PERKS OF GARDENING

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Believe it or not, gardening is a promising activity. People usually say they don’t have the time and lack of knowledge on how to start even a small garden.

According to studies, gardening benefits our social, psychological, and physical health. Likewise, Wang and MacMillan (2013) claimed that gardening can be an activity that helps overall health and quality of life, physical strength, fitness and flexibility, cognitive ability, and socialization.

Earlier in the COVID-19 pandemic, the Department of Education believes the importance of gardening especially in terms of hunger and malnutrition. Based on studies, it too much affects the performance of learners in school if they suffer from hunger and malnutrition. To address the situation, the department imposed, strengthened and sustained the implementation of school-community food production under the “Gulayan sa Paaralan” project way back year 2007 up until today.

On the other hand, come COVID-19 pandemic, school people were restricted and can no longer go outside their homes and eventually shift to Gulayan sa Tahanan with the same purpose. It was encouraged by different organizations to cope with the scarcity of common goods.

But, as gardening became in demand and more popular during these days, are you aware that aside from mitigating hunger and malnutrition, there are more benefits than this?
Primarily, people forgotten to exercise to make themselves sweat, but gardening can make you sweat especially when you are under the full morning or afternoon sun. You can remove weeds, transfer young plants, digging soil, as well as watering plants can really produce a lot of sweat.

You can still learn new things in gardening. With the assistance of various blogs, it makes you grow plants easier. You can also correct your planting errors made before.

Gardening can be therapeutic as like the studies claimed. It’s a good feeling how your plants grow, and how long period grown edible plants turn into fruit or vegetable on your dining table.

Likewise, gardening will increase your patience for it will require you to have it for those plants that need to nurture for years before you have the harvest. In this case, you will surely appreciate the value of fruits and vegetables for they were products of precious time and effort.

There is no doubt that gardening yields its perks. It’s just that time, effort, and patience is needed to reap everything as a reward for his hard labor. Fajarito (2020) supposed that with gardening, you will not only become a better gardener but a better person as well.

References:


