



Gardening as a hobby amongst UK adults

Market Insights

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Introduction

Gardening is a popular hobby amongst UK adults, with a significant proportion of adults engaging in gardening activities on a regular basis.

This factsheet explores the current prevalence of gardening as a hobby among UK adults, how participation in gardening varies across different age groups, and how UK adults make use of their gardens.

Gardening participation

In 2024, nearly six in ten UK adults (55%) said that they participate in gardening as a hobby. This is equivalent to 18.1 million UK adults who said that they gardened on a regular basis in 2024, highlighting the widespread appeal of gardening as a leisure activity across the UK.

With one-third of UK adults (33%) considering themselves regular gardeners, gardening is a more popular hobby amongst adults than attending music concerts (24%), going to the cinema (29%) and participating in sport and exercise (26%).

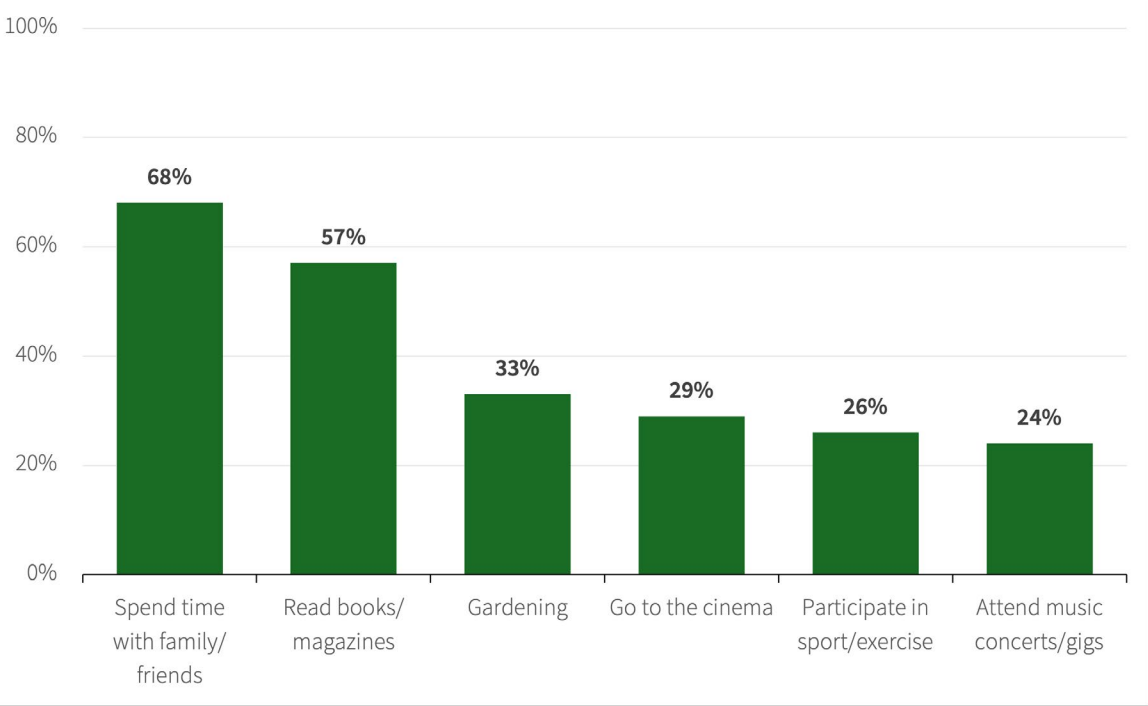


Figure 1. Proportion of UK adults who say they regularly participate in given hobbies/interests.

Gardening participation by age

Age plays a significant role in determining whether a UK adult participates in gardening, with older adults more likely to be keen gardeners. Interest in gardening generally increases with age, with nearly half (47%) of over-55s regularly garden as a hobby.

When considering occasional gardeners, 76% of over-55s said that they enjoy gardening in their free time. For over-75s, this increases to 87% who enjoy gardening on at least an occasional basis. Conversely, 25-34 year-olds were the age group least likely to say that they enjoy gardening, both on a regular or occasional basis.

