

26 Reasons to love the Healing Power of Plants!

 A wesome	 B iophilia	 C onnection	 D iversity	 E ngagement
 F riluftsliv ¹	 G ardens	 H ealth	 I nspiration	 J oy
 K inesthetic	 L ife	 M int	 N ature	 O utdoors
 P revention	 Q uality	 R elaxation	 S ocial Interaction	 T rees
 U ltraviolet	 V egetation	 W ellbeing	 X eriscape	 Y ard
 Z ucchini	<p>To learn more about how connecting with nature is essential to human health and well-being, contact your local Master Gardener: extension.umn.edu/master-gardener</p> <p>1. A Scandinavian term to describe a lifestyle of freedom and joy to experience a spiritual connection to nature.</p>			