

# Plant a Tree

## Watch the Benefits Grow

Rest Easy

**1 DAY**

Less in the hospital  
for patients with a  
green view

Stay Cool

**5.2°F**

Amount that trees  
can cool urban  
neighborhoods

Form a Bond

**INCREASED**

Sense of connectedness  
in communities with  
higher tree density

Help Your Heart

**40%**

Less likely to be  
overweight than  
people in the least  
green settings

Get Schooled

**HIGHER**

Academic scores  
on school campuses  
with more trees

Rest Easy: View Through a Window May Influence Recovery From Surgery. Ulrich, R.S. 1984. (Science 224, 27: 420-21)

Stay Cool: Urban heat island mitigation by green infrastructure in European Functional Urban Areas. Marando, F., Heris, M.P., Zullian, G., Udias, A., Mentaschi, L., Chrysoulakis, N., Parastatidis, D. and Maes, I. (2022.)

Form a Bond: The Relationship Between Social Cohesion and Urban Green Space: An Avenue for Health Promotion. Viniece Jennings and Omeshalewa Bamikole. (Published online 2019 Feb 4)

Help Your Heart: Graffiti, greenery, and obesity in adults: secondary analysis of European cross-sectional survey. BMJ 2005; 331 doi: <https://doi.org/10.1136/bmj.39575.664549.F7> (Published 15 September 2005)

Get Schooled: Tree cover and species composition effects on academic performance of primary school students. Sivejanani Sivarajah, Sandy M. Smith, Sean C. Thomas (2018.)

 spreading  
roots

# Plant a Tree

## Watch the Benefits Grow

Rest Easy

**1 DAY**

Less in the hospital  
for patients with a  
green view

Save It

**30%**

Reduction in your  
A/C needs with a  
greater canopy

Form a Bond

**INCREASED**

Sense of connectedness  
in communities with  
higher tree density

Help Your Heart

**40%**

Less likely to be  
overweight than  
people in the least  
green settings

Get Schooled

**HIGHER**

Academic scores  
on school campuses  
with more trees



 spreading  
roots

Rest Easy: View Through a Window May Influence Recovery From Surgery. Ulrich, R.S. 1984. (Science 224, 27: 420-21)  
Save It: Let's carry the values of Tu B'Shevat with us every day, USDA Forest Service, <https://www.fs.usda.gov/features/lets-carry-values-tu-b-shevat-us-every-day> (2014)  
Form a Bond: The Relationship Between Social Cohesion and Urban Green Space: An Avenue for Health Promotion. Viniece Jennings and Omoshalewa Bamikole. (Published online 2019 Feb 4)  
Help Your Heart: Graffiti, greenery, and obesity in adults: secondary analysis of European cross-sectional survey. BMJ 2005; 331 doi: <https://doi.org/10.1136/bmj.39575.664548.F7> (Published 15 September 2005)  
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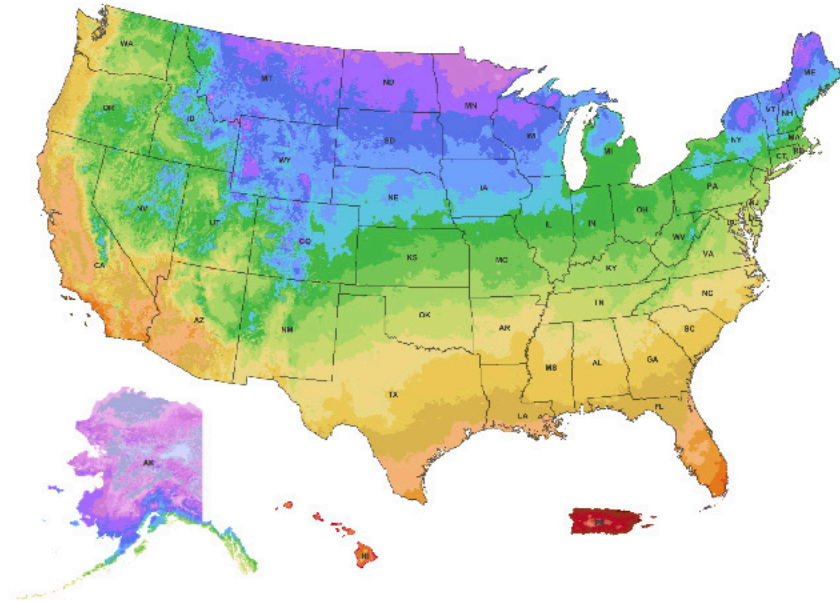
# Throwing Shade

These trees are great for urban conditions that typically involve more compact, drier soil. But, to find the tree that's just right for your specific conditions, be sure to check a trusted resource like the *Arbor Day Foundation Tree Wizard*.

Use the U.S. gardeners and growers standard based on the average yearly winter temperature to determine which plants are most likely to grow and thrive in your area.



Answer a few quick questions.  
Find the right tree for you.



