Vegetable Gardening: Intro

Today on Gardening in a Minute: vegetable gardens.

Vegetable gardening is as popular as ever and in Florida we can garden twelve months of the year. Let’s look at some of the benefits that your own vegetable garden can provide.

Number one would have to be taste. There is nothing like the flavor of a ripe tomato pulled fresh from the vine.

Home gardens are convenient and may encourage you and your family to eat more fresh vegetables. The choices are endless, with vegetables of all sizes, colors, and shapes.

Gardening can be great exercise and can provide a little time to unwind from a stressful day at home or at work.

Gardens today incorporate flowers, herbs, and vegetables together to make a beautiful statement in any landscape. But let’s not forget the fun—gardening is a great personal or family activity.

To try your hand at vegetable gardening, contact your local county Extension office or visit Gardening in a Minute dot com.

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