



Dr. Drew Sinatra: Hey folks, I'm Dr. Drew Sinatra.

Well, if you've followed my work, you know that I am a big nature enthusiast. I love spending as much time as I can in nature. Whenever I get a free moment, I will go out on a walk, a hike, a bike, a swim. And also, gardening...another great way to do it. And I've heard from my patients over the years that gardening has been such an important piece of their life, and I'm finally starting to get that, now that I've gotten myself into it. And this is actually my second year of having a garden...so I'm learning, I'm just a beginner. But I wanted to show you a little bit about what I've been doing so far, and what's been growing.

Now this, that's a raised planter bed, and I got it at Costco, of all places. And I found this to be really useful for growing the vegetables. Now right here, this is a bok choy, and it has grown so much. I mean, we have to eat this stuff almost every third night, because it just keeps growing so fast. And we love sautéing it up in a little olive oil, a little garlic, add some salt to that, and wow, you've got a great green leafy green to eat.

Next in line here are some lettuce plants, and we've been collecting lettuce, making some great salads. Sometimes I'll add a little bit of the Swiss chard, right there. Here's a different form of lettuce down there. And on the far right of this garden bed, we have some strawberries that are coming up. And this plant right here, which looks really cool, is a green bean plant. As you can see here, green beans are getting nice and big. And we've harvested some of these, steamed them, and added some olive oil and some salt. And we've really enjoyed those, as well.

As you can see along the wall, I've got a lot of succulents planted. And then if I move over here, this is a blueberry plant. I'm hoping that it produces some blueberries, although the first night I got it, a deer came over and chewed off that segment over there. So I'm not sure what's going to happen with this, but I am hoping that some blueberries do start to grow. Behind that, is another strawberry plant, we've got some beautiful strawberries growing off of there.

And that is my garden, and I'm so happy that I'm doing this. And again, like I said before, I've heard from so many of my patients that this has become such an important thing for them, in their life. And I wanted to learn from you, what is it that drives you to be in nature? What are you doing to be in nature? Is it gardening, is it swimming, is it hiking, is it biking? What is it? And what drives you to keep coming back to it? I'd love to know that. All right, I'll talk to you soon.