

Try Gardening

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Trying gardening or just potting up a plant can be fun. A few pots on the deck are a good start, Many more may follow!

Part of why people get "bitten by the garden-virus" is not only the beautiful result of flowering plants or food to eat, but sensory pleasures from every part of the activity.

Did you know that bitterness, frustration, nervousness, boredom, tenseness and burnout are best released through sensorial experiences?

Ludic experiences are things like walking in a forest, splashing in a lake, picnics in nature, massages, playing in the snow, caressing moss, listening to song birds, playing in mud (like making pottery), singing, dancing and yes, gardening.

Turns out, my garden is my fitness center.

It makes me walk outside in fresh air and sunshine. I walk to it and back each time I need another tool from the garage. I walk for another pot, or to bring another load of manure with the wheelbarrow.

My hands are in dirt. I hum and enjoy the fabulous smell of good soil, feel the texture in my hands or under my shovel. The seeds whisper their promises to me. The birds sing in my ears and I feel bliss.

Walking in the garden when the grass is still wet from dew is so delicious!

Under the open sky, I get absorbed in weeding, pruning or binding up plants. I'm in admiration of a beautiful flower and filled with hope and expectations. Then, all worries fade away, and I'm refreshed.

Even more so at the end of the day, under the shower-when all fatigue washes away. It is exhilarating !

As the saying goes : "In spring, one should sweat like a hog and smell like manure". It's a Ludic form of Joy that gardening can procure. Similar examples include taking care of a horse and riding it.

For others it might be taking care of their dog, or hamster.

This analogy is valid for the garden, too. For some it is a planted area, For others it might be a few pots on the window sill.

I started small at first.

Whether my gardening activities have been successful or not, everything mentioned above is a great benefit.

In the fall, there's cleanup and cutting back. That's when the compost heap grows. The pots and tools are walked back into their winter quarters and my body feels fit from all the activity in crisp air. I see birds migrating to warmer countries and ponder how long this Indian summer will last. "When, oh when, will the first frost bite my annuals"?

It comes a little later over the years.
My eyes savor the last Nasturtiums, Black eyed Susans and climbing roses.
Soon a snowy blanket will put it all to rest.

Each year I examine which efforts worked and which didn't.
I collect seeds from many plants and scatter them on the ground.
Who knows what will germinate and surprise me one day?

After Christmas and New Year, I'll open my garden books, get ideas and start dreaming again.
Then, I can't wait to put my hands back into the soil again.

Finally in April, I take out small pots and seed packages . I start planting the seedlings on the kitchen table, while it snows outside.
The windowsills fill up. My seedlings and I can't wait until it's warm enough to get outside.
Ahh..those early sunny, warming days!

Starting small, gardening can be an inexpensive hobby.
The surplus is always given to family or neighbors. Too much parsley in a pot?
Seeds galore in August? Side shoots and overgrowth ?
Someone might give me a smile for those things.
Gardening promotes sharing.
You may want to try this yourself.

The Littleton Garden Club is an active group welcoming new members from around the area! Learn more about our club and meetings at:
<https://www.littletonnhgardenclub.org/>

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