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## **Living Homegrown Podcast – Episode 119 Behind the Scenes Of Flower Farming**

**Show Notes are at: [www.LivingHomegrown.com/119](http://www.LivingHomegrown.com/119)**

Theresa: This is the Living Homegrown Podcast, episode 119.

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 is where we talk about living farm fresh without the farm. That can mean preserving, small-space food growing, and just taking simple steps towards living a more sustainable lifestyle: all the different ways that we can live closer to our food, even if we have little or no garden space at all. If you'd like to learn more about any of these topics, or my online courses or my membership, just visit [livinghomegrown.com](http://livinghomegrown.com).

I have something very, very special this week. I am sharing a secret podcast episode that is from my Seedy Conversations podcast, which is usually only available to some of my students or my business coaching clients, where I pull back the curtain and show people behind the scenes of, maybe, a famous garden writer, or a famous farmer, where I've interviewed them and they've shared really intimate details of what it's like living their life. So, that is what this week's episode is about, and it's the episode of Erin Benzakein from Floret Farm.

Now, the reason I'm doing this is because I have interviewed a couple farmers in the past on this podcast, Living Homegrown, and every time I have, I've gotten a big response. You guys seem to really enjoy hearing from not only authors and experts that I normally have on the show, but also from people who are really down in the trenches living this life, and hearing a little bit about how they manage it, or what their day-to-day life is like. So I am going to start doing a few more interviews like that; I'm going to try and mix them in with the authors and experts, and when we're sharing recipes or the how-to, so that I can kind of mix it up a little bit, so that this podcast never gets stale. I always want to kind of keep it exciting for you, and make it exciting for me doing the interviews.

Well, this particular interview with Erin, I felt was one of my favorites, because

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first of all, Erin is an incredible person, and she is doing incredible work with her farm, Floret Farm, up in the state of Washington. Now, I've had Erin on the podcast before. She was on episode 95, when she had just come out with her book, Floret Farm's Cut Flower Garden. But this time, on today's podcast, we really dive into the life of a flower farmer-florist, and I think you'll find it really, really interesting. Erin was so giving and open with all of her information, and I just thought it would be fun to share her interview as I kick off interviewing some other people on some other episodes that are coming up. I have some homesteaders that I'm interviewing now, and I can't wait to share their episodes with you.

Now, in case you missed episode 95 with Erin, let me give you a little bit of background on her so you know where she's coming from. Erin Benzakein is the founder of the flower farm Floret. She's considered the nation's leading farmer-florist, and that's a term that she created to describe those who are skilled at both flower farming and floristry. She wrote her book, Floret Farm's Cut Flower Garden: Grow, Harvest, and Arrange Stunning Seasonal Blooms, which is really a book for the backyard gardener on how to grow and harvest beautiful flowers in your own back yard just as well as a farmer does. Erin's floral designs and her farm have been published in magazines, including Sunset, Country Living, Victoria, Seattle Bride, and MaryJanesFarm, as well as dozens of trendsetting wedding websites, blogs, and photo shoots.

Aside from being a skilled farmer and a top-notch florist, Erin is also an accomplished photographer, floral designer teacher, and an entrepreneur. Known for her lush, airy, romantic floral designs, Erin has been awarded the 2014 Martha Stewart American Made Award for Floral Design. Erin's drawn to old-fashioned flowers, and is constantly pushing the limits of what can be used in a bouquet. Her latest obsession is incorporating various herbs, edibles, and vines into her designs. Her client roster includes companies like Whole Foods, and the floral world is always watching every move that she makes to see what's next.

So I think you will really, really enjoy this interview. I wanted to basically give you a snapshot of what it's like to be a flower farmer-florist, and since Erin is the top one in the country, I thought she had to be the one that I interviewed. So we're going to talk exactly about what it's like to live this type of lifestyle, how she got started, how she manages everyday life on the farm, and even what she wears out in the field. Now, as always, you can get everything that's discussed in today's episode in the show notes. Just go to [livinghomegrown.com/119](http://livinghomegrown.com/119), and I will have links to Erin's website, her Instagram, and even her latest book. So, without further ado, here's my interview with Erin Benzakein of Floret Farm.

Hey, Erin. Thank you so much for coming on the show today.

Erin: Absolutely. Thanks so much for having me.

