

Winter Work for the Gardeners

寒い季節になると、庭仕事や植物のことは少し遠ざかってしまう人も多いかもしれません。でも、冬の自然には、春や夏とは違った楽しみ方があります。植物の様子を観察したり、静かな景色の中を歩いたりすることで、季節の変化をゆっくり感じることができます。自然とどう向き合うかは人それぞれですが、冬だからこそできる関わり方もありそうです。あなたは冬のあいだ、ガーデニングをしたり、ハイキングや植物園を訪れたりしたことはありますか？



1. Article

Read the following article aloud.

For people in parts of the world with seasons — especially cold ones — winter might seem like a time to rest and to take a break from garden work.

But it is not, says Associated Press gardening expert Jessica Damiano.

Autumn and winter are the best times to attend to your garden's needs and prepare for the next growing season. There is much to do for both outdoor and indoor plants.

Outdoor care

For people who want flowers like tulips in the early spring plant the bulbs that produce them if your soil is not frozen. If you can still dig, plant tulips, daffodils and other bulbs.

Cover them with about eight centimeters of mulch, leaves or dried grass. This will prevent freezing and melting temperatures from forcing them out of the ground over the winter.

During winter months, even in more [temperate](#) areas, some plants need protection from the cold. These include some fruit trees, like citrus, dahlias and many plants that bloom in the spring. In winter conditions, a cloth cover called burlap can help limit the damaging effects of wind.

If snow builds up on the branches of [evergreen trees](#) and shrubs, remove it. The heavy weight can damage branches.

Keep a record of plants you mean to move from one place to another in your garden. The notes will guide you in early spring: a time that is best to move plants that [bloom](#) early in the season.

If you have extra seeds, consider trading them with gardening friends or at a gardening event. Store and organize seeds for the future in glass containers in cool places without light. Make sure to write down what they are and when they were collected.

If insects or diseases were a problem during the growing season, use winter months to read about companion plants that can ease the problem in the coming year.

Indoor care

The cold winter months also affect houseplants. Bring houseplants near a south-facing or west-facing window to get the most sunlight possible. Turn the houseplants about one fourth of a turn each time you water them. This will support more even growth.

If you are buying poinsettias for the holidays, be sure to examine them for whiteflies before bringing them home. If you do not, you could bring home insects.

If you plant Amaryllis bulbs indoors now, they will bloom during the coldest months of the winter. Plant them with their pointed ends reaching out of the potting soil and place them in a warm, sunny spot, watering them well.

After they bloom, keep them in a cooler place to extend the life of their flowers but keep them away from children and pets. Amaryllis bulbs are poisonous to eat.

Remember the birds

Damiano also advises to remember that non-[migrating](#) birds need food because most of their food sources are gone during the winter months. High quality birdseed and water can help.

These same birds will repay the effort by [feeding](#) on thousands of insects that threaten your garden during the warm growing season.

Jessica Damiano reported this story for the Associated Press. Mario Ritter, Jr. adapted it for VOA Learning English.

2. Key phrases and vocabulary

First repeat after your tutor and then read aloud by yourself.

1. temperate (adj.) neither very hot nor very cold; mild

Mint is a plant that grows well in temperate weather.

2. evergreen tree (n.) a kind of tree that does not lose its leaves in the autumn

This forest has a variety of evergreen trees, including pine and redwood trees.

3. bloom (v.) to produce flowers

Cosmos usually bloom early on in autumn in October.

4. migrating (adj.) moving from one place to another depending on the season

Migrating birds from northern Russia often stay at Lake Biwa through the winter.

5. feed (v.) (of animals) to eat

Bears feed on many kinds of plants and animals, not just salmon and fruit.

3. Questions

Read the questions aloud and answer them.

1. What are some of the tips the writer gives for outdoor plants?

2. What tips does the writer give for indoor plants?

3. Why does the writer recommend feeding non-migrating birds in the winter?

4. Do you do any winter gardening? If so, what do you grow, and how do you do it? If not, would you like to?

5. Do you ever go hiking or visit botanical gardens in the winter?