

Low-Maintenance Plants for a Beautiful Garden

The health benefits of gardening have been long touted – gardening is a great activity for your physical and emotional health. Physically, avid home gardeners benefit from all that standing, bending, kneeling and digging. Gardening has also been shown to have a positive impact on mental health struggles such as anxiety and depression.

Some people may shy away from planting due to concerns that gardens are just too much effort. But not all gardens need a lot of work. A low-maintenance garden can offer some of the same health benefits as higher maintenance ones. It's true that lower maintenance gardens may not offer as much physical activity, but they can still have a positive impact on your health.

For example, according to a study in the Journal of Health Psychology, gardening can actually lower cortisol levels in your brain. Too much cortisol, also known as the “stress hormone,” can negatively affect your blood pressure and glucose levels. Lower cortisol can mean less stress.

Gardening also naturally incorporates mindfulness. Mindfulness, the process of being aware of the present moment without judgement, has been shown to improve the symptoms of depression and anxiety. Gardening allows you to be fully in the moment.

If you want to reap the rewards of gardening but just don't know where to start, consider these low maintenance plants that can grow beautifully in any North Texas garden:



Begonia

Begonias are beautiful, blooming plants that are great for Texas gardens because they tolerate sun and shade as well as temperature extremes. In Texas, exposure to morning sun is best because of the intense heat of the afternoon sun. Begonias are also great for a container garden.



Lantana

Lantanas are drought, heat, deer and salt-resistant, and they thrive in full summer sun. These beauties are a natural in any Texas garden.



Cosmos

Cosmos are one of the easiest-to-grow flowers in Texas. They are great for hot, dry locations and even do well in poor soil.



Marigold

The Dallas Morning News said marigolds are “the perfect flower for North Texas.” Not only do they tolerate heat and poor soil, they produce beautiful, vibrant blooms all summer long.

Go ahead and give gardening a try. With plants like these-- that love North Texas as much as we do--you'll be enjoying a gorgeous garden sooner than you think.