## Mayo Clinic Minute: Gardening grows benefits for body and mind

| Go ahead, dig in. You may go from this (nat sound) to a bounty like this. |
| Mayo Clinic dietitian Anya Miller says tending a garden offers an abundance of health benefits. |
| “You will increase your intake of fruits and vegetables, ultimately because you have them right in your backyard.” |

### 00:17

**Anya Miller**  
Dietitian  
Mayo Clinic

Gardening can also help reduce stress and anxiety levels and offer light physical activity.

Wondering what to grow? Consider a rainbow variety.

### 1:37

“Different vegetables have a variety of different health benefits.”

These chili peppers and banana peppers, for instance, contain capsaicin, which has been shown to have a number of health benefits. And then there’s this hearty vegetable.

### 6:23

“Eggplant actually grows surprisingly well in a home garden. It’s easy to grow and it can feed a lot of people in the family.”

Rich in antioxidants, tomatoes contain potassium, vitamin C and are a source of fiber.

By embracing your green thumb, you may be able to unpack your vegetable basket, instead of a grocery bag.

For the Mayo Clinic News Network, I’m Joel Streed.