

## CATEGORY: POPULATIONS/PROGRAMS

### Veterans & Active Military Populations & Programs

“Horticultural therapy along with other nature-based therapies and interventions are being recognized as alternative and adjunct health strategies effective for veterans and active military. The diversity of programs allows for flexibility and understanding that no one intervention works for all. Integral to each type of program is connecting with nature in some capacity” (Fleming, 2021; Ajibade, 2019; Agne, 2023; Arabaca et al, 2021; Domin, 2020; Eichholz, 2020; Laverdure, 2022; Theal, 2020). These horticulture-focused approaches include ecopsychology & ecotherapy, therapeutic recreation, field exercises, veteran to farmer initiatives, female-specific programming with nature-base activity, and therapeutic gardens.

Several themes within the literature are receiving increasing attention, reflective of challenges within this population including published papers on military/veterans’ experiences with trauma, and sexual trauma, experienced by both men and women (21% women vs 1.6% men) (Gros et al, 2020; Rosenstein, 2015; Boehler, 2019; Hart et al, 2021). Research topics focused on mental health benefits from horticulture/nature-based programming are expanding (Ajibade, 2020; Besterman-Dahan et al, 2023; Gittner et al, 2022; Kelley et al, 2020; Kern et al, 2022). A 2022 paper identifying therapeutic gardens and plant-based programs at U.S. VA hospitals identified numerous examples (Fleming et al., 2022). Other research also identified plant-based programs at VA facilities (Ameli et al., 2021; Mottershead et al, 2021; Meore et al, 2021; Schneider, 2016). Food insecurity among veterans is appearing more regularly in the literature (Cohen, 2020; Brennan, 2018; Brostow et al, 2017; Besterman-Dahan et al, 2021).

Many programs are emerging, with new initiatives from USDA and its branches/programs encouraging veterans to move into farming as an economic/career opportunity and as a mechanism for sustaining rural/community development (Besterman-Dahan et al, 2023; Bokhour et al, 2020; *USDA Veterans and Entrepreneurship website*). Program models - *Durham Veterans Affairs Health Care System, Growing Healthy Veterans program, and Hampton Veteran Affairs Medical Center’s garden* are a few examples linking horticulture/agriculture to health and wellbeing of veterans and active military.

**For related resources refer to category: Populations/Horticulture Programs in Specific Settings – Mental Health, Trauma Recovery; category: Horticultural Therapy & Health Services.**

#### Key Organizations

[AgrAbility](#) (Veterans & beginning farmers)

[Defence Gardens Scheme](#)

[HighGround](#) (UK)

[National Center for Appropriate Technology](#) (NCAT)(Armed to farm)

Veterans Affairs (various programs, gardens, grants)

#### Books, journals & epublications on veterans & active military programs

Ajibade, A.T. (2020). *Integrating the natural healing process for post-traumatic stress disorder treatment in veterans through a healing garden*. West Virginia University.

Benedek, D.M., & Wynn, G.H. (2016). *Complementary and alternative medicine for PTSD*. Oxford University Press.

- Gaskin, R. (2015). *A Warrior's Garden: Seeds of a therapeutic approach to dealing with post-traumatic stress disorder*. Traitmaker Books.
- Farmer Veteran Coalition. (2015). [Government resources guide for farmer veterans](#). *Journal of Veterans Studies* (journal)
- [Military Behavioral Health](#) (journal )
- Tidball & Krasney. (Eds.) (2013). *Greening in the Red Zone*. Springer.
- Townsend, M. (Ed.) (2016). *Veterans: Political, social and health issues*, 27-50. Nova Science Publishers.
- Townsend, M., & Weerasuriya, R. (2010). *Beyond blue to green: The benefits of contact with nature for mental health and well-being*. Beyond Blue Limited.
- Westlund, S. (2014). *Field exercises: How veterans are healing themselves through farming and outdoor activities*. New Society Publishers.
- Wise, J. (2015). *Digging for victory: Horticultural therapy with veterans for post-traumatic growth*. Karnac Books.

