

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). Recognition that access to nature and outdoor activity is an important and effective strategy for addressing health issues, particularly mental health, PTSD, in addition to better recovery rates from surgery, lower risk of heart disease and respiratory health, strengthening of cognitive performance, with 58% of Veterans treated by the VA with a diagnosed mental health disorder (Hultz, 2025; Stricker, 2025). These horticulture-focused approaches include ecopsychology and ecotherapy, wilderness therapy, therapeutic recreation, field exercises, veteran to farmer initiatives, female-specific programming with nature-based activity, and therapeutic gardens. Therapeutic horticulture for Veterans is available at botanic gardens at Denver, Chicago, Cape Fear, New York botanical gardens and the University of Florida Wilmot Gardens.

Robust listings of Veteran-specific plant, horticulture, agriculture and garden-based programming from *The National Veterans Outdoor Resource Hub* and *Grow Joy* are available and listed below in the FLHHN Resource Hub. Recent developments include the use of the term dirt therapy by some of these groups, gardening listed under/with homesteading activities in Veterans materials, and an ever-increasing link to health benefits from contact with nature.

Initiatives from USDA and its branches/programs continue to encourage 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).

Several themes within the literature are receiving increasing attention where nature and plant-based interventions are being used, and reflective of challenges within this population include military/veterans’ experiences with trauma, and sexual trauma, experienced by both men and women (21% women vs 1.6% men) (Gros et al, 2020; Boehler, 2019; Hart et al, 2021). Research topics focused on mental health benefits from horticulture/nature-based programming are expanding (Bettman et al., 2022; Ajibade, 2020; Besterman-Dahan et al, 2023; Gittner et al, 2022; Kelley et al, 2020; Kern et al, 2022). Therapeutic gardens and plant-based programs at U.S. VA hospitals have been identified with numerous examples (Fleming et al., 2022; Ameli et al., 2021; Mottershead et al, 2021; Meore et al, 2021). Food insecurity among veterans is appearing more regularly in the literature and continues to be an urgent health issue for this population (Cohen, 2020; Brennan, 2018; Besterman-Dahan et al, 2021).

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](#)

[Farmer Veteran Coalition](#)

[HighGround](#) (UK)

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

[National Veterans Outdoor Resources Hub](#)

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.com](#)

[Military Behavioral Health](#) journal

Tidball & Krasney. (Eds.) (2013). *Greening in the red zone*. Springer.

Townsend, M. (Ed.) (2016). *Veterans: Political, social and health issues* (pp. 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:

Azad, S., & Marselle, M. (2025). Thriving through stressful life events with nature: A mixed-method study on tending indoor plants and rumination resilience [veterans included]. *International Journal of Environmental Research and Public Health*, 22(3).

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.

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, W.A., 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.

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.
- 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).
- 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*, (pp. 27-50). Nova Science Publishers, Inc.
- Bettman, J.E., Anderson, I., Hanley, A. et al. (2022). Mental health outcomes of peer-led therapeutic adventure for military veterans. *Journal of Experiential Education*, 45.
- 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).
- 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).
- 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).
- Brennan, E. (2018). [25 programs bringing veterans into the new food movement](#). *Foodtank*.
- Carter, V., Ingrao, A., Bennett, J., & Gould, C. (2024). Healing hives: Exploring the effects of beekeeping on veteran mental health and quality of life. *Therapeutic Recreation Journal*, 58(4).
- 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).
- 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.
- Datsiuk, I., & Senyk, O. (2025). Testing the efficacy of horticultural therapy in conditions of continuous war-related stress: Comparison of the randomized and pretest-posttest experimental designs. Thesis: *Ukrainian Catholic University*.
- 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).
- Dieterich-Hartwell, R., Brodovsky, J., DeAlba, K. et al. (2025). An integrative, holistic treatment approach for veterans with chronic traumatic brain injury and associated comorbidities: Case report. *Frontiers in Psychiatry*, 16.
- Domin, D. (2020). From active duty to agriculture: Engaging veterans in farming and gardening. *All Institute for Community Inclusion Publications*, 113.
- Eakman, A. M. (2026). What is the connection between engagement in occupation and health?": Engagement in occupation and "well-beingness [veterans]. *Journal of Occupational Science*.
- 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.
- Fetsch, R.J., & Grenwelge, C.H. (2023). Effects of an agricultural entrepreneurial training program with 40 military veteran beginning farmers. *Medical Research Archives*, 11(10).

