

## Foreword

Plants are the unsung heroes of our planet. They provide us with so much — oxygen, energy from sunlight, medicines, food, fabrics, building materials, fresh water cycling, shade, homes to biodiversity, and spiritual heritage — yet plants get only a fraction of the attention lavished on large, furry animals. (One of the leading advocates for animals, Jane Goodall, is also a leading advocate for plants — see her 2013 book *Seeds of Hope*).

There was a recent article in the journal *Conservation Biology* using the term “plant blindness” — meaning that people overlook the value of plants in favor of animals.

In these booklets, the authors give us an even more important value for the plant kingdom: horticultural therapy. The importance of plants for healing, for therapy, for inspiring kids to do better in school, and to create a sense of wellness is often underappreciated.

Read this guide, and you, too, will be inspired by all that green stuff living around you!

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PS From the authors: We advocate for horticultural therapy, but not to the point of reducing efforts in pet therapy, music therapy, art therapy, etc. Far from it — we advocate for increased use of ALL of these therapies.