



Cultivating the Company Garden

How to use company gardens and creative landscaping to increase employee satisfaction, health, performance, and team building.

As the boom in home gardening continues across the country, many businesses are realizing the benefits of creating gardens and creative landscaping with their employees on company grounds. According to Fortune Magazine, companies such as Blue Cross Blue Shield of Minnesota, Baxter International, Google, Southwest Airlines, and Hewlett Packard have worked with their staffs to install gardens around their building to grow food, flowers and fruits. Some of these gardens produce food for their company cafeteria, some support their company's mission such as donating food to local food shelves, and other gardening programs offer plots for individual employees to grow food for their own families.

But gardening in the workplace is not just about fresh, nutritious food and beautiful flowers. Employers have found that gardens are a great way to bring diverse group of staff together. Garden programs help with team building, problem solving and building camaraderie. They become a refuge and a place for employees to recharge during the workday. Gardens encourage staff to develop a healthy lifestyle based on healthy eating and exercise. Employees feel like there's more of a balance between their work and home life, especially if the gardens are producing food they can bring to their family.

As a nationally-recognized gardening expert, Charlie can bring more than 20 years of gardening and garden organizing knowledge to your company and guide you through the steps to create a successful company garden that fits your needs. Not only can he help with planning and establishing your own garden and creative landscape, he can partner with other Vital Wellness coaches to offer classes on cooking, healthy diets and team building using the gardens as the resource.

Length and pricing of program can be tailored to your companies need.



Charlie Nardozzi , BS, ME

Charlie Nardozzi is a nationally recognized garden coach, book author, radio, television personality and public speaker. He is regularly heard and seen hosting the *Vermont Garden Journal* on VPR and *In The Garden Tips* on WCAX-TV CBS. He is the former horticulturist and spokesperson for the National Gardening Association, has worked on gardening programs with companies such as the Hilton Garden Inn, Stoneyfield Yogurt, Cabot Cooperative, and Gardener's Supply Company, and has been involved in community and kids gardening programs in Vermont and across the country. Charlie combines an in-depth knowledge of gardening and landscaping with an exuberance and enthusiasm that inspires novice and expert gardeners alike.

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