Gardening: Renew Your Soul and Connection

The greatest gift we can give ourselves and the people we love right now is the permission and space to process the events unfolding around us. We must first care for ourselves in order to care for others. We have to take the feelings that emerge each day and be mindful to find healthy ways to process.

Gardening can provide the experience to be outside, meditate, exercise and to nurture. The end result is reaping the benefits of using what you planted to supply your own home grown food chain which leads to healthier cooking. There is solace in starting a small seed, planting and watching it grow, to take a package of flower seeds and create a more beautiful space for you or your neighbors. Frank Lloyd Wright once said “If you ignore beauty, you will soon find yourself without it. But if you invest in beauty, it will remain you the rest of your days” Go out and create a space that leaves your soul, your yard or community a better place.

As an enthusiastic gardener, I encourage you to start a small garden. It may be a container, a window box of herbs or flowers, or a small garden plot. Lean on your garden as a source of peace and comfort. If space allows, start a Victory garden, aka WWII era garden, which allows you to supply food for yourself and your community. Provide a source of fresh veggies or flowers for your neighbor to brighten their day.

We are fortunate that as this pandemic hit we were heading into Spring and not Winter. This gives us a chance to plan, start seeds and plant a garden. Google searches to spark your enthusiasm and then the process of working the earth gives us hope to create something with our hands, provide nourishment and to heal the soul.

We’re all in this together, some of us will use this time to garden, read books, spend time with family as we Rise Up Together to get our organization back to our mission of serving our community.

May you find little ways to care for yourself and those around you.

Please enjoy the free seeds and information provided to us Healthcare Heroes from the Grant County Master Gardeners. They wanted to thank us for all that we do during these stressful times. Please practice social distancing as you look through the seeds you may want and to check out the two awesome door prizes provided by the Master Gardeners. I am available for questions you may have during the times denoted on our Spirit Week Poster.

Thanks for all that you do GRHC employees.

Corey Weydert