

*“We can love ourselves  
by loving the earth.”*

—Wangari Maathai, activist and  
Nobel Peace Prize Laureate

### THE BENEFITS OF GARDENING

- Supports healthy lifestyles
- Encourages exercise and movement
- Helps reduce stress
- Promotes dialogue
- Cultivates community
- Connects you to nature and to the past
- Protects the environment



*Right: Anacostia Community Museum  
garden facilitator Derek Thomas leads  
a garden workshop.*

*Anacostia Community Museum Archives,  
Smithsonian Institution*



*Right: Anacostia Community  
Museum educator Zora Martin  
Felton and students tend the  
museum's gardens in 1982 as  
part of a summer science project.  
Anacostia Community Museum Archives,  
Smithsonian Institution*

# Welcome to the Demonstration Garden

**Gardens are great!** They connect people to their community and environment. They empower people to grow their own food and live healthy, sustainable lives. They provide a space for neighbors to nurture existing relationships, create new ties, and get involved in their local communities. They are also restorative spaces that encourage a connection to and an understanding of the natural world.

The Anacostia Community Museum uses this demonstration garden for public programs for visitors of all ages. Visit **[anacostia.si.edu](http://anacostia.si.edu)** to find out about future programs.

To continue your outdoor museum experience, visit one of Smithsonian Gardens' other exhibits on the National Mall. To learn more about programs and collections, visit **[gardens.si.edu](http://gardens.si.edu)**.

*Far Left: Workshop attendees and gardeners celebrate the end  
of a workshop during “Bloomin’ in Southeast,” a collaboration  
between the Anacostia Community Museum and Martha’s Table.  
Anacostia Community Museum Archives, Smithsonian Institution*

*Left: A young gardener helps her father during  
a “Bloomin’ in Southeast” workshop.*

*Anacostia Community Museum Archives, Smithsonian Institution*

*Background illustration: A key ingredient in Southern  
cooking, okra (*Abelmoschus esculentus*) is one of many  
food staples that crossed the Atlantic from Africa to  
the Americas.*



*Left: Elementary school students tend the  
flower and vegetable gardens at the Anacostia  
Community Museum as part of a summer  
science project in 1982.*

*Anacostia Community Museum Archives,  
Smithsonian Institution*

