

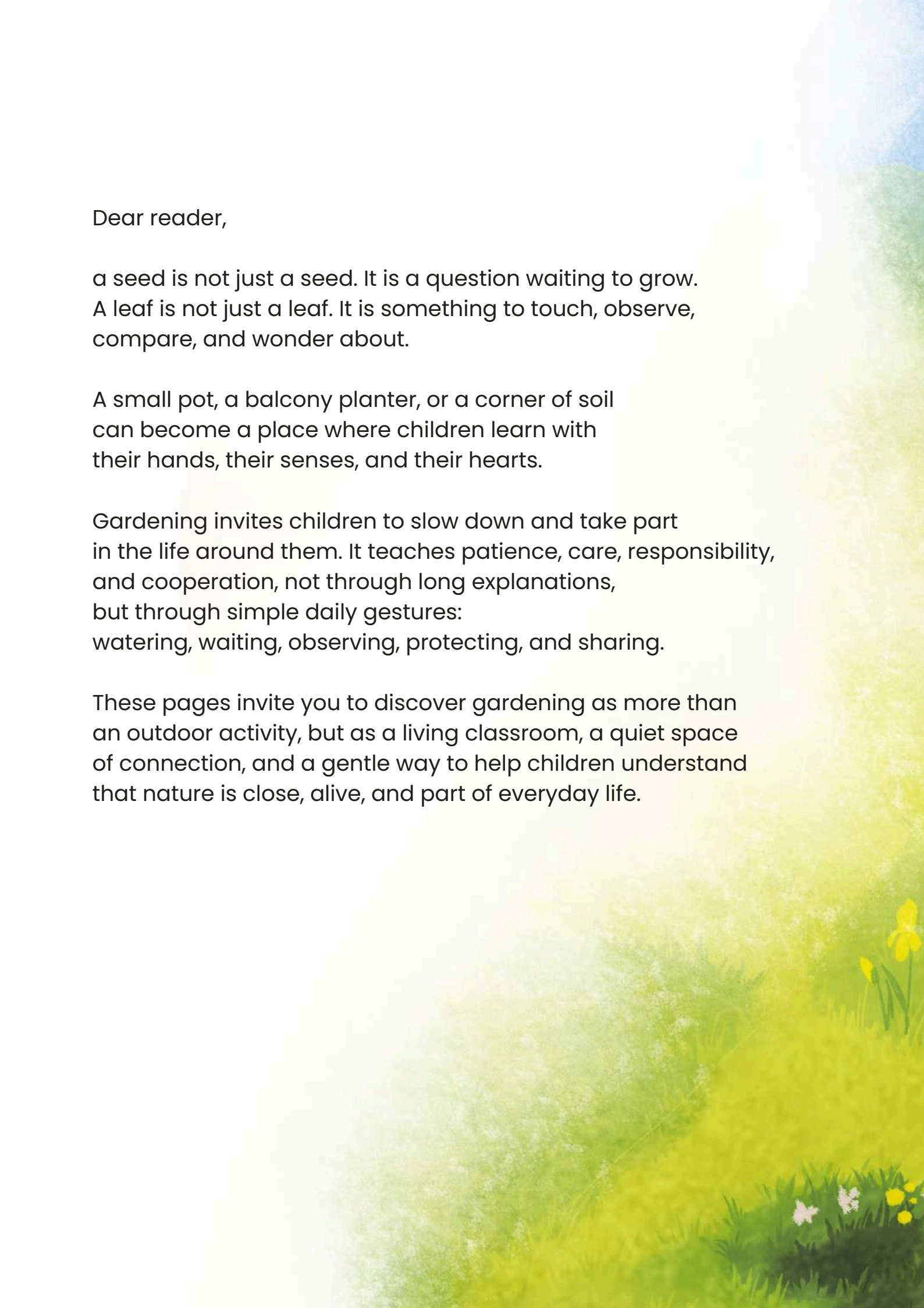
THE NATURE SISTERS

Gardening

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Dear reader,

a seed is not just a seed. It is a question waiting to grow.
A leaf is not just a leaf. It is something to touch, observe,
compare, and wonder about.

A small pot, a balcony planter, or a corner of soil
can become a place where children learn with
their hands, their senses, and their hearts.

Gardening invites children to slow down and take part
in the life around them. It teaches patience, care, responsibility,
and cooperation, not through long explanations,
but through simple daily gestures:
watering, waiting, observing, protecting, and sharing.

These pages invite you to discover gardening as more than
an outdoor activity, but as a living classroom, a quiet space
of connection, and a gentle way to help children understand
that nature is close, alive, and part of everyday life.

Gardening

The morning air smells of wet soil after a light spring rain. Gaia, Gea and Dad carefully press small seeds into the earth. Mum waters a row of young plants and smiles as she watches them, while Arturo, by her side, rests quietly in the grass.

"Mum," Gaia asks, "why do you always say the garden teaches us things?"

"Because a garden is much more than a place where plants grow," Mum explains, setting the watering can down gently. "It's also a place where people grow."

Gea looks up curiously. "How can a garden teach people?"

