

Why What And How To Start Planting In Days

GARDENING
INFOGRAPHIC
Good Parenting Brighter Children

1 SPADE
clean the area you are planting; loosen & turn the soil over

2 SOIL
add additional soil; preferably organic soil to your garden. It makes a richer soil

3 SEED
carefully plant your seeds or plant starts in the soil

4 WATERING
plants need the right amount of water--not too much or too little. wait until the soil is dry to water

5 SUN LIGHT
grow your plants in a location so they get the sunlight they need

6 CLIMATE
make certain your plants grow well in the climate you live in

7 PEST CONTROL
controlling garden pests is important but **ONLY** use an organic pest control

8 MULCHING
add mulch to the soil to improve soil moisture, fertility and health of soil

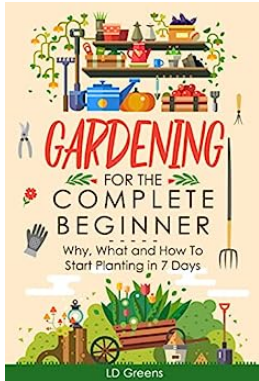
9 HARVEST
harvesting your fruits & veggies is exciting for your family & especially your kids!

goodparentingbrighterchildren

Have you ever considered diving into the world of gardening and planting your own little paradise? The joy and satisfaction that comes from seeing your plants grow and thrive are unparalleled.

Why Should You Start Planting?

Gardening is not only a delightful hobby but also offers numerous benefits for your physical and mental well-being. Let's delve into some of the key reasons why you should start planting:



Gardening For The Complete Beginner: Why, What and How To Start Planting In 7 Days

by LD Greens (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 8794 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 144 pages

Lending : Enabled



1. Enhances Mental Health

Spending time surrounded by plants and nature has a calming effect on the mind. Gardening helps reduce stress levels, anxiety, and depression. It provides an opportunity to disconnect from the digital world and connect with the natural environment.

2. Improves Physical Health

Gardening involves physical activities such as digging, planting, weeding, and watering. These activities help improve cardiovascular health, strengthen muscles, and increase flexibility. Additionally, the exposure to sunlight aids in vitamin D production, benefiting your overall health.

3. Saves Money and Increases Self-Sufficiency

By growing your own fruits, vegetables, and herbs, you can significantly reduce your grocery bills. Moreover, you have control over the quality and pesticide use, ensuring a healthier and more nutritious produce for your family. Becoming self-sufficient in food production is not only cost-effective but also empowering.

4. Helps the Environment

By planting trees, flowers, and other greenery, you contribute to the global effort of combatting climate change. Plants absorb carbon dioxide, improve air quality, prevent soil erosion, and provide habitats for wildlife. Gardening allows you to play an active role in preserving the planet for future generations.

What Should You Plant?

Deciding on what to plant depends on several factors such as climate, available space, and personal preferences. Here are some popular options to consider:

1. Vegetables and Herbs

Starting with a small vegetable patch or a container herb garden is an excellent choice for beginners. You can enjoy fresh produce right from your backyard and experiment with various flavors in your cooking. Tomatoes, cucumbers, basil, and mint are some common options that thrive in most climates.

2. Flowers

If you are more inclined towards beautifying your outdoor space, planting flowers is a delightful option. Choose flowers that are suitable for your region and bloom in different seasons. This way, you can have a colorful garden throughout the year.

3. Fruit Trees

If you have sufficient space and patience, consider planting fruit trees. Apple, peach, pomegranate, and citrus trees can provide you with fresh fruits in due time. However, keep in mind that fruit trees require regular maintenance and take some years to produce a significant harvest.

How to Start Planting

Now that you understand the benefits and have an idea about what to plant let's explore the basic steps to get started:

1. Choose a Suitable Location

Find an area in your yard or balcony that receives adequate sunlight and has good drainage. Different plants have different sunlight requirements, so consider those while selecting the location.

2. Prepare the Soil

Ensure the soil is healthy and fertile. Remove any weeds, rocks, or debris from the area and add compost or organic matter to improve its quality. This will provide a strong foundation for your plants to thrive.

3. Obtain Quality Seeds or Seedlings

Depending on your preference, purchase seeds or seedlings from a reputable nursery. Opt for disease-resistant varieties for better success rates. If you're a beginner, starting with seedlings can be easier and more rewarding.

4. Follow Planting Guidelines

Each plant has specific requirements in terms of planting depth, spacing, and watering. Read the instructions provided with the seeds or seedlings and follow them carefully. This will ensure healthy growth and maximize your chances of success.

5. Regular Care and Maintenance

Water your plants regularly, monitor for pests or diseases, and provide necessary fertilizer as per the plant's needs. Weeding is crucial to keep your plants healthy, as weeds compete for nutrients and can hinder their growth.

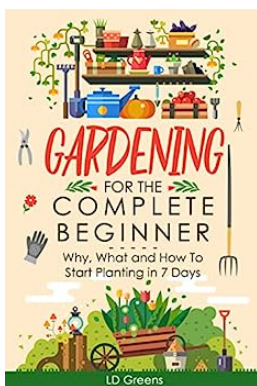
6. Enjoy the Journey

Gardening is a continuous learning process. Embrace the joys and challenges that come with it. Experiment with different plant varieties and techniques. Share your experiences with fellow gardeners and seek advice when needed.

Remember, the journey is as important as the destination.

Starting your own planting journey can be a rewarding and fulfilling experience. It not only brings you closer to nature but also offers endless opportunities for personal growth. Whether you have a small balcony or a vast backyard, there's always a way to connect with the earth and cultivate life.

