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HOME GARDENING: PASSION FOR MANY

CASE STUDY/INSIGHT

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Gardening is one of the most favourite and relaxing hobbies for many. It is one of the best ways to interact and connect with nature. Gardening also has plenty of beneficial effects on health, mind and environment. It also rewards our work with fresh and delicious fruits, vegetables, flowers and herbs.

As we all know, Home gardening refers to growing and cultivating plants in residential areas most commonly in front or backyard. Common plants that are grown in houses are ornamental plants, fruiting plants, root and leafy vegetables, herbs and medicinal plants. When you have space in your backyard, then a number of plants and trees can be grown. If you are a passionate gardener, who grows all the necessary plants in your home, then you wouldn't have to go to the market and shop for vegetables. This saves money, energy and time and gives immense sense of satisfaction and pleasure.



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On our way, don't we take a minute to have a look at the houses covered with green trees, creepers, shrubs and plants? Yes, most of us love houses with greeneries. Houses with gardens are beautiful and pleasant. Tomato, chilly, coriander, mint, potato, bitter gourd, lady's finger, curry leaves, onions, garlic, brinjal, beans, carrot, etc. are some very common vegetable plants that can be easily grown in our gardens depending upon the location and climate factors we are bound to. Flowering plants are most fondly grown in homes for decorative, religious and cosmetic purposes. Fruiting trees such as guava, papaya, banana, sapota (chiku), melons, lemon and pomegranate can be grown in yards. It is also important to have some medicinal plants such as Basil, betel leaf, neem, aloe vera in our home garden.

Gardening is a great exercise for both our body and mind. It involves physical activity and hence helps in weight maintenance, controls high blood pressure and cholesterol levels and keeps us fit. Gardening is an activity of pleasure which relieves stress, reduces the symptoms of depression and keeps us calm and peaceful. Watching plants grow teach us patience. It is even said that plants can respond to music.



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By doing gardening by ourselves, we can cultivate fruits and vegetables without much use of chemical fertilizers, which help us in reducing our carbon footprint. If we consume veggies from our garden, then we will be contributing to reducing the energy spent on processing, packaging and transportation of vegetables. It also contributes to reducing air pollution and improving air quality. Gardening gives high level of self-satisfaction. The contentment that we get from growing our own food and consuming gives so much happiness and joy. Getting your hand and feet dirty in gardening rewards you with fresh and delicious veggies, clean air, peace of mind, connection with nature, health and environmental benefits. Let's keep up the passion and enjoy home gardening.

