience and health: The role of bonding, bridging, and linking aspects of social capital. *Health and Place*, 18(2), 286-295.
- Putra, IGNE., Astell-Burt, T., Cliff, D. et al. (2020). The relationship between green space and prosocial behavior among children and adolescents: A systematic review. *Frontiers Psychol.*, 11, 859.
- Ramburn, T.T., Wu, Y.M., & Kronick, R. (2023). Community gardens as psychosocial interventions for refugees and migrants: A narrative review. *International Journal of Migration, Health and Social Care*, 19(2), 122-141.

- Richardson, E.A., Pearce, J., Shortt, N.K., & Mitchell, R. (2017). The role of public and private natural space in children's social, emotional and behavioral development in Scotland: A longitudinal study. *Environmental Research*, 158, 729-736.
- Roberson Jr, D.N., & Kudlacek, M. (2022). Dynamics of community gardening: A catalyst for health. *Preprints 2022*, 2022020146.
- Rogers, M., Livstron, I., Roiger, B., & Smith, A. (2019). Growing North Minneapolis: Connecting youth and community through garden-based experiential learning. *HortTechnology*, 30(1).
- Rogge, N., Theesfeld, I., & Strassner, C. (2018). Social sustainability through social interaction—A national survey on community gardens in Germany. *Sustainability*, 10, 1085.
- Sachs, A.L., Coringrato, E., Sprague, N. et al. (2022). Rationale, feasibility, and acceptability of the meeting in nature together (MINT) program: A novel nature-based social intervention for loneliness reduction with teen parents and their peers. *Int J Environ Res Public Health*, 19(17), 11059.
- Sanchez, E., Gorgo-Gouravitch, M., & Stivers, L. (2019). Creating a sense of belonging for Hispanic farmers and farmworkers in agricultural programming. *HortTechnology*, 29(4).
- Scott, T.L., Masser, B.M., & Pachana, N.A. (2020). Positive aging benefits of home and community gardening activities: Older adults report enhanced self-esteem, productive endeavours, social engagement and exercise. *SAGE Open Medicine*, 22, 8.
- Schoen, V., Caputo, S., & Blythe, C. (2020). Valuing physical and social output: A rapid assessment of a London community garden. *Sustainability*, 12(13), 5452.
- Shostak, S., & Guscott, N. (2017). Grounded in the neighborhood, grounded in community: Social capital and health in community gardens. In Shostak, *Food systems and health*. Emerald Publishing, 199-222.
- Sia, A., Tan, P.Y., & Er, K.B. (2023). The contributions of urban horticulture to cities' liveability and resilience: Insights from Singapore. *Plants, People, Planet*, 5(6), 828-841.
- Smyth, N., Thorn, L., Wood, C., Hall, D., & Lister, C. (2022). Increased wellbeing following engagement in a group nature-based programme: The Green Gym Programme delivered by the conservation volunteers. *Healthcare (Basel)*, 10(6), 978.
- Soga, M., Cox, D.T., Yamaura, Y. et al. (2017). Health benefits of urban allotment gardening: Improved physical and psychological well-being and social integration. *Int J Environ Res Public Health*, 14(1), 71.
- Son, H.J., Kim, D.S., & Park, S.A. (2022). Horticultural therapy for improving the work performance and interpersonal relationships of persons with intellectual disabilities. *Int J Environ Res Public Health*, 19(21), 13874.
- Sturiale, L., Scuderi, A., Timpanaro, G. et al. (2020). Social and inclusive “value” generation in metropolitan area with the “urban gardens” planning. *Values and Functions for Future Cities*, 285-302.
- Suh, J., Auberson, L., & Ede, S. (2022). Connected backyard gardening as a platform for suburban community building in Adelaide, Australia. *Community Development*, 53(1), 21-38.
- Tierney, S., Mahtani, K.R., Wong, G. et al. (2022). The role of volunteering in supporting well-being – What might this mean for social prescribing? A best-fit framework synthesis of qualitative research. *Health Soc Care Community*, 30(2), e325-e346.
- Tracey, D.K., Gray, T., & Dimoulas, K. (2021). Pathways to wellbeing, social cohesion, skill development, and participation in disadvantaged communities: Royal Botanic Garden Sydney's Master Gardener Volunteer Program. Research report. Western Sydney University.
- Truong, S., Gray, T., & Ward, K. (2022). Enhancing urban nature and place-making in social housing through community gardening. *Urban Forestry & Urban Greening*, 72, 127586.
- Uren, H.V., Dzidic, P.L., & Bishop, B.J. (2015). Exploring social and cultural norms to promote ecologically sensitive residential garden design. *Landsc. Urban Plan.*, 137, 76-84.

