Gar	dening	is a fur	r and re	ewarding	g activity	that can
help y	you coni	rect wit	h natu	re and le	earn abou	it the en-
vironn	nent. I	By plani	ting seed	ds, tendi	ing to pla	ants, and
watch	ing the	em grou	s, you c	an devel	op a deep	per appre-
ciatio	n for th	re natur	ral worl	ld aroun	d you.	