

Adult Poetry 1st Place

Jay Boreen

Seeds of Hope

Seeds in the soil offer a solution
To the hunger that often engenders revolution.
A belly that's empty, I've heard it said,
Can influence a person so their mind is mislead.

A few packets of seeds and some rich garden soil
Might be therapy to a mind lost in turmoil.
Hands in the earth can offer respite
To fear and anger and sleepless nights.

So, there's more than food encased in a seed'
There's the promise and hope that we desperately need
To carry on in a world that can seem so cruel
A seed in the hand is more grand than a jewell.