1a 1b 2a 2b 3a 3b 4a 4b 5a 5b 6a 6b 7a 7b 8a 8b 9a 9b 10a 10b 11a 11b 12a 12b 13a 13b

Hardiness Zone Map Source: [planthardiness.ars.usda.gov](http://planthardiness.ars.usda.gov)



## Silver Linden

Zones 4a-7b

Nonnative, adaptable, drought tolerant, moderate growth rate



## London Planetree

Zones 6a-9b

Leafy, robust, hardy, pollution tolerant, fast growing



## Crape Myrtle

Zones 6a-10b

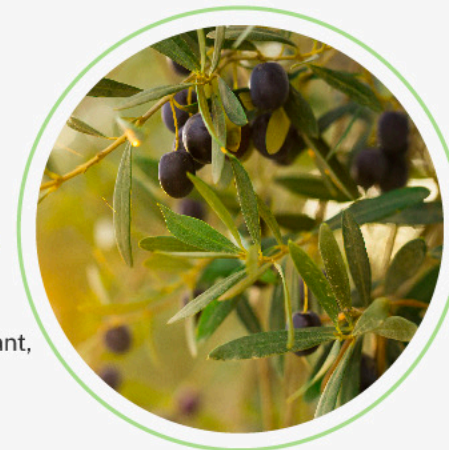
Summer blooms, sun lovers, tough, durable, simple to grow



## Black Olive

Zones 10b-11b

Saline tolerant, wind resistant, flowering, dense canopy



## Eastern Red Cedar

Zones 2a-9b

Heat-tolerant evergreen, low maintenance, bears food for wildlife





# Before You Grow...

Remember: Planting trees is a great thing, but before you dig, you should always determine what benefits you want and where trees are most needed. For guidance, check out these helpful tools. With proper guidance, you can plant the right tree in the right place that can do the most good for your community.



## i-Tree

[itreetools.org](http://itreetools.org)

Worldwide standard for discussing the benefits of trees; offers free tools and support for all

## My City's Trees

[mct.tfs.tamu.edu](http://mct.tfs.tamu.edu)

Urban Forest Inventory and Analysis data; produce custom analyses and reports

## Treepedia

[senseable.mit.edu/treepedia](http://senseable.mit.edu/treepedia)

Measures city tree canopy cover by analyzing the amount of green perceived while walking

## EnviroAtlas

[enviroatlas.epa.gov](http://enviroatlas.epa.gov)

Interactive online tool for exploring benefits of nature; helps inform pro-environment, pro-economy, planning and policy decisions

## Municipal Planning Office

Contact your local government

Works to ensure safe and appropriate growth of your community by guiding the social, physical, economic, and environmental development



# Food Forests

Supporting ecosystems and connecting communities with nature.

Food forests are areas planted with many different edible plants of different heights and sizes. They are often arranged in patterns like natural forests with layers ranging from groundcover to tall trees. In addition to many annual plants typically grown in fruit and vegetable gardens that must be planted each year, food forests include perennial plants which do not have to be replanted year after year but will continue to grow for many years.

There are currently

# 85+

Food Forests in  
the United States



## Benefits

Food forests can provide healthy food to eat as well as places to gather and stay healthy in the shade.

## Starting and Upkeep

When choosing a site, consider whether it will be sunny or shady, and whether it will have water access.

## Particular Plants

Location will affect which types of trees will grow best in your food forest.

# Environmental Benefits

Trees, green spaces, and nature provide crucial environmental benefits to urban areas.

**17.4M**

**Tons of Air Pollution Removed  
in the United States**

**80%**

**Runoff Reduction  
Compared to Asphalt**

*Approximately*

**1.83B**

**Trees Planted Globally  
Each Year**

*About*

**45°F**

**Cooler Under Tree  
Coverage**



**Green spaces create wildlife  
corridors in cities essential for  
the survival of urban wildlife.”**

Green Canopy, Better World: Exploring the benefits of trees. (n.d.). Gardenia - Creating Gardens.  
<https://www.gardenia.net/guide/green-canopy-better-world-benefits-of-trees>





# Community Well-Being

Strong social connections have been linked to improved health and well-being.



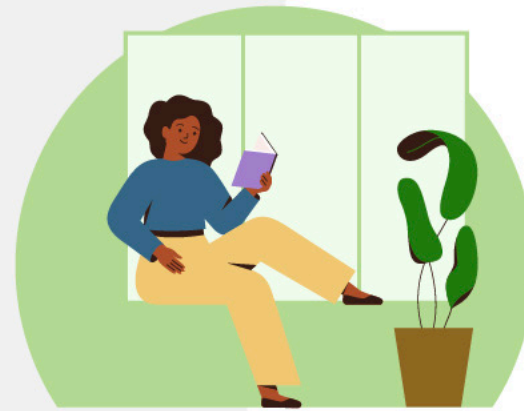
## Family

Green spaces are associated with greater longevity in older people. They also provide places for parents and children to engage in outdoor activities and spend time together.



