

Why Create a Worksite Garden?

When considering a worksite garden, one of the first things companies want to know is whether or not this would be a valuable project for them. More and more businesses are beginning to see the impact onsite gardens can have. Here are a few of those benefits:



- **Nutrition:** Through corporate gardens, employees have a new, inexpensive way to help them eat more fruits and vegetables daily. Often, companies will have a day where employees can share and learn recipes that include the different produce growing in the garden.
- **Physical activity:** Worksite gardens provide employees a way to get active and get exercise that they may not otherwise do. Gardening activities such as watering plants, picking weeds and walking through the paths can help employees get their heart rate up and strengthen muscles, too.
- **Stress relief:** At times work can be overwhelming, and many people find gardening to be a great outlet to help reduce stress. Being able to take a break and go outside can help people re-energize and re-focus on the afternoon's work.
- **Community Involvement:** Many businesses choose to donate their produce to local food shelves. This allows companies to become more involved with the surrounding community, and helps create partnerships with other organizations in their area.

Freshen up your plate!



Get fresh at the KNUJ Farmers Market in New Ulm!

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