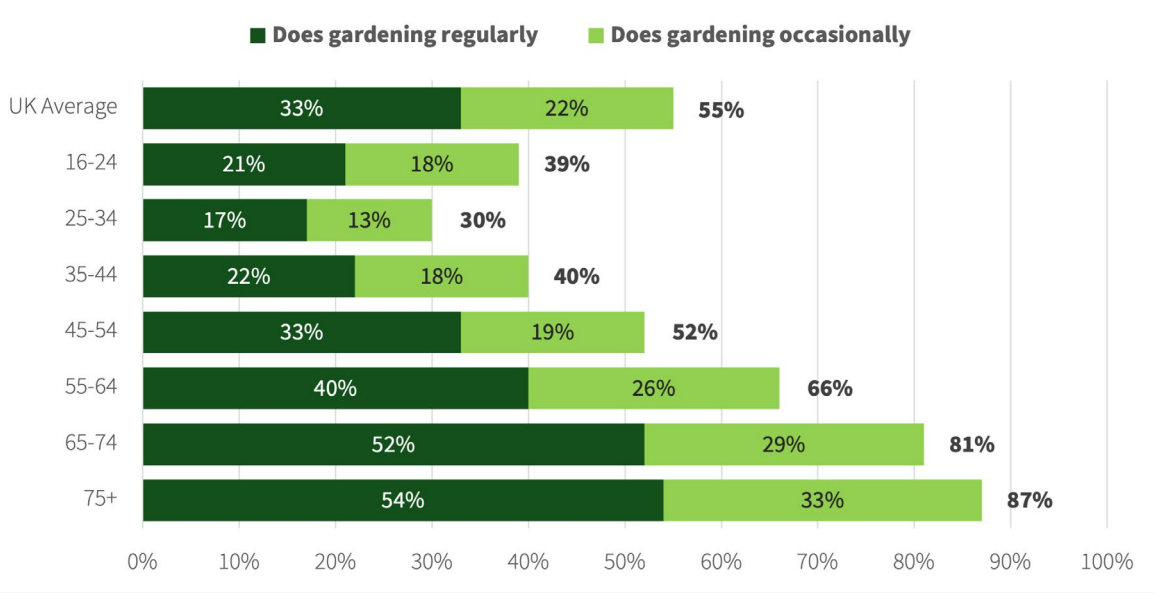


Figure 2. Proportion of UK adults who garden regularly or occasionally, grouped by age and the UK average.

Gardening activity

Amongst UK adults with access to gardens or outdoor spaces, nearly two-thirds (62%) said that they use these spaces to grow plants, trees, or flowers in 2024. A third of UK adults (33%) also said that they grow their own fruit or vegetables, showing how gardening as a hobby spans both ornamental and productive purposes.

Of those with private outdoor spaces, over-55s were the group most likely to say that they use their private garden for growing plants, trees and flowers (75%) or edible plants (38%). However, young people (16-24-year-olds) were more likely than any other age group under-55 to grow edible plants in their private outdoor spaces.

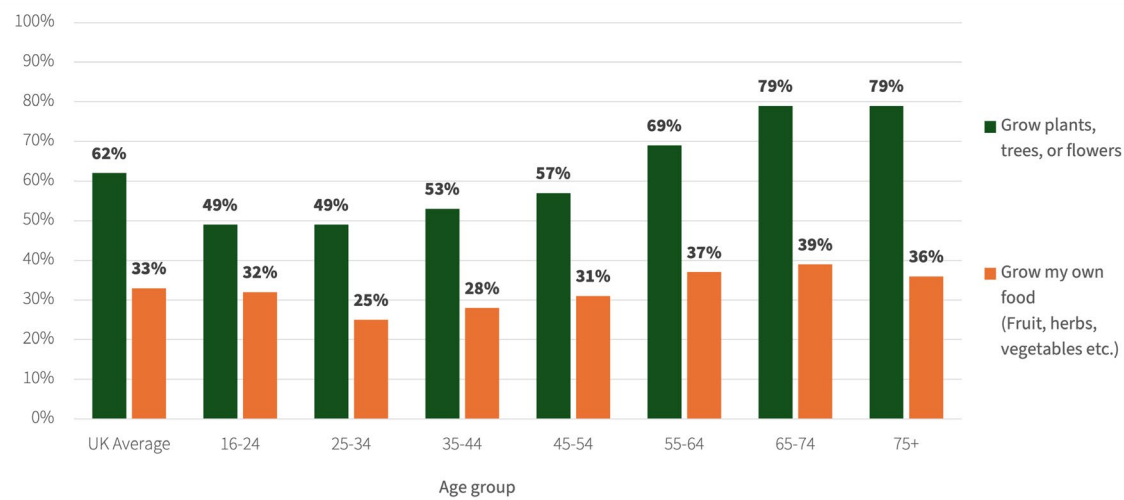


Figure 3. Proportion of UK adults by what they grow in their private gardens, grouped by age and the UK average.

References

YouGov for HTA (December 2024)
Office for National Statistics – Population estimates (March 2024)

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