

## Why Garden? Recipes, Gifts, and More!

There are so many reasons we love gardening – beyond being one of the best things we can do to support our environment. Below are just a few:

### **Garden-to-table meals are delicious!**

Try out garden-to-table recipes from [HGTV](#) and [Food Network Canada](#).

Share your creations by tagging us on [Twitter](#), [Facebook](#), or [Instagram](#).

### **Gardening yields more than nutritious foods...**

Gardening is a great way to relieve stress and keep physically active. But the health and wellness benefits can be obtained even after you leave your garden.

[Garden Therapy](#) has tons of information on what you can do with the things you garden – from cooking well to crafting handmade gifts and making all-natural skin care products!

Don't forget to check out all the [free downloadable content](#) too – including printable cards, printable quotes, and a free adult colouring page.

### **Gardens are beautiful:**

Not convinced? Take a virtual tour of these incredible gardens from around the world:

[Casa Loma Estate Gardens](#)

(Toronto, Ontario)

[Hawaii Tropical Botanical Garden](#)

(Papaikou, Hawaii)

[Dundurn Castle Garden](#)

(Hamilton, Ontario)

[Key Gardens](#)

(Richmond, England)

[Chicago Botanic Garden](#)

(Chicago, Illinois)

[Claude Monet's Garden](#)

(Giverny, France)