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Research Article

The Benefits of Planting Edible Plants Amidst The Pandemic

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ABSTRACT

Incarcerated at home or what we call in layman's term as "house arrest" is what happened to all of us during the pandemic as it hits from 15th of March in the year 2020. People are forced to stay in their own dwellings to keep everybody safe and be away from any contact to anyone that might be carrying the silent presence of the virus covid-19. Since then, people was able to utilize and exert all efforts to do the things that they are not doing or was not even their choice of doing prior to covid-19 when all is carefree living their own lives. One of which is gardening that spreads throughout the world as contagious as anyone's sweet smile. People began to consider its importance and benefits of planting your own crops in your own backyard using whatever you got around your perimeter. Aside from the obvious reason that people are obliged to stay at home until the Alert Level was down to the safest status of the virus. We are one of those who did indulged ourselves in planting our own vegetables and I would say that it was so fulfilling and the feeling of being like a co-creator of the Almighty for recreation of these beneficial living things.

Keywords: Backyard, Edible Plants, Pandemic

Introduction

We all faced one of the most life-threatening pandemic of our times called covid-19 and it almost stopped all our pursuits in our daily lives. People started to engorge themselves into all sorts of things indoors to maintain the continuity of daily transactions at work, business, school, churches, constructions and all other sectors of the society around the globe. Since the imposition of Lockdown on different areas affected by this coronavirus, people end up getting stress out, develop severe anxiety for the fear of getting sick and end up dying due to this

fatal virus that has just killed thousands of people. The usual board games at home, truth or dare spinning bottle, playing cards or even just chatting with each other is not enough to anyone whose anxiety level is overwhelmed by the impact of the situation.

Until suddenly, perhaps coming from heaven above – the idea of planting in their own backyard or garden provided people from all walks of life, a sense of relaxing recreational activity that people started to embrace and by doing so, it provided them a great personal rewards at the comfort of their own gardens in

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their own houses. In the Study of Katz (2020), it also address some of the barriers related to gardening during pandemic crises.

As online classes started to be implemented, students has no choice but to stay at home and study with their parents, siblings or family members wherein not all are comfortable in those kind of set up. So one good benefit of having a break on a monotonous school activity at home, parents or guardians encourage their children to learn and explore the benefit of planting edible plants and see how a single seed can give so much fruit as it grows by just watering it everyday and monitoring its growth while adding up some fertilizer to give enough nutrients for the edible plants to grow faster and bear fruits for everyone. According to Sunga and Advincula (2021), home gardening as a way of connecting with nature, a psychological experience, and an interest and also include the benefits include stress relief and improved mood. They would feel the sense of gaining such an outstanding award for making it possible to grow even a simple tomatoes or eggplants in their own backyard by themselves. They had a different experience how a grabful of soil feels in their own hands and what is the smell of a fresh fruit or vegetable as they harvest it.

In the aspect of mental health, both adults and children gain a relaxing therapy in planting

vegetables to cope up with boredom and also to gain a sense of security. This is how important gardening has become in our society. It is also a way of *motivations which included enjoying the yield (herbs and medicine), filling the spare time, enjoy gardening and love plants, making the house beautiful and cool, and even planting it for sale* (Novriyanti et al., 2021).

Statement of the Problem

This research has deep concern regarding the covid-19 and its impact on people during lockdown and to adapt to the new policies and guidelines.

1. What are the benefits of planting edible plants in their own backyard amidst Covid 19?
2. What kind of edible plants you have planted at you backyard?
3. How many times do you harvest in a year?

Methods

The Researchers had used the descriptive design in identifying the benefits of edible plants and will be using google form in the data collection process and instrumentation part. The sampling method that had been is random sampling because 22 selected persons who are fond in planting and farming in Subic, Zambales.

