
Living Homegrown Podcast – Episode 82 Healing Gardens with Jenny Peterson

Show Notes are at: www.LivingHomegrown.com/82

Announcer: Welcome to the Living Homegrown podcast, where it's all about how to live farm-fresh without the farm. To help guide the way to a more flavorful and sustainable lifestyle is your host, national PBS TV producer and canning expert, Theresa Loe.

Theresa: Hey there, everybody. Welcome to the Living Homegrown Podcast. I'm your host, Theresa Loe, and this podcast is where we talk about living farm-fresh without the farm. That means we talk about things like preserving the harvest, raising backyard critters, small space food growing, and other simple ways that you can live a little bit more of a sustainable lifestyle. As always you can dive deep into any of these topics or learn about my online canning academy or any of the other things that I have cooking up by just visiting my website, livinghomegrown.com.

Today's episode is about wellness gardens, or about turning to the garden when you need some sort of healing. Now, you don't have to have a devastating illness to want to turn to the garden. I use the garden every day to kind of rejuvenate and ground myself, and it's been very restorative for me, personally, even when I had gone through some more devastating things like cancer. Now, the person that I have on today as my guest is Jenny Peterson, and she came to understand the healing powers of the garden from a very personal story. I'll let her get into that, but she also wrote the book, *The Cancer Survivors Garden Companion: Cultivating Hope, Healing, and Joy in the Ground Beneath Your Feet*.

The thing is when you look to the garden for any sort of healing you don't have to be a cancer survivor. You don't even have to have a devastating illness in order to get a lot from your garden. And that's really what we talk about today. All the different ways that the garden can be restorative and healing and help you be a little bit more mindful, relax, and enjoy life just a little bit more. So it's really about using the garden's full potential for everything in our life.

Let me tell you a little bit about Jenny. Jenny and I have been friends for years and years. She lives in Austin, Texas. She's a garden designer with her own firm J. Peterson Garden Design. As well as a writer, she also an author and a speaker. She specializing in designing, writing, and speaking about gardens that enhance

the quality of life; from healing on the inside and healing out the outside. Also, she specializes in helping people create balance and wellness. She's a breast cancer survivor and the author of *Cancer Survivors Garden Companion*, and also she is the co-author of another book called *Indoor Plant Décor: The Design Stylebook for Houseplants*.

As always, I will have links to everything that we talk about in the show notes for this episode, so you can learn more about Jenny, about her work, her books, everything. To get to show notes you just go to livinghomegrown.com/82 and everything will right there for you. Without further ado here is my interview with Jenny Peterson, the author of *Cancer Survivors Garden Companion*.

Hey, Jenny. Thanks so much for coming on the show.

Jenny: Hey, Theresa. So good to be with you today.

Theresa: Now, I'm really excited about this because first of all ...

Jenny: Me too.

Theresa: ... it gives us a chance to chat because we never get to talk for real.

Jenny: Not enough. I know, I know.

Theresa: Yeah, just text messages and Facebook messages.

Jenny: [crosstalk 00:04:08] but not quite the same.

Theresa: Exactly, exactly. I'm very excited to go into this topic because, as most of my listeners know, I am a cancer survivor and you are a cancer survivor. But we're going to be talking about a lot more than wellness gardens in relation to cancer, and so that's why I think this is such a great topic. I guess let's start off by letting everybody kind of understand what you do. What do you do for a living?

Jenny: I, well, I do like eleventy-million things. I started out as a, which I am currently, a landscape designer. I've had my own business, J. Peterson Garden Design, for, gosh, I think like 12 years, maybe a little bit more than that. Then a few years back, probably around 2010, I started writing. I've always loved to write, so I just started writing about gardens and plants and provided content for, not only my own blog but for other plant and growing companies.

Then I started, with my writing, I started branching out into book writing, which I've always loved to do. I'm an avid reader and I love writing, so it was kind of a natural thing for me to ease into. Now I've written two books and from there I also started doing some public speaking, which I adore. So those are all things that I do. I design, I write, and I speak. All about gardens and wellness.

Theresa: Yes. I've been to some of your lectures and you are so inspiring to people. You're a very good speaker plus it's so interesting to see all the gardens that you've designed. You give so many great tips and it's unfortunate this isn't a visual because it could be really good.

Jenny: Yeah. Well, thanks. That's nice of you to say that.

Theresa: Absolutely. Well, it's true. Let's start by talking about your second book, your more recent book, *The Cancer Survivors Garden Companion*. You wrote this because you have a very personal story related to it, so why don't we start there?

