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

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 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.

“We can love ourselves by loving the earth.”
—Wangari Maathai, activist and Nobel Peace Prize Laureate