

CREATING YOUR SANITY GARDEN- DURING THE CORONAVIRUS

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WHY CREATE ONE

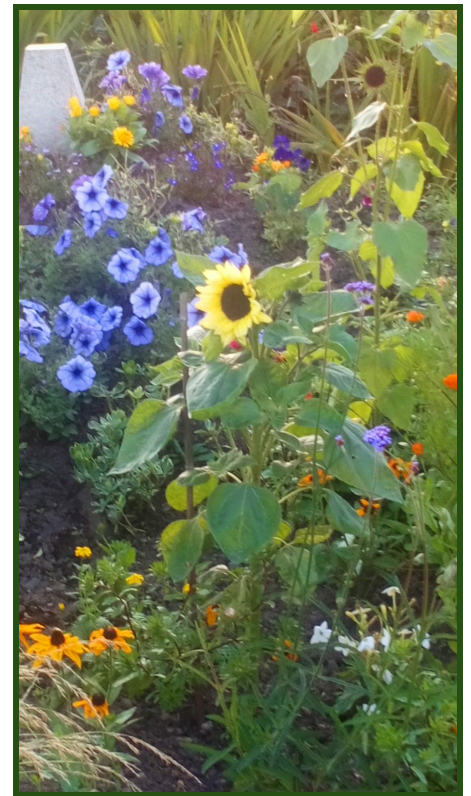
We all need contact with nature and we all need plants in our lives in one way or another. So during the coronavirus epidemic whether you're working from home, self isolating or both this has become more important than ever for mental health and well being during a difficult time and can be easily accessible for everyone to start growing. Whether you have one neglected house plant in the corner of your room or a garden to care for you can start growing.

Gardening will improve your mental health and your physical wellbeing. When you regularly




garden it has been proven to help people to deal with Anxiety and depression. There are many reasons for this such as-

- *It gives you a living thing to look after that depends on your care and gives you responsibility, in return you are rewarded with lovely flowers, fruit and veg, clean air in your house and a sense of accomplishment and self sufficiency.*
- *Gardening will also make you feel more connected to nature and focus on the natural world instead of yourself.*
- *It will give you control over something in your life such as choosing where the carrots should be planted and where the sweet peas go to climb.*
- *You live in the now no worrying about the future or obsessing about the past it's all about focusing on the task at hand.*



GETTING RESOURCES DURING THIS TIME,WHAT YOU CAN REPURPOSE.

Items to repurpose are -

- 1. UHT carton, washed out and cut in half to be used as a pot.*
 - 2. Toilet roll tube, with one end ripped into quarters, folded and taped over. This is Really good for plants with a long root like beans and peas.*
 - 3. Egg box. Good for small seeds like lettuce and also great for chitting potatoes, just be careful with the cardboard ones as they dry out very easily.*
 - 4. Butter tub. Good as a seed tray, remember to put holes in the bottom.*
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5. *Activity- These can all be customised to look nice and will get all your family engaged in the process. Use some nice pens or paints.*

soil and compost can be a challenge to find during this time if you have none or reuse what you have about. I will be writing about a zero waste kitchen and how to sprout seeds soilless, so please keep an eye out on this and good luck.as always email us and share your creations or ask questions - cardenden@orevalleyha.org.uk
