



GARDEN WELLNESS — This May 25, 2013, photo taken in the backyard of a property near Langley, Wash., shows an outdoor chess set that provides as much satisfaction as utility. It also may pay off when selling the property. Wellness in landscape design is all about adding more value to the property — emotional as well as financial. (Dean Fosdick via AP)

Gardening’s benefits jibe with today’s emphasis on wellness

By DEAN FOSDICK
Associated Press

Modern gardening isn’t just about growing plants — it’s part of a movement toward personal and family wellness that includes everything from diet and exercise to a clean and livable environment.

“A lot of things are going on with wellness as it applies to our food culture,” said Helen Lundell, a senior consultant with The Hartman Group Inc., a company in Bellevue, Wash., that studies consumer, food and beverage trends. “The essential theme is that consumers are moving toward natural foods. First and foremost is the absence of pesticides and chemicals used in production.”

But gardening fits the moment in ways beyond healthier food, she said.

“People want to exercise,” she said. “They want to connect with nature. They want to socialize. They want to have some private time and disconnect from social media. They want long-term weight management rather than crash diets.” All of those can be benefits from gardening.

A trend toward outdoor living has blossomed in landscape design, and is also health-related, said Missy Henriksen, a spokeswoman for the National Association of Landscape Professionals.

“People are recognizing that being outdoors benefits wellness,” Henriksen said. “They feel better when they interact with nature, even if it’s simply looking through a window.”

If you’re remodeling a deck or patio, Henriksen said, consider adding creative lighting, wifi, TV connections and shelter from harsh sun and wet weather. “Not only for nighttime use, but more people are working remotely from home and they’re doing it outdoors,” Henriksen said.

When planning the garden, she recommended nature-scaping with pollinator-friendly plants (“Attracting wildlife is a great educational tool for kids”) and including edibles.

“People look at their landscapes and think they’re attractive, but they may be missing some personal benefits,” Henriksen said. “Herbs, fruits and vegetables add texture, color and variety to residential landscapes.”

You also can hardscape to fit family lifestyles as they evolve. Include badminton or bocce ball courts, chessboards, pools and spas, fire pits and yoga spaces. Aside from their immediate satisfaction, these also may pay off when selling the property.

Try your local university Extension office if you need help.

The house that followed Wanda Dunn home

Bettye Mills Jenkins of Union City shared this unique house story with The Messenger.

My daughter, Mellie Coleman’s, late sister-in-law, Wanda Dunn, and her husband, Joe, and their daughters, Amy and Christy, lived in one of those two-bedroom compact houses on South Fourth Street in Union City. They had an opportunity to build a house in the country. They built a pretty three-bedroom house a short way out of town and were living there, happily, it seemed. A house moving company employee called and asked

if it was all right for his company to move a house they were moving and use Wanda’s driveway for that purpose and, of course, Wanda said “yes.”
Sometime later when she realized the movers were on the road, she got in position to watch. Who wouldn’t? It was the house they had lived in, in Union City. Wanda said, “I felt so funny. I thought, you know, the house was saying something like, You thought you would get away from me. But you didn’t, did you?”
Wanda’s new house and the old one have resided side by side for several years now, lot beside lot.

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