### Research & articles on veterans & active military programs

Recently published selected research & articles:

- Agne, S. (2023). The use of therapeutic gardening in addiction recovery [including veterans]. *Master's Projects and Capstones*. 1538.
- Anguiano, A. (2022). Evaluating the effectiveness of gardening therapy across different subgroups [including veterans]. *Research and Creativity Conference*.
- Ameli, R., Skeath, P., Abraham, P.A. et al. (2021). A nature-based health intervention at a military healthcare center: A randomized, controlled, cross-over study. *PeerJ.*, 9, e10519.
- Arabaca, P., Bolaoen, J., Piacentini, R., & Sehwan, G. (2021). The impacts of therapeutic gardening: Perspectives from veterans and professionals (Doctoral dissertation, Stanbridge University).
- Besterman-Dahan, K., Hathaway, WA., Chavez, M. et al. (2023). Multisite agricultural veterans affairs farming and recovery mental health services (VA FARMS) pilot program: Protocol for a responsive mixed methods evaluation study. *JMIR Res Protoc.*, 12, e40496.
- Besterman-Dahan, K., Hahm, B., Chavez, M. et al. (2023). Enhancing veteran community reintegration research (ENCORE): Protocol for a mixed methods and stakeholder engagement project. *JMIR Res Protoc.*, 12, e42029.
- Besterman-Dahan, K., Bradley, S.E., Arriola, N.B., & Downs, K. (2021). Blocking out the rabbit holes: Photovoice and community gardening as healing space for veterans. *Wellbeing, Space and Society*, 2.
- Besterman-Dahan, K., Arriola, N.B., & Bradley, S.E. (2021). Field notes:\* Evaluation of the impacts of a community garden program for veterans on food security and indicators of healthy diets. *Journal of Hunger & Environmental Nutrition*, 16(3), 442-445.
- Besterman-Dahan, K., Chavez, M., Bendixsen, C., & Dillahunt-Aspillaga, C. (2016). Community reintegration of transitioning veterans: An overview of agricultural initiatives. In Townsend (Ed.), *Veterans: Political, social and health Issues*, 27-50. Nova Science Publishers, Inc.
- Bettmann, J.E., Prince, K.C., Ganesh, K. et al. (2021). The effect of time outdoors on veterans receiving treatment for PTSD. *J Clin Psychol.*, 77(9), 2041-2056.
- Bird, K. (2015). Research evaluation of an Australian peer outdoor support therapy program for contemporary veterans' wellbeing. *International Journal of Mental Health*, 44(1-2), 46-79.
- Boehler, J. (2019). The efficacy of cognitive processing therapy for PTSD related to military sexual trauma in veterans: A review. *J Evid Based Soc Work.*, 16(6), 595-614.
- Bokhour, B.G., Haun, J.N., Hyde, J. et al. (2020). Transforming the veterans affairs to a whole health system of care: Time for action and research. *Medical Care*, 58(4), 295-300.