- Fleming, L. (2024). [Veterans' nature connections: Poppies, programs and health interventions](#). *Cultivate*, 4(4).
- Fleming, L. (2024). [Plant-based programming for veterans & active military](#). *Cultivate*, 4(4).
- Fleming, L., Collicutt, M., & Miller, J. (2025). The Veteran Farm Project, therapeutic horticulture & nature engagement in support of service & veteran women. *Digging In*, 11(2).
- Fleming, L. (2015). Veteran to farmer programs: An emerging nature-based programming trend. *Journal of Therapeutic Horticulture*, 25(1).
- 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 [includes VA hospitals]. *Journal of Therapeutic Horticulture*, 32(1).
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- Forsyth, A., Lysaght, R., Aiken, A., & Cramm, H. (2020). Wilderness adventure program may help combat perceptions of stigma among veterans. *Ecopsychology*, 12(1).
- Genç, M., & Alkar, O.Y. (2025). The effectiveness of nature-based interventions in combating PTSD: A meta-analysis and systematic review. *Journal of Environmental Psychology*, 102627.
- Gil, N., Kim, J., Kim, J.G. et al. (2025). [A structured forest therapy intervention enhancing the nature connection, mood states, and satisfaction with life of U.S. veterans with PTSD: A pilot study](#). *Journal of Veterans Studies*, 11(2).
- 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).
- 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.
- 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).
- GrowJoy. (2024). [The therapeutic power of gardening for veterans: Cultivating hope and healing](#). *Growjoy.com*.
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- Hultz, C. (2025). [Study examines how green space, air quality, and transit affect veteran health in U.S. cities](#). *Military.com*.
- Hultz, C. (2025). [Finding peace outdoors: Veterans and nature's healing power](#). *Military.com*.
- Kasaraneni, S. (2025). [A qualitative study to explore the role of olfactory stimulant plants in modulating IL-6 in post-traumatic stress disorder \(PTSD\) and traumatic brain injury \(TBI\)](#). *The National High School Journal of Science*.
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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 in 47 states across the country: Arkansas, California, Colorado, Georgia etc.

<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 and 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 and Baltimore County Therapeutic Recreation and Parks in Maryland, offers sustainable agriculture training for veterans.

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

Camp Patriot in NW Montana is exclusively for wounded and disabled Veterans of all generations, set on a 90-acre ranch using activities like homesteading, gardening, and outdoor activities with a purpose of "giving back to those who have given".

<https://www.usvetconnect.com/adventure/camp-patriot>

Cape Fear Botanical Garden therapeutic horticulture program with Wounded Warrior Project considers visible and invisible wounds, providing 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>

Connecticut Veteran Grown (CT Veteran Grown) Program, funded through the U.S. Small Business Administration promotes Farmer Veterans as they build and grow their agricultural careers as they transition into civilian life.

<https://ctveterangrown.org/about/>

Connecting Veterans to Outdoor Peer Support Activities to improve their quality of life, delivered through *One-Stop Center* of WNY, Buffalo, NY partners with the US Forest Service to take local veterans on weekend outdoor retreats.

<https://www.neefusa.org/what-we-do/conservation/veterans-health-and-nature>

Controlled Environment Agriculture (CEA)- Hydroponics course through *Veteran to Farmers and 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>

Farmers Assisting Returning Military (FARM) uses therapeutic agriculture training (they refer to as dirt therapy) as a grounding, restorative method in a peer-to-peer environment helping Veterans find peace, purpose and opportunities, located in Dallas TX.

<https://www.usvetconnect.com/adventure/farmers-assisting-returning-military-farm>

Farm Again program administered by the University of Georgia's College of Agriculture and Environmental Sciences and College of Family and Consumer Sciences provides technical assistance and educational program to new/beginning veteran farmers and farmers with disabilities through programs like AgrAbility and Farm Boot Camp.

<https://www.farmagain.com/>

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 Coalition helps Veterans embark on careers in agriculture with chapters in multiple states including Indiana, Kansas, New York, West Virginia, Vermont and more.

<https://www.usvetconnect.com/homesteading>

Farmer Veteran Coalition has integrated Fields 4 Valor Farms into its organization and services, with a focus on addressing food insecurity among Veteran families using agricultural programs.

