



Public Health
Prevent. Promote. Protect.

Garden Humor...

*A weed is a plant
that has
mastered every
survival skill
except for
learning how to
grow in rows.*

*Knowledge is
knowing a
tomato is a fruit;
Wisdom is not
putting it in a
fruit salad*



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**DOUGLAS COUNTY
PUBLIC HEALTH**
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THE TOILET PAPER

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“Becoming a Gardener”

Cell phones, PDA's, and MP3 players have become the tools of our modern lives. But it wasn't that long ago that a shovel, a patch of soil and a bag of seeds were the only tools needed to provide sustenance and satisfaction. Gardening was a part of daily life.

Why garden?

- 1. Garden for safe, healthy food.** Reports of food-borne illnesses and contamination , pesticides, additives and preservatives have all been in foods we eat. Growing your own food from a garden is the easiest solution. Then you know what you are eating.
- 2. Garden for exercise.** Cardio and aerobic exercises are both provided. Studies show that an hour of moderate gardening can burn up to 300 calories for women, almost 400 calories for men.
- 3. Garden to learn.** Problems with insects or spots on leaves provide the opportunity to find out the cause and understand how to keep plants healthy. Teach the younger generation about gardening so the art isn't lost.
- 4. Garden for emotional needs and spiritual connections.** Gardens play an important part in our well being. A garden might serve as a tranquil retreat or private escape from the demands of everyday life.
- 5. Garden to meet people.** Gardening is a great way to expand your social circle. Whether it's with someone who lives down the street or halfway around the world on the internet, gardeners love to talk about plants.
- 6. Garden to make money.** For some people gardening is a lifelong hobby. For others, the love of plants can lead to a rewarding job at a local garden center, a large global company, or even owning their own business.