- Brennan, E. (2018). [25 programs bringing veterans into the new food movement](#). Foodtank.
- Brostow, D.P., E. Gunzburger, E., & Thomas, K.S. (2017). Food insecurity among veterans: Findings from the health and retirement study. *The J. Nutr, Health and Aging.*, 21(10), 1358-1364.
- Brown, C., Besterman-Dahan, K., Chavez, M. et al. (2016). "It gave me an excuse to get out into society again": Decreasing veteran isolation through a community agricultural peer support model. *Journal of Veterans Studies*, 1(1), 163–204.
- Capaldi, C.A., Dopko, R.L., & Zelenski, J.M. (2014). The relationship between nature connectedness and happiness: A meta-analysis. *Frontiers in Psychology*, 5, 976.
- Cohen, A.J., Rudolph, J.L., Thomas, K.S. et al. (2020). Food insecurity among veterans: Resources to screen and intervene. *Federal Practitioner*, 37 (1), 16.
- Cooper Marcus, C., & Sachs, N. (2014). Gardens for veterans and active service personnel. In Cooper Marcus & Sachs (Eds.), *Therapeutic landscapes an evidence-based approach to designing healing gardens and restorative outdoor spaces*. Wiley.
- Danan, E.R., Krebs, E.E., Ensrud, K. et al. (2017). An evidence map of the women veterans' health research literature (2008–2015). *Journal of General Internal Medicine*, 32(12), 1359–1376.
- Disabled Veterans National Foundation. (2022). [Blair's Sanctuary Garden helps women veterans heal](#).
- Detweiler, M.B., Self, J.A., Lane, S. et al. (2015). Horticultural therapy: A pilot study on modulating cortisol levels and indices of substance craving, posttraumatic stress disorder, depression, and quality of life in veterans. *Altern Ther Health Med.*, 21(4), 36-41.
- Domin, D. (2020). From active duty to agriculture: Engaging veterans in farming and gardening. *All Institute for Community Inclusion Publications*. 113.
- Eichholz, C. (2020). [Therapeutic horticulture as a healing tool for veterans](#). Doctorate in Social Work (DSW) Dissertations 142.
- Elliot, R., & Meyer, L. (2021). Connecting veterans to horticulture. *Combined Proceedings IPPS 71*.
- Fleming, L. (2021). Veterans, poppies and connections to nature. *Digging In*, 6(4), 1-5.
- Fleming, L. (2015). Veteran to farmer programs: An emerging nature-based programming trend. *Journal of Therapeutic Horticulture*, 25(1), 27-48.
- Fleming, L., Zhang, W., & Nelson, K. (2022). Horticulture for health in U.S. hospitals: Horticultural therapy, gardens in hospitals, nutrition-led programs & affiliated community gardens. *Journal of Therapeutic Horticulture*, 32(1), 11-30.
- Foot, F.O., Benson, H., Berger, A. et al. (2018). Advanced metrics for assessing holistic care: The "Epidaurus 2" Project. *Glob Adv Health Med.*, 7, 2164957X18755981.
- Gittner, K.B., Gittner, L.S., Dennis, J.A., & Matheny, L.M. (2022). VetStar: Justice-involved veterans successful mental health diversion. *Journal of Veterans Studies*, 8(1), 1-14.
- Graham, E. (2022). Combating social isolation and loneliness among veterans after separation from military service. *Population Health Research Brief Series*, 202.
- Greer, M., & Vin-Raviv, N. (2019). Outdoor-based therapeutic recreation programs among military veterans with posttraumatic stress disorder: Assessing the evidence. *Mil. Behav. Health.*, 7, 286-303.
- Gross, G.M., Ronzitti, S., Combellick, J.L. et al. (2020). Sex differences in military sexual trauma and severe self-directed violence. *Am J Prev Med.*, 58(5), 675-682.
- Hart, B., & Zanzskas, S. (2021). Cultivating care: Trauma, homeless veterans, and nature-based therapy. *Journal of Therapeutic Horticulture*, 31(1), 25-38.
- Havlick, D.G., Cerveny, L.K., & Derrien, M.M. (2021). Therapeutic landscapes, outdoor programs for veterans, and public lands. *Soc Sci Med.*, 268, 113540.
- Hawkins, B.L., Townsend, J.A., & Garst, B.A. (2016). Nature-based recreational therapy for military service members a strengths approach. *Ther. Recreation J.*, 50, 55-74.
- Kelley, R.J., Waliczek, T.M., & Le Duc, F.A. (2017). The effects of greenhouse activities on psychological stress, depression, and anxiety among university students who served in the U.S.