So, why wait? Begin planting in days and immerse yourself in the wonders of gardening. Your future self and the planet will thank you for it!



Gardening For The Complete Beginner: Why, What and How To Start Planting In 7 Days

by LD Greens (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 8794 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 144 pages

Lending : Enabled

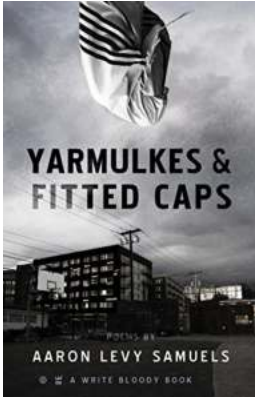


This book will improve your life, in numerous ways. Starting a garden, in a small or big way, can make you a happier person. This is a step-by-step guide of how to be your best self and live a happy, healthy life. Featuring tips on how to get started and maintaining your garden, this book is perfect for any gardener. The author of this book have compiled a comprehensive guide for all levels of gardeners, from novice to more experienced. You'll get confident and knowledgeable about everything you need to know about gardening.

What makes this book special:

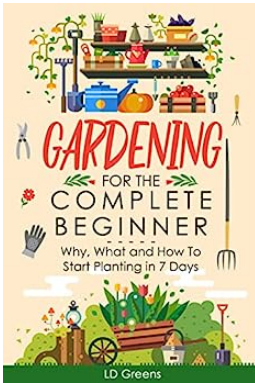
- This book is for anyone who wants to learn about gardening.
- This book contains a variety of information from the history of gardening, to the different types of gardens, to the benefits for mental health.
- Whether you want a garden in your backyard, on the rooftop of your apartment building, or even in your living room - this book will show you how.
- Discover the benefits of gardening for mental health and feel fresh air and sunshine all year round.
- Urban Gardening is a new and exciting branch of this ancient art that we should all pay attention to.
- Gardening is a rewarding hobby and a healthy way to get outside and de-stress.

This book is a wonderful gift for anyone who loves to garden. Hope you join me in this wonderful pursuit!



Yarmulkes Fitted Caps - Unveiling the Fashion Statement of Aaron Levy Samuels

Yarmulkes fitted caps have been making waves in the fashion industry, and one person who has been at the forefront of this trend is none other than Aaron Levy...



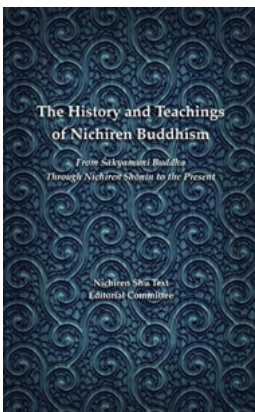
Why What And How To Start Planting In Days

Have you ever considered diving into the world of gardening and planting your own little paradise? The joy and satisfaction that comes from seeing your plants grow...



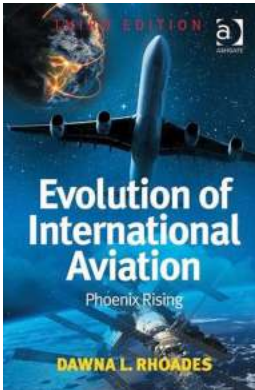
Unveiling the Timeless Elegance of New York Design At Home

Are you captivated by the vibrant culture and exquisite architecture of the concrete jungle known as New York City? The iconic skyline, the bustling streets, and the...



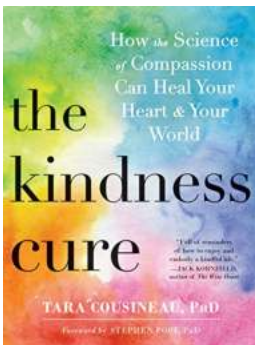
The Journey of Buddhism: From Sakyamuni Buddha Through Nichiren Shonin To The Present

HTML FORMAT BELOW... Buddhism, a 2,500-year-old world religion, has undergone a remarkable journey through centuries, transforming lives and shaping cultures along...



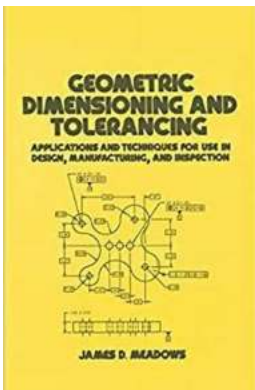
The Evolution of International Aviation: Phoenix Rising

Since its inception, international aviation has undergone a remarkable transformation. From the humble beginnings of wooden propeller airplanes to the sophisticated jet...



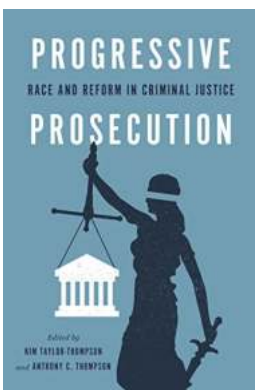
The Science of Compassion: Healing Your Heart and Your World

Compassion is often seen as a soft concept, associated with warmth, kindness, and empathy. But did you know that compassion has a scientific basis that goes beyond just...



Unlocking Creativity: Applications And Techniques For Use In Design

Design is the art of turning imagination into reality. From creating visually appealing websites to producing stunning logos, design plays a crucial role in capturing...



Why Progressive Prosecution is Key to Race and Reform in the Criminal Justice System

The criminal justice system in the United States has long faced scrutiny for its disproportionate impact on minority communities. African Americans and...

