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# Moments Escaping Quarantine

Welcome!

*A collection of moments from March through May*

Hello! Welcome to my field notebook. I have culminated photographs and descriptions of the outside world over the past couple of months.

There are details about open spaces around the bay area as well as documented growth of certain plants in my garden.

**April 9, 2020**

Every week or so, I like to go to the ridge up on my hill that overlooks the valley. I usually take my dog, Bailey, with me and we go for a long walk.



**Ralph Waldo Emerson once said...**

**"Adopt the pace of nature. Her secret is patience."**

**April 17, 2020**

I went back up to the ridge today. I was feeling particularly stressed out today and I really looked forward to my afternoon walk on the ridge. Today I noticed different birds. I was unable to catch a photograph in time, but there was a big hawk that was flying above. From what I remember, it looked a lot like a Cooper's hawk, which I found out are native to Northern California, where I live.





April 25, 2020

Today I went on a hike with my friend (social distancing appropriately of course!) and with my dog, Bailey. I noticed lots of caterpillars on this walk as well as ladybugs. I was able to capture some pictures of the ladybug.



*A closer look...*

I also looked more closely at the grass where the ladybug came from (pictured to the left). The grass has already grown so much since the last time I was up here.



On the hill by my home  
I'm amazed by how much has  
grown  
On a walk with my dog and  
friend  
I hope quarantine will soon  
end





May 1, 2020

Today I looked at my backyard. We recently planted an apple tree and it was really cool to look at the budding apples. It was a beautiful 73 degrees out today with a clear sky.

*A quote  
from  
Wendell  
Berry*

"We learn from our gardens to deal with the most urgent question of time: how much is enough?" -Wendell Berry



*A quote  
from H.  
Jackson  
Brown,  
Jr.*

"Remember that children, marriages, and flower gardens reflect the kind of care they get"

*Some thoughts...*

The H. Jackson Brown, Jr. quote really resonates with me. During quarantine, I feel like I have connected more deeply with my family and myself. We have been caring for each other more in the midst of the pandemic. We eat more meals together, go for walks together, cook together, and overall spend more quality time together. I definitely think my family has grown stronger throughout quarantine. Our yard looks pretty good, too, due to all the attention it has been getting :)