- Armed Forces. *HortScience*, 52, 1834-1839.
- Kern, R.S., Reddy, L.F., Horan, W.P. et al. (2022). Social cognition and social problem solving skills training to improve job functioning and tenure in veterans with psychotic disorders. *Psychiatric Rehabilitation Journal*, 45(3), 291.
- Koncikowski, J., & Capozziello, N. (2021, October). Therapeutic gardening: a community-led, community-wide approach. In *XV International People Plant Symposium and II International Symposium on Horticultural Therapies: The Role of Horticulture in 1330*.
- Koven, S.G. (2018). Veteran treatment: PTSD interventions. *Healthcare Special Issue Post Traumatic Stress Disorder and Veterans*, 6(3). Multidisciplinary Digital Publishing Institute.
- Krasny, M.E., Pace, K.H., Tidball, K.G., & Helphand, K. (2014). Nature engagement to foster resilience in military communities. In Tidball & Krasney (Eds.), *Greening in the Red Zone*. Springer.
- Laverdure, J.L. (2022). [Project HOME: A novel nature-based therapy approach for the treatment of veterans with trauma](#). Psychology Doctoral Specialization Projects. 19.
- Lehmann, L.P., Detweiler, J.G., & Detweiler, M.B. (2018). Veterans in substance abuse treatment program self-initiate box gardening as a stress reducing therapeutic modality. *Complement Ther Med.*, 36, 50-53.
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- Mottershead, R., & Ghisoni, M. (2021). Horticultural therapy, nutrition and post-traumatic stress disorder in post-military veterans: Developing non-pharmaceutical interventions to complement existing therapeutic approaches. *F1000Res.*, 10, 885.
- Oster, C., Morello, A., Venning, A. et al. (2017). The health and wellbeing needs of veterans: A rapid review. *BMC Psychiatry*, 17(1), 414.
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- Poulsen, D.V. (2017). Nature-based therapy as a treatment for veterans with PTSD: What do we know? *Journal of Public Mental Health*, 16(1), 15-20.
- Purcell, N., Sells, J., McGrath, S. et al. (2021). "Then COVID happened...": veterans' health, wellbeing, and engagement in whole health care during the COVID-19 pandemic. *Global Advances in Health and Medicine*, 10, 21649561211053828.
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- Rosenstein, J.E. (2015). Military sexual assault prevention and male rape myth acceptance. *Military Behavioral Health*, 3(4), 207-2011.
- Schneider, J. (2016). Development of a plant care guide for the Veterans Hospital horticultural therapy program. Bachelor's Thesis: Suny College of Environmental Science and Forestry.
- Seal, K.H., Pyne, J.M., Manuel, J.K. et al. (2021). Telephone veteran peer coaching for mental health treatment engagement among rural veterans: The importance of secondary outcomes and qualitative data in a randomized controlled trial. *The Journal of Rural Health*, 37(4), 788-800.
- Stark, B. (2022). HighGround program in UK gives life beyond the military – outdoors. *Cultivate*, 2(3), 12-13.
- Stowell, D., & Owens, A. (2019). Program example: Piloting a horticultural therapy program for veterans. In Haller, Kennedy & Capra (Eds.), *The profession and practice of horticultural therapy*. CRC Press.
- Stowell, D.R., & Burnett A. (2019). Promoting the profession of horticultural therapy through

- partnerships (with TN Agrability Project with veterans). *Journal of Therapeutic Horticulture*, 29(2), 39-46.
- Taylor, S., Miller, B.L., Tallapragada, M., & Vogel, M. (2020). Veterans' transition out of the military and knowledge of mental health disorders. *Journal of Veterans Studies*, 6(1), 85-95.
- Theal, R., Kerin, J.L., & Romaniuk, M. (2020). Psychosocial outcomes of Australian male and female veterans following participation in peer-led adventure-based therapy. *Journal of Veterans Studies*, 6(2), 70–87.
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- Tidball, K.G., & Tidball, M.M. (2022). Linking food motivations with therapeutic outdoor recreation outings for veterans. *Journal of Veterans Studies*, 8(3), 59-69.
- Townsend, J., Hawkins, B. L., Bennett, J. L. et al. (2018). Preliminary long-term health outcomes associated with recreation-based health and wellness programs for injured service members. *Cogent Psychology*, 5(1), 1444330.
- Tuepker, A., Waller, D., & Hoffman, S. (2021). Digging deeper: Experiences and impacts on wellbeing among veterans and VA employees engaged in a therapeutic horticulture pilot project. *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*.
- U.S. Department of Veterans Affairs. (2022). [Polytrauma/TBI system of care](#).
- Westlund, S. (2015). 'Becoming human again': Exploring connections between nature and recovery from stress and post-traumatic distress. *Work*, 50(1), 161-74.
- Wheeler, M., Cooper, N.R., Andrews, L. et al. (2020). Outdoor recreational activity experiences improve psychological wellbeing of military veterans with post-traumatic stress disorder: Positive findings from a pilot study and a randomised controlled trial. *PLoS One*, 15(11), e0241763.

