

Home Gardener's Weekly

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

One of the things we love most about gardening is that it changes how we see the world. We start noticing the changing seasons, the pollinators visiting our flowers, and even the "weeds" growing along the path.

Last week, I had the opportunity to join a forage walk with environmental educator Robin Greenfield while he was passing through my hometown. Robin is currently spending a year foraging 100% of his food and medicine, and during our walk through a local park, he introduced us to about a dozen edible plants growing all around us. He shared how he identifies them, harvests them responsibly, and enjoys using them in everyday meals.



While I don't think most of us are about to replace our vegetable gardens with wild foraging, the experience was a wonderful reminder that nature is incredibly abundant when we slow down enough to notice it. Whether you're growing tomatoes in the backyard, harvesting herbs from a container, or simply becoming more aware of the plants around you, every step brings us closer to the food we eat and the world we live in.

That spirit of reconnecting with nature inspired several of this week's resources, and I hope you'll enjoy them.

~ **Denise Beins**, CEO of Grow Your Own Vegetables

Recommended Viewing: *Farmacy of Light*

If you enjoyed *The Need to GROW*, you'll want to watch this new documentary.

Farmacy of Light explores the fascinating connection between the food we eat, the light stored within living plants, and how that may influence our health and vitality. Featuring scientists, physicians, and regenerative agriculture experts, the film offers a thought-provoking look at how our modern lifestyles have disconnected us from many of the natural elements our bodies depend on.



One of the reasons I wanted to share this film is because it reinforces something we believe at Grow Your Own Vegetables: growing your own food isn't just about saving money or having a productive garden. It's about nourishing ourselves with fresh, vibrant food while reconnecting with nature and the rhythms that support a healthy life.

If you're curious about the science behind why fresh, homegrown food matters, I think you'll find this film both inspiring and eye-opening.

 [Watch Farmacy of Light free — limited-time online screening](#)

Harvest at the Right Time for Bigger Harvest

Did you know that when you harvest can be just as important as how you grow?



In this new video, discover simple harvesting tips that can make a big difference ... from knowing when vegetables are at their peak flavor to harvesting in ways that encourage your plants to keep producing. Learn why harvesting a little earlier (instead of waiting for "perfect") often leads to better texture, sweeter vegetables, and even larger overall harvests.

Whether you're picking your first handful of lettuce or bringing in baskets of tomatoes, these practical tips will help you get the most from your garden.

[Watch: Harvesting Tips for Maximum Flavor & Abundance](#)

Why Your Slug Problem May Be Bigger Than You Think

Have you ever gone to bed with a healthy-looking garden only to wake up and find leaves full of holes?

Most gardeners focus on removing the slugs they can see, but that's only a small part of the story. In our newest blog, we explore why most slug control methods fail and explain the hidden lifecycle that's often overlooked. Understanding what's happening beneath the surface can help you stop future damage instead of simply reacting to it.

If slugs are becoming a challenge in your garden, this is a great place to start.



[Read !\[\]\(241407ae374027aec4b030ca93d07b05_img.jpg\) Why Your Slug Problem Is Bigger Than You Think](#)

Celebrate Pollinator Week!

This week is Pollinator Week, a time to celebrate the bees, butterflies, hummingbirds, ants, moths, and other amazing pollinators that help our gardens thrive.

If you're out in your garden this week, take a few extra moments to notice who's visiting your flowers. You may be surprised by how many different pollinators are hard at work!

 **We'd love to see them!**

Snap a photo of a bee, butterfly, hummingbird, or any other pollinator you spot in your garden, then share it as a new post in our Grow Your Own Vegetables Facebook Community. Be sure to tell us where you're gardening from and what the pollinator was visiting—we can't wait to see gardens from all over the world!

[Share your photo in our Facebook Community](#)

As you head into the week, we hope you'll find a few moments to slow down and enjoy your garden. Watch a bee moving from flower to flower, harvest something fresh for your next meal, or simply take in the beauty that's growing around you.

Thank you for letting us be part of your gardening journey. We're grateful to grow alongside you each week.

Happy gardening!

 **The Grow Your Own Vegetables Team** 

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