

Diane Relf, Retired.

Founding member of the American Horticulture Therapy Association.



Dr Paula Diane Relf grew up in East Texas, an avid gardener since childhood. She is currently Professor Emeritus after a distinguished career as a Professor and Extension Specialist at Virginia Tech University. She was a founding member of what is now the American Horticultural Therapy Association and established the International People Plant Council. Diane will present the research evidence pertinent to the actual act of gardening and its impact on human health and well-being. She will discuss the implications of the physical involvement with the care and nurturing of plants as compared to the experiencing of near-by nature from both a programming and marketing perspective. The tremendous increase in active gardeners during the Covid-19 crisis will be considered.