- Theresa: So, I guess we should start ... Because some people may not have heard your other podcast episode, so let's start by having you tell a little bit about what it is that you do.
- Erin: I have a small flower farm. We are only two acres, so some people say it's not considered a farm, but if you see how many flowers we harvest off of this land, it's definitely a farm. We're about an hour north of Seattle, and my farm is actually my back yard and my neighbor's soccer field, so if I can do it, anybody can have a farm.
- Theresa: Yeah, and you're being really modest, because you do put out a lot of flowers, and we talked about that in the first episode. Can you just tell us, like on a typical day, or a typical week, what are some of the amounts of flowers that you're harvesting and sending in your truck down the road?
- Erin: Yeah, our little ... We have a 15-passenger van that goes up and down the I-5, the freeway. I mean, every day, it's going up and down. But on an average summer week, we'll be sending 800 to 1,000 bunches of dahlias to the city, probably 400 to 500 mixed bouquets, and probably another 400 or 500 just miscellaneous bunches of whatever's looking glorious out of the fields that week. So we produce a ton of flowers out of this little tiny space.
- Theresa: Yeah, that's what's so inspiring about what you're doing, because you are doing a lot in a small space, and people always think they need like, you know, 500 acres to really make a go of this, and you're very strategic in what you're doing, and you're doing a really good job. Also, you're one of the top farmer-florists of the country, so can you explain what a farmer-florist is?
- Erin: A farmer-florist is someone who both grows and arranges flowers, or takes their flowers and does something with them. When we were first getting into the business, there was this camp of flower farmers, and then there were floral designers or people doing weddings, but they never mixed. Like, there was one side and the other, and I kept asking, "Why can't you do both? Why can't I take my flowers and add even more value to them by doing weddings, or selling a CSA, like a bouquet CSA? Why can't I do both?" And everyone said, "Oh, no, no, you can't do that. You have to be one or the other; you have to pick." So I made up the word "farmer-florist," and now it's a thing. So you can actually be both.
- Theresa: I think that's so awesome, and it's so true, it's so, so true. People just don't think, because it hasn't been done, you know, that it shouldn't be done.
- Erin: Exactly, so that it can't be done. Like, "Oh, no. No, it can."
- Theresa: And it makes perfect sense, because you know those flower better than anyone, because you grew them from a little tiny seed or a cutting, so you know how

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they will look in a bouquet better than anyone.

- Erin: And that's the most fun part, is to actually get to arrange with them, or to deliver them to a wedding, or get to make something beautiful. Like, I love delivering thousands of bunches of dahlias, but it's also really, really fulfilling to get to make art with them, and take it to a wedding or some kind of special event.
- Theresa: So you guys do your commercial flowers that you are putting in your truck and sending down the road, but then you're doing weddings as well. So how many weddings do you typically do in, I guess, in the whole year?
- Erin: We try to be a little bit more balanced. I mean, it could end up being hundreds. So this year, we took a break from weddings, but an average year, I'd say 20 to 25, so not crazy, but if you mix that in with running a farm and everything else we do, summers are very, very busy. They are very full.
- Theresa: Yes, yes. So how long have you been doing this now?
- Erin: I'm coming up on my 10-year anniversary. The first couple of years were just playing around, like I was growing sweet peas in my back yard, delivering a few little jars here and there, so I wouldn't say it was a real business those first two to three years. So probably seven solid years of, like, really hustling.
- Theresa: What made you want to do this? What made you want to become a farmer-florist?
- Erin: Well, growing up, we lived in the city, and I would go visit my aunt, and pick fresh beans and vegetables, and we would make dinner from her garden, and then I would go to my grandparents' house and visit with my great-grandmother, and she always had me go out into the yard and pick flowers. So I was like the city kid who was meant to be a country kid, and all I could think about was when I grew up, I was going to have my own little plot of land. So as soon as we had the opportunity, I just had to leave the city, and I didn't really know exactly what I wanted to do with gardening, or with flowers or farming, but I just knew that once I had some soil that was my own, I would figure it out.
- Theresa: Fantastic. So, now that you have your farm that you ... Even though it's two acres, it is absolutely a farm. Two acres is a lot to take care of, so I don't want to make that sound like it's not a lot, because I think that's a lot. So now that you're doing that, you have greenhouses, and you grow in the fields, so is this a year-round operation, or is it seasonal?
- Erin: We are ... It's still seasonal, because here in the Northwest, unless we added ... Like, we had high-powered lights and a bunch of heat, which we just ... We need a break in the winter too. It would take that to be able to produce year-round.

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But we're harvesting starting in March, and we go all the way through November, so it's three full seasons, and then in the winter, we have a seed company, but that is a more recent addition to the business. So now, it's a year-round operation, but the fields, they want to go to sleep, and we're so tired by the end of the season, we're ready for a break.

Theresa: I bet you are, I bet you are. So, how many people are working for you right now?

Erin: Well, in total for our business, there are seven, but here on the farm, my husband Chris and I, and then we have Jill and Marlee, we all work on the farm. So there are four of us who do the duties here, and then when we need extra help, we bring in a family that comes in and just helps us tackle the field or do big projects. But yeah, there are four of us here on the farm.

Theresa: So you started out really small, though, and then you built up to that, so how many years do you think you were just doing it just yourself and your husband, before you really were able to bring in help?

Erin: We were doing ... It would be four full years where the kids were helping a couple hours a day. They were sticking the sleeves for bouquets, helping wrap things, running bunches of flowers I would harvest, and they would take them to the truck, and then my husband, before work, after work, on weekends, and on his vacation. So it was four or five years of working really, really hard before we realized that we couldn't afford not to have help. The first help that we brought in was Jill, here on the farm, and she helped come in and do watering in the morning, and seed-sowing, and just transplanting, just some basic farm stuff, 10 to 15 hours a week. And then we have another Jill, who started helping me handle the inbox — all the emails, and the orders, and letters from other growers — and kind of manage the office side of things.

