

Gardening for your Body, Soul and Well-Being

*"The glory of gardening: hands in the dirt, head in the sun, heart with nature.
To nurture a garden is to feed not just the body, but the soul."*

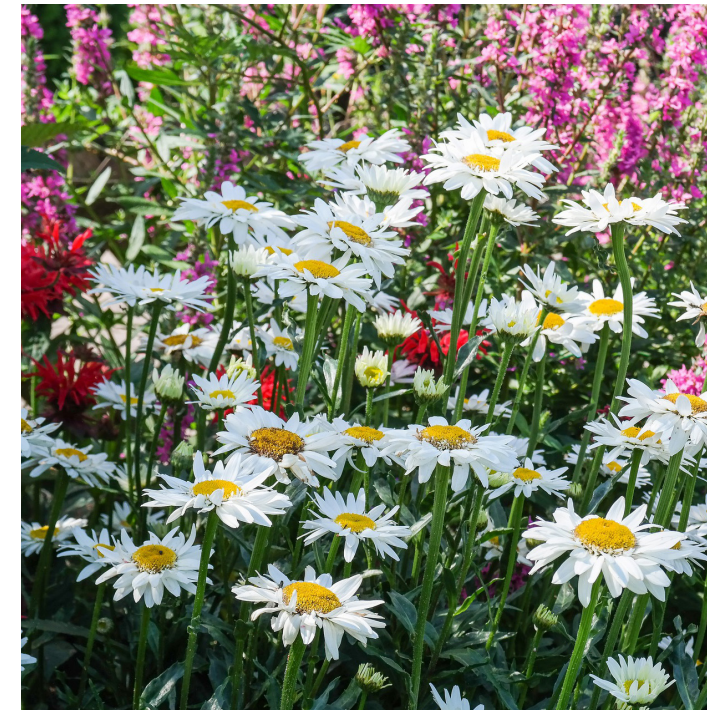
Written by Elaine Sisko, Reynolds Landscaping

- Alfred Austin, English Poet

Nothing creates such instant gratification, hopeful anticipation and lasting memories than time spent in the garden--planting, nurturing and observing the cycle of life. Tilling the soil, planting a seed and tending a garden is time well spent and restorative to the psyche. This is especially true during these tiring times of social distancing and forced isolation when life revolves around the confines of the home and life's simple pleasures create a welcome diversion from the unsettling headlines of the day.

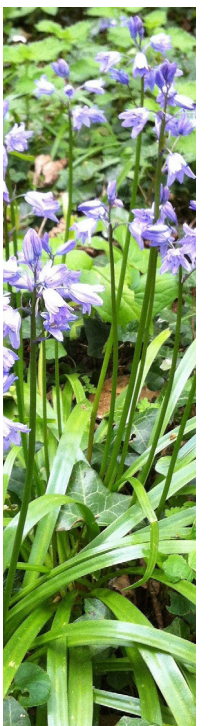
Whether planting vegetables for edible summer bounty, ornamentals for fresh cut flowers or native plants to attract bees, birds and insects, gardening is both a functional and an uplifting pursuit. It is an essential tool for teaching children about the endurance of nature and respect for the environment. It is therapy for the unsettled and active mind so preoccupied with the effect of this deadly pandemic. It can produce both healthy food for the dinner table or habitat for the wildlife that calls your backyard "home".

Strolling through the garden one loses oneself in the moment observing newly emerging flowers and vegetables along with the joy of returning wildlife met in prior years. As we take in the scent of heirloom roses and lilacs, we are reminder of good times past with family and friends and the hope of better times ahead. We can take refuge in the enduring cycle of nature and its promise of hope and renewal.



A garden can be as large as the whole of your backyard or as small as a container on the deck of an apartment. All that is needed is soil, water, sunlight, plant material and time. Time to nurture young plant plugs, time to observe emerging flower buds and vegetable sprouts and time to enjoy the fruits and beauty of the bounty created. The garden lifts our spirits and reminds us of the resilience of our natural world and the restorative possibilities that await.

For information on planning or purchasing plant material for your garden, we invite you to visit Reynolds Garden Center located at 201 East Bay Avenue, Manahawkin, NJ or for our latest service updates visit our website at www.reynoldslandscaping.com. For inspirational gift ideas and to peruse our collection of merchandise for your home and garden, we invite you to shop on-line at www.reynoldsgardenshop.com.



All is calm in the garden.

Take a stroll through our fully stocked Garden Center for a beautiful selection of Annuals, Perennials, Herbs, Veggies, Tropicals, Shrubs, Trees, Hanging Baskets, Garden Decor and more.

Shop online at Reynolds!

Gift cards, Blooming Baskets, Candles, Jewelry, and more are available for purchase on our website. Locally delivered or available for curbside pick-up in Manahawkin. Shop now at ReynoldsGardenShop.com



The Garden Center is Open: Mon.-Sat. 10 am-6 pm, Sun. 10 am-5 pm | At Risk Customers 9 am-10 am