<https://farmvetco.org/2025/01/16/executive-director-comments-fvc-integrates-fields-4-valor-food-insecurity-efforts/>

Farmer Veteran Finds Passion in Horticultural Therapy: Interview with a veteran who is a flower farmer in Tennessee discussing his path into farming and his personal 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 Veterans farms (2 locations) in Lynden WA and near Naval Air Station Whidbey Island seek to end isolation through creating purpose and belonging, for Veterans growing food, community and each other using "dirt therapy", time in nature and peer support to improve mental health.

<https://www.usvetconnect.com/adventure/growing-veterans>

Grow Joy, a plant business, provides a [list of Veteran gardening initiatives by state](#) with more than 100 projects currently (2024) in existence, some of which are listed in the FLHHN Resource Hub.

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/>

Healing on the Patuxent organizes forest hikes, horse riding, fishing and kayaking for veterans using nature-based retreats at Greenwell State Park, through the Greenwell Foundation in Hollywood, MD.

<https://www.neefusa.org/what-we-do/conservation/veterans-health-and-nature>

Heroic Gardens in Philadelphia created for veterans in 2018 and now offering in-person activities: HT, forest bathing, land transformations at military cemeteries, monuments, VFWs for Veterans and their families using healing power of plants and nature. The original virtual program where seeds were mailed to veterans across the US with the goal to socialize and offer opportunities to reduce isolation continues as well.

<https://heroicgardens.org/virtualgarden> <https://www.usvetconnect.com/adventure/heroic-gardens>

Heros to Hives program offered through the Michigan Food & Farming Systems, and the University of Missouri provides free professional training and community development centered around beekeeping in a 9-month program. Other beekeeping programs with same name can be located through the US Vet Connect.

<https://extension.missouri.edu/programs/heroes-to-hives>
<https://www.usvetconnect.com/adventure/heroes-to-hives>

Ho'ola Farms' mission is to serve military Veterans and first responders, families and community by providing opportunities to heal, connect, learn, grow and thrive through workshops, videos, victory gardens for Veterans, 4-week farm training, and food access programs.

<https://hoolafarms.org/>

Living Earth Center's Veterans Garden in Minnesota, is a community space open to all, initiated as a therapeutic green space for Veterans to learn, socialize, with an emphasis on growing food.

<https://centerofagriculture.org/veterans/>

Mental Restorations Foundation, with several locations in Hawaii, provides outdoor activities for Veterans and their families using a variety of activities including farming and fishing, along with food security initiatives.

<https://www.usvetconnect.com/adventure/mental-restorations-foundation>

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/planttalk/thrive-program-invites-veterans-to-explore-the-healing-aspects-of-gardening/>

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 Alta (CA) VA Medical Center hospital garden was specifically designed for polytrauma patients which includes Veterans.

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

Pepper Pod in Gatineau Quebec offers women serving, and Veterans, military programming using guided therapy for self-understanding. Set-up as a retreat center for Canadian Veteran community, spouses.

<https://pepperpod.ca/>

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 and 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/>

Retreats for Veterans, offered in multiple locations by multiple organizations, often include gardening, nature connections/therapy, farm to table cooking classes, along with other activities:

[The Big Red Barn Retreat](#) (S. Carolina) and [Dare to Dream Ranch](#) (Rhode Island).

The Veterans Home of California Fresno allows residents to adopt small areas as their personal gardens, with support and mentoring from UC Master Gardeners.

<https://ucanr.edu/blog/fresno-gardening-green/article/master-gardeners-support-gardening-activities-california>

Sanctuary Farm in Philadelphia addresses health inequities from systemic racial oppression and 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>

Texas Tech University's Veteran and Active Military Horticultural Therapy Kits are made available as part of a research study in the Dept. Of Plant and Soil Sciences.

<https://www.depts.ttu.edu/pss/vhtk/>

The Veterans Greenhouse & Gardens Program- UCLA-West Los Angeles Veterans Affairs Campus undertook a garden restoration by Veterans, as part of growing interest in gardening, and as a strategy to address food insecurity by Veterans.

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

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

<https://asdevelop.org/event/tn-agrability-project-ut-gardens-veterans-horticultural-therapy-workshop/>

University programs for agricultural training for Veterans (and sometime other populations) are offered at many post-secondary institutions including [Ohio State University Extension](#), [Rodale Institute](#), [Purdue University](#), [Tufts University](#), [University of Nebraska](#), and others.

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 Farms in Vancouver Washington offers therapeutic horticulture to Veterans through their VA Farming and Recovery Mental Health Services (VA FARMS) at the VA Portland Health Care System's Vancouver campus which was one of ten sites for the pilot program.

