

Move and Grow: Gardening for Wellness

Gardening is much more than planting and watering flowers and vegetables. Gardening is a way to connect humans to their food, promote staying active and improve strength.

Gardening is also great for older adults because it is a very peaceful and rewarding experience. Gardening can be undertaken at different levels, from caring for a few porch plants to maintaining a large outdoor space. Either way, gardening is a great way to promote wellness. For this article, the focus is the body movement that gardening involves.

As aging occurs, staying active is important. Gardening can be an enjoyable activity that also promotes physical movement. Exercise keeps muscles, bones and joints strong. Gardening creates a fun way to get active.

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Move and Grow: Gardening for Wellness

Just like any form of exercise, it is important to warm up before getting started. A proper warm-up helps loosen the muscles and reduce the risk of injury. The warm-up should take about five to 10 minutes and include activities such as shoulder rolls, walking, stretching, and drinking plenty of water to stay hydrated. Remember, warm muscles are safer muscles.



Exercises can look different depending on the day. One day you may be digging and planting, which is great for strengthening the arms, shoulders, and back. Another day, you may be weeding; although a major ongoing task, it is wonderful for stretching and flexibility. Avoid staying in one position too long while weeding, and periodically stand up to prevent stiffness.



Watering may seem like an easy task, but it can improve strength and endurance if you carry the water to your plants. Both benefits are great for supporting heart health and circulation. Knowing your limits for this task is important. Avoid carrying water that is too heavy, as doing so can strain your back or other muscles.

While gardening provides excellent exercise, you must practice it safely. Listening to your body and using proper posture are essential. Because gardening requires significant physical effort, finding the right setup for your needs is a must. For instance, a small raised bed or an elevated gardening table minimizes bending and may be a better fit for you than an in-ground garden. Ultimately, the best part about gardening is its versatility; no two people approach it exactly the same. Gardening acts as an ongoing science experiment and keeps you active and excited for the summer days.



Benefits of Gardening for Senior Citizens

1

Exercise

From starting a garden to getting it weeded every day, a garden needs constant tending to make the most of it. All that motion adds up to exercise.



2

Pride

Making the decision to start a garden might be just as good as the one you or your loved one made to wear a medical bracelet in terms of building independence.

3

Saving Money

When you're growing your own produce, you don't have to go to the store to pick up a tomato, a cucumber, or pepper for dinner.



4

Improved Diet

Having fresh food on the table means fewer trips to the grocery store, more nutritional value in your diet, and less usage of your medical bracelet.



Better Mood

Getting out in the sun and working in the garden helps brighten one's day. There is a sense of pride combined with a sense of accomplishment

5

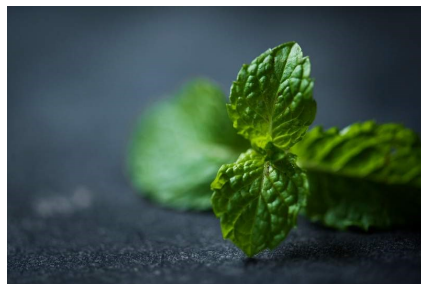
Herbs and Spices—Mint

Mint is a versatile herb that can be found throughout the world. People use it in foods, drinks, breath fresheners, and traditional medicine. Mint is so common that it is found in kitchens and gardens all over the globe.

Mint is an exceptionally easy herb for home gardeners to cultivate because it grows rapidly. When you plant it, you should keep the herb in a container to prevent it from spreading and taking over your garden. With proper watering and regular trimming, mint can thrive throughout the entire growing season.

Mint delivers an unmistakable cool and refreshing herb sensation. While it is easy to add to drinks and foods, it's important to note that a little bit of mint can go a long way. Mint is commonly added to fruit salads, teas, sauces, smoothies and desserts. There are many different varieties of mint, but peppermint and spearmint remain two of the most popular.

As for nutrition, mint contains small amounts of vitamins and minerals, including vitamin A and various antioxidants. Although the amounts are small, they can add up quickly when eating many herbs and spices in combination with other foods.



PAIRINGS

WHAT GOES
WELL WITH MINT

Fruit & Vegetables

Avocado, Canary melon,
Cauliflower, Fava bean, Garlic,
Grapefruit, Kiwi, Lettuce,
Lychee, Mango, Mulberry,
Papaya, Pomegranate,
Raspberry, Rhubarb,
Rockmelon, Sugar snap peas,
Watermelon

Herbs, Nuts & Spices

Bay leaves, Coriander, Cumin,
Parsley, Rosemary, Thyme

Protein & Others

Barley, Bulgur, Burrata,
Chicken, Chocolate, Curry

THE SIDESMITH



Recipe—Fresh Fruit Salad with Mint and Lime

Ingredients

- 1 cup oranges, chopped
- 1 cup pineapple, chopped
- 1 cup dragon fruit, chopped
- 1 cup strawberries, chopped
- 1 cup raspberries
- 1 cup mango, chopped
- 1 cup kiwi, chopped
- ¼ cup fresh mint, finely chopped
- 1 lime, juiced
- 1 tbsp chia seeds



Received from; <https://plantyou.com/fresh-fruit-salad-recipe-with-mint-and-lime/>