### Examples of veterans & active military programs

*Armed to Farm* program sustainable agriculture training for military veterans through National Centre for Appropriate Technology based in Butte, Montana, has served 1,000 veterans in 47 states with support from USDA Rural Development with its basic one week course and advanced courses. Courses are available across the country.

<https://www.armedtofarm.org/about/>

*Blair's Sanctuary Garden* (Orting, WA) was established for women veterans including those with military sexual trauma (MST), to grow organic healthy food for food insecure people while coping with trauma & the transition to civilian life.

<https://www.dvnf.org/blairs-sanctuary-garden-helps-women-veterans-heal/>

*Breaking New Ground* delivered by Talmar Inc. in conjunction with VA Maryland Health Care System & Baltimore County Therapeutic Recreation and Parks in Maryland, offers sustainable agriculture training for veterans.

<https://talmar.org/programs/>

*Cape Fear Botanical Garden* therapeutic horticulture program with Wounded Warrior Project considers visible and invisible wounds, support for coping with military service and health goals related to healing, depression and loneliness.

<https://newsroom.woundedwarriorproject.org/Warriors-Grow-Hope-in-Lifes-Garden>

Controlled Environment Agriculture (CEA)- Hydroponics course through Veterans to Farmers & Altius Farms is available in Denver, CO.

<https://www.veteranstofarmers.org/hydroponics>

Denver Botanic Gardens' Chatfield Farm has a 300 hr. training program connecting veterans to farming careers.

<https://www.veteranstofarmers.org/market-farming>

Durham Veterans Affairs Health Care System (NC) has partnered with Reinvestment Partners for a produce prescription program *Eat Well*, providing eligible veterans with access to food as part of a medical treatment or preventative service for patients.

<https://www.eatwellrx.org/durhamva>

<https://reinvestmentpartners.org/what-we-do/produce-prescriptions/overview.html>

Farm and Ranch Stress Assistance Network (FRSAN) from NCAT for military veteran-farmers considers farmer well-being and connecting with others as important components of health within this common demographic (rising rates of suicide, financial options, identifying stressors).

<https://www.nifa.usda.gov/grants/programs/farm-ranch-stress-assistance-network-frsan>

*Farmer Veteran Finds Passion in Horticultural Therapy*: Interview with a veteran who is a flower farmer in Tennessee discussing his path into farming & his story. Episode 271. One in a series of interviews from NCAT.

<https://attra.ncat.org/episode-271-farmer-veteran-finds-passion-in-horticulture-therapy/>

*Growing Healthy Veterans 501c3* in Waukegan, IL engages veterans and active military in sustainable agricultural practices to enhance their physical and mental wellbeing.

<https://www.growinghealthyveterans.org/gardening-program-helps-military-veterans-cope/>

Hampton Veteran Affairs Medical Center's horticultural therapy garden, undertaken in cooperation with volunteers from Joint Base Langley-Eustis, VA use this garden for healing.

<https://www.jble.af.mil/News/Article-Display/Article/1122677/connecting-with-veterans-through-unique-therapy/>

*Heroes to Hives* program offered through the Michigan Food & Farming Systems, and the University of Missouri provide free professional training and community development centered around beekeeping in a 9 month program.