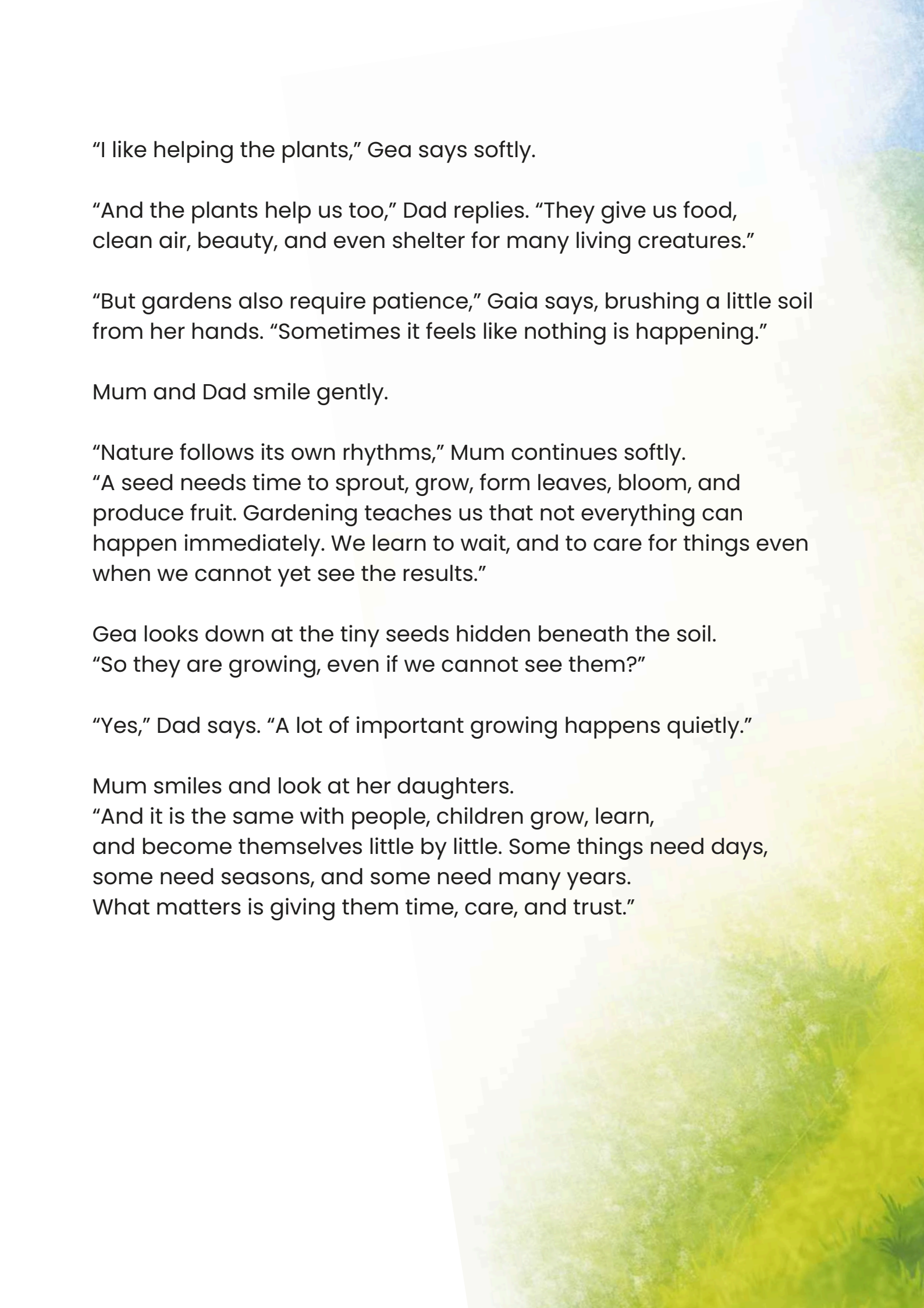
"When you plant a seed," Mum replies, "you begin observing, asking questions, waiting, caring, and learning how living things change over time. So when we watch the plants grow... we are learning too."

Gea points excitedly toward the lettuce. "Even the insects?"

"Especially the insects. In the garden, everything is connected. Plants, soil, water, insects, sunlight, animals... and people too."

Gaia looks around thoughtfully at the rows of vegetables, flowers, and herbs. "So the garden is like a little ecosystem."

"That's right," Dad says proudly, smiling at his daughters. "And when we take care of it, we also learn how to take care of the world around us."



"I like helping the plants," Gea says softly.

"And the plants help us too," Dad replies. "They give us food, clean air, beauty, and even shelter for many living creatures."

"But gardens also require patience," Gaia says, brushing a little soil from her hands. "Sometimes it feels like nothing is happening."

Mum and Dad smile gently.

"Nature follows its own rhythms," Mum continues softly.

"A seed needs time to sprout, grow, form leaves, bloom, and produce fruit. Gardening teaches us that not everything can happen immediately. We learn to wait, and to care for things even when we cannot yet see the results."

Gea looks down at the tiny seeds hidden beneath the soil.

"So they are growing, even if we cannot see them?"

"Yes," Dad says. "A lot of important growing happens quietly."

Mum smiles and look at her daughters.

"And it is the same with people, children grow, learn, and become themselves little by little. Some things need days, some need seasons, and some need many years. What matters is giving them time, care, and trust."

Spring

Book 1 – The synergistic garden

Book 2 – Honey and officinal herbs

Book 3 – The fruits of our work

Book 4 – The colours of the farm

Book 5 – An idea is born

