



MISSION: BEAUTIFICATION ... CONSERVATION ... EDUCATION

Planting and Nurturing

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Gardening Issue: Linda Doiron, Editor

Environmental Edition: May, August, November, February - Mary Lovings, Editor

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The Music and The Land

If there's a song in your heart, you should bring it to your garden. The ways that we make sense of our life through music in which memories, ideas, and emotions come together can nurture our souls. One of my favorite garden songs is about planting seeds, and is aptly titled, "The Garden Song." It was written by Dave Mallett in 1975, and most notably recorded by John Denver.

The Garden Song

*Inch by inch, row by row
Gonna make this garden grow
All it takes is a rake and a hoe
And a piece of fertile ground
Inch by inch, row by row
Someone bless these seeds I sow
Someone warm them from below
Till the rain comes tumbling down...*

Here at the corner of music and gardening, you can find some interesting healthy benefits waiting for you. The first is the ability to change your mood. If you are happy and listen to music that makes you happy, then you can boost those feelings even more. If you are sad, and play happy music, then you can quickly overcome your sadness. Gardening likewise often lifts spirits, especially if your life has been disrupted by illness, injury, social or economic problems. Gardening can help improve your ability to complete a task or project, and can help cope with change. It is a fun and relaxing way to get in touch with nature, and like music, can be enjoyed by people of all ages.

There are many different options for playlists, but consider making one for the times that you spend in the garden. The combination of playing your favorite music while being outside in the fresh air and sunshine is one that can't be easily matched.

I offer my own garden playlist for you, and hope that you will use it to start or add to your own playlist as you begin planting your seeds, seedlings, young fruits and vegetables this spring.

Title	Artist
The Garden Song	John Denver
Here Comes the Sun	The Beatles
Circle of Life	Elton John
Carolina in My Mind	James Taylor
The Climb	Miley Cyrus
The Rose	Bette Midler
Summer Breeze	Seals and Crofts
Morning Has Broken	Cat Stevens
Moondance	Van Morrison
Three Little Birds	Maroon 5
Perfect	Ed Sheeran

Now, with your playlist ready, the planting of your best spring and summer garden of fruits and vegetables awaits you. This year may seem like a challenge, but you will be able to find what you need online if a trip to the local nursery or plant sale isn't an option. Try new healthy foods that will help you and your family become more adventurous eaters. Growing a variety of fruits and vegetables is as fun as it is healthy. One of the best recommendations for beginners that I've seen is to grow a "pizza garden" with easy-to-grow ingredients, such as tomatoes, eggplants, basil and other herbs.



Another approach that I like is “Eating the Rainbow- Challenge Yourself to Try Fruits and Vegetables of Different Colors” from the American Heart Association. They recommend eating eight or more fruit and vegetable servings every day. An average adult consuming 2,000 calories daily should aim for 4.5 cups of fruits and vegetables a day. Here is their list of rainbow fruits and vegetables, many of which can be grown in your Georgia garden.

Color-Fruits and Vegetables

Red / Pink: beets, radishes, red apples, red peppers, red potatoes, strawberries, tomatoes, and watermelon;

Orange / Yellow: acorn or butternut squash, peppers, papaya, peaches, pumpkin, summer squash, sweet potatoes, yellow apples, and yellow squash:

Green: artichokes, asparagus, bok choy, broccoli, Brussels sprouts, celery, collard greens, cucumber, green cabbage, green onions, green peppers, kale, leeks, mustard greens, okra, peas, romaine lettuce, snow peas, spinach, sugar snap peas, and zucchini;

White: cauliflower, garlic, Jerusalem artichoke, mushrooms, onion, potatoes, parsnips, and shallots;

Blue / Purple: blackberries, blueberries, eggplant, plums, purple figs, and pluots.

Tips to boost fruits and vegetables to your diet:

- Try fruits and vegetables of different colors on the same day.
- Add fruit and vegetables to foods you already love.
- Add fruits and vegetables to food that’s cooked or baked, or mix vegetables in with pasta sauces, casseroles, soups and omelets.
- Mixing fresh or frozen berries into pancakes, waffles or muffins is another great way to make fruits and veggies a part of every meal.
- Try roasting vegetables like cauliflower, broccoli, Brussels sprouts, onions, carrots, tomatoes or eggplant. Long exposure to high heat will cause these foods to caramelize, which enhances their natural sweetness and reduces bitterness.
- Enjoy vegetable dippers. Chop raw vegetables into bite-sized pieces. Try bell peppers, carrots, cucumbers, broccoli, cauliflower and celery, and dip your favorites into low-fat or fat-free dressings.
- Sip smoothies. Smoothies are a great way to increase the amount of fruit and vegetables you eat and they’re really easy to make.
- Enjoy fruit desserts. Fresh or canned fruit in light syrup or natural fruit juice, gelatin containing fruit and dried fruit are good choices for a dessert.

Tune my body and my brain
To the music from the land
Plant your rows straight and long
Temper them with prayer and song
Mother Earth will make you strong
If you give her love and care
Old crow watching hungrily
From his perch in yonder tree
In my garden I'm as free
As that feathered thief up there .
(The Garden Song)

Enjoy your favorite music in your own beautiful garden this spring and summer. Rainbows return with a wish of sunshine.

Be Well,

Linda Doiron

The Hokey Gardener