Jenny: A lot of people know that I am a cancer survivor but most people don't know that I'm a two-time cancer survivor. Back in my 30s I had malignant melanoma, which is a deadly form of skin cancer, and then in 2012 I was diagnosed with breast cancer. That diagnosis came about six weeks after I got engaged. What could have been a very joyous time was a very scary and dark time, as you can imagine. I got through all of my treatment in 2012 and started on a multi-year road to recovery because I had chemotherapy and that really kind of knocks your system down quite a bit.

It was during my recovery I got an idea to write a book about how to ... More of a general kind of book, like how to use your garden for wellness and healing. My publisher, very wisely, said, "Jenny, I really think we should tie this to your own health history if you feel comfortable with that." I'm kind of, no pun intended, but I'm kind of an open book, so I said, "You know, let's do it." That's how *The Cancer Survivors Garden Companion* came to be, but the interesting thing is I wrote this book while I was going through my recovery, which really gave it a different slant and different perspective for me. Because I was not writing it from the peak of health. I was going through a lot of the same problems that my readers and my listeners and my students go through. So I had a much deeper, more profound, understanding of some of the challenges that other people go through as a result of that.

Theresa: Exactly. I think that's probably why it resonates with so many people because you were in the thick of it.

Jenny: I was.

Theresa: You're from Austin, Texas and I think you said somewhere in the book that "chemo knocked the snot out of you".

Jenny: That is totally true.

Theresa: Yeah, which it does. I thought that what was so good about your book thought

is it was very personal but you weren't condescending or you weren't all fluff either, but you are also very encouraging and you were on your way back to recovery. I think that's why people enjoy this book so much. But what is so important is that you can get a lot out of this book even if you are not a cancer survivor. That's so much what I want to talk about today because so much of the wellness and the mindfulness that you talk about in the book can be applied to anyone that's going through any sort of recovery or even personal healing or emotional healing.

Jenny: Absolutely. You know I've got a lot of tips throughout the book that are very specifically geared for those who are going through cancer treatment or recovery, but just as you said, you can really take the whole book and just apply it to your own life and your own garden and outdoor space because everybody, Theresa, goes through ... If you've been on this earth long enough you've had stress, you've had maybe some illness, you've had grief, you've had maybe mobility issues or surgery. You've had something. Everybody has something that challenges them in their life.

For me the garden is one of the most healing resources that we have, so bring those challenges and struggles out to the garden because the garden offers you and the natural world offers you layer upon layer upon layer of healing out there, that you cannot get or duplicate inside. That's why it was important for me to put these two topics together with wellness and gardens. People have really resonated with the whole topic.

Theresa: Yes, absolutely. It's just the whole connection with nature is so important and so much of us are just so ... have our noses in the electronics or we're sitting behind a desk all day long, and that, just that little bit of time that you carve out for yourself is so important. It's about putting yourself first and that's why I think this is so great. You had broken up the book into three parts, into body, mind, and spirit. Let's start with body. Let's talk about how the garden can help us with our body.

Jenny: This is probably the more obvious way that we use our gardens. You know we grow healthy food. We grow the vegetables and the fruits and the herbs. We get out and do some light gardening or even heavy gardening with turning over your compost pile or hauling mulch bags, things where you can actually break a sweat and use your whole body and get your muscles moving.

What a lot of people don't realize though is when you're out in the garden you're soaking up that vitamin D from the sunshine; that's really great for you. Being out in the sunshine and being active also lowers your stress hormone. It helps you to be relaxed, helps you to kind of have a little lift in your mood, and also a lot of people think all bacteria is bad for you and that's so not true. So there's bacteria in the soil that actually is good for your immune system and helps to keep you healthy, but now here's ... I always have this caveat because if

somebody really is immuno-suppressed, like if you're actively going through treatment of some kind you might want to check with your doctor before gardening without gloves on because that can be a little unsafe. There's all these things that, aside from just growing healthy foods and getting a little bit of a workout, all these different ways that gardening is good for your body.

Theresa: Yes. So it's not just the fresh air, you know, it's all of those things combined. I know with the exercise part, and you're talking about hauling bags, you talk about, in the book, how you get stretching, you get more limber, you actually get better circulation, which can be so important.

Jenny: Absolutely.

Theresa: I know that was important with you.

