

As we practice social distancing to protect our loved ones, those at risk, and ourselves, it is even more important to find fun, healthy activities to stay busy. One of our favorite activities is gardening! Even if you don't have the outdoor space necessary to harvest a garden, you can find indoor solutions through companies like [AeroGarden](#) and [Click and Grow](#). So, why gardening?

The benefits of gardening are vast. Outdoor gardening offers enjoyment of fresh air, sunshine, and activates much-needed vitamin D. Indoor gardening can bring some outdoors into your home, and esthetically liven up living areas. Indoor gardens are also especially great for those with mobility challenges. Plants are known for cleaning the air in the environment both indoors and outdoors, and gardening is a great way to connect with people while social distancing. The following are examples of ways to get started:



Buy an Indoor Garden to Connect with Seniors Living in Retirement Homes or People Living Alone

If you are protecting someone who is at risk by limiting your interactions during the pandemic, why not purchase an indoor garden for them and yourself? You can start the same time and stay connected by sharing your progress and photos via text, video calls or social media apps such as Facebook.

Have Fun with The Family

Creating gardens is a great way to spend quality time with family and incorporate both fun and learning into children's schedules. Children and grandchildren can practice math skills by calculating how many seeds to plant, how many pounds of dirt to use, or how much water to measure. You can also get creative and start a fairy garden, name your plants, and even create a picture storybook of your flowers as they grow.



Live Alone?

Connect Virtually with Friends and Family!

Team up with a friend or family member! Start the gardening together at the same time, share pictures as you make progress and connect live virtually through video conferencing via FaceTime, Google Hangouts, [Zoom](#) or other technologies. You can even create your own [Facebook group](#) or join an existing Facebook group like [Gardening for Beginners](#) to connect with other virtually who are into the same hobbies as you.



Plant Nutritious Greens to Get Started

Grow and eat nutritious greens like spinach, swiss chard, kale, cabbage, romaine lettuce and arugula. You can also start your own herb garden by planting and growing basil, mint, rosemary, parsley, chives, oregano, thyme and so much more depending on your tastes. Herbs can easily be grown both outdoors and indoors with the right technology.

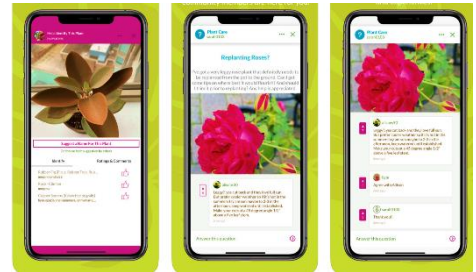


Not into Leafy Greens? Grow Flowers!

There is no rule that states you must grow greens or edible foods to enjoy the benefits of gardening. You can grow flowers such as petunias, snapdragons, and daisies to name a few. Some companies even offer “grab-and-go-kits” to get your flower (or herb) garden started. Colorful flowers are also not limited to outdoor spaces as you can purchase indoor solutions with LED grow lights and even grow plants soil free through hydroponics.

Need Help Gardening? Use an App

Need help and how-to assistance? There are dozens of apps in both the [Google or Android Play Store](#) and [Apple App Store](#) to help you maintain a new or existing garden. Suggested apps are ‘From Seed to Spoon Gardening,’ ‘Gardenia Plant Organizer’ and ‘My Garden’ to name a few. If Apps aren’t your style, you can also subscribe to popular gardening [magazines](#) or buy books.



We would also love to see pictures of your new or existing gardens. Submit your pictures to us by sending us a message on Facebook at <https://www.facebook.com/prospectmedicalgroup/>. #HealthierTomorrows

If you have any questions or wish to make an inquiry, please feel free to call us at (877) 764-4748 to speak to one of our customer service agents.

Stay healthy and safe!

Prospect Medical Group

