

### Benefits of a community garden



Did you know that studies have shown that community gardeners and their children eat healthier, more nutrient-rich diets than do non-gardening families?

According to Denver Urban Gardens' survey of their community gardens, more than 50 percent of community gardeners eat fresh vegetables and fruits according to the national guidelines for fruit and vegetable intake.

On the other hand, 25 percent of non-gardeners do not meet these national guidelines. Most people who are in the 25 percent of non-gardeners have one or possibly two servings a day of fresh fruit or vegetables.

In comparison, the Journal of Community Health article from Dec. 1, 2010, titled "The Influence of Social Involvement, Neighborhood, Aesthetics and Community Garden Participation on Fruit and Vegetable Consumption" states community gardeners consumed fruits and vegetables 5.7 times per day compared to home gardeners 4.6 times per day. They continue to state non-gardeners consume 3.9 times per day.

But what is a good diet without exercise? If you are not going to the gym or exercising at home on a regular basis, come to the "green gym" in your local community garden.

*To read the full article, call us about an e-Subscription. 970-854-2811*

Holyoke Enterprise December 19, 2013