

Digging Deep with Cynthia Brian

Garden Trends for 2019, PART 1

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Take a walk through our oak forested trails to de-stress.

Photos Cynthia Brian

How is this a positive upward trend for 2019? Here are a few statistics from 2018:

- \$47.8 billion was spent on gardening, including plants and patio furniture.
- \$503 is the average amount spent per U. S. household on garden supplies. This is \$100 more than last year.
- 29 percent of all gardeners are now in the age range of 18-24 years of age, setting record highs. According to GardenResearch.com, millennials were responsible for 31 percent of houseplant sales!
- More than 2 million jobs have been created through horticulture.

For humans to survive, our earth must thrive. Growing plants both inside and outside are proactive steps anyone and everyone can include into daily life.

An indoor generation has been identified where-

by 90 percent of people worldwide spend 22 hours a day inside without going outside for fresh air. Research indicates that Americans spend 93 percent of their time indoors or in their vehicles and children are outside for less than one hour per day. Earlier generations of children spent 50 percent of their time outdoors. As a species, we have migrated from the farms to the screens. Obesity, mental illness, high cholesterol, depression and anxiety are the results of too much technology where we are plugged in and tuned out to the benefits of fresh air, digging in the dirt, and natural environs.

So what can we do to help ourselves be healthier in 2019 if we have to be indoors fixated on our screens? Install a terrarium, buy a bromeliad or, better yet, take a 15-minute break to walk in a nearby park. Eat lunch on a bench outside. Enjoy a forest bath. Improve your

indoor air quality with a peace lily positioned in a corner of your office, add a pot of herbs to a windowsill, fall in love with tropical plants that will flourish indoors with little care.

By spending too much time in front of televisions, playing video games, texting, being on our phones or tablets, checking social media, or surfing the web, we are disregarding our natural state while increasing our physical and mental challenges. When we take care of ourselves by indulging in nature, we will refresh and reboot our world. Mother Nature is always in charge and we can't ignore her warning signs.

In the next issue, I'll continue this discussion on Garden Trends for 2019. Understand what is trending, then start your own. Until then, consider a digital detox. Get up, get out, dig a little, and breathe our clean air.

Wishing you a fresh start and a new leaf for 2019. Happy, happy New Year!



Holly berries are also plentiful, another sign of a protracted winter.