



\*\*This news release from K-State Research and Extension is available online at <https://ksre-learn.com/waterscape-garden>

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### **Adding a waterscape could improve your garden space**

K-State horticulture expert says the presence of water in a natural space can benefit mental well-being

*K-State Research and Extension news service*

MANHATTAN, Kan. — Limited by space in your garden? Looking for a new project to enhance your space? Wanting to attract birds and pollinators to your garden?

Kansas State University horticulture expert Cynthia Domenghini suggests adding a water element to the garden.

“Preliminary research suggests the presence of water in a natural space can benefit mental well-being. The sound of running water helps reduce noise pollution and provides a relaxing escape,” Domenghini said. “Water attracts birds and other pollinators which also contribute to positive well-being. Whether a bubbling rock, pond or waterfall, sensory interests are piqued by waterscapes in the landscape.”

Domenghini said water features don’t have to be large and complex, making it a great weekend project. They can be made from a simple container, water trough or large flower pot to hold water.

“There are myriad designs of fountains and ponds that will fit into any size garden,” Domenghini said.

Consider accessibility, interactivity and maintenance when deciding how to incorporate a therapeutic water feature into your landscape, she adds.

“Though an isolated water feature can become a destination where visitors may venture to seek refuge, the feature loses efficacy if it is too inconvenient to access it,” Domenghini said.

She recommends positioning a water feature close to pathways that are frequented regularly so more people can enjoy the benefits, also making it easier to monitor the feature for maintenance concerns.

The sound created by the movement of the water creates a calming effect. Depending on the type of feature, it may be possible to allow play in the waterscape, Domenghini said. Consider adding stepping stones up to the feature, but always consider safety and follow necessary precautions when adding a water feature to the landscape.

“Incorporating a water feature into the landscape will have limited benefits to wellbeing if it requires intense maintenance,” Domenghini said. “Enter into this project with the understanding of the required maintenance and start small as you learn the basics. Don’t allow this therapeutic feature to become a stress-inducer.”

Domenghini and her colleagues in K-State’s Department of Horticulture and Natural Resources produce a [weekly Horticulture Newsletter](#) with tips for maintaining home landscapes and gardens.

Interested persons can subscribe to the newsletter, as well as send their garden and yard-related questions to [hortsupport@ksu.edu](mailto:hortsupport@ksu.edu), or contact your [local K-State Research and Extension office](#).

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**FOR PRINT PUBLICATIONS:** Links used in this story

K-State Horticulture Newsletter, <https://hnr.k-state.edu/extension/info-center/newsletters/index.html>

K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

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