Results and Discussion

1. The benefits of planting edible plants in their own backyard amidst Covid 19

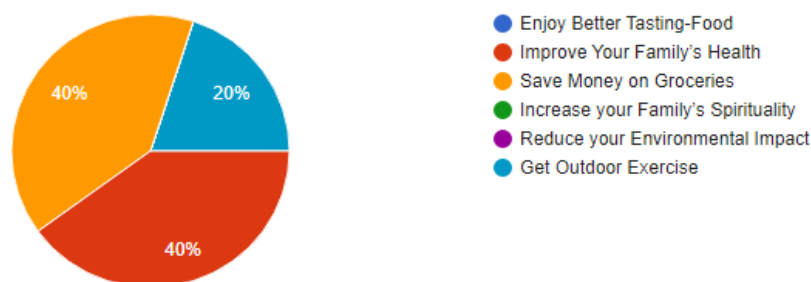


Figure 1. The benefits of planting edible plants in their own backyard amidst Covid 19

Figure 1 shows that 40% or 10 respondents save Money on Groceries as one of the benefits from Planting edible plants while 40% or 10 respondents mentioned that it also

improved the family's health because there are no pesticides being used and 20% or 2 respondents also mentioned that they enjoy better tasting-food because you can harvest it

fresh and safe from poisonous chemical. These are the responses regarding the benefits they get when planting edible plants at their own backyard during the covid19. According to the study of Kortright and Wakefield (2020), they

stated that the sustainability of household food sourcing and gardeners' overall health and well-being had also increased with food production.

2. Kind of edible plants planted at your backyard

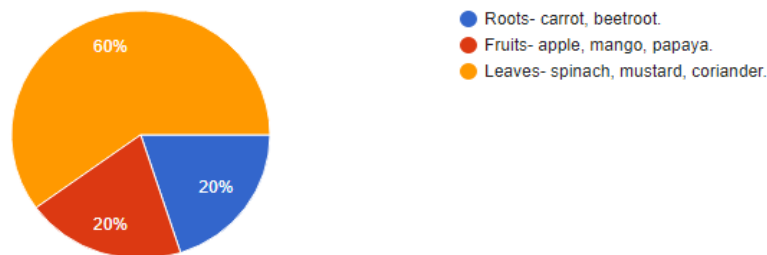


Figure 2. Kind of edible plants planted at your backyard

Figure 2 shows that 60% or 18 respondents preferred Leaves – Spinach, mustard and coriander in planting edible plants while 20% or 2 respondents mentioned that they also preferred Fruits in planting edible plants while

20% or 2 respondents preferred Roots like camote and carrot. It can also enhance a garden by providing a unique ornamental component with additional health, aesthetic, and economic benefits, (Çelik, 2017).

3. Times in the year they harvest

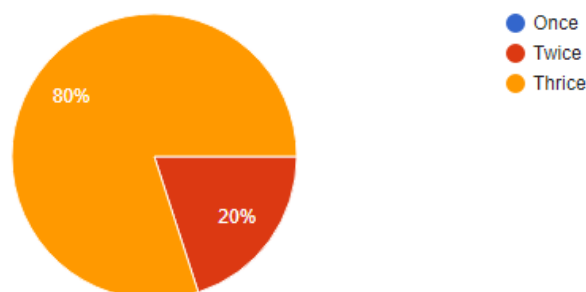


Figure 3. Times in the year they harvest

Figure 3 shows that 80% or 20 respondents preferred to harvest thrice in a year while 20% or 2 respondents preferred to harvest twice in year.

Conclusion

The study shows that the benefits of planting edible plants in their own backyard amidst the pandemic will save Money on Groceries, Improving the family's health because there are no pesticides being used and they enjoy

better tasting-food. Majority of the respondents preferred Leaves – Spinach, mustard and coriander in planting edible plants because of the benefits that they get to eat leaves or vegetables.

Recommendations

It is recommended that the Local Government Units must strengthen this kind of advocacy because it will give a positive impact to the society specially in this time pandemic.

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