<https://extension.missouri.edu/programs/heroes-to-hives>

New York Botanical Gardens' *Veterans Horticultural Therapy Program (THRIVE)* at the Resilience and Wellness Center at the James J. Peters Veterans Administration Medical Center in the Bronx is funded through an Institute of Museum and Library Services grant.

<https://www.nybg.org/content/uploads/2019/11/NYBG-THRIVE-Program-Release.pdf>

*Operation Grow* partners with Alabama Dept. of Agriculture and industries providing training for military veterans interested in agriculture for both health and employment benefits.

<https://www.aces.edu/blog/topics/farming/operation-grow-for-military-veterans/>

Palo Alto (CA) VA Medical Center hospital garden was specifically designed for polytrauma patients.

<https://www.wbdg.org/FFC/VA/VADEGUID/prc.pdf>

Perry Point VA Medical Center, Perry Point Maryland has a horticultural therapy program for veterans utilizing gardens, greenhouse, and an affiliated farm program with TALMAR & VA Maryland Health System.

<https://talmar.org/programs/>

St. Johns Hops, named after the St. Johns River in north Florida, works with veterans to grow sustainable hops using horticultural therapy to address PTSD.

<https://kniestedt.org/st-johns-hops-marine-corps-veteran-finds-healing-and-purpose-growing-hops-in-florida/>

Tampa FL GROW program (Veteran Garden for Community and Wellness) through James A. Haley Veterans Hospital taking place offsite at a local urban farm provides veterans with a gardening program & healing space.

<https://www.sciencedirect.com/science/article/pii/S2666558121000348>

Sanctuary Farm in Philadelphia addresses health inequities from systemic racial oppression & economic injustice by transforming neglected space into urban green spaces and has a therapeutic horticulture program for veterans.

<https://www.sanctuaryfarmphila.org/>

Source One Serenity non-profit in Oregon uses a composting and food waste vermicompost project with veterans for economic and therapeutic outcomes.

<https://sourceoneserenity.org/>      <https://www.usda.gov/topics/urban/coop-agreements>

The Veterans Greenhouse & Gardens Program- UCLA-West Los Angeles Veterans Affairs Campus.

<https://healthycampusinitiative.wordpress.com/2018/01/26/combating-veterans-issues-through-gardening/>

Tennessee AgrAbility Project has workshops & online lunch and learn sessions partnering with Frontline Gardens and Alpha Omega Memphis, geared to this population and funded through USDA/NIFA.

<https://utgardens.wildapricot.org/>

University of Florida Wilmot Botanical Gardens Therapeutic Horticulture Program for Veterans.

<https://wilmotgardens.med.ufl.edu/2019/06/04/therapeutic-horticulture-program-for-veterans-going-strong-after-7-years/>

VA Greater LA Healthcare System's Healthy Teaching Kitchen promotes & educates veterans about nutrition & cooking.

[https://www.nutrition.va.gov/Healthy\\_Teaching\\_Kitchen.asp](https://www.nutrition.va.gov/Healthy_Teaching_Kitchen.asp)

<https://www.va.gov/poplar-bluff-health-care/stories/va-facility-provides-nutrition-education-to-veterans-through-healthy-teaching-kitchen-program/>

Veteran Small Farm & Business Incubator Program (AGVET) for Florida resident U.S. veterans delivered through North-South Institute is intended as an entry into agriculture and employment in allied industries.

<https://www.nsieed.org/veterans.html>

*Veterans Farm of North Carolina* non-profit is a bridge between military and agricultural communities with programming in education, recruitment and consulting as it relates to the ag industry.

