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词汇: *growing* 栽种

We all need to eat, and when we go to buy food at the supermarket, we're spoilt for choice in the range of items available that can be turned into a delicious meal. But we often purchase food that's been **mass-produced** and that's travelled many miles before it ends up on our plate. So for some, growing their own food is a better option – and it tastes good too!

From growing vegetables in little **pots** on your balcony to **tending** to a small **plot** of land, called **allotments**, there are many ways to produce home-grown food. Allotments are a typically British idea, and they give people with a small or no garden, a space to **plant** and **nurture** fruit and vegetables. It can be **backbreaking** work **digging**, **weeding** and **watering** the soil, but the result is fresh, **organically grown produce**, contributing to our 'five-a-day' diet.

The recent Covid-19 pandemic lockdown means demand for allotments has seen a renaissance. Miriam Dobson from the University of Sheffield told the BBC that people with allotments have been spending a lot of their time on their plots, growing plenty of fresh **fruit and veg** – which, at times, have been challenging to source in supermarkets. She says "Coronavirus has... highlighted to people the fragility inherent within our globalised food system. In a time of crisis, interest in **self-sufficiency** rises."

But for those with limited space, a solution to grow your own veg lies closer to home – using pots. Once you can lay your hands on some **compost**, you can plant **seeds**. Sheila Brand lives in a third-floor flat in Rotterdam. She has managed to grow tomatoes and aubergines and is already **harvesting** raspberries. She told the BBC watching the plants grow "is very exciting: 'Oh it's got a new leaf!'"

As well as the benefits of saving money and enjoying tasty food, gardener Mark Ridsdill-Smith says "growing your own from a balcony or window ledge not only improves your wellbeing and immediate environment, you can actually grow a lot of veg." So, maybe it's time for us all to get planting and develop our **green fingers!**

## 词汇表

<b>mass-produced</b>	大批生产的
<b>pot</b>	花盆
<b>tend</b>	照料
<b>plot</b>	小块土地
<b>allotment</b>	份地，（可租来种菜、水果、花）小块土地
<b>plant</b>	种植，栽种
<b>nurture</b>	养育，培植
<b>backbreaking</b>	使人筋疲力尽的，非常辛苦的
<b>digging</b>	挖掘
<b>weeding</b>	除杂草
<b>watering</b>	浇水
<b>organically grown</b>	有机种植的
<b>produce</b>	农产品，食品
<b>fruit and veg</b>	水果和蔬菜
<b>self-sufficiency</b>	自给自足
<b>compost</b>	堆肥
<b>seed</b>	种子
<b>harvest</b>	收获，得到
<b>green fingers</b>	种植技能

## 测验与练习

### 1. 阅读课文并回答问题。

1. What can you grow vegetables at home in?
2. Why has there been a renewed interest in allotments in the UK?
3. According to Miriam Dobson, when do people become more interested in becoming self-sufficient?
4. True or false: *Planting and growing your own food makes your fingers green.*
5. Ideally, other than pots, what do you need to help grow your seeds and plants?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. Building this brick wall is \_\_\_\_\_ work!

backbroken	backbreaking	backedbreaking	brokenback
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2. The nurse was very busy \_\_\_\_\_ to all her patients.

nurturing	tending	wellbeing	harvesting
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3. I like to buy \_\_\_\_\_ from the farm – it tastes so fresh!

producer	mass-produced	produce	product
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4. My mum always makes \_\_\_\_\_ cakes for tea every Sunday – they taste so good!

organically	renaissance	delicious	fruit and veg
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5. When it comes to buying the right smartphone, we are now \_\_\_\_\_.

spoilt for choice	spoil for choice	spill for choice	spoiled choice
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答案

1. 阅读课文并回答问题。

1. What can you grow vegetables in at home?

**You can grow vegetables in pots.**

2. Why has there been a renewed interest in allotments in the UK?

**The recent Covid-19 pandemic lockdown means demand for allotments has seen a renaissance.**

3. According to Miriam Dobson, when do people become more interested in becoming self-sufficient?

**She said “In a time of crisis, interest in self-sufficiency rises.”**

4. True or false: *Planting and growing your own food makes your fingers green.*

**False. Being good at gardening is described as being ‘green fingered’ but your fingers are not actually green.**

5. Ideally, other than pots, what do you need to help grow your seeds and plants?

**You need compost to grow seeds and plants.**

2. 选择意思恰当的单词或词组来完成下列句子。

1. Building this brick wall is **backbreaking** work!

2. The nurse was very busy **tending** to all her patients.

3. I like to buy **produce** from the farm – it tastes so fresh!

4. My mum always makes **delicious** cakes for tea every Sunday – they taste so good!

5. When it comes to buying the right smartphone, we are now **spoilt for choice**.