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iDig2Learn is a project of Open Space Institute, a nonprofit 501(c)3 public charity, serving as our fiscal sponsor.



Welcome!

We provide social connections to our natural world.

iDig2Learn celebrates nature and the
restorative practices that protect all living things
within our skies, land and water.

Workshops - Events - Expert-led Nature Experiences - Community Initiatives



Community Honors NYC



RESTORATIVE INITIATIVES:
Launching NYC Film Green at Silvercup.
The 1st City Initiative for Media
Sustainability in the United States.
Oscar the Grouch (center).

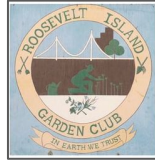


Photo: Julia Ferguson

SPOTLIGHTING COMMUNITY:
United Nations invited iDig2Learn
to create & lead a Sustainability Panel
across industries.



RI Parents' Network



Roosevelt Island Operating Corporation



OPEN SPACE INSTITUTE



New York Public Library



SOCRATES SCULPTURE PARK



New York Natural Heritage Program
Empire State Native Pollinator Survey



NYC Pollinator Working Group
Supporting the wild pollinators of New York City



Visit us on Roosevelt Island

North to South

Lighthouse Park

Coler Hospital Grounds

RI Community Garden

Manhattan Park Grounds

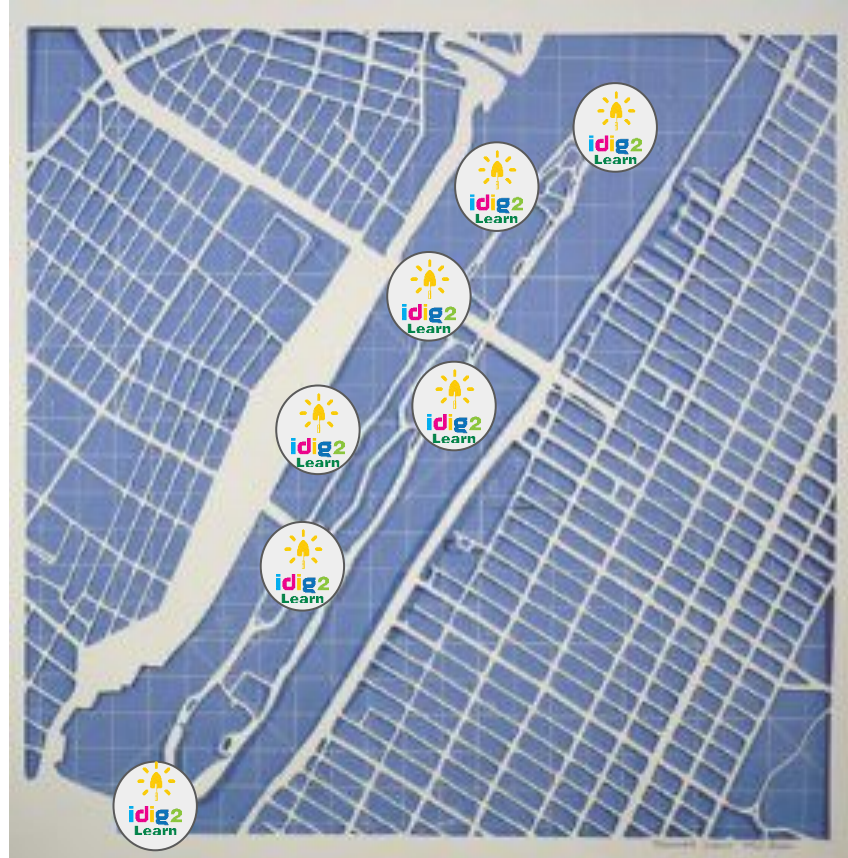
Good Shepherd Plaza

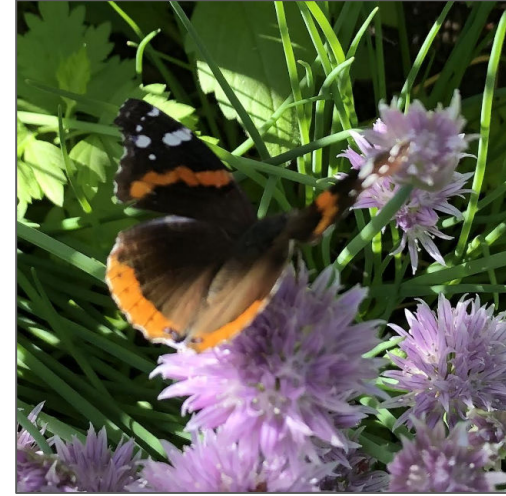
Blackwell House Park

Southpoint Park

Four Freedoms State Park

Artist Kip / Kartegraphik.com





If you eat, breathe, wear clothes or use medicine,
Thank a PLANT!

Fun Fact: Smell Rosemary to sharpen cognitive function and refresh your brain!