Jenny: Yes. I developed something called lymphedema in my left arm following my second surgery. I won't go into all the details with lymphedema, I'm not sure if I could if I tried, but I have a blockage in my left arm so my lymph fluid can't move through that arm correctly. Your lymphatic system is very important to your overall health, it's part of your immune system. And so getting outside and moving, any kind of movement but really when you're outside and gardening it uses your whole body, it gets that lymph fluid moving and circulating throughout your body the way it needs to do in order to keep you healthy. My rehab therapists are always telling me, "You're kind of swollen this week. Have you been out in the garden? Have you been doing the things that you normally do?" Because they can tell when I don't.

Theresa: Exactly, yes. The whole thing about getting out there and moving and lifting your mood, and that's a perfect transition for us to talk into about how gardening can help the mind because it's definitely connected. Let's talk about that a little bit. How can gardening help us mentally?

Jenny: Well, let's first define what we mean by mind because I think, and I include myself in this group of people but when I was writing this book I actually had to do almost like a visual flowchart to distinguish mind from spirit. We'll talk about that spirit section in a minute. Your mind has to do with your emotions and your thoughts and your feelings and your decisions. All of those things that just flow through your body every day and every minute actually.

When you're out in the garden, when you're breaking a sweat and you get these chemical shifts in your brain, you get hormones that shifting in good ways, if you have some depression, for example, or some anxiety the garden and the outside, the natural world, is a wonderful addendum to any healthcare that you're already doing to address that situation. It really can lift your mood for a little bit. It can help you kind of forget your troubles for a little bit. It can help you just kind of ... Sometimes you need to focus on a problem and you can get out

there and just start weeding, doing something very zen-like and methodical where you don't have to think about it too much like weeding or watering.

When you do activities like that it's amazing the things that can be worked out in your heart and in your mind. Things that are kind of weighing on you and troubling you. Taking your cares and your troubles and your struggles out to the garden is a wonderful thing to do. I always tell people too, if you're on medication, let's say for anxiety or depression, going out and gardening is not going to ... You're not going to be able to stop taking your medication. It's going to help you a lot but we're talking a light depression or minor anxiety. If you're having a real chronic issue to where you're under a doctor's care you're always going to need to talk with your doctor first before ... Don't just stop taking your medication thinking that gardening is going to cure that for you.

I like to tell people that gardening is just another layer of health. It's not going to replace something that you need for your body or for your mind to stay healthy. It's just one of the best places to be to adjust your whole attitude and your whole outlook and perspective on the world.

Theresa: Yeah, that's a really good point. It kind of enhances what you might already be doing.

Jenny: Absolutely.

Theresa: For me, gardening is very meditative. It also is great for getting out your aggressions when you have those weeds. I seriously, I have a section of the garden that if I'm really having a bad day I will go out there and whack the heck out of it because it really does make you feel better and you get ... It's kind of like if you were to go kickboxing or something like that.

Jenny: That's exactly right, but then your garden benefits too.

Theresa: Exactly, exactly.

Jenny: It's kind of a win-win and you get your frustrations out, and, you know, don't whack away at your rosemary, but go out to a part of your garden that ... If you need to turn over your vegetable garden in preparation for the new season or there's places where you've got weeds or nut grass coming through, go out there with your hoe or your little weeder and just go to town on it. I'm telling you, you know, sometimes it's only 20 minutes out there in the garden and 20 minutes is all it takes to really turn something around in your mind and make you think about something differently or just let your mind and your body have an opportunity to just let go. It's really important.

Theresa: Yeah, I really like your point about going out there to problem solve or to work out an issue. It's kind of also like when you're taking a shower. Have you ever

noticed you get your best ideas in the shower? I totally do.

Jenny: I get really good ideas when I'm driving my truck.

Theresa: Yeah, exactly.

Jenny: Just driving around town by myself and I actually sometimes will have conversations out loud. I actually do do that in the garden too. I will have conversations out loud with my own self.

Theresa: The neighbors probably think you're totally nuts. We know you're nuts.

Jenny: Well, I live on a full acre so nobody can really hear me, but they're probably used to me being a little crazy over here.

Theresa: Well, one of the other things you talk about in that section which I thought was a really good thing to include was community and how a wellness garden can really benefit more than just the person who is trying to get well or healthier. It can benefit the whole family and their friends. Let's talk about that for a minute.

Jenny: You know you reminded me of our mutual friend, Rebecca Sweet, dear friend who is also a cancer survivor. When Rebecca was nearing the end of her treatment I came out to stay with her. I was speaking at the San Francisco Flower and Garden Show. As is my habit now, I stay with Rebecca when I'm out there in California. So Rebecca decided to have a few people over for a little happy hour before we went off to, I think, dinner that night and then the show the next day. She told me later on that that evening was kind of a turning point for her because we were all out in her beautiful garden. We just had a cocktail and we were walking around and we were laughing and had some comradery. We were catching up with old friends that we don't get to see too often, and her garden was the backdrop to that turning point for her.

