

The Growing Benefits of Plants

Plants... their benefits and uses continue to grow. Indoor foliage and outdoor plants benefit the economy, environment and your health. This brochure contains facts and figures from studies that truly show the Value of Plants!



Plants... The Economic Benefits

- Landscaping can add as much as 14% to the resale value of a building and speed its sale by as much as 6 weeks.
- A house that obtained an excellent landscape rating from a local landscaping professional could expect a sale price 4 to 5% higher than equivalent houses with good landscape appeal.
- Homes with poor landscaping could expect a sale price 8 to 10% below equivalent homes with good landscape appeal.

Plants...

- Add **economic value**
- Are **environmentally friendly**
- Contribute to your **health**

Add plants to your lifestyle!

THE GROWING BENEFITS OF PLANTS



- By spending 5% of the value of your home on the installation of a quality low-maintenance landscape, you could boost the resale value by 15%, earning back 150% or more of your landscape investment.

- Hedges raise property values by 3.6%, a landscaped curb by 4.4%, and a landscaped patio by 12.4%.

- Properly selected and placed plants can lower home heating and cooling costs by as much as 20%.



- Computer models estimate that three properly placed trees can save an average household between \$100 and \$250 in heating and cooling energy costs annually.

- A tree shading an outdoor air conditioner unit can increase its efficiency by as much as 10%.

- You can reduce your air conditioning costs by 15% or more by adding a well-planned landscape. Shrubs and vines planted next to the house provide year-round insulation by creating an air space.

Landscaping can increase property value



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Plants... Health and Psycho-social Benefits

- You can burn as many calories in 45 minutes of gardening as in 30 minutes of aerobics. One hour of weeding burns 300 calories (the same as walking or bicycling at a moderate pace), and manual push mowing of the lawn burns 500 calories per hour (the same rate as playing tennis).
- Women 50 and older who gardened at least once a week had higher bone density than those who jogged, walked, swam or did aerobics.
- Workers with a view of natural elements, such as trees and flowers, experienced less job stress, were more satisfied with their jobs and reported fewer ailments and headaches than those who had no outside view or could only see built elements from their windows.
- Live interior plants may increase worker productivity and reduce stress by as much as 12%.



- Views of plants increase positive feelings and reduce fear and anger.
- In an analysis of the relationship between crime rates and vegetation at inner city public housing developments in Chicago, buildings with high levels of greenery had roughly half as many crimes as buildings with no greenery.
- The more trees and grass in the common spaces of inner-city neighborhoods, the more those spaces are used by residents. And, use of these spaces means more opportunities for informal social interaction. In other words, relationships between neighbors are made stronger simply through the presence of vegetation.

Live interior plants may increase worker productivity



Plants... The Environmental Benefits

- Trees, shrubs, turf, and groundcovers trap and filter dust and other pollutants out of rainwater.
- Planting landscape buffers can reduce the flow of sediments and pollutants into nearby bodies of water.
- Landscaping with woody plants along stream banks and shorelines can reduce soil erosion, filter pollutants, and reduce downstream flooding.
- Plants improve air quality; one tree can remove 26 pounds of carbon dioxide from the atmosphere annually.
- Properly selected and placed plantings absorb sound waves, and can significantly reduce unwanted 'noise pollution'.
- Plants help remove low levels of chemicals such as carbon monoxide and formaldehyde from indoor environments.



For a complete list of these benefits and the research sources, check out the website:

www.floridagardening.org

Landscaping with woody plants can reduce pollutants