

From: Gerson Institute marketing@gerson.org
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Photo cred: [@wandering_wild_home](#)

Day 12 Challenge – Plant a Seed

Starting a garden may sound like a big project Meg, but we're going to take this one step at a time!

With a little bit of planning, you will not only save money while helping the earth, but you'll build a strong connection to food, making it easier to create healthy eating habits and long-term healthy choices.

For Gerson patients in particular, a home garden oasis can offer mental and emotional clarity, and a much needed retreat from the daily routine. With that in mind, **today's challenge is to plant a seed. Follow these [six easy steps to get your garden started](#)...and to keep it thriving!**

Share a photo of your gardening progress. Then tag [@gersoninstitute](#) in your photo. [#Gerson30](#) [#HealthChallenge](#)

Six Steps to Start a Garden



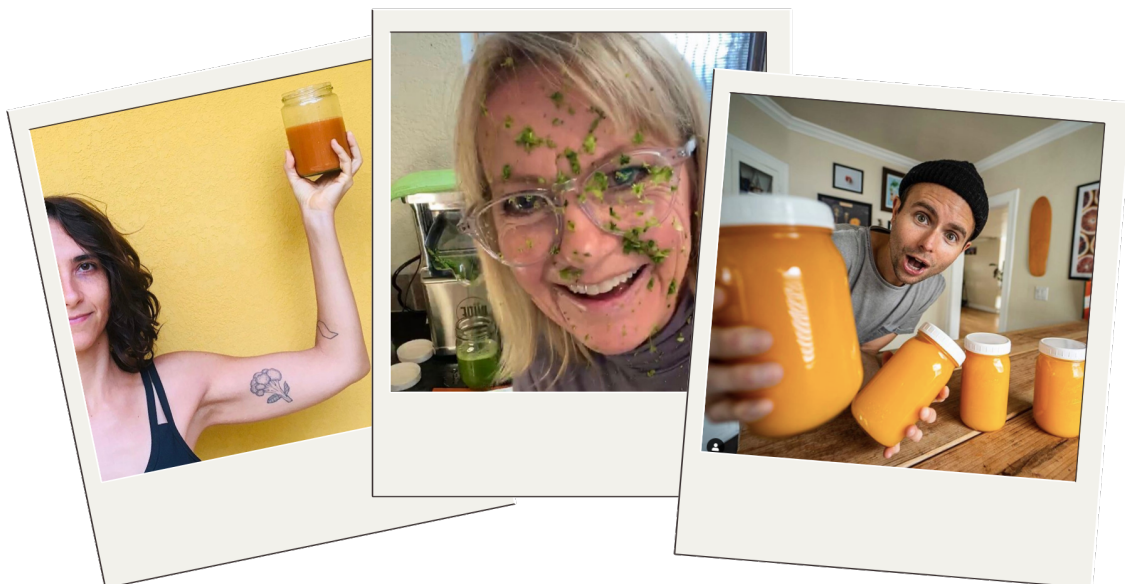


It all starts with picking a space, and a sunny space at that. Read our blog to learn more about how to start your very own garden!

[Read the Blog](#)

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