

Grow Food In Your Garden

What

Grow food in your garden that you can eat yourself and/or share with others. Spend time in your garden, preferably bare handed if possible,

How

Research what vegetables are best planted or cultivated during the season (October for Northern Hemisphere countries is autumn/fall while in Southern Hemisphere it is spring) and which veggies you would like to grow (and eat/potentially share).

If you plan to share your produce with neighbours, friends etc those should be involved so that there is a nice diversity of options and not everyone growing the same species.

Check out websites such as [Permaculture Association](#) (United Kingdom), [GrowVeg](#), [Koanga Institute](#) (New Zealand), or [Milkwood](#) (Australia).

When working in the garden

When

Either start as early as you like to pick the vegetables in the month of October OR plant them in October for picking later.

It should not be a one-off but the start of an ongoing way of living. Focus on setting yourself up no matter how small or big your veggie garden.

Why

Growing your own vegetables is rewarding. Producing more than you need and passing them on to neighbours, friends and family uses the value of **abundance**.

If this is the first time that you grow vegetables in the garden, it creates the value of **appreciation**.

Before you starting growing anything, you should learn about which vegetables will grow in which seasons and location. Learning through research enhances the values of **awareness**.

By taking on this challenge and putting effort into your garden, you should get a **sense of connection** to the earth and the weather conditions.

Enjoyment was the biggest reason why people garden according to the recent study by Lauriane Suyin Chalmin-Pui, Alistair Griffiths, Jenny Roe, Timothy Heaton, and Ross Cameron on [Why garden? – Attitudes and the perceived health benefits of home gardening. Is this one of your values you wish to cultivate?](#)

Who

You have a garden and time. Then you are all set.

Can happen in the smallest of spaces - including indoors (for example, growing microgreens and herbs) and on balconies

Effort to create / time to complete

From 30 minutes to many hours

How to promote on the day / month

Take a photo of your garden or get someone to take a photo of you in your garden.

Post it of your favourite social media platform using the hashtags #WorldValuesDay #ReconnectWithNature

Example Posts

I value #abundance therefore I grow more than I need to share with my neighbours, friends and family.
#WorldValuesDay #ReconnectWithNature

I get enormous #enjoyment planting my own vegetables and harvesting them. #WorldValuesDay
#ReconnectWithNature

Other Values Realised

Abundance	Curiosity	Legacy
Adventure	Discovery	Making a difference
Altruism	Diversity	Recreation
Appreciation	Enjoyment	Reflection
Awareness	Environmental awareness	Resilience
Balance	Exploration	Satisfaction
Beauty	Gratitude	Self-reliance
Calmness	Harmony	Sharing
Challenge	Health	Sustainability
Community	Helping society	Teamwork
Connection	Improvement	Thankfulness
Continuous learning	Joy	Usefulness
Contribution		

More Resources

[Attainable Sustainable](#)

[FoodPrint](#)

[Homesteading](#)

[Rooted](#)

Events

Event Name	Location	Date
All About Gardening	Christchurch, New Zealand	Monday 04 October 2021 Tuesday 05 October 2021
Foragers Walk	Wellington, New Zealand	Saturday 09 October 2021
Friends of Garthorne Road Nature Reserve Conservation Workdays	London, England	Saturday 09 October 2021
Garden to Vase with Foraged and Found	Central Hawke's Bay, New Zealand	Saturday 09 October 2021 Sunday 10 October 2021
Foodscapes Open Garden Trail	Waipawa, New Zealand	Saturday 16 October 2021
Linda McCartney Gardening Club	London, England	Second and last Thursday of the month

Adding Events to World Values Day Events and Activities page

If you wish to add your event to the World Values Events and Activities page, please send the following information to info@WorldValuesDay.com:

- Event Title
- Organiser
- Website
- Logo
- Primary contact and email address
- Length of event
- Description of event
- Target audience (organisational/community groups/schools/individuals/other)
- Event platform (Zoom, Instagram, YouTube, in-person, etc)
- Key attendees with brief bios
- Registration link if relevant