

Why plants benefit you, your community and the environment

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1. Plants generate life giving oxygen.

A person inhales 23,000 times a day, absorbing about 15.8kg of oxygen (from the air). Most of this is produced by plants. An 18 hole golf course supplies enough oxygen for a town of 6,000 to 8,000 people.

2. Plants keep us cool.

About 0.4ha of grass transpires 9,080 litres of water daily through summer, thereby producing a cooling effect equivalent to that of a 70 ton (63 tonne) air conditioner. A tree in front of a home can produce a cooling effect to that of 10 air conditioners running 20 hours a day.

3. Plants reduce pollution.

Plants are the best dust mops on earth, catching much of the 12 million tons (10.8 million tonnes) of pollution released into the atmosphere annually. Plants are invaluable in reducing noise pollution. Trees can cut noise levels by as much as 75 per cent. A 30m strip of trees absorbs 6 to 8 decibels.

4. Plants provide psychological well-being and physical exercise.

Studies in Germany found that office workers surrounded by plants are happier and more productive than those without plants in their areas. A study from the University of Illinois demonstrated that gardening burns up more calories than bicycling or walking. Plants not only make people healthier and happier they actually keep us alive. Each person needs seven trees to change their carbon dioxide to oxygen. Plants are a resource we have to preserve.