American Sweetgum Tree

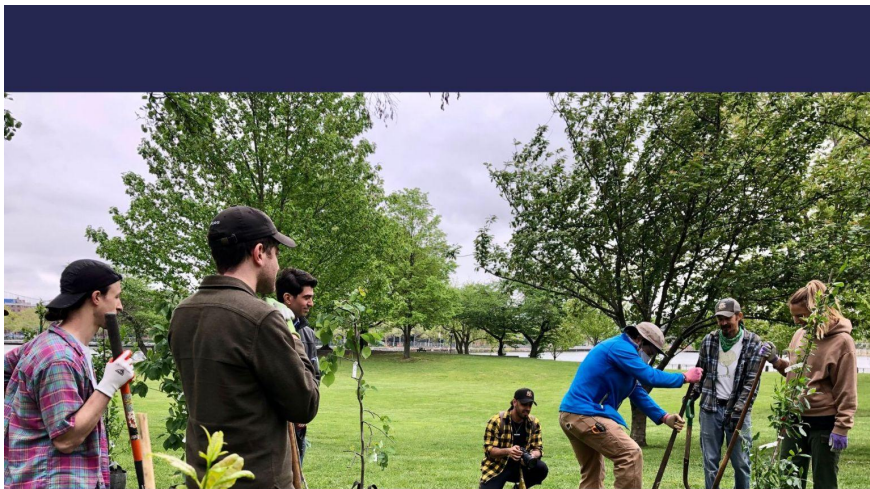
Prescribing Time in Nature

- Benefits Mood
- Boosts Mental Health
- Sharpens Cognitive Functioning
- Reduces Stress Hormones
- Reduces Blood Pressure

- Audubon article 2019 by Jill U. Adams

iDig2Learn's philosophy:

When we build expertise together through positive experiences in nature we create a deep bond and are more likely to care for our world and each other.



100 Trees Planted

Help us continue to expand our
urban forest tree canopy!

Thank you Trees New York, Kaiyo, NYCT, RIGC, GRIN & RIOC



City of Forest Day
Photos: Audrey Gray



Seeing the Forest for the Trees

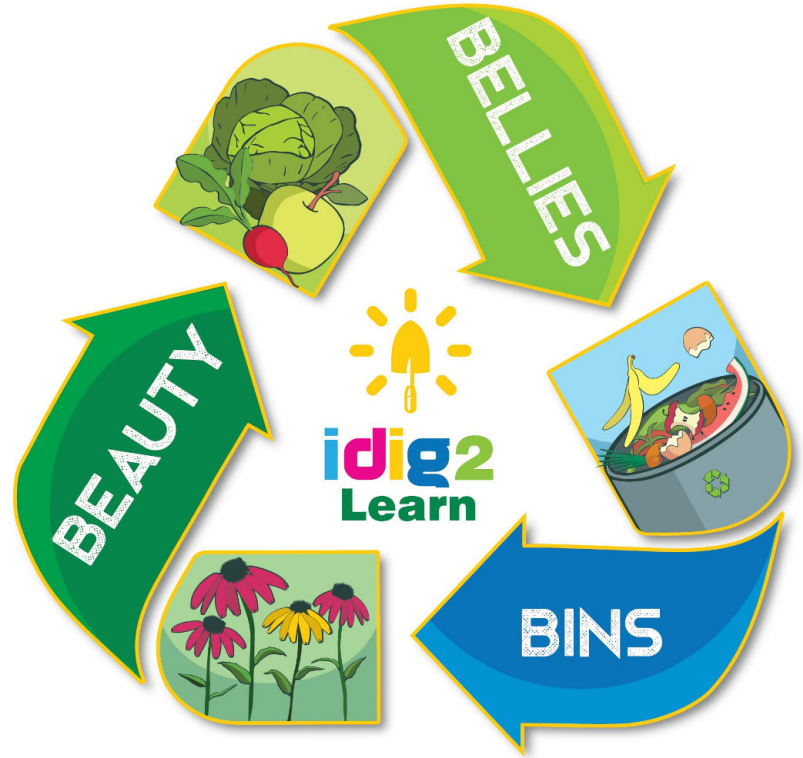
Visit Lighthouse Park, Roosevelt Island

Get to know our new baby trees
as a "who" not a "what".

Visit our Monarch Butterfly corridor of
regional plant beds for wild pollinators.



