URBAN GREENING BENEFITS

Urban Greening Improves

Academic Performance

Memory performance and attention span improve by 20% after spending an hour interacting with nature.\textsuperscript{12}

Symptoms of ADD in children can be reduced through activity in green settings, thus “green time” can act as an effective supplement to traditional medicinal and behavioral treatments.\textsuperscript{13,14,15}

Nature experiences are important for encouraging imagination and creativity, cognitive and intellectual development, and social relationships.\textsuperscript{16,17,18}

College students with more natural views from their dorm windows scored higher on attention tests and rated themselves as able to function more effectively.\textsuperscript{19}
Urban Greening Improves Mental Wellness

The experience of nature helps to restore the mind from the mental fatigue of work or studies contributing to improve work performance and satisfaction. 5,6,7

People who visit green spaces for 30 minutes or more a week have lower rates of depression and high blood pressure.8

Even brief glimpses of natural elements improve brain performance by providing a cognitive break from the complex demands of urban life.9
Urban nature can provide calming and inspiring environments and encourages learning, inquisitiveness, and alertness.\textsuperscript{10,11}

**Urban Greening Improves Physical Wellness**

Urban green spaces encourage exercise and are more restorative environment than indoor settings.\textsuperscript{1}

Green spaces provide necessary places and opportunities for physical activity. Exercise improves cognitive function, learning, and memory.\textsuperscript{1,2}

In a study, residents of areas with the highest levels of greenery were three times as likely to be physically active and 40% less likely to be overweight or obese than residents living in the least green settings.\textsuperscript{3}

Childhood asthma rates are the highest in parts of the city where tree density is the lowest.\textsuperscript{4}

[LEARN MORE](#)
OUR GREENING PROJECTS

Enjoy the our design and functions

PARK PROJECTS
PLANT NATIVE

California native plants are suited to our climate, helping to conserve water. Native plants create habitat for birds and butterflies and help our regions biodiversity.
California native plants are suited to our climate, helping to conserve water. Native plants create habitat for birds and butterflies and help protect our region’s biodiversity.

Southern California Native Plant Nurseries

- **El Native Growers**
  - 200 S. Peckham Rd.
  - Azusa, CA 91702
  - (626) 969-8449
  - campbell_janses@elnativegrowers.com

- **Tree of Life Nursery**
  - 33201 Ortega Hwy.
  - San Juan Capistrano, CA 92675
  - (949) 728-0685
  - quotes@calfornianativeplants.com

- **Rancho Santa Ana Botanical Gardens**
  - 1500 N College Ave.
  - Claremont, CA 91711
  - (909) 625-8767
  - www.rsabg.org

- **Recon Native Plants**
  - 1755 Saturn Blvd.
  - San Diego, CA 92154
  - (619) 423-2284
  - www.reconnativeplants.com

- **Theodore Payne Foundation**
  - 10459 Tuxford St.
  - Sun Valley, CA 91352
  - (818) 766-1802
  - www.theodorepayne.org

- **Hahamonga Native Plant Nursery**
  - 4550 Oak Grove Dr.
  - Pasadena, CA 91103
  - (626) 423-2284
  - nursery@armyosco.com

- **Las Pilatas Nursery**
  - 3232 Las Pilatas Rd.
  - Santa Margarita, CA 93453
  - (805) 438-5992
  - penny@laspilatas.com

Other Nurseries That Sell Some Native / Drought-Tolerant Plants:

- Bellefontaine Nursery
- Boething Treefarm
- Colyer Nursery
- Village Nursery
- Armstrong Nursery Pasadena
- Lincoln Ave Nursery
- San Gabriel Nursery

Amigos de los Ríos works to create an "Emerald Necklace" natural infrastructure network of green spaces in undererved areas throughout the Los Angeles Basin, connecting the "Mountains to the Sea" and protecting urban communities from the threats of climate change.

Volunteer With Us!
Facebook.com/EmeraldNecklace
www.AmigosDeLosRios.org

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