

## **GOOD HEALTH NEWS MAY 19 2020 FOCUS ON WHAT WE HAVE LEARNED AND TOMATOES**

“Every day may not be good...but there is always something good in every day” by Winnie the Pooh. And from MyPositiveOutlook.com, “I think that when the dust settles, we will realize what little we need, how very much we actually have and the value of human connection”.



Many positive, interesting things are happening in the world since the Covid-19 Pandemic has begun, waterways are cleaner, mountain goats and monkeys are roaming in empty streets, side-by-side comparisons of skies over Los Angeles or Barcelona show smoggy, grey before the pandemic, blue and crisp after! Experts say this quieting of human activity has resulted in less vibrations of the earth. We even seem to hear the birds singing louder and happier, or maybe it's just easier to hear without the background noise.

Here's some lessons we are all learning, maybe the hard way!

### **EIGHT LESSONS FROM THE COVID-19 PANDEMIC THAT COULD HELP US SAVE THE PLANET:**

- 1) Trust in science and experts. Our public health officials in Canada, like Dr. Theresa Tam, or Dr. Bonnie Henry have become our new celebrities. We now challenge fake news, because we trust these women and men. They will help us stop/limit global warming to 1.5 C and maintain the health of our planet.
- 2) It has shown us that we can adapt to change. Before the pandemic, the banning of international travel was thought of as an impossible idea. We now can accept big lifestyle changes and therefore live within the boundaries of our planet earth's limits. We can all help save the earth.
- 3) Connect more, travel less. Working online, in our own homes helps to drive down the need for greenhouse gas and we are no longer contributing to greenhouse gas because conferences and business travel have been eliminated. Grandparents are on ZOOM and enjoying it, maybe that will mean that they'll stay home and off cruise ships.
- 4) Build important and close-to-home answers. Governments should not be caught off guard again, by not having life-saving supplies, like masks and ventilators. Instead of buying to get supplies from the global supply chains (therefore carbon costs of shipment), we will learn to make these important supplies locally.
- 5) Cook, bake, share, grow! Across Canada, there are record highs of people bread-making. Gardens are being planned and food waste is down. We have a new appreciation for those who stock our grocery shelves, grow our food and take the food to our homes, like truckers, delivery people.
- 6) Caring for others. Canada is a place where people look out for their neighbors and strangers. We have received international attention for it. Seniors in long-term care, abused women, homeless people have been brought forward into the light of day, with actions taken and future actions promised. Volunteerism has grown and people have become more aware of the misfortune and plight around them.
- 7) Honor the role of our elders. We are at risk of losing our elders to the virus and we are having a new appreciation for their knowledge and strength. Indigenous communities proclaim that we all must learn from nature and our own responsibility in the treatment of other species.
- 8) Get Outdoors. Nature is healing. Trees and nature have a positive impact on our body chemistry. Instead of movie theatres and shopping malls, could this new appreciation for the natural spaces in our communities lead to greater protection of nature and our own health?

## BACK-TO-BASICS GARDENING: Growing Tomatoes

The number one favorite thing we like to grow in our gardens is tomatoes. A tomato is really a fruit, not a vegetable, because it comes from a flower.

Tomatoes offer the greatest range: for indoors; for outdoors; as bushes or staking types; from cherry size to great, round “beefsteak” varieties: red, yellow, purple or even striped!

Three Basic Tips for Growing Tomatoes:

- 1) Tomatoes need full sun, at least 6 hours of direct sunlight. Note: they may be happier in large pots or grow bags than in the open ground.
- 2) Crush egg shells and add them to the soil around your new tomato plant. The eggshells add calcium to the soil, which will result in a healthier plant. Note: To prevent tomatoes from branching, pinch suckers, with your fingers, while they are still small.
- 3) Let tomatoes ripen right on the vine, for the best taste.

