



*For everything there is a **season**, A time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. Ecclesiastes 3:1-8*

## After Winter, Must Come Spring - By Liz Tylander, BSN, RN

A change is coming, and our earth lets us know. We may carry some of winter with us; our losses and grief from last year have been numerous, but as gardeners we see what emerges from the dark soil – life.

The cycles of life and death, everything that slows us down and forces patience, everything that sets us back into the slow circles of nature helps our spirits – gardening does this. Gardening allows us time to reflect, connect, and share. It is an activity that nourishes the soul.

### Did you know?

The benefits of gardening include:

- Improved physical health, emotional wellbeing, and social interaction- all positive ways to work through challenging times.
- Exposure to good bacteria and boosting your immune system.<sup>1</sup>
- Charity and Hope! The act of growing and giving flowers and vegetables to family, friends, and those in need is often the most precious gift.
- Gardening is also good for the health of our communities - studies show how community gardens can help us develop supportive networks when things get tough.<sup>2</sup>



As an RN and Program Manager for The Farm at St. Joe's, Liz designs and facilitates garden-based therapeutic programming to increase human health and wellbeing.

Gardening mixes the need to nurture and be nurtured. If you have ever planted a seed and watched it grow to fruit – you know what I mean. If you don't and want to get started planting – start exploring by checking out an almanac for beginners: <https://bit.ly/3w7IdeG>! Who doesn't like to play in the dirt? Let's get digging!

### Resources

<sup>1</sup> [25 Incredible Benefits of Gardening](#) and more information on the research behind it.

<sup>2</sup> [Community Gardens Benefits Research](#)

Local Harvest – [www.localharvest.org](http://www.localharvest.org). Put in your location and you can find community gardens, local farms, farmers markets and more.

The Farm at St. Joe's provides space for hospital staff to tend to the land and one another. If you are interested in volunteering or learning about our other programs, visit: <https://stjoesfarm.org/> Come volunteer with us!