

Home Gardener's Weekly

Hello Gardener,

One of the beautiful things about gardening is that there is no single "right" way to do it. Some gardeners thrive with large in-ground plots, while others harvest baskets of food from raised beds, containers, or small spaces.

In this week's *Home Gardener Weekly*, we're exploring how to choose a garden method that fits your lifestyle, taking a closer look at herbs that have been valued for generations, and sharing a simple reminder about one of nature's most important gardening principles: diversity. We hope you'll find an idea or two to inspire your next step in the garden.

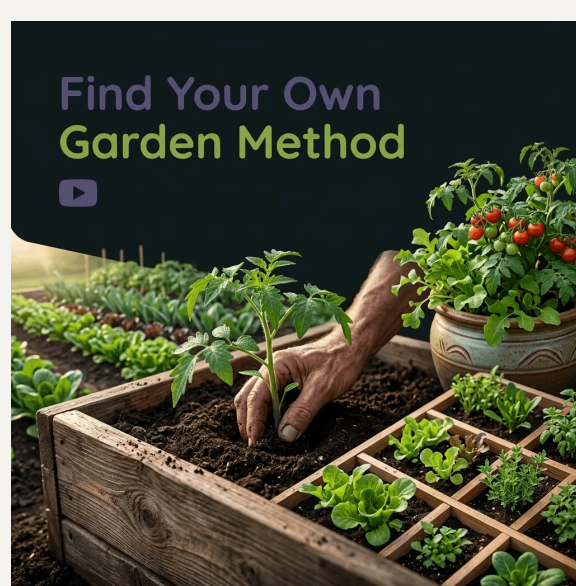
Find the Garden Method That Fits Your Life

Before you build another raised bed or buy more containers, ask yourself this:

Does your garden method actually fit your life?

Many gardeners choose a gardening style based on trends or recommendations, only to discover later that it requires more time, money, or maintenance than they expected.

The best garden method isn't necessarily the most popular one—it's the one you'll still enjoy tending in August.



Discover how to choose the right garden method for your lifestyle.

Beyond the Garden: The Healing Power of Plants

Our friends at The Sacred Science are hosting a free online event called **Remedy: Ancient Medicine for Modern Illness**. In this inspiring docuseries, you'll explore time-tested healing traditions, herbal wisdom, medicinal plants, natural remedies, and the practices our ancestors relied on to support health and wellbeing. The series features herbalists, healers, doctors, and wisdom keepers sharing practical ways to reconnect with nature's medicine cabinet.

If you've enjoyed learning about growing herbs, nourishing foods, and building a more resilient lifestyle through your garden, this event may be a wonderful next step. You'll discover how plants, food, and traditional healing knowledge have supported communities around the world for generations.

Airing This Weekend > Register now

Healing Herbs You Can Grow at Home

Many gardeners grow herbs for cooking, but some of the most common garden herbs have a long history of traditional use beyond the kitchen.



In this fascinating presentation, clinical herbalist Heather Irvine of the Herbal Academy introduces six medicinal plants that are surprisingly easy to grow at home.

You'll learn about calendula, yarrow, echinacea, sage, hops, and lemon balm—plants that have been valued for generations and continue to be popular in herbal traditions today.

Whether you're already growing herbs or just getting started, this talk offers a deeper appreciation for the many ways plants can enrich our lives.

Watch the Presentation Here

Grow a Stronger Garden with Diversity

It takes diversity in a garden to create a strong ecosystem and abundance in the garden.

Diversity helps establish a balanced ecosystem. Less diversity encourages imbalance and fragility of the whole system. Mono-crop farms are a perfect example of this. In mono-crop farming, only one crop is planted.

This draws the pests that attack that specific plant. With no plant diversity or crop rotation, there's nothing to deter that pest population.



No matter where you are in your gardening journey, remember that every season is an opportunity to learn something new. A small adjustment, a new plant, or a fresh perspective can make a surprising difference over time.

Until next week, may your garden bring you fresh food, new discoveries, and plenty of reasons to get outside and enjoy the season.

Happy gardening,

 The Grow Your Own Vegetables Team 

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