<https://vfnc.org/>

*Veterans Florida Agriculture Program* is a 6 month training fellowship through University of Florida Institute of Food and Agricultural Sciences, intended as career training, with stipends available.  
<https://www.veteransflorida.org/agriculture/#:~:text=The%20Veterans%20Florida%20Agriculture%20Program,Florida's%20%24149%20Billion%20agriculture%20industry.>

*Veterans' Growth* charity in Tennessee helps ex-service personnel suffering from mental health issues with horticultural therapy services and support.

<https://veteransgrowth.org/>

*Veterans Farm Network* designed by Forces & Families in Canada, has therapeutic and vocational programs with agricultural and horticultural operations.

<https://ggs-greenhouse.com/blog/veterans-farm-network-supporting-our-veterans-recovery-rehabilitation-reintegration-through-horticulture>

### **Videos, webinars & websites on veterans & active military programs**

*College Recon* website provides info on U.S. colleges specifically for military members including horticulture and agriculture courses.

<https://collegerecon.com/programs/horticulture-degrees/>

*Epidaurus 2 Project* and *The Green Road* video shows a therapeutic nature space on the grounds of the National Military Medical Complex in Bethesda.

<https://vimeo.com/257400358>

*Farmer Veteran Coalition* website identifies resources, programs, partners, and chapters.

<https://farmvetco.org/about-us/>

*Florida AgrAbility* promotes accessible agriculture for veteran-farmers, providing resources in Florida and other states, info on financial assistance, and connections to related organizations.

<https://abe.ufl.edu/agrability/resources/veteran-farmers/>

*Freshold Veterans Program @ Chicago Botanic Gardens* - veterans describe their experiences.

<https://www.youtube.com/watch?v=sE6aeLSNWno>

*HighGround An Introduction* video introduces the charity for veterans, injured service and active military using horticultural therapy and employment training in land-based sector (arborists, nature conservation, horticulture), connecting with nature. In the UK.

<https://www.youtube.com/watch?v=2UvFQ5YJ6pA>

*THAD (Therapeutic Horticulture Activity Database)* offers TH activities across populations and settings including veteran and active military (activities: field trip to community garden, growing garlic, preparing soil in raised beds, transplanting herbs, exploring renewal & personal growth).



<https://hort.ifas.ufl.edu/therapeutic-horticulture-activities-database/vets-and-military/>

The Defence Gardens Scheme based in Northern Ireland is a network of gardens delivering and evaluating nature-based therapy for Armed Forces service leavers, veterans and their families.

<https://www.defencegardens.org/>

USDA Veterans and Entrepreneurship website includes information on many initiatives including Farm to Fork program, urban agriculture hydroponic, aeroponic and vertical farming production, access to loans, grants, with newsletters updating subscribers to developments.

<https://www.usda.gov/our-agency/initiatives/veterans/veterans-and-entrepreneurship>

Veterans Affairs Farming and Recovery Mental Health Services (VA FARMS) began in 2018 as a pilot program for agricultural training with community partners, at 10 VHA sites of care through VHA Office of Rural Health.

*Veterans Affairs Farming and Recovery Mental Health Services (VA FARMS)*

Veterans and Education website from USDA identifies educational/training opportunities in plant sciences, food science, sustainable biomaterials, precision agriculture and more, along with scholarship funding and allied veteran organizations.

<https://www.usda.gov/our-agency/initiatives/veterans/veterans-and-education>

Veteran Internship Program (VIP) at Chicago Botanic Gardens is a 14 week vocational training program

<https://www.chicagobotanic.org/internship/veteran>

Voices from the Field: Programs Focus on [Veteran] Farmer Well-Being is one in a series of interviews from the National Center for Appropriate Technologies (NCAT) providing real-life comments and experiences from veterans who have become farmers. Episode 236 – Mike Lewis, Kentucky.

<https://attra.ncat.org/episode-236-programs-focus-on-farmer-well-being/>

### **Related organizations**

[Farmer Veteran Coalition](#)

*Making a Difference Foundation (Blairs Sanctuary Garden)*

[National Environmental Education Foundation \(NEEF\)](#)

[Veterans & Families Research Hub](#)

[Veteran to Farmers](#)

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