

# Roof Garden: Turning Heights into Greenery

In this modern era of technology, global warming is a rising concern of environmentalists. Due to the cutting down of forests, climate changes are increasing day by day. Now we all have to step forward and contribute as individuals to save our environment and control the global warming effect. For this purpose, we can consider growing more trees and greenery. Start from your own house. Let's see how we can turn our rooftops into serene gardens.

## Advantages Of Having A Roof Garden

Before diving into the details of making a roof garden we must know its importance. Here are some benefits of having a garden of your own on your rooftop.

### ▪ Improved Air Quality

Roof gardens are very popular nowadays. Plants absorb air pollutants like carbon dioxide and release oxygen which improves the air quality. You get filtered and fresh air to breathe in. Plus benefits the environment by reducing air pollution.

### ▪ Energy Efficient

A German study has shown that planting a roof garden is energy efficient. It provides insulation by keeping heat in the winter and in summer provides a cooling effect.

### ▪ Storm Water Management

After a heavy rain water rushes to the sewer system but when you have a rooftop garden it absorbs most of the water in its plants, creating a cooling effect within the home and reducing excess water to the sewer systems. This process of controlling the sewer system from overwhelming is called stormwater management.

### ▪ **Biodiversity**

A rooftop garden provides a habitat for many birds, insects, and other creatures. Planting different herbs, grasses and other plants increases biodiversity. [Learn more](#) and hire professional gardeners to create your rooftop garden.

### ▪ **Stress Reduction**

Spending more time near nature reduces stress. While planting your muscle activity is involved. This provides you with a sense of relaxation and maintains good mental health. Additionally, the sound of leaves and seeing the flowers bloom improves mood.



Photo by Jessie Brown on Unsplash

## **Planting Your Rooftop Garden**

Here's a step-by-step guide for planting your rooftop garden.

### **▪ Analyze Available Area**

Before designing the layout, analyze the area. Observe where the sunlight and wind are passing through easily and which areas are shaded. So the plants that require more sunlight shall be planted in the areas exposed more to the sunlight while others in the shaded areas.

### **▪ Selection Of Plants**

Choose plants wisely. Considering if the weather conditions are suitable for them to flourish. You can plant herbs, shrubs, flowers, and vegetables as well. Your garden should reflect your choices. If you are planting flowers as drafting,

consider buying flowers from [romanceflowers.co.uk](https://romanceflowers.co.uk). Select plants of different sizes to give a more aesthetic look.

### ▪ **Designing The Layout**

Besides planting, design your rooftop garden in a way that you can sit in it for some time. Incorporate benches. Work on its appearance. You can decorate it with stones. Consider lighting for nighttime and make walkways. Your planting design should be in a way that the plants that require more sunlight are exposed to sunlight more.

### ▪ **Create Focal Points**

Make an eye-catching corner. Consider placing a large mirror with warm light on the top, some artwork in the corners, and flowering plants. These focal points will enhance the overall look of your rooftop garden.

## **Conclusion**

Planting a rooftop garden has many health and environmental benefits. Some of its advantages include improved air quality, stress reduction, biodiversity, stormwater management, and energy efficiency. You can ask for professional help in designing your rooftop garden. If you are considering DIY then analyze your space, choose plants wisely, design the layout, and create focal points. Start designing your rooftop garden today!