



the power of plants:  
presented by Redi-farms

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**Can plants  
make us better  
people?**

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We've all heard plants can make us feel calmer, happier, and improve our overall sense of well-being. But why? Let's dig in to some of the psychological benefits of plants and the surprising life lessons they may be able to teach us.

Plants have a wide variety of needs. Taking care of them remind us to tend to our own physical and emotional needs, which are different every day. The simple habit of caring for a living, 'breathing' thing, trains us to accept the normalcy of these evolving needs.

Similarly, in today's fast-paced world, just the act of slowing down to care for plants helps us stay mindful of the little things in life and find beauty in the places we might otherwise overlook.

In addition to bringing color and life to a space, plants provide welcome company. While a plant will never be able to replace a person, they do provide a sense of comfort and companionship. With the pandemic causing a decrease in social interactions, plants may be just the thing to help us feel less insular - and more connected to our roots in nature.



Biophilia or “the passionate love of all that is alive” describes this innate desire we have to seek out nature for peace and stability.

Perhaps one of the most important lessons houseplants can teach us is to embrace our mistakes and imperfections. Not every plant we nurture will survive, others will go through seasons where they wilt, only to come back to bloom. We'll face those

seasons in life too. It's important to remember that seasons of growth (while sometimes longer than we expect), often yield the greatest harvest.

Ready to embrace plant-living? **Redi-farms**, the new hydroponic, vertical farm start-up in Westfield, NJ is committed to educating and empowering the community on the benefits of a plant-centered lifestyle. *Learn more at **Redlfarms.com***