



# Gardens

BUFFALO NIAGARA

Creating more vibrant and beautiful communities by sharing our gardens.

## Gardener, Heal Thyself

Therapeutic gardening programs can help

### Trauma tears individuals, families, and communities apart.

It can result from instances of violence or abuse, or manifest slowly and painfully over generations.

**T**he good news: Using nature as a force for healing is an ancient practice well suited for modern, community-led projects. It offers affordable, tangible ways to improve the quality of life for those suffering from an array of issues, including poverty, violence, and inadequate healthcare.

Many of Gardens Buffalo Niagara's (GBN's) popular garden events, including Garden Walk Buffalo, Open Gardens, and East Side Garden Walk, give Buffalonians and visitors alike a peaceful, healing outlet for coping with life's stresses.

Grassroots Gardens WNY (GGWNY), a GBN partner, aims to help heal Buffalo's collective trauma by nurturing a network of urban gardens designed as places of peace, hope, and recovery.

In 2019, GGWNY launched the Therapeutic Gardening Initiative to educate people of all ages and walks of life about the powerful benefits of tending to gardens.

The nonprofit maintains eight therapy-focused gardens throughout Buffalo and offers programs, training, and educational and material resources to other organizations that do similar work.

"Connection and healing are more needed now than ever," says Nicole Capozziello, Therapeutic Gardening Coordinator at GGWNY. "What we aim to do with the Therapeutic Gardening Initiative is meet these individual and community needs using existing garden spaces to connect

people to nature, programs, and each other, which everyone deserves."

Phyllis Lobbins, an East Side Garden Walk gardener (and a speaker at GBN's Green Thumb Beginner Gardening Class in May), says, "During some of the most stressful times in my life, I have been able to go out in my garden and relax and make myself feel better. Gardening has helped me immensely in getting through very stressful times in my life. It helps me maintain my sanity.

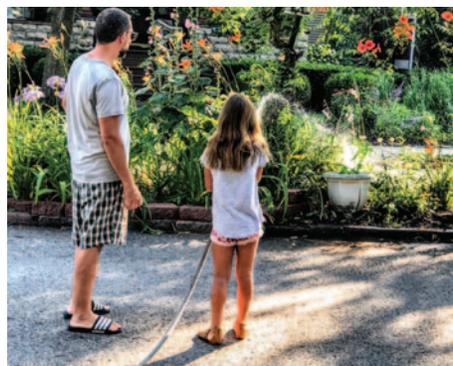
"I grow a lot of plants from seeds. I enjoy sharing extra plants and divisions with friends and visitors. It's nice to share my accomplishments with others," Lobbins adds.

Visit [GardensBuffaloNiagara.com/our-blog/gardener-heal-thyself](https://GardensBuffaloNiagara.com/our-blog/gardener-heal-thyself) for the full story and a list of local therapeutic gardens.



### Did You Know?

Proximity to nature is linked to lower stress, positive birth outcomes, and lowered rates of domestic violence, among other benefits. Studies show green spaces improve the physical, mental, and cognitive health of children and adults.



### Big Investment in Beautification

The largest number of applicants to date vied for a record \$20,000 in GBN's annual Marvin Lunenfeld Beautification Grants, which will support 27 gardening projects by local block clubs and community groups, from planters to pocket parks. Thanks to everyone who applied!

Visit [GardensBuffaloNiagara.com/grants](https://GardensBuffaloNiagara.com/grants) for this year's recipients.



### EAST SIDE GARDEN WALK PRESENTS FREE Green Thumb Beginner Gardening Class

Saturday, May 20, 10am-noon  
Gerard Place, 2515 Bailey Ave, Buffalo

What do you want to grow and where do you want to grow it? Discover food, flowers, and landscapes from WNY gardening experts Phyllis Lobbins and Sally Cunningham. Learn how to start your personal, community, and pollinator-friendly gardens. Space is limited and reservations are required. Register by calling 716-247-5004 or online at [GardensBuffaloNiagara.com/talk](https://GardensBuffaloNiagara.com/talk).



FREE!

BUFFALO-STYLE

# Garden Art Sale

## 50+ Vendors

**Saturday & Sunday,  
June 24 & 25**

**10am-4pm** (3pm on Sunday)

Buffalo & Erie County  
Botanical Gardens,  
2655 South Park Ave.

Art for every garden and gardener. Food trucks, live music, plant educators & associations, and a basket raffle make shopping fun! Visit [GardenArtSale.com](http://GardenArtSale.com) for a list of vendors.



# Open Gardens

100 Exceptional Gardens

**Thursdays & Fridays in July**

Get your guide to plan your visits to premier gardens throughout Buffalo Niagara.

To find out where you can get a guide or to purchase online, visit [OpenGardensWNY.com](http://OpenGardensWNY.com).



# Garden Walk Buffalo

America's Largest Garden Tour

**Saturday & Sunday,  
July 29 & 30, 10am-4pm**

Visit hundreds of creative urban gardens! It's free and self guided, no tickets required! Find a map online or at select sponsor locations in July, or at our headquarters during the days and hours of the Walk only. To learn more, visit [GardenWalkBuffalo.com](http://GardenWalkBuffalo.com).



