

EAAE6005 Sustainability in the Early Years Section 1



Shaeda Ahmed



Discover

My parents have always liked and appreciated gardening since I was a youngster. I always had a garden growing up. In the front and back gardens, both of my parents would plant and nurture a variety of plants. My partner was similarly captivated by gardening and plants. So, when I and my family moved into our own home, my first goal was to make it safe and secure. However, I struggled to comprehend the new form of nature I was encountering. My life is usually busy; with job, family, and other responsibilities, I've had little time to devote to my garden. Speaking with my garden pals Dawn and Helen, who are vetch field garden members, has inspired me to investigate and discover what is truly out there.

Discover the area

We are fortunate in Swansea to be surrounded by nature and the environment. Swansea comes to life after a long winter's hibernation. The hedgerows and woodland floors are blanketed with spring flowers in the spring, filling our senses with colour and fragrance. Looking, hearing, and exploring has inspired me to spend time outside with my family, looking at the plants and animals that reside in our garden.



Explore

While exploring my garden, I realised how secure and neat it was for my children and family, but that wildlife and plants had few alternatives. There are robust and lovely crops in the vetch field, on my and my husband's plots, but they require constant attention to grow more. What did I uncover alive and thriving in my vetch field garden?

This is my partner with a few of the things we grew in our garden plots

Bangla kudo



cucumber
courgette



And here is another one...red spanish



Conserve

By participating and having a plot in the vetch field, I realised that I had been blinded by the fact that I was always too busy to spend time outside. We shouldn't be hurrying about; instead, we should take time to appreciate the natural world in order to improve our own health. To nurture and protect wildlife, I decided to make a few changes to my outside space. We had and do take time to care for the garden as a family, and my family enjoy being a part of the family in the vetch field and learned to appreciate the outdoors as much as I did. My younger daughter occasionally assists me in watering the garden plants.

Reflection

Covid 19 has been an unexpected and unprecedented experience for us as a family, but it has motivated us to return to nature and enjoy it once again. I believe I've learned to value the small things in life, and I've found great satisfaction in supporting and aiding in their preservation.