HOME PLANTING IN THE MIDST OF THE COVID-19 PANDEMIC

by:
Deo Derro L. Ducot
Teacher III, Mariveles NHS-Cabcaben

COVID-19 pandemic reshaped our way of life. Before we do not need personal protective equipment and safety precautions when going outside but now facemasks and face shields is a must. So many people all around the world lost their jobs due to different reasons such as retrenchment in their workplace and bankruptcy. There are around 59.7 million people diagnosed and tested as COVID-19 positives, 1.41 million deaths related to the virus and increasing numbers of mental health related problems and issues were recorded everywhere. I have one thing to share, a simple yet beneficial thing to make us busy for this quarantine. Plants bring natural beauty to our environment, they also filter and absorbs harmful toxic chemicals in the air we breathe. Research indicates that tasks performed under the soothing influence of nature are performed better with greater precision and a higher quality performance. So today, let’s make an impact, let’s plant a future, let’s start home gardening. Home gardening can be a pastime, hobby or an income supplement at the same time. And now that we are in our homes, we’re encouraging everyone to start planting fruits and vegetables in their houses. In response to food shortages and now that we are under community quarantine, as a therapeutic practice. But why we should start home gardening? There are a lot of studies that shows that the home gardening is impactful and beneficial. The wide variety of plants gives us wealth in the environment. Home gardening is important because of so many factors such as it has a psychological benefit for us humans. It can be a mood booster in a way that you are around with plants and gives you more frequent feeling of happiness and soothing sense by the presence of flowers. And being around in garden increases good chemicals in our brains such as dopamine and serotonin. It also decreases the sense of stress and anxiety. The most important thing that I said a while ago is that it enhances the air quality, and it
aids and improves overall health and well-being while decreasing the exposure to harmful and dangerous gases. Home gardening is also fun and magnificent experience for all children, youths, and adults to participate in. For those who grown their own crops, home-grown veggies tend to taste better too, that leads to increased consumption because of deliciousness in it. Planting your own crops is a way to not only ensure that you and your loved-one’s are well-fed but can also ensure that you eat the best and fresh fruits or vegetables. And one of the best’s importance of home gardening in the midst of pandemic is it can save you from buying, the price of a pack of seeds is almost equivalent to what you would pay for one vegetable or fruit at a store. And you can save some of your money by just planting them.

References:


https://www.psychreg.org/gardening-covid-19/