

The garden as life.

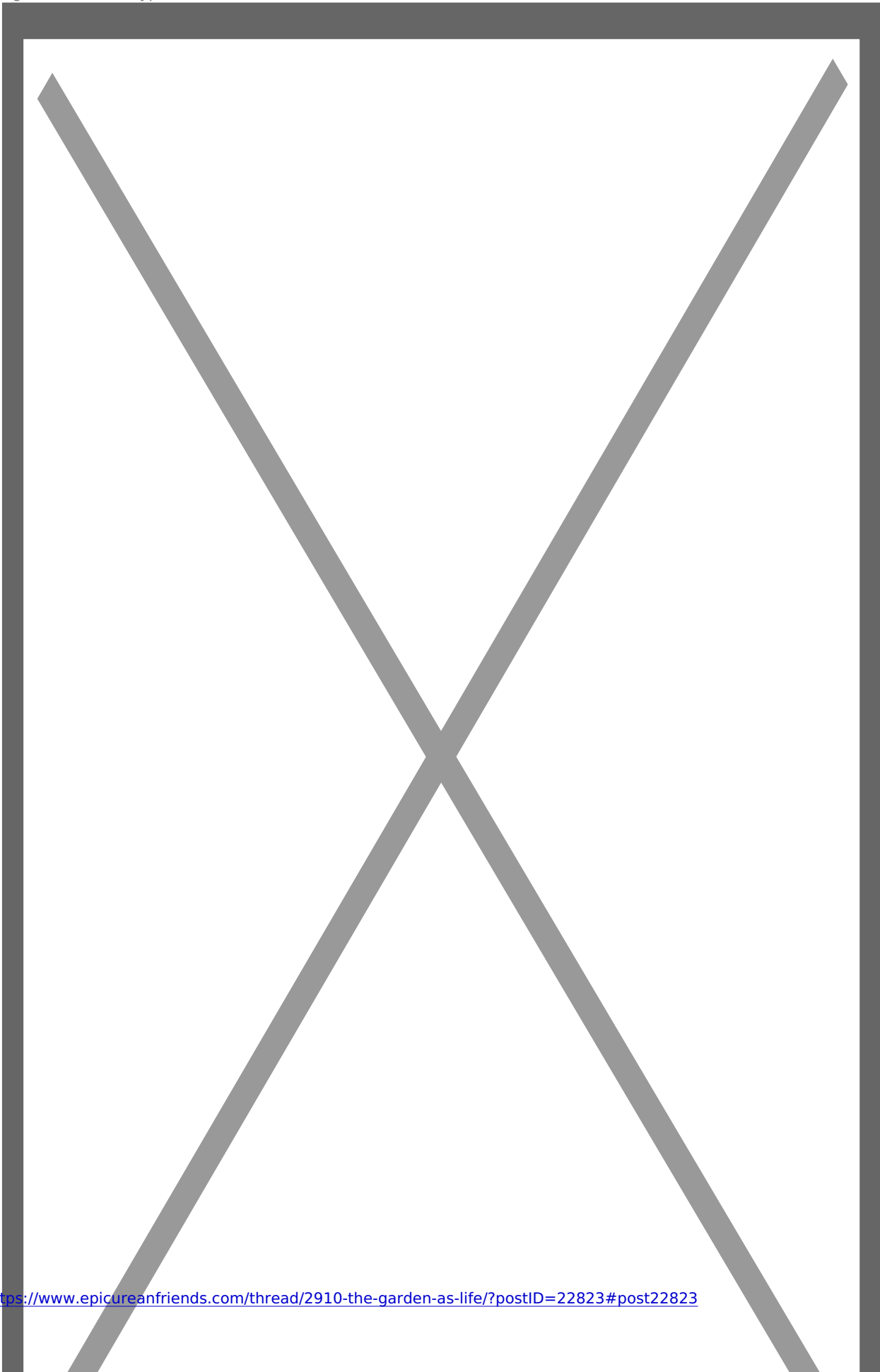
Post by “Adrian” of February 20, 2023 at 4:34 PM

I made the post above because the subjects of Gardening / Farming / Agriculture are so important and nothing was written under this heading in the forum.

Farming and agriculture now seem industrial in nature, and the modern ‘factory’ farm seems far removed from the farming methods used before the Second World War. Much has been written about the diminishing mineral and vitamin content of vegetables since the introduction of these new agricultural techniques.

I have read that Epicurus would have grown the Greek artichoke in the garden. The artichoke has been described as the 3,000-year-old Greek superfood. In the Greek myth, the first artichoke was a beautiful young mortal woman named Cynara who lived on the Aegean island of Zinari and was loved by Zeus. The artichoke has a spectacular spiky purple blossom, to match the beauty of Cynara.

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[Artichoke Plant History: Origin Of Artichokes In Cooking And Gardening](#)

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What else should I grow for an Epicurean allotment? Olives would grow better in Greece than in South London. I have a small olive in a pot in the patio in my back garden.