Instructions

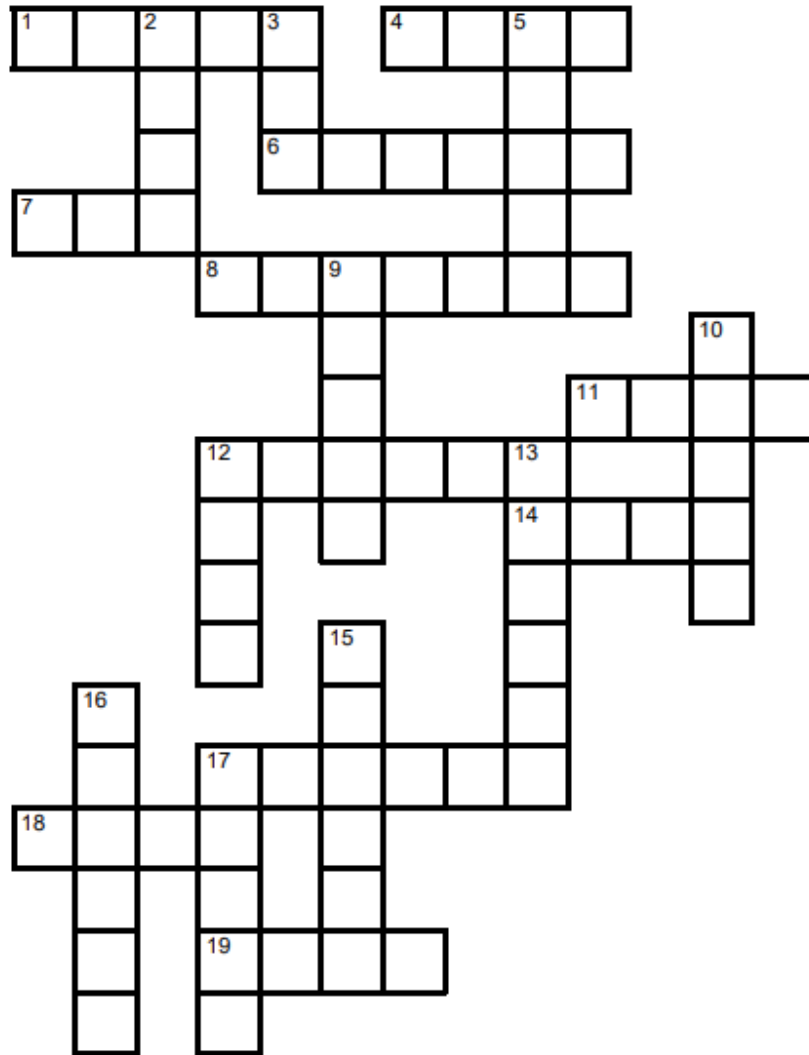
1. Add all of the chopped fruit to a bowl along with the mint. *The fruit suggestions are simply a guide; you should use what is in season and accessible to you.*
2. Toss the fruit until mixed well, then drizzle with the lime juice and chia seeds. Toss again.
3. Transfer to sealable jars, and store in the fridge for up to three (3) days.

Brain Exercise

Don't just exercise your body — work out your brain!



Gardening CROSSWORD



CLUES

ACROSS


1. Small insect that feeds on plants.
4. Area of grass.
6. Protective gear worn on the hands while gardening.
7. Tool with a flat blade used for turning soil.
8. Decomposed organic matter used to enrich soil.
11. Long, slender invertebrate that lives in soil.
12. Container used for carrying water or soil.
14. Precipitation from the sky.
17. Tool used to dig holes.
18. Tool with teeth used for collecting leaves.
19. Top layer of soil.

DOWN

2. Flexible tube used for watering plants.
3. Break up and turn over soil with a tool.
5. Unwanted plants that compete with desired plants.
9. Organic material used to cover the soil surface.
10. To trim or remove parts of a plant for better growth.
12. Underground storage organ of some plants, such as a tulip.
13. Small handheld tool used for digging.
15. Colorful and fragrant part of a plant.
16. Green, flat structures of a plant.
17. We put these in the ground and plants grow from them.

JUNE 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>World Milk Day</i>	2 <i>National Bubba Day</i>	3 <i>World Bicycle Day</i>	4 <i>National Cheese Day</i>	5 <i>National Doughnut Day</i>	6 <i>National Garden Exercise Day</i>
7 <i>Frozen Yogurt Day</i>	8 <i>Best Friends Day</i>	9 <i>International Omelet Day</i>	10 <i>Herbs and Spices Day</i>	11 <i>Making Life Beautiful Day</i>	12 <i>Red Rose Day</i>	13 <i>Sewing Machine Day</i>
14 <i>National Cucumber Day</i>	15 <i>National Prune Day</i>	16 <i>Fresh Veggies Day</i>	17 <i>Eat Your Vegetables Day</i>	18 <i>International Picnic Day</i>	19 <i>Juneteenth</i>	20 <i>Ice Cream Soda Day</i>
21 <i>Father's Day</i>	22 <i>National Onion Ring Day</i>	23 <i>Let It Go Day</i>	24 <i>National Pralines</i>	25 <i>National Catfish Day</i>	26 <i>National Food Truck Day</i>	27 <i>National Onion Day</i>
28 <i>Log Cabin Day</i>	29 <i>Waffle Iron Day</i>	30 <i>Meteor Day</i>				



MONTHLY OBSERVATIONS

- *Alzheimer's and Brain Awareness Month*
- *Aquarium Month*
- *Candy Month*
- *Cucumber Month*
- *Dairy Month*
- *Fight the Filthy Fly Month*
- *Fresh Fruit and Vegetable Month*
- *Great Outdoors Month*
- *National Adopt a Cat Month*
- *National Iced Tea Month*
- *Rose Month*
- *Turkey Lovers Month*

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Gardening **SOLUTION**

