

Home Gardener's Weekly

Hi \$[UD:FIRST_NAME|Gardener|Gardener]\$,

This time of year is full of possibilities in the garden.

Whether you're planning what to plant, starting to see things take off, or already thinking ahead to harvest... small, thoughtful choices right now can make a big difference in what your season looks like.

So this week, we're sharing a few simple ways to help you:

- 🌱 Grow more (with less effort),
- 🍷 Make the most of what you harvest,
- 💚 And support your health along the way.

Let's dig in ...

AIRING NOW ... The 2026 Food Revolution Summit Docuseries



The 2026 Food Revolution Summit Docuseries is **streaming now**, and you do not want to miss today's episode. Each day is packed with insights that could transform your approach to food and health, and give you even more purpose to your garden!

In this eye-opening series, you'll hear from over 40 of the world's most respected doctors, researchers, and nutrition experts as they unpack the science behind what to eat, what to question, and how to make choices that nourish you and the world around you.

Our friends Ocean Robbins and Nichole Dandrea-Russert, MS, RDN, will guide each conversation with depth and clarity, drawing out practical insights you can apply right away.

8 Days of Breakthrough Science
from 40+ Leading Experts

SECURE YOUR SPOT - APRIL 22-29

[Watch Today's Episode Now](#)

From Garden to Gut: Why Fermentation Matters

If you've ever looked at a basket of fresh veggies and wondered how to make them last (and actually *boost their benefits*), fermentation might be your new favorite tool.

It's one of the simplest, most powerful ways to preserve your harvest—while also **supporting your gut health, improving nutrient absorption, and adding incredible flavor to your meals**. In fact, fermented foods naturally create beneficial probiotics that help balance digestion and strengthen your immune system.

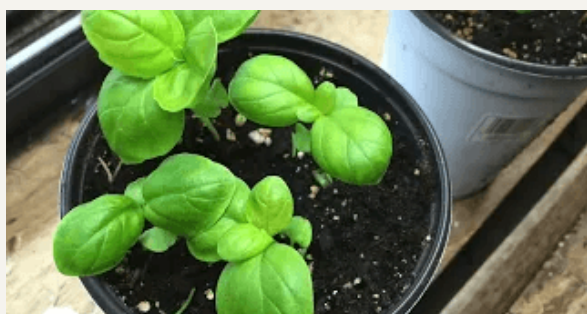
In this week's blog, we're breaking down why fermentation is more than just preservation—and how it can transform the way you use your garden harvest.



[Read the Full Article Here](#)

One Basil Plant Can Feed You All Season (Only If You Do This)

If you've ever planted basil and felt like it never quite lived up to its potential ... this week's video might change that.



In this quick, practical lesson, you'll learn how just **one basil plant can keep producing all season long** ... when you know how to harvest and prune it the right way. It's a simple shift that can turn a small plant into an abundant, ongoing supply of fresh herbs.

Perfect for this time of year as your herbs start to take off.

[Watch the Basil Video Here:](#)

Smarter Planting with the Three Sisters

If you're mapping out your garden this season, here's a time-tested method worth considering...

It's called the Three Sisters—a companion planting trio of corn, pole beans, and squash that work together to support each other naturally.

Here's how it works:

- 🌽 **Corn** provides a natural trellis for beans to climb
- 🌱 **Beans** fix nitrogen in the soil, feeding all three plants
- 🍠 **Squash** spreads along the ground, acting like a living mulch to suppress weeds and retain moisture



It's a beautiful example of how plants can **work together instead of competing**.

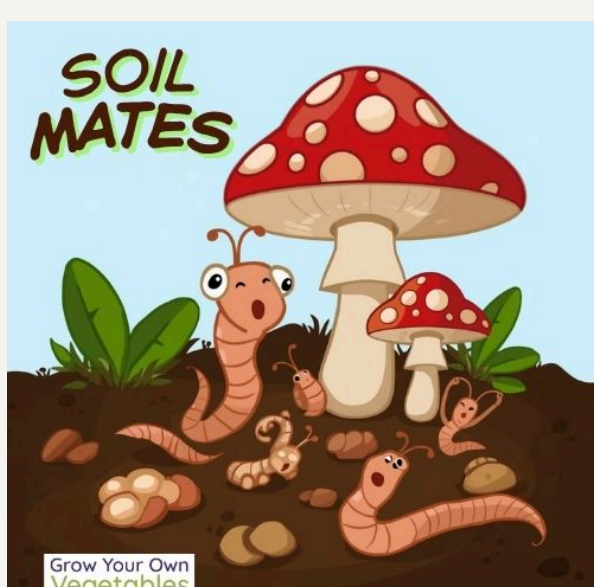
A few quick tips if you want to try it:

- Give each plant enough space—this combo can get big quickly
- Plant corn first, then add beans once it's established
- Avoid planting beans near onions or garlic—they don't get along

Even if you don't plant all three together, this is a great reminder:

Your garden thrives when you think in **relationships, not just rows**.

You've heard of soul mates, but have you heard of ...



Wherever you're at in your garden right now, planning, planting, or harvesting, you're building something meaningful. Every seed, every small step, every lesson learned... it all adds up.

And remember, you don't have to do it perfectly to do it well.

We're right here with you every step of the way.

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

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