



GARDENING

Gardening can have a different meaning to many people. Some consider gardening to be cultivating your own plants for consumption such as tomatoes, squash, lettuce, etc. To others it could be strictly the overall appearance of your outdoor space, by growing flowers and foliage. Whatever gardening might mean to you it has many overall benefits for the gardener. Gardening is categorized as physical exercise, as it includes physical labour through heavy lifting, digging, raking and weeding. There is also a positive effect on our mental health by taking on this hobby. Having a plant and the responsibility of taking care of it gives us a sense of purpose and pride. Studies have also shown that people are instinctively more calm and relaxed when in a natural environment.

During this time, it is a great idea to pick up a new hobby and why not gardening? We have listed off a few ways you can start getting that green thumb!

Start Slow, start small.

Beginners – you can purchase “ready-made” plants at a gardening or grocery store and plant these in a pot at your home. Select only a few as to not overwhelm yourself with your first year of gardening.

Intermediate – Purchase seedlings to plant. Then transplant your seedlings into the decided location or pot.



If this is still too challenging for you, try an indoor plant first!

Benefits of Gardening:

- Boosts self-esteem
- Good for heart health
- Reduces stress
- Increase of serotonin (makes you happy)
- Better sleep
- Improved hand strength
- Family gardening (bonding, early exposure can reduce allergies)
- Save money by growing vegetables

Try some easy ways of re-growing your purchased vegetables from the grocery store! Here are a few you can easily re-grow at home:

- Head of lettuce
- Onion
- Celery
- Garlic
- Root Vegetables (carrots, beets, turnip)