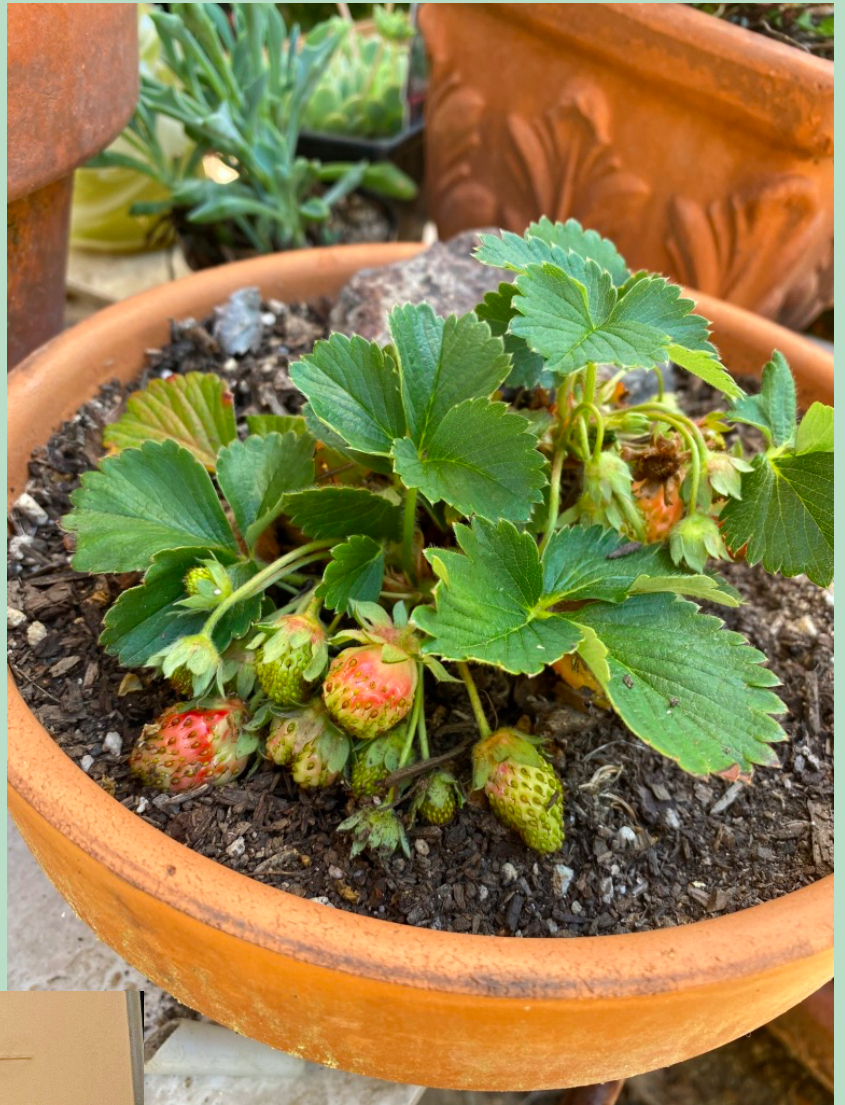


# May 3, 2020

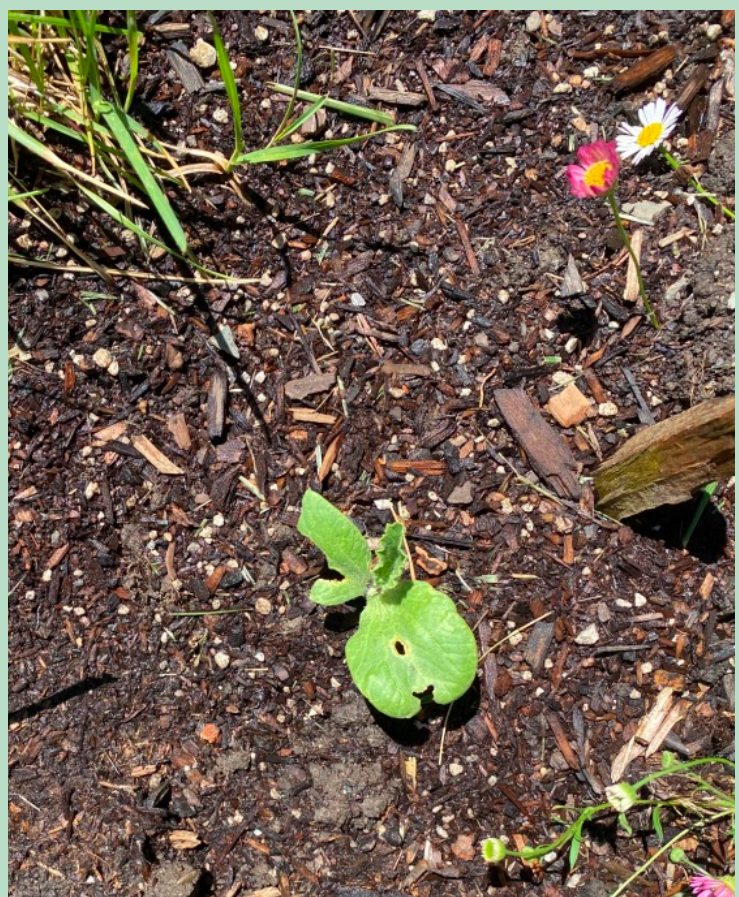
Today I looked around my garden at the other plants that my brother and my mom planted recently. I looked at the strawberries (they are almost ripe!) and sunflower plants. I was even inspired to draw a sunflower too.

## *Fun Fact:*

The consumption of blueberries and strawberries is associated with delayed cognitive aging by as much as 2.5 years. (source: [nutritionfact.org](https://www.nutritionfact.org))



Below are the sunflower seeds that my brother planted. He explained to me that sunflowers grow and mature in about 80-120 days. Sunflowers also grow best in areas that receive 6-8 hours of direct sunlight per day. My brother planted them in an area in our yard that receives a good deal of sunlight throughout the day.





May 8, 2020

Today I went back up to the ridge by my house. I noticed a lot more insects this time. I am pretty sure that the butterfly I saw was an Eastern Tiger SwallowTail or a Papilio Glaucus because they are quite large with black and bright yellow stripes. In the images of the butterfly below, I cropped one of my images so the butterfly appears fairly large. I was chasing the butterfly around with my iphone like a crazy person but I think I got a pretty good photograph of it in the end.



*A quote from  
Maya Angelou*

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty"



# May 8, 2020

I also saw some snakeskin today. I am not sure what snake skin it is, though. Most likely, it is a gopher snake, as they are native to Northern California.



## Some thoughts...

As I looked at the snake skin, I thought about how it was somewhat emblematic of the phase that the world is in during the Corona Virus pandemic. Many of us, after this is over, will leave behind versions of ourselves and replace them with new life. The CO2 emissions in the atmosphere have decreased during the pandemic due to less driving and pollution, for instance, allowing us to hopefully take climate change seriously. I hope to remember how important down time is after the pandemic, and remember that nature is much bigger and stronger than we are as individuals.

## *My poem about the Snake*

**She sheds her skin  
and starts anew**

**Watch carefully  
and you'll learn how to  
too**

**Ridding herself of her  
confines**

**so her new growth and  
her spirit are better  
aligned**



# May 19, 2020

Today, I was feeling extremely cooped up inside due to quarantine. When my afternoon class was cancelled, I decided to go up to Grizzly Peak, which overlooks Berkeley and San Francisco in the Bay Area. It was a beautiful day, especially because the amount of pollution has decreased due to the fact that quarantine has ended car commutes for many people. I noticed a hawk while I was here too but I wasn't sure what type.



*Such a  
clear day!  
No  
pollution!*





May 21, 2020

Today I went back into my garden in my backyard and looked at the sunflower plants. They have grown so much!



The pumpkin plants in my backyard have also grown more and have been loving all of the sun we have been having in the bay area



The apples have become so much bigger too!



*I can't wait to make the apples into a crisp this summer*



I also noticed honeybees  
in the flowers in my  
backyard today.  
Pollination fascinates  
me.



*A quote from  
Bryant H.  
McGill*

"Where wise actions  
are the fruit of life,  
wise discourse is  
the pollination"

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*A quote from  
Robert Louis  
Stevenson*

"Don't judge each  
day by the harvest  
that you reap, but  
by the seeds that  
you plant"

My dog Bailey  
also really  
enjoyed the  
sun today!





## *Some Concluding Thoughts:*

Thank you so much for taking the time to peek at my moments while escaping quarantine. By being more mindful while I was in nature over the past few months, I have become more calm and focused in other areas of my life, as well as when I am on a walk or in my back yard. I have been fascinated by the diversity of nature, even just in my backyard. During the Covid-19 pandemic and the related stay at home orders, it is easy to focus on the abundance of negativity and fear on the news and surrounding us every day when we go to the grocery store or pick up an essential need and notice a sea of masked people.

I am fortunate enough to have a backyard and walking trails near my house. In addition to being more aware, I have also become immensely more grateful for these outlets during quarantine. I hope that through this culmination of photos and thoughts, you are inspired to go outside, shed your snakeskin, and pollinate the world with your gratitude for mother nature and for all of the good that is around us.