

Spring



Just because we are socially distancing doesn't mean we can't get out there and explore a new hobby or a new skill!

The garden can be a wonderful place for us to unwind mentally, but also when we plant even a few bedding plants the novice Gardner can be filled with Joy and surprise with the satisfaction that their garden can bring them.

Please follow the two links below Padraig
omorains short garden meditation video while

in the garden on “Watering the good seeds’ and an Bord Bia link to the wonderful things we can grow in the garden .

https://www.padraigomorain.com/water-the-good-seeds/?utm_source=Daily+Bell&utm_campaign=43edf0726c-

<https://www.bordbia.ie/lifestyle/gardening/tips/>

