On average, kids spend thirty hours per week in front of a screen and less than ten hours per week outdoors. As technology has made great advancements, studies show that children and adolescents suffer physical and mental consequences of too much screen time. Some of these consequences include poor diets, low self-esteem, a decrease in creativity and little interest in the environment. The therapeutic gardening program at reSTART Life encourages adolescents to interact with the environment through the process of gardening. A garden space was developed to provide background knowledge on climate change and methods for sustainable agriculture. Time was spent working in the garden with clients, which involved activities like building a compost bin and worm bin, rototilling, and planting seeds. Observational data was collected to determine their perception of the environment. Additionally, the clients and the public were surveyed to gather data on technology use and views on the environment. The data along with literature suggests there is a lack of empathy for the environment when there is an overuse of technology. In addition, I developed a four-year crop rotation plan for future interns and employees to use as a guide for maintaining a healthy and sustainable garden; a seed-to-table program has been implemented for future use as part of the program. Recommendations include implementing a mandatory gardening program in schools for all ages to build self-esteem, knowledge on sustainable agriculture, and increase healthy habits with exposure to the outdoors.