

[IMAGE]

## **It's Great to Be Gardening**

By Editorial Staff

If you think gardening (the produce-yielding variety) is reserved for people with vast acreage and limited or no access to grocery stores and other modern conveniences, keep in mind that a garden begins with nothing more than a handful of soil, a few drops of water and the seeds of your favorite garden delicacy. Here are five reasons to develop your green thumb if you're not already doing so.

### **QUALITY**

Unless your diet is already organic-only, you stand to benefit immensely from a well-tended garden that doesn't rely on pesticides and other chemicals. A little love and attention will yield fresh fruit and vegetables absolutely bursting with nutrition and flavor.

### **PRICE**

Even the most generous produce company can't begin to compete with the low price of home-grown fruits and vegetables; just spend a little money on proper soil and some seeds, and you're on your way.

### **ACCESS**

When was the last time you were in the middle of preparing dinner and realized you were missing a key ingredient? If that missing ingredient is something grown in your own garden, then the store is no farther than your own backyard.

### **ENJOYMENT**

gardening - Copyright â Stock Photo / Register Mark Gardening is great family fun, and it's so much more rewarding (and less expensive) than another trip to the movie theater or a new video game. Stay in shape, enjoy the outdoors and watch seeds turn to sprouts turn to food on the table. How cool is that?

### **ENRICHMENT**

In general, people like to continually grow, learn and improve. Gardening gives you and your children an irreplaceable lesson in self-sufficiency and empowerment. Among other things, you learn that the best-tended garden often yields the best crop, something no book can teach.

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