Planting a Seed

At the beginning of the semester in my English class we were asked to write an essay about an experience with nature. This provided a gate to really get in touch with nature and reflect on what a beautiful earth we live in. Shortly after that assignment our teacher invited Dr. Tyrie Smith to our class to speak more about this exciting green garden project. On top of that there was also a documented assignment due towards the end of the semester which we were able to fully research a topic of sustainability. This gave me the opportunity to invest a lot of time researching and realizing what I was putting in my dinner table to serve my family.

There were many questions I began to acknowledge such as organic vs. non organic. Being able to be part of the process in harvesting in the garden helped me appreciate our mother earth. A lessoned is to be learned as our past ancestors had the time and patience to harvest all of this with their own hands. How this helps not only our nutrition but also our only home earth. It brings joy to my heart to know that my hands planted this and many mouths will be fed because of a seed I planted. Not to mention the seed I planted in my seven year old daughter where she is now concerned and cares about the wellbeing of our planet. It’s important to educate my family and imply in them the knowledge I have learned and why organic food is essential for our everyday lives.

There was much to be learned about organic food and beyond of what feeding my family. The harmful chemicals, hormones added to the animals we consumed, the additives and pesticides all of which I, like many others, was ignorant too. Not only did I change my entire pantry but there was a
deeper nostalgia towards the world we live in. The harm we have caused to ourselves and our earth is simply unacceptable. Our bodies and where we live are all a self-destruction of our ways of living.

We have merely become a product of the consumers market. Where we let the governments dictate every aspect of our lives and blindly trust in it. The lesson is simple; we have one body and one home to live in. This class assignment has planted the seed I needed and has given life back to me. I take with me the knowledge and satisfaction that now I am a better earth caring person. This has led to a new ritual my family and I will pass on.

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