Worksite Gardens

Research has shown that:

- people who participate in some type of community garden are much more likely to consume the recommended five servings of fruits and veggies a day
- regular gardening also increases overall levels of activity and has been shown to reduce stress and help improve mood
- worksite gardens can promote team cohesion and foster a sense of community among employees

Worksites that do not have a location that allows for gardening can also encourage employees to participate in a community garden or sign up for a Community Supported Agriculture (CSA) share with a local farm. For more information, contact Ashwinee Kulkarni at Ashwinee.kulkarni@vermont.gov.