

Speaking for the Trees

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People and trees take care of each other.

According to the Arbor Day Foundation¹, whose purpose is to “*encourage people to plant, nurture, and celebrate trees*”, people benefit from trees in the following ways:

Trees can add value to your home, help cool your home and neighborhood, break the cold winds to lower your heating costs, and provide food for wildlife. . . Trees increase home value by 15%; remove CO²; help fight global warming; produce oxygen; provide the songbirds a home . . .

“The net cooling effect of a young, healthy tree is equivalent to ten room-size air conditioners operating 20 hours a day.”

—U.S. Department of Agriculture

“If you plant a tree today on the west side of your home, in 5 years your energy bills should be 3% less. In 15 years the savings will be nearly 12%.”

—Dr. E. Greg McPherson,
Center for Urban Forest Research

“One acre of forest absorbs six tons of carbon dioxide and puts out four tons of oxygen. This is enough to meet the annual needs of 18 people.”

—U.S. Department of Agriculture

“There are about 60- to 200-million spaces along our city streets where trees could be planted. This translates to the potential to absorb 33 million more tons of CO² every year, and saving \$4 billion in energy costs.”

—National Wildlife Federation

“Trees properly placed around buildings can reduce air conditioning needs by 30 percent and can save 20–50 percent in energy used for heating.”

—USDA Forest Service



“The planting of trees means improved water quality, resulting in less runoff and erosion. This allows more recharging of the ground water supply. Wooded areas help prevent the transport of sediment and chemicals into streams.”

—USDA Forest Service

AND, perhaps, the most immediately useful:

“In laboratory research, visual exposure to settings with trees has produced significant recovery from stress within five minutes, as indicated by changes in blood pressure and muscle tension.”

—Dr. Roger S. Ulrich
Texas A&M University

In the words of John Rosenow: “Children need to learn to love the earth before they can learn to save it.”

Further reading:

[The Last Child in the Woods](#), Richard Louv

[The Lorax](#), Dr. Seuss

¹ The Arbor Day Foundation – www.arborday.org