

CATEGORY: HORTICULTURAL FOR HEALTH OVERVIEW

Pandemic Gardening & Impacts on Horticulture for Health

The global pandemic impacted many facets of life including greater interest and involvement in home gardening, usage of parks, new mechanisms for social interactions at community gardens and public parks, and home food production. A range of publications have published studies examining these areas spanning the horticulture for health paradigm including gardening, therapeutic horticulture, nature connections, social interactions involving horticulture, food action, and horticulture trends. This subset, created in early 2023 identifies this new area of activity.

Refer to category: Landscapes for Health: Urban Green Spaces for additional information.

Key Organizations

County Extension Services

[Forest Research organization](#) (Europe)

Various organizations related to categories of horticulture for health (i.e. community gardening association, landscape industry groups, landscapes for health)

Books, journals & epublications on pandemic gardening & impacts on horticulture for health Applications

Chen, J.T. (2022). *From seed to fruit: The pandemic gardening book*. Independent publisher.

FAO, IFAD, UNICEF, WFP and WHO. (2022). *The state of food security and nutrition in the world 2022*.

Repurposing food and agricultural policies to make healthy diets more affordable.

[International Journal Environmental Research & Public Health](#)

[Journal of Environmental Horticulture](#)

[Journal of Food Security](#)

[Journal of Public Health](#)

O'Brien, L., & Forster, J. (2020). *Engagement with nature before and during the COVID-19 restrictions. Quantitative Analysis*. Forest Research.

O'Brien, L., & Forster, J. (2021). *Engagement with nature and COVID-19 restrictions survey 2021: Key results*. Forest Research.

Urban for Urban Green special issue for COVID (2022)

[Urban Forestry for Urban Greening](#)

Research & articles on pandemic gardening & horticulture for health applications

Recently published selected research & articles:

Alexis, A., G Daiz, B., & L Rosales, E. (2022). Coronaphobia and coping among the bereaved: The mediating role of gardening during the Covid-19 pandemic. *Nurse Media Journal of Nursing*, 12(1).

Altieri, M.A., & Nicholls, C.I. (2020). Agroecology and the reconstruction of a post-COVID-19 agriculture. *J. Peasant Stud.*, 47, 881-898.

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Andzaurova, P.O., & Nartova-Bochaver, S.K. (2023). Gardening and garden therapy as a resource for human psychological well-being. *RUDN Journal of Psychology and Pedagogics*, 20(2), 331-351.

Armstrong, A., Brockett, B., Eustice, T. et al. (2021). Why society needs nature lessons from research during COVID-19.

- Atkinson, J. (2020). [The impulse to garden in hard times has deep roots](#). *The Conversation*.
- Bail, J.R., Blair, C.K., Smith, K.P. et al. (2022). Harvest for Health, a randomized controlled trial testing a home-based, vegetable gardening intervention among older cancer survivors across Alabama: An analysis of accrual and modifications made in intervention delivery and assessment during COVID-19. *J Acad Nutr Diet.*, 122(9), 1629-1643.
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- Chenarides, L., Grebitus, C., Lusk, J.L., & Printezis, I. (2021). Who practices urban agriculture? An empirical analysis of participation before and during the COVID-19 pandemic. *Agribusiness (N Y NY)*, 37(1), 142-159.
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Examples of pandemic gardening & horticulture for health applications

Fenway Victory Gardens has historical roots and continues today during COVID-19.
[History \(fenwayvictorygardens.org\)](https://fenwayvictorygardens.org)

Harvest for Health is a home-based, vegetable gardening intervention/program with older people on the cancer journey across Alabama; part of a research study by Bail et al. 2022 (refer to biblio above).
<https://mg.aces.edu/harvest-for-health/>

Kansas City Community Garden is a thriving garden, active during COVID.
[A year later, pandemic 'victory gardens' are still blooming in KC – The Beacon](#)

UC Davis article surveying people who turned to gardening for stress relief and food access during pandemic.

<https://www.ucdavis.edu/food/news/survey-people-turned-gardening-stress-relief-food-access-during-pandemic>

Victory gardens: How UF helped communities grow during the pandemic and beyond. UF|IFAS Blogs. Research by Moore, T. (2022) listed in bibliography.

<https://blogs.ifas.ufl.edu/news/2021/06/21/victory-gardens-how-uf-helped-communities-grow-during-the-pandemic-and-beyond/>

Victory 2020 Garden Program in Florida promoted the concept of home gardens based on historical victory gardens from WWII.

[Garden with Us! Introducing the Victory2020 Garden Program with UF/IFAS Extension Columbia County - UF/IFAS Extension Columbia County \(ufl.edu\)](#)

Videos, webinars & websites on pandemic gardening & horticulture for health applications

National COVID-19 Outdoor Learning Initiative

<https://www.greenschoolyards.org/nature-benefits-social-emotional>

Pandemic Gardening: How to get started, regardless of skill. WKBN report on starting a garden.

https://www.youtube.com/watch?v=94uSmD_Rhpc

Pandemic Gardening with Dr. Nick Rose and Moag Gamble podcast presents ideas & discussion re sustainability, growing food at home & COVID impacts.

<https://www.youtube.com/watch?v=q89zIsRz9OI>

[Why the Pandemic is Sparking So Many First-time Gardeners](#) is a CBC Radio-Canada interview.

Victory Gardens for the Pandemic - segment from CBS Sunday Morning

<https://www.youtube.com/watch?v=rQmjb4uf62U>

Related organizations

Written & compiled by Lesley Fleming Nov 2021; revised in Nov 2024 by Lesley Fleming