- U.S. Dept of Health and Human Services. (n.d.). [Civic participation \[literature summary\]](#). *Healthy People 2020*.
- Veen, E.J., Bock, B.B., Van den Berg, W. et al. (2016). Community gardening and social cohesion: Different designs, different motivations. *Local Environ.*, 21(10), 1271-1287.
- Ward, K.S., Truong, S., & Gray, T. (2022). Connecting to nature through community engaged scholarship: Community gardens as sites for collaborative relationships, psychological, and physiological wellbeing. *Front Psychiatry*, 13, 883817.
- Williams, E.A. (2023). Sowing Edmonton's future: How community gardens build social capital. Thesis: University of Alberta.
- Winkels, R.M., Artrip, R., Tupinio, M., & George, D.R. (2020). Sowing connections in a community garden: An intergenerational partnership between young adult cancer survivors and master gardeners. In *Intergenerational contact zones*. Routledge, 117-126.
- Wood, C.J., Barton, J.L., & Wicks, C.L. (2022). The impact of therapeutic community gardening on the wellbeing, loneliness, and life satisfaction of individuals with mental illness. *Int J Environ Res Public Health.*, 19(20), 13166.
- Yasalonis, A. & Pinson, N. (2021). Reporting wellness benefits of horticulture volunteer programs. *ISHS Acta Horticulturae 1330: XV International People Plant Symposium and II International Symposium on Horticultural Therapies: The Role of Horticulture in Human Well-being and Social Development*.

Examples of horticulture as a catalyst for social interactions/political groups

Garden Club of Madison install Gothic High Tunnel hoop houses in New Jersey.

<https://www.gcamerica.org/news/get?id=3586>

Hope Garden at Robins Air Force Base, GA is used by active military personnel of the 78th Air Base Wing, primarily males average age 30 and those with restricted movements prior to deployment, for leisure activities, physical exercise, therapeutic horticulture and workshops for families and children.

<https://www.georgiamastergardeners.org/news/hope-gardens>

New Roots Fresh Farm Community Garden, El Cajon CA and the New Roots Community Farm near City Heights, CA provide garden space for immigrants and refugees in a collaboration between International Rescue Committee and Kaiser Permanente.

<https://www.sandiegouniontribune.com/lifestyle/home-and-garden/story/2020-02-06/learning-social-connections-grow-in-community-gardens>

Professional Organizations with a horticulture focus number more than 35 as listed and linked by the American Horticultural Society including American Community Garden Assoc., American Pomological Society, American Seed Trade Association, Arbor Day Foundation, and Green Roots for Healthy Cities.

<https://ahsgardening.org/gardening-resources/societies-clubs-organizations/professional/>

Rodgers County Master Gardener Activities identifies activities that create educational, social and horticultural bonds.

https://www.youtube.com/watch?v=MGH-Lt_GtoE

Sarasota Garden Club, Sarasota, FL.

Activities are social and community focused & include volunteering at botanical gardens, Ringling Secret Garden, Tidewell grief therapy, Orange Blossom Community Garden, and more.

<https://sarasotagardenclub.org/volunteer-opportunities/>

Sunshine Community Compost is a Sarasota based non-profit that promotes composting, reducing food waste, using food scraps while collaborating with communities.

<https://www.sunshinecommunitycompost.org/about-us>

Videos, webinars & websites of horticulture as a catalyst for social interactions/apolitical groups

A Community Garden in Tampa uses this as a platform for socializing and bonding.

<https://www.youtube.com/watch?v=1KhQDcGRj1k>

Building Community One Garden at a time concept presented at TEDxNewBedford, sharing how these school gardens are horticultural platforms that can create connections and strengthen community.

<https://www.youtube.com/watch?v=4oYlo3YvdPc>

Children and Nature Network's resources online: benefits of nature, equity & inclusion, families, youth.

<https://www.childrenandnature.org/resource-hub/resources/>

Gardening as a social activity video highlights university students connecting through gardening.

<https://www.youtube.com/watch?v=VK5IBx2NI5k>

It's Official: Gardening is Good for Your Health video from the University of Colorado Boulder identifies community gardens, nutrition, mental health, social benefits, access to green space contributing to health.

Saving the world with gardening TedXAdelaide looks at this activity as a platform for physical activity, inclusion and more.

<https://www.youtube.com/watch?v=M7gB1OxksUM>

THAD (Therapeutic Horticulture Activity Database) offers TH activities across populations & settings including therapeutic goals addressing social interactions (plan/plant & eat the rainbow, lettuce be different)

<https://hort.ifas.ufl.edu/therapeutic-horticulture-activities-database/social/>

Related organizations

Rare Fruit Councils

[National Association of Landscape Professionals](#)

[American Public Garden Association](#) (APGA)

[Children & Nature Network](#)

[Perennial Plant Association](#)

Written & compiled by Lesley Fleming Oct 2021; revised in Nov 2022 by Lesley Fleming, Bree Stark; revised in 2024 by Lesley Fleming, Joanna Brown