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Of late gardening does seem to have caught everyoneâ€™s imagination. It goes without reiterating the fact that gardening has been around for ages. Many biographies and interviews, I have read of eminent people, have them describing in detail their fathers and grandfathers growing their own vegetables. And Iâ€™m pretty sure people were quite busy then as well!

Personally I have always felt that growing your own vegetables or fruits or anything at all is quite satisfying on many levels. For me it has an almost magical, mystical feel about it! Other than the ethereal there are many benefits that come with planting your garden.

For one, it is excellent exercise. It gets you to go out regularly so you might get some fresh air. In addition, gardening may also warrant getting up early because there is only so much you can do once the sun is up. There's always weeding, planting , sowing , harvesting, watering et al. to be done which keep you up and about and quite busy too.

Moreover, if you are planting your garden then you would try to keep pesticides and insecticides to a minimum rather than mass spraying your garden with harmful chemicals. This is sure to have you eating healthy.

You also have more control over the varieties of vegetables grown, so in essence, you can choose based upon taste, rather than accepting the varieties thrust on you at the supermarket because the farmer wanted a high yielding crop that would be cheap and easy to transport.

Most people however avoid gardening because they say that they just donâ€™t have enough space. If you are serious about it then you can overcome even this obstacle. Nobody said that you necessarily need to have acres of untouched land for a garden. You can even have a small garden or even keep plants indoors in pots, containers, ledgers et al.

The concept of companion planting also promotes the saving of space and growing together plants that donâ€™t compete for sun, or nutrients or more than one of these. So perhaps it would be wise to use these techniques to your advantage.

A word of caution before you set out in your new venture- If you are absolutely new to planting a garden, perhaps you should consider carrying out some research and set your basics right. So learn as much as you can, and not only from books or the internet but practically as well.

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