

My 2025

Jill Thomas writes:

Most people make one, managing a few weeks or months, for some intrepid individuals the resolution is permanent, I am talking about New Year's Resolutions.

My New Years Resolution is to throw away the trowel, quit gardening and break with thousands of years of the whole grow-your-own movement. Crazy? Blood beginning to boil? My life is busy, I need to make it easier for myself and do good by supporting others. Continue reading and by the end I may have you converted!

I try to be selfless so let me start with improving the lives of others. By quitting gardening, I can help others – those companies who rely on profits from the sale of bags, food washes, pesticides, fertilisers etc etc. to continue to grow their big corporate entities. Gardening really is a **selfish idea**. Here's some other reasons I am quitting.....

Shopping is a doddle, right? You cannot beat the toddler in tow experience or mad dash at end of work to shop with the other tired hungry people. Take salad, easy choice - grab a handy bagged salad with week old lettuce and stale croutons. Maybe there are a few slimy bits to pick out but compared to a garden where I need to carry a bowl, make decisions as to what to pick - cherry or heritage tomatoes, shall I pull couple radish, which lettuce – I am mentally exhausted, crabby from being hungry and not started even supper! **Growing Food is so inconvenient.**

Along comes Winter and my garden has no fruit and vegetables – well I could have preserved some for the freezer or even spent an afternoon making jam but why bother when I can buy a flavourless jam with unpronounceable ingredients – that is convenience.

Decision Paralysis happens when I am confronted with a seed catalogue with 100 different varieties of tomato and 50 kinds peas – I realise the seed companies *think* they are doing me a favour but all that freedom of choice is just too much, it will be '26 by the time I have chosen! Supermarkets with limited range avoid my decision paralysis....

I happen to think fruit and vegetables **taste superior** with a little pesticide, it gives that certain caustic tang, especially salad leaves. My home-grown produce does lack that extra something – possibly the glyphosate.

Talking of glyphosate, its much **safer to be slightly terrified** of our food. Growing my own is the start of the slippery slope... ditching the produce wash, will I remember to wash my organic pesticide-free produce before plating, will I eat straight from the plant and even become one of those carrot yankers who pull one from the ground, wipe on cloth and eat!

I was born in the era when we were out more than in – babies swaddled in prams, playing outside for hours because it was 'good for us', even patients spent time outside. Parents were mistaken though, being outside is a risk as **nature is danger**. Gardening is guilty of giving me physical activity, strengthening and stretching muscles and maintaining my

dexterity not forgetting the sunlight which raises my Vitamin D and lowers my blood pressure! Gardening is dirty, the microbes and bacteria exposure will improve my immune system, why would I put myself at risk? I aim for the translucent look, like the creatures who live in the depths of the sea.

According to the Mental Health Organisation, being in nature can induce calmness, joy, and creativity and facilitate concentration – but I like being depressed and anxious. Being a member of the Gardening Club has down sides too, the social aspect could be detrimental to development of my dementia.

All of this gardening '**goodness**' is **selfish**, providing less work for the over worked NHS....

Modern living has a constant pressure and I have decided to stay constantly stressed; I will avoid the reduced anxiety, lowered cortisol and improved mental health and more which gardening is guilty of giving me. Supermarket shopping is easier - choosing to continue to garden, living a longer, healthier and more fulfilling life is not for me! Will you join me in 2025?

Just in case you are wondering, I confirm it is a spoof and just for fun!!