



Health Corner

Why take up gardening this year?

I would say, gardening is a valuable hobby. Healthy produce and financial savings top the list of benefits. Also, it encourages physical activity, exposure to green spaces, and sunshine. All of this promotes better sleep and a better mood. It can be a great family bonding activity and, as always, connecting with nature and the Creator of it inspires gratitude and praise.

What plants would you recommend for a beginner gardener?

Great plants for a beginner include tomatoes, bell peppers, cucumbers, and eggplant. A few herbs that thrive in full sun or shade include sage, French thyme, Italian oregano and rosemary, cilantro and basil.

How can I get involved in the community garden Rochester SDA sponsors?

Getting started is very simple, you need only the desire to share and help. You can also help in this ministry by signing up to help tend the garden, praying for the people who participate, donating garden materials/tools, and, if you have one, using a pick-up truck or trailer to help haul items. Funding is never refused.

RSDA Church's "Back to Eden" Garden Ministries encourages all to participate in reducing food insecurity in our community. Contact Jose Cruz Mercader to help.

Interview with Jose Mercader May 2023



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