

<i>INSERT LOGO HERE</i>	Contact Information <i>Insert program contact information here</i>
-----------------------------	--

Dear (LAST NAME) family,

Perhaps, you like to grow tomatoes during the summer, or maybe, you just like to pull the weeds from your flower garden. It is common for many households to garden, and research has revealed the extensive benefits of this activity. Our organization works with Cornell Garden-Based Learning (CGBL), which provides the gardening resources to support engaging, empowering, and relevant learning experiences. Garden programs engage young people and create vibrant foundations for integrated learning and youth development, and we sincerely hope that you will participate in our community garden activities. With the support and involvement of our entire community, our garden will surely benefit the well-being of your family and our entire community

The benefits of gardens far exceed the typical aesthetic rewards – gardens bring families and communities closer together and create a foundation of cooperation and healthy living. Natural environments – particularly gardens – provide settings where parents may interact with their children and teach them the values of hard work, patience, responsibility, and communication. Gardens allow entire communities to share labor and rewards; they enforce cooperation, cohesiveness, and unity.

By providing a local source of organic fruits and vegetables, community and family gardens support healthy diets and nutritional responsibility – they also provide an excellent outdoor activity for physical recreation. As Americans spend less time outside, and the rate of obesity rises, gardens provide an excellent way to encourage healthy eating habits and exercise. Interactions with nature improve cognitive functioning and concentration – studies show that nature helps people manage their stress and restores their energy. Plus, interactions with nature enforce positive environmental values and promote the conservation of natural resources.

Gardens provide a solid foundation for the education and growth of young minds, which leads to an increased aptitude for natural sciences as well as improved academic achievement. Garden-based learning increases standardized test scores across the academic spectrum, including language arts, math, history, and social studies. It promotes improved youth behavior and life skills.

Whether you currently garden or not, we strongly encourage your family to join the rest of the community and use the resources provided by our organization and CGBL. Your household or nearby public garden can become an important tool to improve and maintain your family well-being, and it will give you an excellent opportunity to establish neighborhood ties and develop lasting friendships.



Cornell University
Cooperative Extension

Cornell Garden-Based Learning

