

# Create a Vegetable Garden or Expand Your Existing Garden: Tip for Sustainable Living

*Therefore strive that your actions day by day may be beautiful prayers.* —'Abdu'l-Bahá

*"Special regard must be paid to agriculture."* — [Lawh-i-Dunyá](#), Tablets of Bahá'u'lláh



From [balconygardenweb.com/](http://balconygardenweb.com/)

In a time of uncertainty and economic insecurity, it is especially important that many people grow some food. The economic crisis caused by the coronavirus may result in food shortages. If you already have a garden, perhaps you can expand it a little bit this year and plant some potatoes or sweet potatoes. If you are a beginner, keep it small and simple. Plant some herbs, for example chives and parsley, and a few vegetables you like. If you grow different plants, but not too many of the same kind, you will learn what works best and will have a variety of food. Growing a diversity of plants is also interesting and fun! If you don't have a yard, try to grow some herbs, tomato and pepper plants in pots on your balcony. Gardening provides exercise, is good for mental health – especially important during this time – and the fresh herbs and vegetables are good for you and contribute to food security. It is also wonderful when you can give away some food to those who may need it.

For some information on gardening:

[Beginner Vegetable Gardening Made Easy](#) (Better Homes & Gardens)

[Learn More About Balcony Vegetable Gardening](#) (gardeningknowhow.com)

[Grow an Edible Garden – On Your Balcony!](#) (growveg.com)