You know it's not only a beautiful garden, and we'll talk about beautiful gardens in a minute. You don't have to have a drop dead beautiful garden like Rebecca's in order to receive healing from it. When you take the time to just create a little bit of space here and there in your garden to sit and have coffee with a friend or to gather a small group of your family or friends to relax and sit by a fire in the fire pit or to cook a meal or to share a cocktail. Those are very binding times. Those are things that bind us together. When you do that outside, with your garden as a backdrop, it's a really lovely experience.

Theresa: Yes, and you talk about also your yoga area that you have.

Jenny: Yes. That's kind of my most famous, or famous, favorite place in my backyard. My then fiancée, now husband, we just got married last month, this was the fiancée that I got engaged to six weeks before my diagnosis. We waited four

years, four and a half years to get married. When I was going through my recovery I was turning 50. It was the spring of 2013. Coincidentally, we were just talking about me being at the San Francisco Flower and Garden Show, and I was flying back from that show.

He picked me up at the airport and as we were driving down our street, I could see into our backyard. I said, "What the heck. There's a ... What is that deck out in the middle of our backyard?" He and our buddy, Jim, had built it for me while I was gone. He said, "I want you to have a place in our garden, or in the yard, to bring your yoga practice outside." Because he wanted to encourage me to be outside and healthy and active. Because when you're not feeling very well, if you're anything like me, you tend to kind of hole up a little bit and you want to stay inside. One of the healthiest recommendations I can make is to bring any of those activities, like your meditation practice, prayer, yoga, tai chi, anything like that bring it outside. Find a place in your garden to do those things.

When the yoga deck was first built it was literally just a 12 by 12 free-standing deck. Almost like right in the middle of the yard. There's nothing around it. We've since built up ... Created a very beautiful lush tropical garden around it. It's kind of like semi-enclosed. It's the most ... I don't use this word easily but it's a very sacred space. Not everything is sacred but this is sacred because it's a place in my yard that has good energy. It's a place that was built just for me and created with such love by somebody who really cares about me. Even if I'm not doing yoga I like to just go out there with my cup of coffee and sit because it just feels so good. It's like my second little home.

If you can create a little space like that for yourself, it doesn't have to be a full deck, but definitely if you're doing yoga or tai chi it should be a level space in your garden or on the ground in order to do it safely, but it's just a really great thing to do to bring those things outside into the garden in the fresh air.

Theresa: That is so awesome. I love that. I've watched you transform that area and seen the pictures that you've done. It just looks beautiful. Looks like a fantastic space.

Jenny: Thanks. You know it's not a big space and it's not a perfect space. I'm doing some wellness tips of the day that I'm posting daily, every morning on Facebook, and one of them, I haven't posted it yet but I filmed it the other day, and it's about how there's beauty in the imperfect. That space is not a perfect space. There's one of the posts in one of the corners is torqued. The wooden post got torqued. We don't know how. We're not going to replace it. There are other things that are imperfect about it but that is another reminder to me, Theresa, that the garden teaches me that I don't have to be perfect, that things are still beautiful and valuable and worthwhile even in, and maybe even because of their imperfections.

Theresa: Yeah. That's so beautiful and that's so important for us to know because we

start to feel, many times, the pressure of trying to have the perfect garden. That was something you did talk about in your book, that was it doesn't have to be perfect to be healing. It just has to be there and you just have to go outside and be in it.

Jenny: Yeah. You and I both know a lot of people in our business that have like really magazine worthy gardens.

Theresa: Mm-hmm (affirmative).

Jenny: There are parts of my garden that are magazine worthy and parts that are such an eyesore I would be embarrassed for anybody to see it, although many people do because they do come into my backyard. So a healing garden is not one that you create to be on display for other people. It can, of course, be beautiful and it's great if it's beautiful, but the primary purpose of a healing restorative place in your garden is to be a very personal intimate space for you. So it's whatever speaks to you and encourages you and uplifts you and makes you feel calm and connected with yourself and the world around you. That's what beauty is.

Theresa: I love that. Well, that kind of transitions really greatly into the next section which is about spirit. I know you like to always define what you mean by spirit; so let me have you do that.

