

# Gardening During COVID-19

There are many reasons to start gardening now. It is a fun, screen-free activity to do while spending more time at home, it can provide hands-on education for children, you can spruce up your outdoor space to make it more aesthetically pleasing, and you can grow your own food.

## Acquiring Supplies

Be sure to pick up supplies in a safe way. Here are a few local businesses sell supplies that can be delivered to your home:

- [Thornhill Nursery](#): soil, vegetables, herbs
- [Westbrae Nursery](#): soil
- [Kitazawa Seeds](#): seeds, mostly Asian varieties



## Ergonomic Tips

- [Ergo Tips for Home Gardening](#)
- [Stretches](#)

## Involving Your Children

- [Edible Schoolyard](#): Edible Education for the Home Classroom
- [Eartheasy: Gardening with Children](#)
- [Pandemic Gardening with Kids 101](#)



## Herbs & Vegetables

- [Growing Herbs](#)
- [Growing From Your Food Scraps Guide](#)

## How to Get Started

- [Growing Your Own Food](#)
- [UC Master Gardener Programs - Find Your County](#)
- [9 Ways to Get Your Pandemic Victory Garden Off the Ground](#)
- [Ecology Center – Online Workshops](#)



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