

Home Gardener's Weekly

Some weeks in the garden are about doing.
Others are about understanding.

This week's issue of the *Home Gardener Weekly* is all about building a strong foundation ... starting with the soil beneath your feet and extending all the way to how confident you feel trying something new in the garden. When you understand why things work the way they do, gardening becomes calmer, easier, and far more rewarding.

Inside this week's Home Gardener's Weekly, you'll find simple soil wisdom, a resource to help you grow more with less effort, a hands-on garden "recipe," and a replay designed to answer that ever-present gardener question: "Is this normal?" Let's dig in.

Growing Healthy Soil



If you're growing your own food, everything starts with the soil beneath your feet. It's easy to focus on seeds, spacing, or varieties—but truly healthy, nutrient-dense food can only come from healthy soil. In this week's blog, we're digging into what actually makes soil "good," using simple, practical language (no lab coat required 😊). You'll learn the three key soil terms every gardener should know, the must-do checks that protect your health and your harvest, and a quick at-home test that reveals what your soil is really made of. Whether you garden in the ground or in containers, this is foundational knowledge that pays off season after season.

[Read the full blog >> Grow Better Food with Healthier Soil](#)

Working With Nature for Bigger Harvests

When growing conditions are right, the garden does what it's meant to do ... grow! Abundance doesn't come from working harder; it comes from working with nature and creating an environment where vegetables and herbs can thrive with less effort and more consistency.



That's why we're sharing our free guide, **Double Your Vegetables in Half the Garden Space**. It walks you through the simple, foundational shifts that help your garden produce more, even in smaller spaces, by setting up the right conditions from the start. Inside, you'll discover:

- **The 5 key elements every successful vegetable and herb garden needs**
- How to increase harvests without adding more beds or more work
- **Ways to support healthier plants that grow stronger and more resilient**

When your garden is aligned with nature, the benefits ripple outward — more movement, less stress, better food on your plate, and a harvest that truly supports your life. This guide helps you build that kind of garden, step by step.

[Send me the guide >> Double Your Vegetables in Half the Garden Space](#)

This Week's Garden "Recipe"

DIY Seedling Mix (Perfect for Seed Blocking!)

Just like cooking, great gardening starts with the right ingredients. This simple seedling mix creates a light, balanced growing medium that supports strong roots and makes seed blocking a breeze.

Ingredients:

3 parts seedling mix
3 parts compost
2 parts coco coir
1 part perlite

Directions: Combine all dry ingredients thoroughly. Slowly add water (about a **1:3 ratio of water to dry mix**) until the soil holds together when gently squeezed in your hand. It should feel moist but not soggy. Adjust moisture or ingredients as needed — your soil should clump, not drip.

This mix drains well, holds moisture evenly, and gives young seedlings the support they need to get off to a strong start.

Bonus: it's easy to make in small batches and store for the season ahead.

Growing Ginger & Turmeric: What You Need to Know

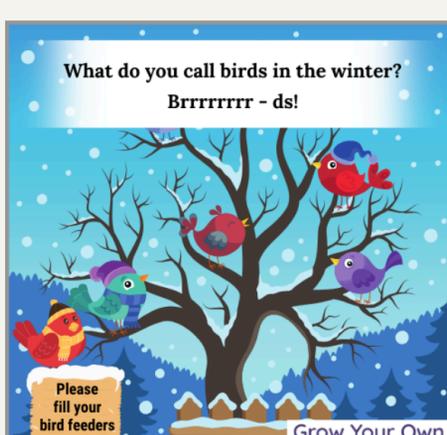


One of the biggest questions gardeners ask, especially when trying something new, is "Is this normal, or did I do something wrong?" That question came up again and again in this week's Thriving Gardener Masterclass: Growing Ginger & Turmeric.

From dieback and dormancy to containers, indoor growing, and climate concerns, this session focused on building confidence and helping gardeners understand what's actually happening beneath the soil.

If you've ever been curious about growing ginger or turmeric, or tried once and felt unsure, you'll love this replay. It's practical, encouraging, and beginner-friendly.

[Watch the Thriving Gardener Replay > Growing Ginger & Turmeric](#)



Gardening isn't about getting everything right — it's about learning to read what your garden is telling you and responding with confidence. Whether you're improving your soil, starting seeds, or experimenting with new crops like ginger and turmeric, every small step builds trust in yourself and your growing space.

Thanks for spending a little time in the garden with us this week. May your soil stay alive, your seedlings grow strong, and your garden continue to surprise you in the best ways.

Until next week,

🌱 **The Grow Your Own Vegetables Team** 🌱

P.S. Personal share: I've been using red light therapy for about a year, and it became especially important for our family when my husband's neurologist had him using it as part of his recovery from post-concussive syndrome.

If you've ever wondered what red light therapy actually is and how it works, this new book, **The Ultimate Guide to Red Light Therapy**, by one of our trusted colleagues, Ari Whitten, is a clear, science-based resource.

~ Denise Beins, CEO, Grow Your Own Vegetables

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