

7-K-
LH
N
AU

THE GARDEN AND ORCHARD

Special value of products fresh from the garden and orchard. Families and institutions should learn to do more in the cultivation and improvement of land. If people only knew the value of the products of the ground, which the earth brings forth in their season, more diligent efforts would be made to cultivate the soil. All should be acquainted with the special value of fruits and vegetables fresh from the orchard and garden.--Counsels on Diet and Foods, p. 312.

Our gardens and our health. Let men and women work in field and orchard and garden. This will bring health and strength to nerve and muscle. Living indoors and cherishing invalidism is a very poor business. If those who are sick will give nerves and muscles and sinews proper exercise in the open air, their health will be renewed.

The most astonishing ignorance prevails in regard to putting brain, bone, and muscle into active service. Every part of the human organism should be equally taxed. This is necessary for the harmonious development and action of every part.

Many do not see the importance of having land to cultivate, and of raising fruit and vegetables, that their tables may be supplied with these things. I am instructed to say to every family and every church, God will bless you when you work out your own salvation with fear and trembling, fearing lest, by unwise treatment of the body, you will mar the Lord's plan for you.--Medical Ministry, p. 296.

Ellen G. White and the planting of fruit trees. [In this statement written by Sister White to her son Edson White, in 1907, she recounts her experience in planting fruit trees in America and Australia.] While we were in Australia, we adopted the...plan...of digging deep trenches and filling them in with dressing that would create good soil. This we did in the cultivation of tomatoes, oranges, lemons, peaches, and grapes.

The man of whom we purchased our peach trees told me that he would be pleased to have me observe the way they were planted. I then asked him to let me show him how it had been represented in the right season that they should be planted. I ordered my hired man to dig a deep cavity in the ground, then put in rich dirt, then stones, then rich dirt. After this he put in layers of earth and dressing until the hole was filled. I told the nurseryman that I had planted in this way in the rocky soil in America. I invited him to visit me when these fruits should be ripe. He said to me, "You need no lesson from me to teach you how to plant the trees."

Our crops were very successful. The peaches were the most beautiful in coloring, and the most delicious in flavor of any that I had tasted. We grew the large yellow Crawford and other varieties, grapes, apricots, nectarines, and plums.--Ellen G. White Letter 350, 1907.

Ellen G. White Publications
General Conference of S.D.A.
Takoma Park, Washington 12, D.C.
October 28, 1954