Five Reasons Small-scale Gardening Could Save the World

Gardening has been largely a lost art form with plots drying up and being replaced in favour of lawns, parking lots, and other commercial endeavours. People have decided to completely forego the skill of gardening in favour of completely depending on large scale farming operations to produce their food. The implications of this trend are now starting to be seen, and they could be disastrous. It’s time to shift back to our agrarian roots. It’s time to understand how gardening can save us and the world.

Fresh and Organic Food

When one relies on the conventional food system, it is difficult to find food that is both fresh and organic. Organic food is becoming more mainstream in many parts of the world, but it is still a very small percentage of the overall food that is made available. Fresh is a near impossibility for most, as the elapsed time between harvest and consumer availability is often anywhere between 2-4 weeks.

The only way to help solve this problem is to either produce some of your own food, and/or rely on local organic farmers markets to get your food both fresh and organic. With good food management and preservation skills, this seasonal activity could help feed you and your family for several months, and even up to a year.

Once a person gets a taste of organic and fresh food, they will have little to no desire to go back to the conventional system. Not only that, fresh organic food is at the peak of its nutritional value and can deliver multiplied benefits that

could literally save someone’s health.

Known Origin of Food

Another issue with the food on most people’s plates today is that they have no idea where that food originated and what has happened to it from the farmer to the fridge.

Is the food you are eating TRULY organic? What type of soil was it grown in? Where has it been stored, and how has it been transported? How long has it been from harvest to your plate? Has there been anything done to preserve it, and if so, what?

These are all questions that are easily answered when someone decides to grow their own food or puts their faith in a farmer that they personally know and trust, and can visit! Anything outside of these methods leaves the consumer in the dark and creates forced faith.

When one knows the origin of their food, they know its wholesomeness with little question, and that can be a game changer in optimizing one’s health.

Gardening is Therapeutic

Anyone who has spent a short time in a garden will quickly realize how therapeutic it can be to the mind, body, and soul. The fresh smells, sights, and sounds that can be picked up around a garden is something to envy.

Simply being at one with nature and its miracle, along with the act of physically connecting to the soil (also known as grounding), is very healing and can provide a gardener with multiple benefits that can never be obtained from picking up your food from the local supermarket.

Get in a garden, get grounded, and express gratitude. This is a simple process that can help you regain your health.

Gardening Develops Survival Skills

One thing that seems to be lacking in today's society is survival skills. In the last 30 years, we have been taught survival skills such as clipping coupons, looking for sales, and refrigerating food.

Gardening is a core skill that should never be lost. The ability to produce food is something that should never be taken for granted, as it is a skill that may be required in times of financial hardship and supply disruptions. If one doesn't know how to garden, either situation could be catastrophic.

Gardening is clearly an activity that could save a family, and many like them, should either scenario occur.

Gardening is Sustainable

Industrial farming practices have placed the burden on a very small percentage of people to produce food for the rest of the world. As a result, engineered seeds, chemicals, pollution, resource and soil depletion, as well as farmer burn out has occured.

There is no need to put that amount of pressure on such a small number of producers, and it can't be continued. The best case scenario is that production doesn't fall off, but the world ends up with food that is denatured, toxic, and completely malnourishing. This could take a terrible toll on the world and could spell the end of civilization as we know it.

Gardening is much more sustainable. Even the ability to produce up to 10% of our own food needs could dramatically reduce that burden and create more natural agricultural practices that are working with nature, not against it.

This may be one of the most important acts we can do in our lifetime, to save ourselves and the planet.