



**idig2**  
**Learn**

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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).

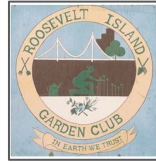


Photo: Julia Ferguson

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 Natural Heritage Program  
Empire State Native Pollinator Survey



SOCRATES SCULPTURE PARK



MAIN STREET THEATRE & DANCE ALLIANCE

ROOSEVELT ISLAND HISTORICAL SOCIETY

EST. 1976



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

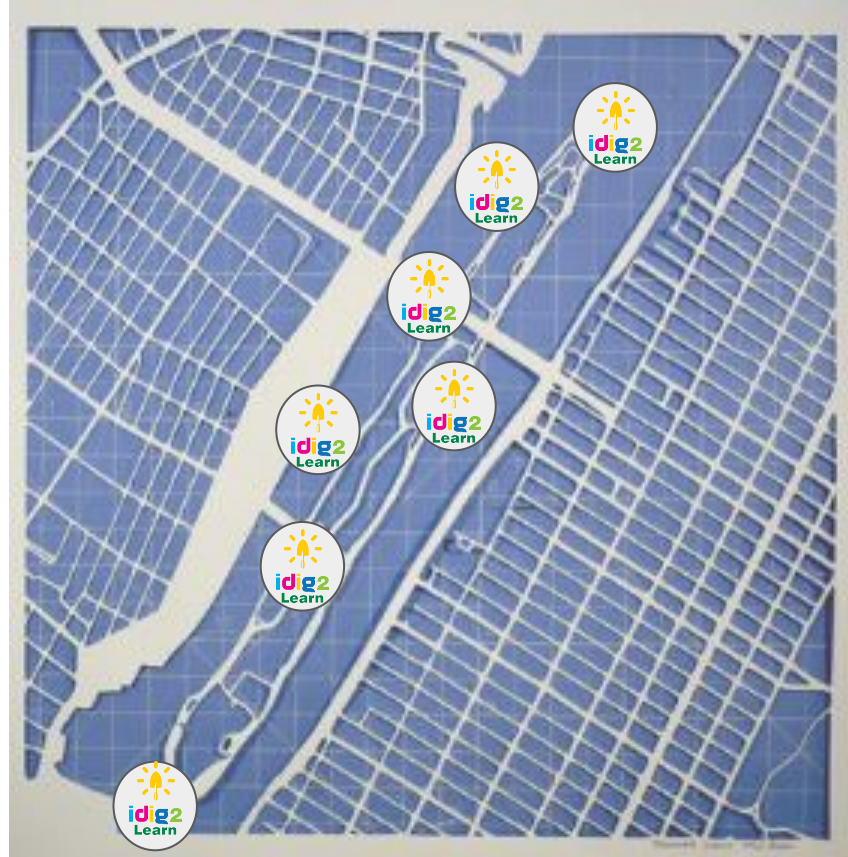
Good Shepherd Plaza

Blackwell House Park

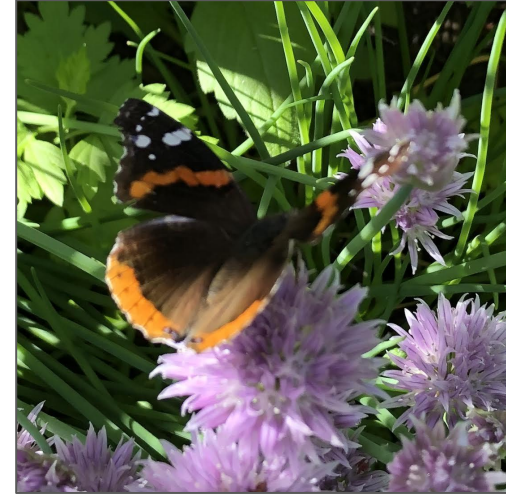
Southpoint Park

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

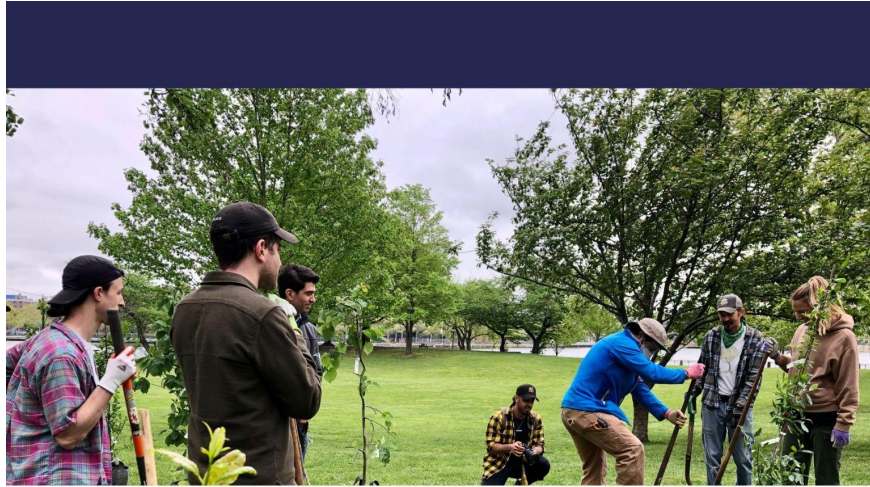
- Audubon article 2019 by Jill U. Adams

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.



