Labyrinths

Today on Gardening in a Minute: labyrinths.

Simply put, a labyrinth is a circular path. Unlike a maze, a labyrinth has no dead ends to get lost in.

Found in ancient ruins and modern parks, the existence of labyrinths precedes written history. It’s believed that walking through a labyrinth can enhance creative thinking and contemplation.

Today, a garden labyrinth can be a relaxing way to commune with nature. It can be as simple as a turf path edged with pebbles, or, with a little creativity and effort, you could line your path with a box hedge, or even lay a path in contrasting stone pavers.

The only requirement for a labyrinth is that it be a circular path—the important part is that you find your labyrinth to be a relaxing and enjoyable experience.

For more information about labyrinths and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

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