Jenny: Okay. Again, when I was writing this book I, myself, got confused with the term mind and the term spirit. I consistently wanted to define spirit as my emotions and that's mind. Your spirit is a little bit more difficult to fully identify or define, but it's really the thing that makes you Theresa, Theresa. It's what makes Jenny, Jenny. It's the thing that is very deep inside you that connects you to the world around you, to the universe, to, if you are a person of faith, to your creator whether you call that God or whatever, whatever name you have.

It's the part of you that seeks out the why's and the purpose of your life. What am I here for? What's my purpose? What am I to be doing with my life? Is what I'm doing purposeful and meaningful? How am I contributing? Those are all the kinds of questions that have to do with your spirit. It's not necessarily a religious thing. If you are a religious person it could absolutely be a religious definition of yourself, but if you're not a religious person all this means, all spirit means is that part of you that connects at the most deepest level with who you are as a person and the world and the universe around you.

Theresa: That's a really, really good definition. In your book you talk about, in this section, in the spirit section you talk about getting grounded every day and how important that is. It kind of harks back to what we were talking about connecting with nature. Could you talk a little bit about how you get grounded?

Jenny: Yeah. When I was going through the beginning of my ... maybe or the middle

part of my recovery I really felt like, oh within a year I should be fine and back to normal. I was very disappointed and surprised that it took more than a year. And so I started seeking out the help of a very intuitive and talented holistic practitioner here in Austin, Doctor Robin Mayfield. She said, "Jenny, in the morning I want you ..." because she's a gardener as well and thankfully she understood my need to be outside. She said, "Get your cup of coffee, your hot cup of tea, whatever it is that you want. Take it outside into your backyard," and she said, "If you have a place where you can take off your shoes and walk in your backyard barefoot, that's what I want you to do." She said, "I want your feet to connect with the earth." That's what she called grounding.

She said, "Don't do this on pavement or your deck or anything. It's barefoot to earth, your grass or soil or whatever you have in the backyard, because it connects you to where you came from. We are organic earthly creatures." She said, "When you stay inside so much, particularly when you're going through a period of life when you're struggling, you forget from where you came." She said, "I want you to get outside and you walk. And you don't do anything. You're not out there gardening.

I mean you can go and visit your garden and say hello. How are you doing this morning and what's going on with you roses? And oh, you know, the herbs smell really great, but this is a practice and a ritual every morning to wake up your body, your mind, your spirit to let you know that you're connected to this earth and you came from it. And one day you'll go back into and that's not a sad thing. I mean it can be sad for other people when that happens but these are lessons that we learn from the earth, from the garden, that we're all connected. And so grounding, getting out and walking in the garden through the garden with your feet connected to the ground is a great way to remind yourself of that every day."

Theresa: You know I do this practice without even really realizing the benefit of it until I went through cancer myself. But I always pour myself a cup of coffee and I walk my garden every morning. I always did it just to kind of be thinking through my day, but I started realizing that not only did it make me a better gardener because I noticed things. It's like, oh, that isn't getting any water or oh, there's a bug problem over here.

Not only did it make me more mindful of what was happening, but I started noticing the nature that was happening right under my nose and that also helped me with relaxing and connecting. You know there's a little hummingbird that's out there, pretty much still, almost every single morning. She's making little chirping noises at me as I go out. Some mornings I can't find her. I can hear her but I can't find her because she's so tiny. Having that connection every day is a great way to start out your day. I think that's a great tip.

Jenny: Yeah. I mean like rather than checking your email, which I can I admit I will

sometimes do that before I even get out of bed and I really try to do not that because that's not a good practice. It's not a way I want to connect myself with the world upon opening my eyes. I want to, as quickly as I can, I want to get outside even if it's just for five minutes, Theresa.

Theresa: Mm-hmm (affirmative).

Jenny: Doesn't have to be ... You and I work from home, usually, and so people that have to get the door and to the office, this doesn't take a half hour. We're talking take your coffee cup out there for five minutes. It's just a very gentle reminder of being connected and to take some deep breaths and to notice the world around you before your day gets really busy and people have demands on you and you're reminded of things that you're dealing with in your life. It's a moment to just disconnect. Well, it's disconnecting and connecting at the same time if you know what I mean?

Theresa: Mm-hmm (affirmative). Absolutely, yeah. Disconnecting to one thing so you can connect back to nature.

Jenny: Exactly.

Theresa: Yeah.

Jenny: Exactly.

Theresa: Well, what are some other ways that we can nurture our spirit with the garden?