City of Forest Day  
Photos: Audrey Gray



**100 Trees Planted**  
Help us continue to expand our  
urban forest tree canopy!

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



## 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.



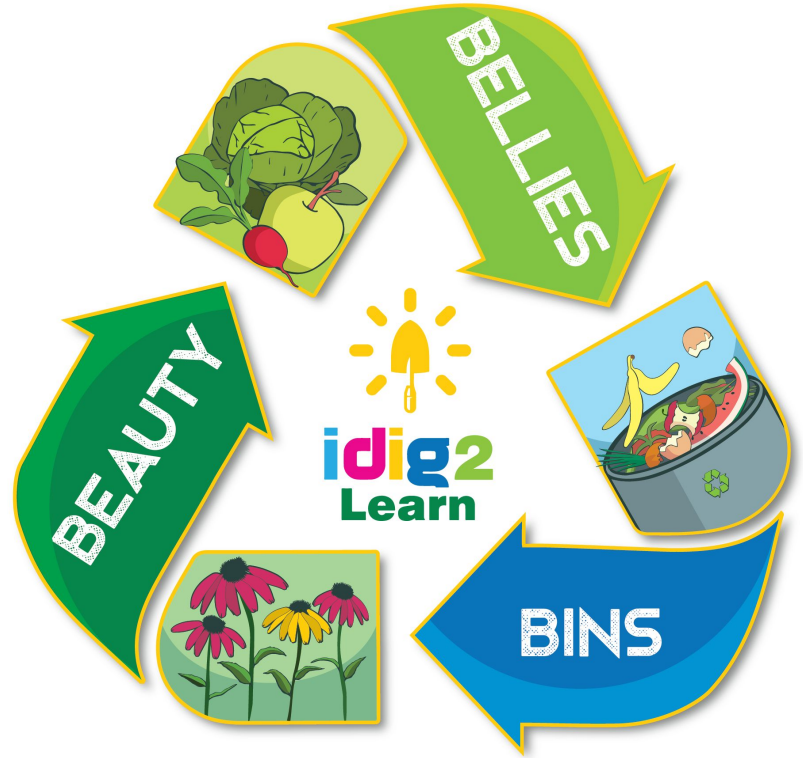


# idig2 INITIATIVES

Learn



Photo: Ghila Kraizman



# The Miyawaki Method of Forest Growing



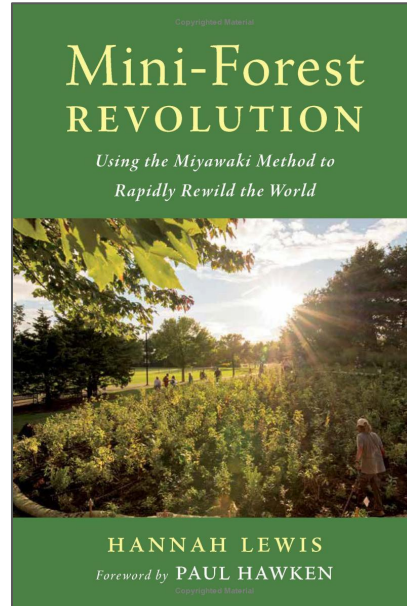
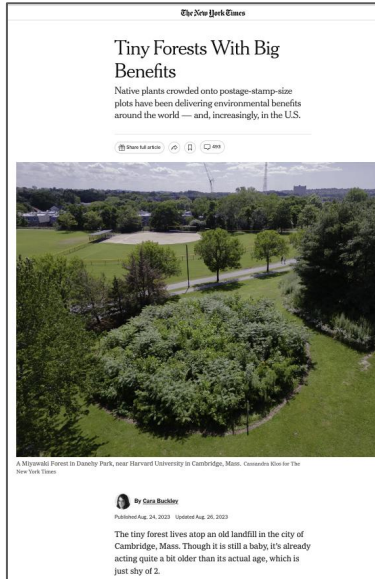
Professor Akira Miyawaki, (1928 - 2021)

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

The New York Times



WORLD  
ECONOMIC  
FORUM

FORESTS

These 20 innovations are helping us to  
conserve, restore and grow 1 trillion trees

Sep 30, 2020



<https://www.weforum.org/agenda/2020/09/world-economic-forum-innovations- conserve-pre-serve-trillion-trees/>

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.

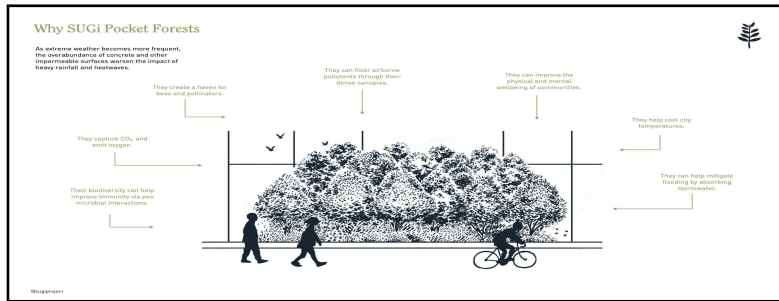


# The Miyawaki Method of Forest Growing



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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