<https://www.va.gov/portland-health-care/stories/va-farms-seeds-hope-through-alternative-therapy/>

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

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/>

Veggies for Vets event through the Phoenix VA Health Care System (Carl T. Hayden VA Medical Center) will be giving away hundreds of bags of fresh vegetables to Veterans Sept 10, 2025, commemorating President Lincoln's promise "To care for those who have served in our nation's military and for their families, caregivers, and survivors".

<https://veteransfirstltd.org/veggies-for-vets-september-10-2025/>

Veteran Farm Project in Sweet's Corner, Nova Scotia uses cut flower production and therapeutic horticulture to address women Veteran and military challenges.

<https://www.veteranfarmprojectsociety.com/>

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.nal.usda.gov/research-tools/food-safety-research-projects/veterans-florida-agriculture-program>

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

<https://veteransgrowth.org/>

Veterans Healing Farm in Henderson, NC offers farming technique training, organic gardening, medicinal herbs, beekeeping, equine, art, LENS neurofeedback therapy, and other programming and therapeutic services in support of Veterans.

<https://www.usvetconnect.com/adventure/veterans-healing-farm>

VetHike nature therapy for improving symptoms in veterans with PTSD, is an initiative with Nature and Health University of Washington.

<https://bmjopen.bmj.com/content/bmjopen/11/9/e051885.full.pdf>

Veterans One-Stop Center in Buffalo, NY offers multi-day outdoor retreats designed for Veterans to reconnect with nature, themselves and others using camping, shared meals, hiking, and storytelling. Adaptive equipment and accessible facilities are available.

<https://www.neefusa.org/what-we-do/conservation/veterans-health-and-nature>

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.nsied.org/veterans.html>

VITW Wilderness Warriors Veterans' Path to Nature's Healing offers a variety of outdoor activities including connecting with nature as therapy in Wellsboro, PA, with funding from the National Environmental Education Foundation.

<https://www.neefusa.org/news/neef-announces-awardees-2024-2025-veterans-and-nature-grant>

Videos, webinars & websites on veterans & active military programs

Bee Calm Bee Well webinar deck shares Heroes to Hives program for Veterans where beekeeping addresses mental health of Veterans.

<https://drive.google.com/file/d/1LwvFVIQR5M-rBl1ITbjTvxbuw4oU8xDD/view>

College Recon website provides information on U.S. colleges specifically for military members including horticulture and agriculture courses, with information on scholarships and jobs in the field.

<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/>

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>

National Veterans Outdoor Resources Hub listing of outdoor activities for Veterans includes homesteading and gardening (combined in their listing), along with fishing, art, service dogs, winter sports and more. Each category lists opportunities by state.

<https://www.usvetconnect.com/>

Outdoor Therapy: Healing Veterans Through Nature website of National Association of American Veterans provides information on how nature supports mental and physical healing, relieves stress, and contributes to stronger community inclusion.

<https://www.naavets.org/outdoor-therapy-healing-veterans-through-nature/>

THAD (*Therapeutic Horticulture Activity Database*) offers TH activities across populations and settings including Veteran and active military (activities: [paper poppies](#), [military spouses garden club](#), [multiple relocations: sense of place – military](#), [love & heart-shaped leaves](#)).

<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>

US Vets Connect, part of the National Veterans Outdoor Resource Hub, seeks to bridge the gap between Veterans and the outdoors, raising awareness of organizations that offer outdoor activities. Refer to this organization listed previously.

<https://www.usvetconnect.com/more-about-us-vet-connect>

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. Resources suggest it is still on-going.

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 with a paid stipend.

<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/>

Wisconsin Hero Outdoors organization's website helps Veterans and their families connect to outdoor activities through several mechanisms coordinating small group outings/activities including gardening.

<https://www.usvetconnect.com/adventure/wisconsin-hero-outdoors>

Related organizations

[Farmer Veteran Coalition](#)

Making a Difference Foundation (Blairs Sanctuary Garden)

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

[Veterans & Families Research Hub](#)

[Veteran to Farmers](#)

Written & compiled by Lesley Fleming, Derrick Stowell Dec 2021; revised in Nov 2022 by Lesley Fleming, Bree Stark, Weishunhua Evey Zhang; revised in 2024 by Lesley Fleming; revised in 2026 by Lesley Fleming, Joanna Brown.