



154,981



Info

my SPARKPEOPLE®



Photos



Feed



Awards

More

All living things can thrive given the right environment

Tuesday, January 08, 2013

Even in winter I still want to have fresh herbs. Here's my happy little basil plants. There's oregano and parsley too on another shelf. After much trial and error and experimentation, I finally found the right location as well as amount and frequency of water needed.



There's a parallel here for me as well. After much trial and error I've settled into an eating plan that works for me. I love the SP environment and, as I've been writing lately, I've discovered a location where I can enjoy distance running again.

My plants naturally bend toward the sun. Similarly, it's up to me to take maximum advantage of my environment.

Edit Blog Entry | Delete Blog Entry

Share This Post With Others

Report Inappropriate Blog

Add a Blog Entry

See Today's Featured Member Blog Posts

More Blogs by **BROOKLYN_BORN**

Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

Avoiding Our Wedding Anniversary -6/4/2021

Multitasking for Safety - Plus Remembrance and Reflection - 6/1/2021

Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021

View All >

Member Comments About This Blog Post



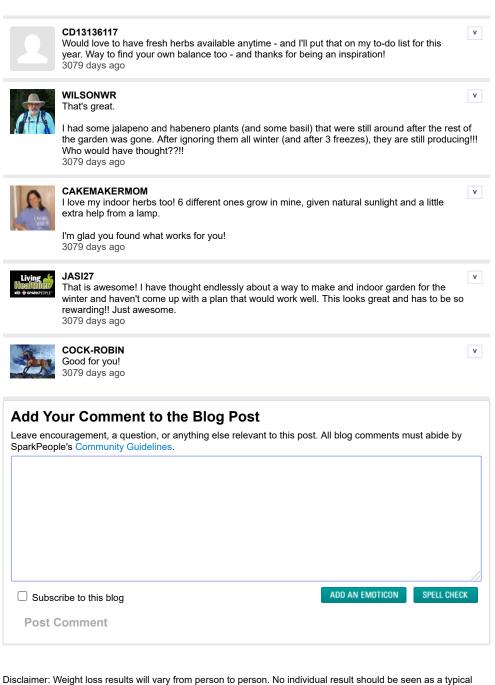
MERRYMARY42

way to go, I have never been able to keep basil alive, me thinks I over water it 3078 days ago



٧

v



Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.