



# 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%).

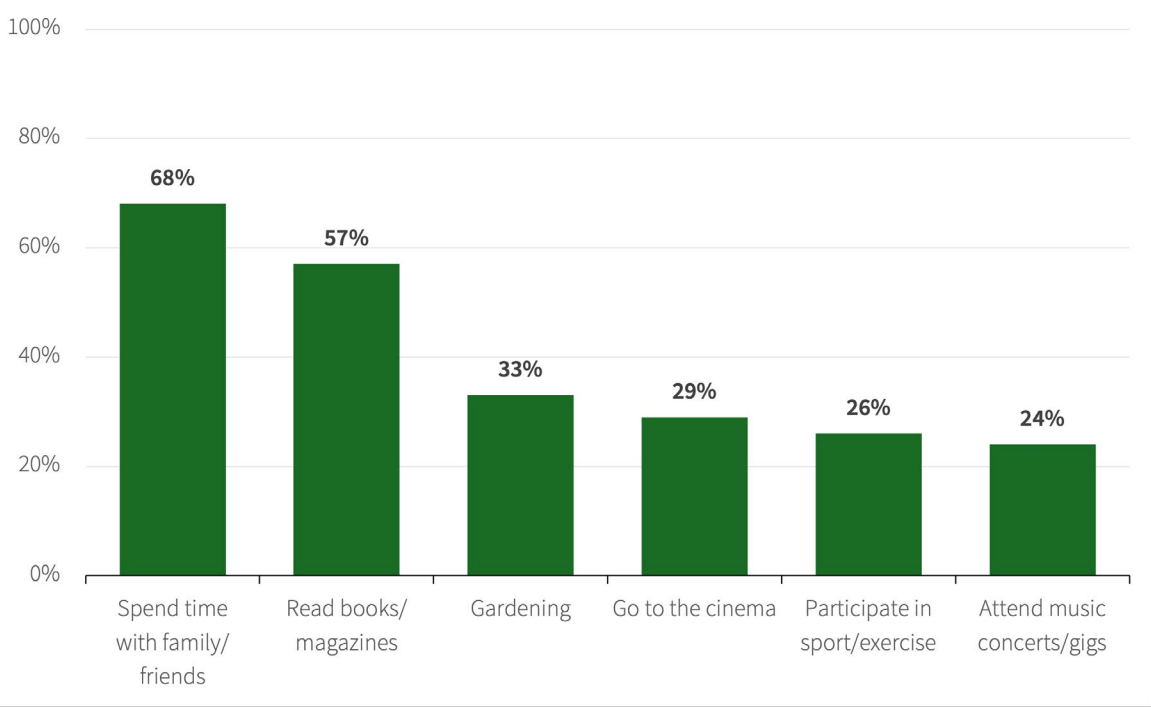


Figure 1. Proportion of UK adults who say they regularly participate in given hobbies/interests.

# 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.

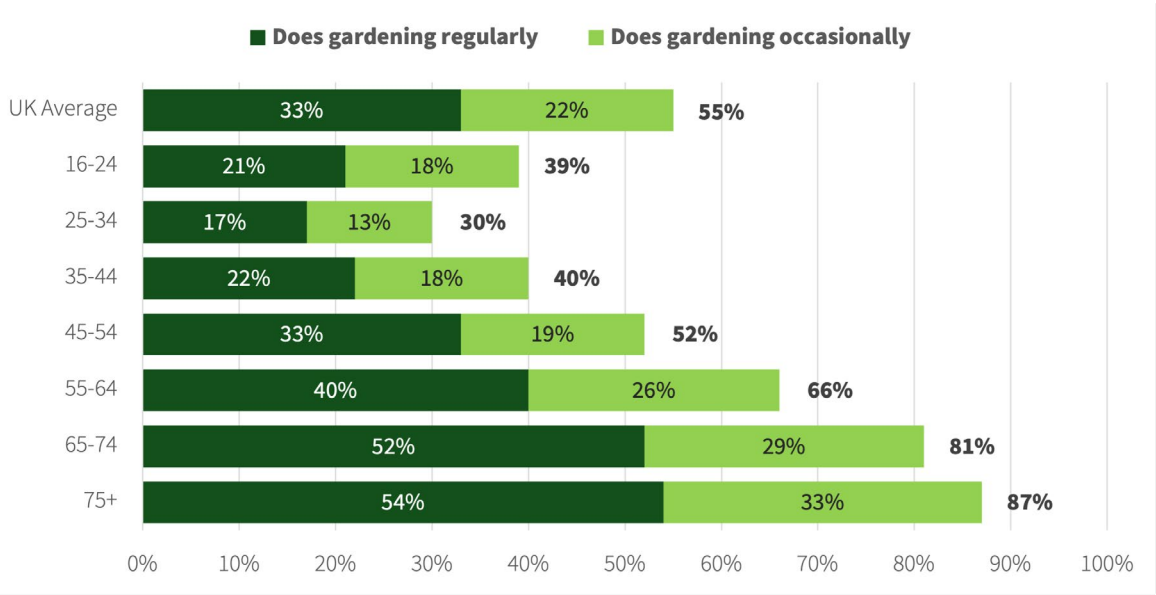


Figure 2. Proportion of UK adults who garden regularly or occasionally, grouped by age and the UK average.

# 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.

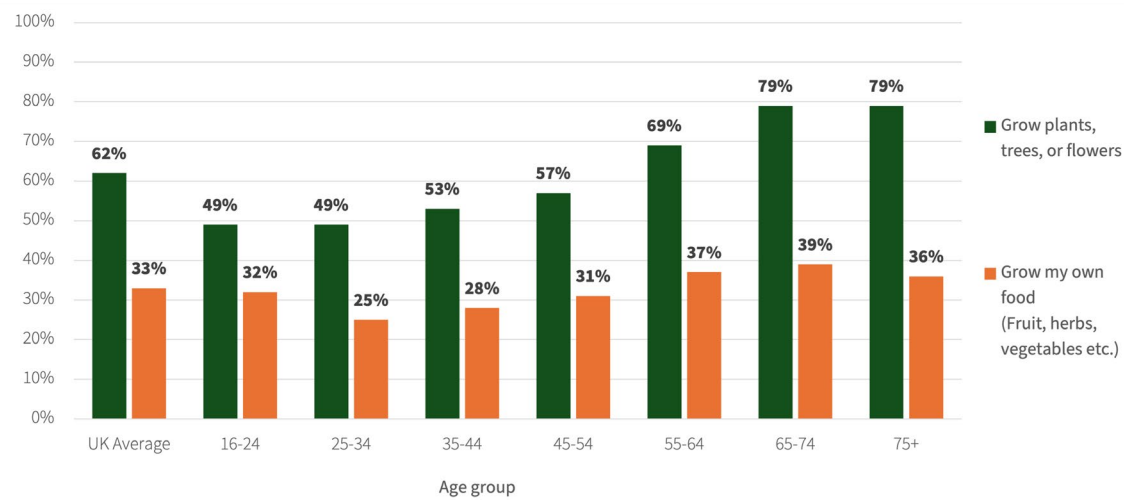


Figure 3. Proportion of UK adults by what they grow in their private gardens, grouped by age and the UK average.