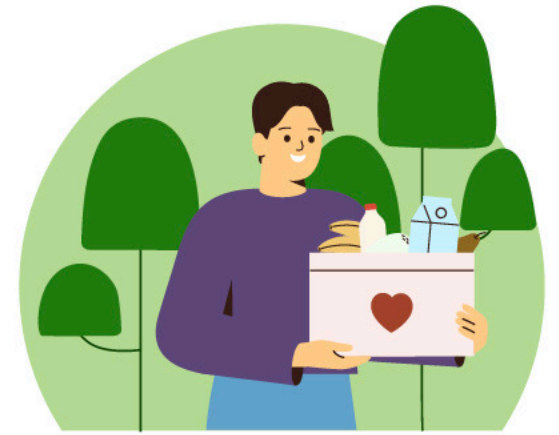
## Place-making and Time

Turning vacant spaces (lots etc.) into vibrant places that reflect a community's aesthetic and cultural values and strengths advance community centered revitalization.



## Safety and Peace

Neighborhoods with homes fronted with street trees experience lower crime rates.



## Connection and Civic Engagement

Communities where residents are immersed in trees and nature may be kinder and more compassionate

# Green Spaces:

## The Ultimate Cultural Exchange

When you mindfully increase your urban tree canopy, invest in infrastructure, and build green spaces in ways that consider the needs of your community, life can be even more beautiful.



**Engage**  
Share positivity and interact with people from different backgrounds



**Commune**  
Organize events where you can gather with friends and family

**Inspire**  
Instill a sense of wonder in children and provide a safe place to play



**Connect**  
Nurture your relationship with your natural surroundings and the world around us

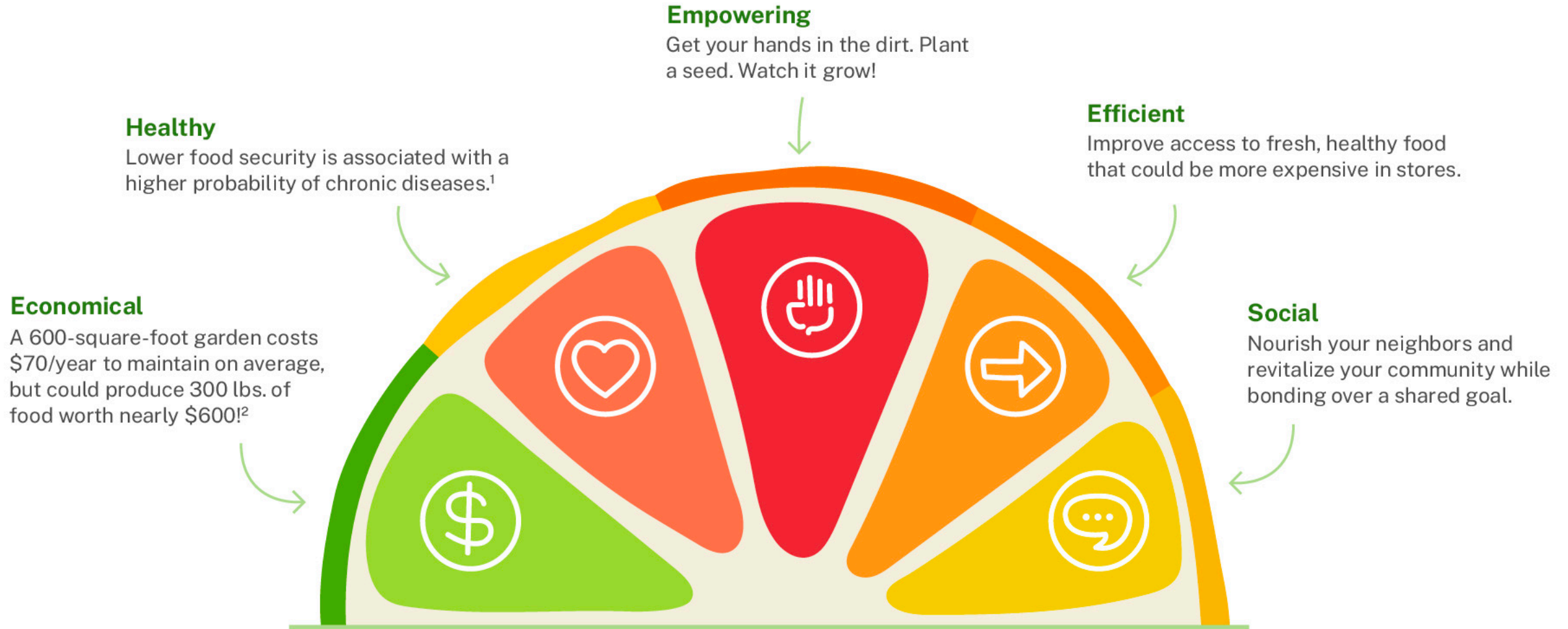


**Reflect**  
Enjoy a space to meditate, relax, write, teach, and perform





# Why Community Gardens Are A-Peeling



<sup>1</sup> Gregory, Christian A. & Coleman-Jensen, Alisha, 2017. "Food Insecurity, Chronic Disease, and Health Among Working-Age Adults," Economic Research Report 261813, United States Department of Agriculture, Economic Research Service.

<sup>2</sup> <https://money.com/gardening-grocery-savings/#:~:text=A%20well%2Dmaintained%20food%20garden,%24600%20annually%2C%20the%20association%20estimates.>