Jenny: You know aside from doing those mind, body, spirit activities like yoga, tai chi, prayer, and meditation outside I like to ... I do these little rituals, and again, it could be like a minute or 30 seconds even, but I set up these little impromptu what I call garden altars, which sounds really churchy but it's really not. It's just a little places that I have set up here and there where I say a quick word of thanks or acknowledge my garden and I have gratitude for it. So what I'll do is I'll cut one of the roses and place it down on this little table that I have that's in back of my garden. Or I've got a table that's set up on my yoga deck and that's typically where I put my iPad when I'm doing yoga because I use an app, but that also functions as ...

It's like a little thanksgiving table and I put things on there. I'll line up little acorns one day or I put cut flowers on it. You know the wind will blow it away and I'm fine with that. This is all temporary. I like to have the garden be a teacher to me when I'm out there. It reminds me to be thankful and to be aware. So as you're walking through your garden you pick up things that are interesting and you give thanks for it and put it in a little special spot until it's gone. You know a squirrel could come up and take it or your dog could knock it over and that's okay, the wind will blow it down. Allow your garden to be the

teacher. It won't fail you. It will never, it will never fail you.

Theresa: Yeah, I really loved that. I do something similar in that I, many times, pick things up and I bring them inside and I have a little bowl sitting on my desk where I work all day. I always bring a little bit of the garden in. There's always something on my desk that I brought in, whether it's one of the beautiful feathers from my polish hen, Charlotte. She has these beautiful feathers and when she loses one I love to bring one in and just have it sitting on my desk so I have a little bit of nature that I brought back with me. I loved the little altar or ritual or maybe another word for it if altar isn't a good word for someone is just a place where you are acknowledging nature and kind of like you said giving thanks or gratitude for that and having that appreciation or knowledge that nature's there. Just taking that moment to kind of unwind and just make sure you're still connected.

Jenny: Yes. You know I think we use the word gratitude a lot in our culture and I think sometimes when a word gets a little overused it loses its effectiveness, but gratitude is something that's very important to me and to a lot of people. It reminds me that life isn't just about ... My life and my world is not just about me. We can get so focused on our own difficulties, whether it's some emotional problems that we're having or maybe a relationship problem or financial stress or physical issues, we get so caught up in these things, Theresa, and I'm not saying that they're not real. They're very real, but when you take that out to the garden and the garden reminds you of all the goodness and the beauty in the world it's a perfect opportunity to say thanks and to acknowledge your part in it, your place in the world and as you walk you through it. Then you take that with you for the rest of your day.

It could be a 30 second little part of your morning to cut that flower and put it down on a table or to bring it in with you or take it to work with you. But it's just a beautiful little reminder of where you came from how you're connected.

Theresa: I love that. Well, Jenny, I so appreciate you coming on because you're really helping people really slow down and appreciate their garden more, maybe connect to it a little bit more. So many times we just go down that big to-do list of all of our garden chores and we maybe even feel like our garden isn't what we wanted it to be and we get frustrated, especially if we're having some sort of health issue. You really kind of shined the light on it's more than that and if we just stop we can appreciate it just the way it is. We have permission to not make it perfect.

Jenny: Exactly.

Theresa: I just love that, so thank you so much for coming on the show.

Jenny: It was absolutely my pleasure. I'm surprised that you and I have not done this in

past but we might have to do it again in the future.

Theresa: Absolutely.

Jenny: I feel such a kinship with you. You know not just with our shared health history, that's a boring thing to share, but there's a common outlook on life that I think a lot of gardeners have. Where we do seek the opportunities and look for the hope and really take time to create some beauty and those are things that are very profoundly beautiful in all of our lives. I love that the gardeners out there to lead the way for that.

Theresa: It's a great connector. Great connector. Thank you, Jenny. Thank you so much.

Jenny: Thanks for having me, Theresa.

Theresa: So I hope you enjoyed that interview. It just gives you permission to be okay with your garden just the way it is. It does not have to be perfect, and just be a little bit more mindful of the things that happening in the garden. Enjoy them, relax, enjoy your garden.

Now, I just wanted to note that next week I am not going to have a podcast. It is right in the middle of holiday time so I am skipping one podcast so that I can have more time to enjoy the holidays with my family. But otherwise, in the meantime, just try to live a little more local, seasonal, and homegrown. Take care.

Announcer: That's all for this episode of the Living Homegrown podcast. Visit livinghomegrown.com to download Theresa's free canning resource guide and find more tips on how to live farm-fresh without the farm. Be sure to join Theresa Loe next time on the Living Homegrown podcast.

[Bloopers]