**MAKE A DONATION AS A THANK YOU YOU'LL RECEIVE MAPS TO THESE TWO TOURS!**

# East Side Garden Walk

More than 60 Gardens

**Saturday & Sunday,  
July 22 & 23,  
10am-3pm**

Free and self guided. Maps are available at Juneteenth, downtown Buffalo public libraries, and online at [EastSideGardenWalk.com](http://EastSideGardenWalk.com).



# URBAN Farm Day

Tour & Shop

**Saturday, August 26  
10am-3pm**

Fill your senses with the medley of midsummer's bounty. Attend talks and tours. Visit markets. There's something for everyone. [UrbanFarmDay.com](http://UrbanFarmDay.com).



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# 2023 Garden Events Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JUNE</b> 17 & 18 Lewiston GardenFest	19	20	21	22	23	24 <b>Buffalo Style Garden Art Sale</b>
25 <b>Buffalo Style Garden Art Sale</b> South Buffalo Garden Walk	26	27	28 	29	30	<b>JULY</b> 1 
2	3	4  <b>Happy Fourth of July!</b>	5	6 <b>EVERY THURSDAY IN JULY</b>	7 <b>FRIDAYS IN JULY</b> Open Gardens in: Akron	8 Town of Amherst Garden Walk Buzz Around Hamburg Springville Concord Garden Walk North Tonawanda Garden Walk
9 Buzz Around Hamburg Town of Amherst Garden Walk North Tonawanda Garden Walk Grand Island Garden Walk Snyder CleveHill Garden View	10 	11	12	13 Open Gardens in: Alden Amherst Buffalo Cheektowaga	14 Alden Buffalo Derby East Aurora Eden Elma Gasport Grand Island Hamburg Holland Lackawanna	15 <b>Bidwell Pk Conservation Day</b> Lockport Garden Walk City of Tonawanda Garden Walk East Aurora Garden Walk Samuel P. Capen Garden Walk Williamsville Garden Walk
16 Lockport Garden Walk East Aurora Garden Walk Samuel P. Capen Garden Walk Garden Walk Williamsville	17	18	19	20 East Amherst Eden Hamburg Lancaster Kenmore	21 Gasport Grand Island Hamburg Holland Lackawanna	22 <b>East Side Garden Walk</b> Lancaster Garden Walk Ken-Ton Garden Tour
23 <b>East Side Garden Walk</b> Lancaster Garden Walk Ken-Ton Garden Tour	24	25	26	27 Orchard Park Snyder Tonawanda Williamsville	28 Lakeshore Lancaster Lockport South Buffalo West Seneca	29 <b>Garden Walk Buffalo</b>
30 <b>Garden Walk Buffalo</b>	31 	<b>AUGUST</b> 1 	2 	3 	4 	5 <b>Urban Farm Day</b> Saturday, August 26 <b>Children's Garden Festival</b> Sunday, October 8

For more events, links, updates, and more visit [GardensBuffaloNiagara.com/events](https://GardensBuffaloNiagara.com/events)



## Conservation Day

ON BIDWELL PARKWAY

**SAVE THE DATE!**  
**Saturday, July 15**  
**A butterfly release and green group gathering!**

Talk to local environmental organizations and pick up useful information. Bring the kids! Event takes place during the hours of the Elmwood Village Farmers Market on Bidwell Parkway.



**SAVE THE DATE!**  
**Sunday, October 8**  
**Martin Luther King, Jr. Park, co-presented by the Buffalo Olmsted Parks Conservancy**

A family-friendly event that encourages children to eat healthy foods, participate in outdoor exercise, and learn about planting bulbs, composting, fall fruits, and vegetables. **For more information, visit [GardensBuffaloNiagara.com/childrens-garden-festival](https://GardensBuffaloNiagara.com/childrens-garden-festival)**



## Volunteers Needed—Green Thumb Not Required!

We're looking for volunteers for Garden Art Sale, the East Side Garden Walk, and Garden Walk Buffalo to greet visitors, encourage donations, sell merchandise, and answer questions for visitors. We always need dedicated folks to help coordinate, publicize, and join our committees and events throughout the year. **Call 716-247-5004 or email [Volunteers@GardensBuffaloNiagara.com](mailto:Volunteers@GardensBuffaloNiagara.com) today!**

## Living Gardens Legacy

### Make an Impact, Leave a Legacy

We invite you to consider joining GBN's **Living Gardens Legacy Society**. A commitment through planned gifts ensures GBN will flourish for generations. Your legacy reflects your love of gardening and our region by supporting gardening events and beautification projects—connecting neighbors and improving the well-being of Buffalo Niagara residents. **Call Catherine Lincoln, 716-247-5004 or visit [GardensBuffaloNiagara.com/legacy-gifts](https://GardensBuffaloNiagara.com/legacy-gifts).**

# Garden shop while you garden hop

Posters, coasters, tote bags, jewelry, tea towels, baseball caps, magnets, and more great gift ideas. Proceeds benefit garden-centric community change. Don't forget to order your *Tours of Open Gardens Guide* for 2023! Visit our online store at [GardensBuffaloNiagara.com/shop](http://GardensBuffaloNiagara.com/shop).



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BUFFALO NIAGARA

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PERMIT NO. 2



With your donation, both Garden Walk Buffalo and East Side Garden Walk maps will be mailed to you before the tours!

Help beautify Buffalo – make your donation before June 15 at [GardensBuffaloNiagara.com](http://GardensBuffaloNiagara.com) or donate by mail using the enclosed envelope. As always – thank you for your continued support!

