Therapy Gardens

Today on Gardening in a Minute: therapy gardens.

Therapy gardens engage people to help improve their minds, bodies, or spirits.

They’re found throughout the world, and are used in settings as varied as hospitals, schools, youth outreach programs, prisons, and nursing homes.

Therapy gardens are typically set up for specific populations. So a therapy garden for blind people might have plants with an especially wide variety of textures and scents, while one for the wheelchair-bound may have many raised, shallow beds.

Research has shown that therapy gardens can help reduce physical pain, encourage social interaction, and help ease emotional pain from grief or abuse.

The positive effects of therapy gardens can be achieved through working in the garden, but the tranquil setting also provides a healing place to sit or meditate.

For more information about therapy gardens and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

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