

The joys of gardening  
Morning speech #3  
By Sophie



time at home and many people are turning to gardening, not only as a soothing and meditative practice, but also to grow their own food. There has also been a huge increase in seed sales. Typically, seeds sell out fast in difficult times like war or pandemics, because people become worried about being able to get food. But I think this time, though it's difficult, people are growing their own plants for their mental health and to teach their children how.

Communities are coming together to swap different produce they have grown. Perhaps some people have a lot of tomatoes, they then can swap with their neighbours that might be growing zucchinis. In addition to having many health benefits because you can eat lots of fresh produce, there are many signs that it's very beneficial for your mental health. Getting your hands dirty in the garden, not only reduces stress but also it can calm your mind.



If you are a first time gardener, I recommend some easy plants to grow, like tomatoes, snowpeas (さやえんどう) and lettuce. While you're at it, why not try growing some herbs like mint and rosemary and some flowers for colour. Please try and soon you'll have a beautiful garden you can be proud of. ☺

Please choose the correct answer:

1) Why are more people gardening? A) More people have space B) More people have time to garden C) People want to eat tomatoes D) Because it's fun	2) Why are seeds selling out during this time? A) People want to try growing plants to teach their families about gardening B) People bulk buy seed to store C) People are swapping seeds D) People get concerned about food security
3) How are communities responding to gardening? A) Neighbours are swapping extra vegetables B) You can see more gardens in the neighborhood C) There are more tomatoes for sale D) People have more pride in their gardens	4) If you want to start gardening, what does Sophie recommend? A) To grow only from seed B) You should plant lots of colour C) You should only grow tomatoes, snowpeas and lettuce D) Try growing easy plants