

# Greenspace Project

## Greenspace Project

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The Greenspace Project stands out among conventional community gardens at the University of South Australia due to its distinct focus on mental health and community building. This rooftop community garden not only provides a sustainable and inclusive environment for students but also strives to raise awareness about the importance of student mental health. Unlike traditional gardens that primarily emphasise horticulture, the Greenspace Project offers a unique hands-on and interactive experience, fostering a sense of community and equipping students with resources to support their mental well-being.

Research has shown that spending time in nature has significant benefits for mental health. According to Dr. Eva Selhub, a specialist in stress and resilience, "Nature is fuel for the soul. Often when we feel depleted, we reach for a cup of coffee, but research suggests a better way to get energised is to connect with nature." This sentiment is supported by a study published in the Journal of Environmental Psychology, which found that exposure to nature can effectively alleviate symptoms of depression and anxiety.

In addition to promoting mental health, the community garden serves as a platform for hands-on learning in sustainable practices and facilitates social events and workshops. To attract participants and spread awareness, the Greenspace Project utilises various assets, including an Instagram account for updates, seed packets and harvest boxes for home gardening practices, posters, email marketing, and a mindfulness pocket guide.



## Greenspace Project

**Dear Students,**

Are you feeling overwhelmed from uni? Are you interested in promoting sustainability and environmental awareness on campus? Do you want to gain skills and knowledge to help manage your well-being and self-care skills? If so, we invite you to join the Greenspace Project!

The Greenspace Project aims to cultivate a nurturing and inclusive environment that enhances students mental health and well-being. Engage in sustainable practices, feel a sense of community, develop resilience and self-care skills through nature with fellow students. We are encouraging students from any degree to get involved.

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**What you can expect to gain from Project Greenspace:**

- Self-care skills
- Enhanced mental well-being
- Gardening skills and tips
- Building resilience
- Mindfulness
- A sense of community

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By getting involved in the Greenspace Project, you will not only be making a positive impact on the environment, but you will also be engaging in mindfulness activities and learning self-care skills that will benefit you throughout your time here at Uni SA and beyond.

If you're interested in getting involved or would like to learn more, please email us or come visit our budding garden, located at the City West Campus on level 5 of the Kaurna Building. We can't wait for you to grow with us!

Kind regards,  
Greenspace Project Team

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Follow our Instagram @greenspace\_\_project to learn more!





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Instagram, Facebook, Twitter

Usecode to mailing list



City West Campus  
Kaurna Building  
Level 5





## SEASONAL PLANTING GUIDE

Follow this planting guide and engage in mindfulness practices throughout the Australian season, while cultivating a deeper connection with nature and yourself.

<p><b>SPRING</b> September to November:</p> <p>Planting:</p> <ul style="list-style-type: none"> <li>✦ Spinach</li> <li>✦ Kale</li> <li>✦ Peas</li> <li>✦ Strawberries</li> <li>✦ Lavender</li> <li>✦ Lemon balm</li> </ul>	<p><b>SUMMER</b> December to February:</p> <p>Planting:</p> <ul style="list-style-type: none"> <li>✦ Tomatoes</li> <li>✦ Capsicum</li> <li>✦ Blueberries</li> <li>✦ Basil</li> <li>✦ Rosemary</li> <li>✦ Mint</li> </ul>	<p><b>AUTUMN</b> March to May:</p> <p>Planting:</p> <ul style="list-style-type: none"> <li>✦ Pumpkins</li> <li>✦ Butternut squash</li> <li>✦ Sage</li> <li>✦ Calendula</li> <li>✦ St. John's Wort</li> </ul>	<p><b>WINTER</b> June to August:</p> <p>Indoor Herb Garden:</p> <p>Grow herbs like thyme, oregano, lemon verbena, and chamomile indoors during the winter season.</p>
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As you plant the seeds or seedlings, take a moment to observe the textures and colors of the plants. Reflect on the potential for growth and renewal in your own life.

While tending to your garden, engage your senses fully. Notice the warmth of the sun on your skin, the vibrant colors of the fruits and vegetables. Allow yourself to be present in the moment.

As you harvest the produce, take a moment to appreciate the abundance of nature and the nourishment it provides. Reflect on gratitude for the season's harvest and the positive impact gardening has on your mental well-being.

During the colder months, tend to your indoor herb garden with care and attention. Take a moment each day to observe the growth and progress of the plants. Use the herbs in soothing teas or meals, and savor the flavors mindfully.

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**GARDENING ACTIVITIES**

**Planting Seeds:** Once you have selected the seeds you will be planting this season, take a moment to observe and appreciate the seeds you have chosen.

**Weeding Meditation:** Weeding can be transformed into a mindful activity, focusing on the sensations and the act of letting go. As you remove the weeds, imagine that you are not only removing unwanted plants but also letting go of any negative or unwanted thoughts or emotions. With each weed you pull, visualize releasing any mental or emotional burdens. Allow the act of weeding to become a metaphorical process of letting go and creating space for growth and renewal.

**Notice the textures, shape, and color of the seeds.** Reflect on the potential within each tiny seed, symbolizing the potential within yourself. Carry the sensations and intentions involved in this mindful seed planting activity into your daily life, nurturing intentions and watching them grow.

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**MINDFULNESS & CONNECTION THROUGHOUT THE YEAR**

**Mindfulness Practice:** Set aside a few minutes each day to engage in mindfulness while in the garden. Focus on your breath, sensations in your body, and the sights and sounds around you. Use gardening as an opportunity to practice being fully present and cultivating a sense of peace and calm.

**Connection with Nature:** Reflect on the interconnectedness of all living beings. Observe how plants, insects, and birds thrive in your garden. Recognize the role you play in fostering this harmony and how it contributes to your own well-being.

**Seed Packet: Lavender**

Did you know... Lavender is a hardy perennial that thrives in sunny, well-drained soil. It's a great choice for a low-maintenance garden.

**Planting Schedule:**

M	T	W	T	F	S	S
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**Watering Schedule:** Water once or twice a week, depending on the conditions. Reduce frequency in winter.

**Seed Packet: Blueberries**

Did you know... Blueberries are rich in antioxidants and have been linked to improved cognitive function and overall health.

**Planting Schedule:**

M	T	W	T	F	S	S
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**Watering Schedule:** Planting blueberries requires regular watering, especially in summer. In winter, water only once or twice per week.

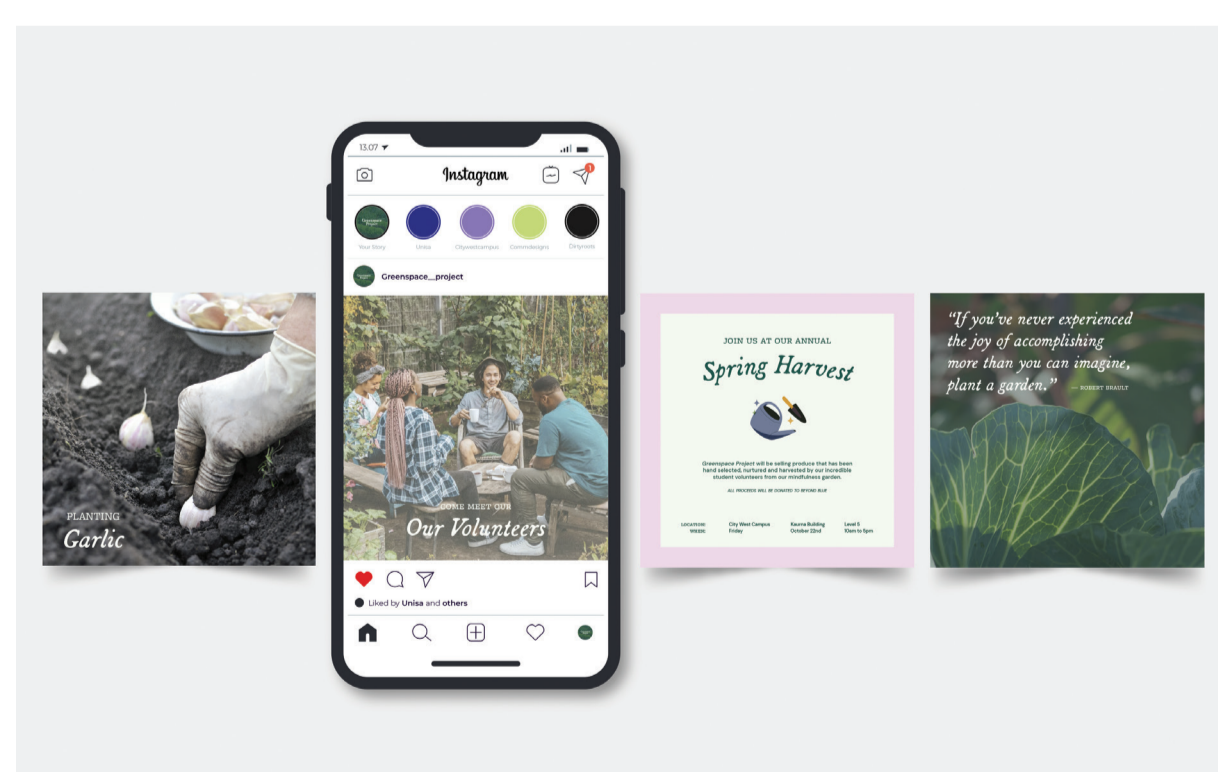
**Seed Packet: Capsicum**

Did you know... The capsicum, commonly known as the pepper, is a fruit of the nightshade family. It's a great choice for a hot garden.

**Planting Schedule:**

M	T	W	T	F	S	S
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**Watering Schedule:** Capsicum seeds should be sown from direct into pots that will get plenty of sun.



Check out our Instagram for the Complete Greenspace Project experience →




References:  
 1. Selhub, E. (2018, January 30). 5 Surprising Ways Nature Can Improve Your Mental Health. John Hopkins Medicine.  
 2. Berman, M. G., Jonides, J., & Kaplan, S. (2008). The Cognitive Benefits of Interacting With Nature. Psychological Science, 19(12), 1207-1212.