

# The harvest of urban agriculture is the living plants enhancing our quality of life

## *Benefits of urban agriculture crops*



### 1. Oxygen

- In one year an average size tree "exhales" enough oxygen to keep a family of four breathing for one year.
- A turf area of just 50' x 50' releases enough oxygen in one year to meet the needs of a family of four.

### 2. Clean air

- In one year an average size tree "inhales" 26 pounds of carbon dioxide.
- NASA scientists showed as little as one potted plant per 100 square feet of floor space can help clean air.
- Plants absorb nitrogen oxides, airborne ammonia, sulfur dioxide, and ozone.

### 3. Rain

- Through transpiration plants take water from the soil and return it to the air in a continuous cycle helping to create rain.

### 4. Cleaner Runoff

- Plants control runoff, slowing erosion and allowing water to be absorbed and returned to aquifers.
- Plant material cleans the water running off of city rooftops, sidewalks, streets and yards decreasing the amount of pollutants flowing into our rivers.

### 5. Shade

- Plants conserve energy - the difference between a shaded wall and un-shaded wall during a Texas summer averages 8 degrees - equivalent to a 30% increase in insulation.
- One tree strategically placed in a yard for shading a home produces a cooling effect equal to 10 room-sized air conditioners running 20 hours a day.
- Trees and shrubs strategically placed next to dwellings can reduce summer air conditioning costs by up to 50%.

### 6. Beauty

- Trees, shrubs, flowers and other plants provide both esthetic value and intrinsic value to property.
- Plants provide psychological benefits - studies demonstrate areas with trees and landscapes provide many positive attributes to those experiencing them.



### 7. Other Benefits

- Trees and plants in urban areas provide habitat in which a broad variety of wildlife thrives.
- Plants are noise filters.
- Provides us with natural playgrounds.

