

NATIONAL PLANT A FLOWER DAY – 12TH MARCH



Source: Ludwig's Roses

1. INTRODUCTION

National flower day is a little-known holiday which is probably not celebrated as majority hasn't heard of it before; it is a day which is celebrated annually during late summer or early autumn season on 12th March. This day is dedicated to the planting of any flowers and beautifying our world with flowers. Unlike many holidays, it is hard to trace the origins of the holiday, especially since the day celebrates such a commonly done activity. To this date, the establisher of National Plant a Flower Day is not yet identified.

National Plant a Flower Day is about more than just planting a flower. By participating in the holiday, one is ultimately celebrating and continuing the beauty of nature. It can also be a good educational experience, or even a bonding experience. Plant flowers with your

family to start a garden. Or, use the day as a teaching moment to show what nature is capable of and the importance of nurturing and protecting it. Flower gardening has become hobby for both young and old age people.

It is important to know the climatic requirements of the area you live in order to determine which flowers are suitable for growth whether it is perennials or annuals. Perennials are flowers that grow back annually while annuals are flowers that require replanting each year.

2. ACTIVITIES THAT CAN BE PERFORMED DURING THE DAY:

2.1 Stop and smell the roses

Slow down and take some time out of one's busy schedule to enjoy the beauty of nature and admire the awesomeness of life. On this beautiful day one can appreciate the surroundings and take time to notice the beauty of flora.

2.2 Explore the love of good quality flowers

Flowers are amongst the natural resources on the planet that are more beautiful or fascinating. There are over 400,000 flowering plant species in the world; so there is definitely something every one of us would fall in love with. Planted flowers should be given room to thrive through so that selecting of high-quality plants from the start can be easy. Landscaping team can assist to select the best ornamental species for space, but one handy rule of thumb is to choose plants without circular root patterns, which might indicate that the plant has been potted for too long.

2.3 Pruning

Pruning is very important as it is done to beautify the structure of plant and allows air circulation throughout the plant. Pruning of floral plants by cutting off overgrown ends and other irregularities enhance the plant to bear more fruits and flowers to flourish.

2.4 Revitalisation/rejuvenation of garden

When it comes to growing beautiful, flourishing floral displays, organic matter, including compost can help to revitalise/rejuvenate a planting bed within a garden. Towards planting

season, adding of compost together with mulching materials to planting beds can help to prepare the beds for rapid season of growth ahead.

2.5 Planting of different flowers within one garden

Gardens are fun, unique, beautiful and functional stems from diversity of species. Gardens should not be limited to planting of one type of flower or even one type of plant. Different ornamental plants such as trees, cut flowers and shrubs should be planted in one garden. This kind of diversity is more beneficial as it reduces the risk of pests and diseases within the garden.

2.6 Work in your community garden or nursery

So many communities have gardens and local nurseries now, and volunteering at these spaces is just the prettiest of perfect ideas of celebrating the day. Get some cuttings or seedlings and start a planting; assist with weeding, watering and clearing off rubbish from the garden, application of fertilisers or compost etc.

2.7 Give a bouquet away

If one is unable to plant a flower, there are still ways to give back on National Plant a Flower Day by giving a bouquet away. Buy locally-produced flowers from floral shops in your area and give them away to someone you care about. Whether it's a significant other, your mother or someone in need, you can brighten someone's day by giving them a beautiful bouquet of flowers.

2.8 Get involved in conservation efforts

The day can be celebrated National Plant a Flower Day is by making sure there are more to come in the future. Help keep the planet safe so that future generations can enjoy the flowers we love by getting involved with conservation efforts in your community. Start recycling at home, opt for a reusable water bottle and eat locally-grown foods to help give back to the earth that has given us so many beautiful flowers.

3. IMPORTANCE OF FLOWERS

Flowers not only add life and beauty to natural environment but can greatly benefit people's health social wellbeing; they are sunshine, food and medicine to the soul spirit.

Flowers play an important role in making the life of a human being more cheerful and happy. The flowers feed insects, birds, animals and humans; provide natural medicines for humans and some animals; and aid in a plant's reproduction by attracting outside pollinators.

Flowers together with trees and shrubs help to reduce dust and smoke from the air which leads to improving air quality. During photosynthesis, flowers' leaves absorb harmful carbon dioxide gases and discharge oxygen which increase oxygen levels in the surrounding area. Flowers also help in decreasing soil erosion, so less sediment is washed into local lakes and streams. People are encouraged to work together by planting flowers and assisting in making the world a more beautiful place.

4. REFERENCES

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<https://www.duvallandscape.com/Celebrating-National-Plant-a-Flower-Day-with-5-Helpful-Tips-1-69.html> Accessed on 22 November 2018

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