

# THE GROWING Benefits OF PLANTS

The benefits and uses of plants continue to grow – from a modest re-landscaping project to massive green spaces for leisure and increased quality of life. Plants add value, are environmentally friendly and contribute to one's health.



## ECONOMIC VALUE

- 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 sales price increase of 4 to 5% higher than equivalent houses with good landscape appeal is expected for houses that obtained an excellent landscape rating from a local landscape professional.
- Homes with poor landscaping could expect to sell for 8 to 10% below equivalent homes with good landscape appeal.
- By spending 5% of the value of a home on a quality low-maintenance landscape, the resale value can jump 15%, earning back 150% or more of the landscape investment.
- Landscaping elements add value: a landscape patio – 12.4%, landscape curbing – 4.4%, hedges- 3.6%.
- Lower a home's heating and cooling costs by as much as 20% by properly selecting and installing plants.
- A household can save between \$100 and \$250 annually in saved energy costs by adding three properly placed trees according to computer models.
- Increase an outdoor air conditioning unit's efficiency by as much as 10% with a properly placed shade tree.
- Reduce air conditioning costs by 15% or more by adding a well-planned landscape to a home. Shrubs and vines planted next to a house provide year-round insulation by creating an air space.

**LANDSCAPING CAN INCREASE PROPERTY VALUE!**

## PLANTS ADD VALUE TO LIFE!

For a complete list  
of these benefits  
and the  
research source,  
contact FNGLA:  
800.375.3642

[www.fngla.org](http://www.fngla.org)

FNGLA

# THE GROWING Benefits OF PLANTS

FNGLA

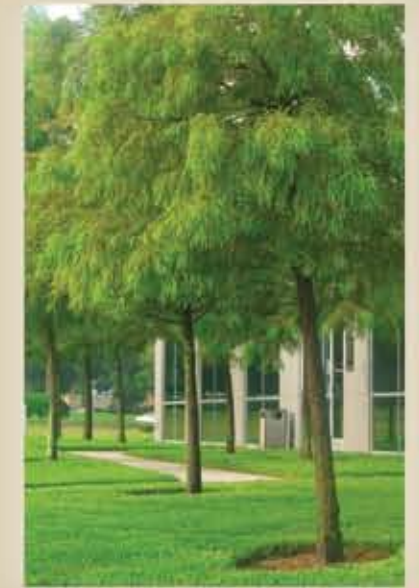
[www.fngla.org](http://www.fngla.org)

# ENVIRONMENTAL VALUE

- 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 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.

# HEALTH & WELLNESS VALUE

- 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.



Improve Air Quality    Create Gathering Areas    Increase Productivity    Create Gathering Areas    Absorb Noise    Reduce Job Stress    Reduce Pollutants    Increase Productivity    Improve Quality