

# Home Gardener's Weekly

Welcome to this week's edition of *Home Gardener's Weekly*.

With Valentine's Day just around the corner, we've been thinking about love — not just flowers and chocolates, but the steady, nurturing kind of love that shows up in the garden... in our health... and in the communities we grow.

This week, we're focusing on caring for what matters most — your garden, your heart, and the people growing alongside you.

## Love Your Heart This February ❤️

As we reconnect with what brings us joy, it's also a beautiful time to care for the heart that makes it all possible.

Our friends at Food Revolution Network are hosting a free **Healthy Heart Masterclass** with holistic cardiologist Dr. Mimi Guarneri. She shares a root-cause approach to heart health — addressing not just cholesterol numbers, but stress, inflammation, connection, and lifestyle.

In this free class, you'll discover:

- A simple dental habit linked to lower heart disease risk
- How food, movement, sleep, and connection can dramatically reduce risk
- The emotional factors conventional medicine often overlooks
- A science-backed plan to protect your heart for life

If vibrant energy and long-term wellness matter to you, this is worth a look — especially if you're working toward growing, cooking, and living from the garden with strength for years to come.

### Reclaim your heart health!



**HEALTHY HEART MASTERCLASS**

[Save your spot in the Healthy Heart Masterclass](#)

## Fall Back in Love with Your Garden

February is all about love — but not just romantic love. It's about reconnecting with what makes your heart come alive.

For many of us, that place is the garden.

Gardening has a way of grounding us, calming us, and reminding us that growth takes patience.

But if you've faced crop failures, busy seasons, unpredictable weather, or just plain overwhelm... it's easy for that spark to fade.

If your garden has felt more frustrating than fulfilling lately, this is your gentle invitation to fall back in love with it.



In this blog, we share simple, practical steps to help you:

- 🌱 Reconnect with why you started
- 🌱 Shift from pressure to peace
- 🌸 Create small wins that rebuild confidence
- 💚 Rediscover the joy that first drew you to growing your own food

***Your garden doesn't need perfection — it needs presence.***

[Read the full blog and rediscover your garden joy TODAY](#)

## Grow What You Love 🌱

Before you plant a single seed, here's something to remember:

Your garden should reflect your heart — your goals, your season of life, and what you truly want to grow.

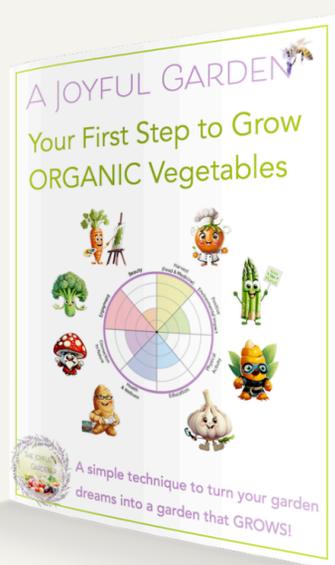
That's why we created the **Your First Step to Grow ORGANIC Vegetables Guide**.

Inside, you'll:

- Clarify what matters most this season
- Avoid overwhelm
- Create a garden that fits your life and energy

When your garden aligns with what you love, everything feels lighter — and a whole lot more joyful.

[Download the Guide Here](#)



## A Little Love for Our Harvest Club Members ❤️

We've welcomed nearly 100 new members into **Harvest Club** in the past couple of weeks — and our hearts are full.

Harvest Club is where gardeners get real-time support for where they are right now. Whether you're planning, planting, troubleshooting, or harvesting, we help you connect the dots between your season, your garden, and the course you're working through — so you actually implement and see results. It's hands-on.

It's practical. And it's deeply supportive.

Coming up this Monday, February 9th, is our next **LIVE Q&A Garden Jam**. Harvest Clubbers, watch your email for the invite link.

Bring your garden questions, share your wins and challenges, and connect with like-minded gardeners from around the world.

To our Harvest Club members — we're so glad you're here. This is what growing together looks like. ❤️

As we move closer to the Joyful Gardener Docuseries, I'm reminded of this:

Growing food is an act of love.

Love for your health.  
Love for your family.  
Love for the future.

However you're spending this season, I hope you're planting something that brings your heart joy.

With gratitude for this beautiful community,

🌱 [The Grow Your Own Vegetables Team](#) 🌱

Follow Us On



Skool



Facebook



Youtube



Instagram



Pinterest



Email