

# Home Gardener's Weekly

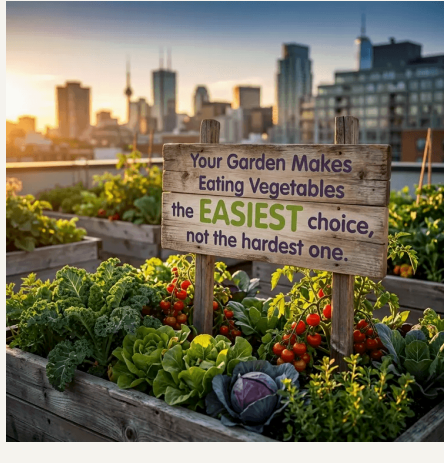
Hi \$[UD:FIRST\_NAME|Gardener|Gardener]\$,

This week's edition of **Home Gardener's Weekly** is all about setting yourself up for a smoother, more successful garden season.

There's a big difference between a garden that feels frustrating... and one that feels simple, enjoyable, and productive. And more often than not, that difference comes down to what happens in the very beginning.

When your garden is set up in a way that supports healthy growth—from your space and soil to what you plant and when—you can avoid many of the common challenges that show up later in the season.

## Grow It, Eat It, Feel Better



What if eating healthier didn't come down to more willpower... but simply growing your own food?

In this blog, we explore why people who grow vegetables naturally eat more of them—and how that one shift can lead to better health, more energy, and even long-term brain benefits. From the surprising differences in taste and nutrition to the deeper connection you build with your food, you'll see how your garden can become one of the most powerful tools for your well-being.

[Read the Full Blog Here](#)

## The Beginner Gardening Plan That Actually Works

What if you could set up a small garden that actually works—without wasting time, space, or energy?

In this video, you'll learn the simple framework behind a 40-day garden setup that helps prevent common problems before they start and sets you up for a successful harvest.



[Watch the Full Q&A Here](#)

## Free Resource: Eat the Rainbow (and Feel the Difference)



Did you know the colors in your food actually mean something? Different colors in fruits and vegetables are tied to different phytonutrients—natural compounds that support your body in powerful ways.

**Red foods support your heart.** **Orange foods help your vision.** **Green foods assist detox,** and **purple foods support brain health.** A colorful plate isn't just beautiful—it's powerful.

But while it sounds simple, it's not always easy to do consistently. That's why we wanted to share this complimentary Eat the Rainbow guide from Food Revolution Network.

It includes simple ways to eat more plants (without overthinking it), a few delicious recipes to get started, and access to the *2026 Food Revolution Summit Docuseries* with expert insights on food and health. If you've been wanting to feel more confident in what you're eating, this is a great place to start.

[Download your guide here](#) 

## Wildflower Mix for Pollinators, Hummingbirds & More



## Garden Tip: Start Small, Start Smart

It's tempting to plant *everything* at once... but one of the best ways to set yourself up for success is to start small and dial in your setup first.

Focus on a simple space, a few crops you'll actually eat, and getting your soil, spacing, and watering right. When your foundation is solid, everything else becomes easier, and you'll avoid a lot of common pest and disease issues before they even begin.

## Learn Alongside Experienced Gardeners

One of the biggest differences between struggling through a season... and actually enjoying it... is having the right support along the way. Inside Harvest Club, you're not left guessing. You have guidance, resources, and a community to help you move through challenges and keep growing with confidence.

*"Harvest club is FULL of great videos and cheat sheets. I've learned more about gardening in one or two videos than I've know all my life (and I'm not young!)"* 😊 - Cathie

*"Harvest Club is worth every cent & seems to contain multiple college degrees worth of knowledge!"* - Goldie

If you'd love to have a team on your side as you head into this growing season, this is a wonderful place to start.

[Learn More About Harvest Club](#)

No matter where you're at in your gardening journey, a few simple shifts can make this season feel a whole lot smoother.

And when you combine a solid setup with fresh, homegrown food picked right at its peak... that's where the real magic happens 🌱

Here's to a season of growing with more ease, confidence, and joy.

 [The Grow Your Own Vegetables Team](#) 

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