Photo: Ghila Krajzman



The Miyawaki Method of Forest Growing

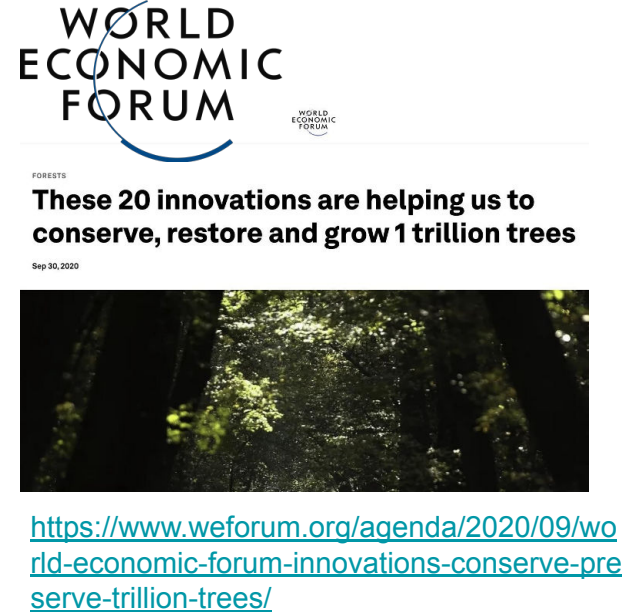
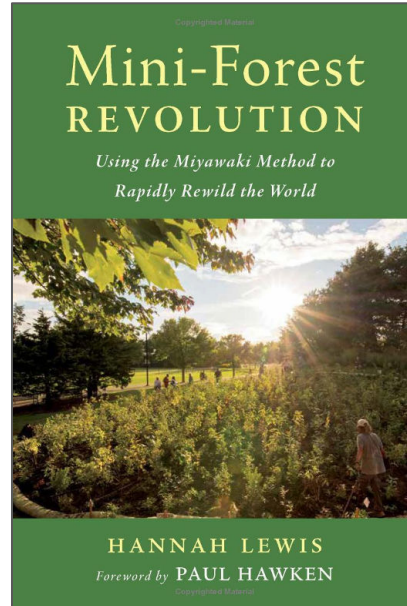


Professor Akira Miyawaki, (1928 - 2021)

Photo for KC Crush America Magazine

Biologist from Japan and expert in ecology of plants and natural forests found that planting very small trees, of multiple regional species, close together will grow faster due to their root connections which boost the overall health through nutrient sharing.

The Miyawaki Method of Forest Growing



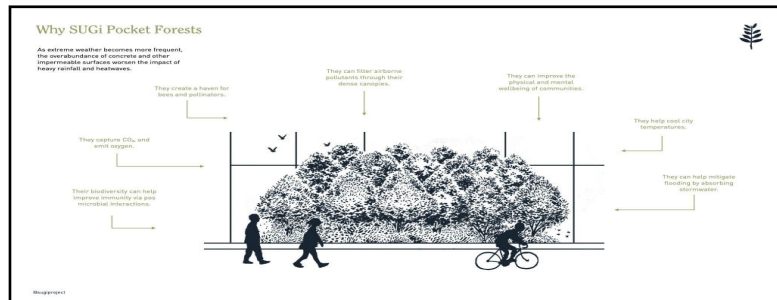
A global effort to plant Miyawaki Method pocket forests is underway. Close knit plantings fit perfectly into small spaces readily available in urban areas. Tree roots stabilize land against flooding and cool the area by at least 6 degrees Fahrenheit.

The Miyawaki Method of Forest Growing



Tully, Courtesy of SUGi

BENEFITS OF A SUGI POCKET FOREST



CA, Oregon & Massachusetts have Miyawaki Method Pocket Forests planted by SUGi, a global expert.



Photo Permission Courtesy of Million Miyawaki Project / India

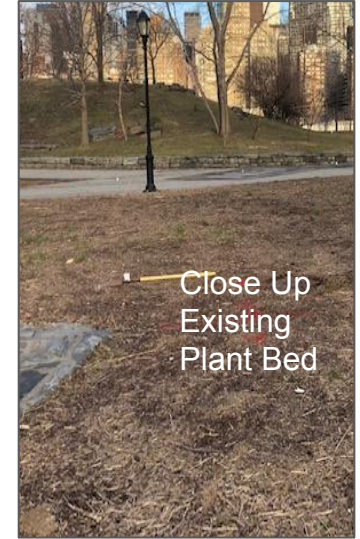
Tree roots stabilize land and help:

- Create a living natural flood barrier - permeable land absorbs water best
- Build wind barriers - trees planted closer together slow down storm winds
- Protect property damage during storm surges and tidal flooding
- Reduce post storm rebuilding costs, work stoppages and park closures
- Filter air pollutants - trees capture airborne carbon dioxide and emit oxygen
- Cool city heat-island effects arising from asphalt and concrete surfaces
- Foster biodiversity to mitigate disease risks common with mono-culture plantings
- Provide shelter for birds and pollinators while creating calming space for humans
- And contribute to the survival of those working and residing on Roosevelt Island.

The Miyawaki Method of Forest Growing



NYC Planning NYC Flood Hazard Mapper
NYC Department of City Planning



Utilizing the Miyawaki Method, of growing young trees tightly together where they can mature faster is a timely opportunity and important to the stability of the island.

We are excited to welcome the young and the young-at-heart to be part of this unifying transformation and hope to inspire other neighborhoods to try this Miyawaki Method.

This Pocket Forest serves as a healing effort bonding the community and protecting the land we hold dear. We are grateful partners who are now poised and ready to seize new growing methods to restore our grounds.

Let's Stay Connected



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