

Bloom Amid Covid Gloom:

Home gardening during lockdown

As this covid pandemic has forced lockdowns and compelled us to stay indoors, most of us have resorted to home gardening to get the best and fresh produce we need.

Home gardening does not only give you instant access to fresh produce, but also offers a variety of health benefits like building your self esteem, reducing stress levels, keeping you physically fit, exposure to Vitamin D and so on.

What have you planted during this lockdown? How have you transformed your backyard into a beautiful little garden? How have you recycled and used those empty cans, containers, milk packets, tyres, to plant your vegetables?

Share with us a picture of you working in your garden together with your best 3 tips for home gardening and go into the weekly draw to win \$11.00 mobile recharge.

The winner will be drawn every Friday. The photo and the gardening tips provided by the winner will be shared through FNU-PR the following week.

To enter, email your photo and gardening tips to **ssc-vs@fnu.ac.fj**

Entry is open to all FNU staff and students.

“ I grow plants for many reasons: to please my soul, to challenge the elements or to challenge my patience, for novelty, or for nostalgia, but mostly for the joy in seeing them grow. ”

- David Hobson

