

# Grow a Garden!

Gardening is a great way to get active! You use lots of muscles when you dig, hoe, weed and cut. An hour of gardening can burn as many calories as an hour of jogging. Simply spending time with plants can reduce stress, lower blood pressure, and relieve muscle tension.

Gardening also rewards you for your work with beautiful flowers, fragrant herbs and fresh, delicious vegetables! Vegetable gardening can help you cut your grocery bill while improving your family's health.

Gardening is a wonderful activity for children, too. Gardening teaches kids about life science--and a whole lot more. Children who garden learn responsibility when they take care of flowers or vegetables. They gain self-esteem when they see how their own efforts can produce food or flowers for their family.

Gardening doesn't have to be expensive and you don't have to own a big yard to do it. All you need is a square foot of ground, some seeds, a trowel, a spade, and a water bucket. Your local library has dozens of resources to give you tips and get you going.

**Master Gardeners** are trained volunteers who aid UW-Extension staff by helping people in the community better understand horticulture and their environment. To find out more about the training sessions and the Master Gardeners of Grant County call the UW-Extension office at 723-2125.

<http://www.hort.wisc.edu/mastergardener/>