

# Build a garden and grow your own food during the coronavirus outbreak

Gardening offers the perfect distraction during a coronavirus quarantine.

The coronavirus pandemic is adding stress to most of our lives right now, but gardening at home -- not just to maintain sanity, but also to source your own groceries in an uncertain future -- is a perfect way to turn anxiety and boredom into calm productivity. The concept of the victory garden, which serves to support economies and social morale during crises, is only about a century old, and we usually think of it in the context of war. But this seems like the perfect time to repurpose it.



Luckily, starting a victory garden is pretty simple in 2020. Follow the steps below, and you'll be harvesting veggies by summer.

Gardening takes time, patience and discipline, but it's also the perfect way to destress while you're self isolating. Growing season is already underway for some veggies, so get researching and move quickly if you're thinking of building a plot. And if you have other advice for fellow victory gardeners, tweet at us or share it in the comments below.

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