So both of them started out with just ... It was just a little bit of time, but then from there, the flowers ... There was no interruption in the blooming cycle, and our customers were so happy, because they were being taken care of, so then the business grew. And then we brought in a little bit more help, and a little bit more help, so it's grown slowly, but I would say the business has really bloomed into something that I love, and I feel like we're making an even greater impact in the world because I allowed myself to have help, and I finally figured out that you cannot do it all on your own, and where you're weak, other people are strong, and when you put your strengths together, amazing things can happen.

Theresa: That's really important, absolutely. I think the thing that we forget sometimes is there's always things on our to-do list that maybe we don't really enjoy doing, but there's someone else out there that loves doing that, and so ...

Erin: Absolutely. Somebody loves, like, sorting folders, and answering emails, and doing all of that scheduling. That is like my worst nightmare, but Jill loves it, so

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it's perfect.

**Theresa:** Yeah, that's really good. Yeah, and you know, I was the same way, in that I tried to do everything by myself, and it wasn't until I started to get help that you get a little bit of breathing room, because you just beat yourself down trying to do everything all alone. And yes, you're absolutely right, when you first start out, you don't feel like you can afford help, but you do get to a point where you can't afford not to have help, so I think that's really important advice. So, now that you guys are doing this, and you pretty much only take winter off, could you describe a typical day for you? Because it sounds just dreamy to go out into fields, and be harvesting flowers and planting flowers, and that is a part of your day, but that's not ... It's not all sunshine and roses; you're actually working. So I'd love for you to describe a typical day, maybe in summer, when it's really busy.

**Erin:** In summer, I have to get up really early, because I need some time in the morning to get centered myself, and then figure out what everybody's going to be doing, so I'll get up between 4:30 and 5:00, before the rooster crows, and just have coffee. I've started to meditate pretty recently, and it has been such a help balancing myself, so that inside the storm of running a business, I can be that calm. And then by 6:00, I'm starting to answer emails, and look ahead at the day and make the schedule for everyone, and then about 6:30, Jill, our office manager, calls, and we check in and go through any big questions, kind of get everybody set for what they're doing. I tackle here on the farm, and then she works with the folks who work with us remotely. And then the ladies arrive at 7:00, and we go over what we're going to be doing, and then everybody kind of divides and conquers, so Angel Jill will go water the greenhouse, Marlee will be starting to harvest, and then I'm filling in the cracks in between.

And then we'll harvest from probably 7:00 to 1:00, and then bring all the flowers into the packing shed and let them condition, and then we would start bunching them, probably until about 3:00, then take a little break, do email. And then Chris and I wait for magic light hour, but it is about an hour before the sunset, so our day ends up being very long, but during that magic window, when it's a sunny day, we are running for the light, because it is so incredible, and you have to capture the flowers at their peak. So we wait for that beautiful time in the evening and photograph whatever's blooming in the field, or just photograph the field, because there's so much magic happening here. So, a lot of emails, a lot of working with other people, a lot of harvesting, a lot of crazy, so it's a pretty busy day, and it's a pretty long day by the time I'm done.

**Theresa:** Yeah, it does sound long, but it also sounds so wonderful, and I did not know that you did that with the magic light. I should probably mention that you have over 400,000 followers on your Instagram, and so I'm assuming that these photographs that you're taking are partly for your Instagram following.

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- Erin: They are, and then they're for our website, or if I'm writing an article about something, I would be writing an article in the fall about tulips and daffodils, but I need to be shooting that in the spring when they're flowering, so just making sure that we're capturing both the beauty of the flowers and then how to grow them, and how to do those certain techniques that it takes to get the longest vase life. So we work really hard to make the time to document all of the ups and downs, and the work, and the beauty that come with the farm.
- Theresa: Yes, and I think that's why, part of the reason why your Instagram following is so awesome, because ... Not only because the photographs are great, but because you are telling a story, and you're very open with your story of your family and how everything is working, and that really draws people in and makes them feel as if they know you, and it's so wonderful to be able to get flowers from someone that you know, so I think that's fantastic that you do that. I know you have raving fans everywhere, and your work is so incredible. I wanted to mention, on the meditation, I started meditating about a year and a half ago, I guess, and what a difference that made for me as well, because I tend to be a Type Triple-A personality.
- Erin: Yup, same here.
- Theresa: Yeah, and it just, it's ... I can't recommend it enough for people, and I didn't know how, and I thought it was kind of weird, and it was ... But once you learn ... And I actually took a class to learn how to meditate, and once I learned, what a difference that made for me. So I'm glad you do that too; that's fantastic. So, one of the questions that one of my listeners from other podcast episodes has asked is "What do you wear when you're working out in the field?" When I garden, I wear aprons, and I think you do too, so I'd love to hear what you wear typically when you're out working.
- Erin: When it's nice weather, I always wear an apron, because I'm such a slob, and I always ruin the fronts of all of my shirts, because when I'm bunching flowers, I actually tap the stems on my stomach to line up all the bottom of the stems, and then rubber-band them, so all my shirts have these big brown stains. So I wear aprons, and they're cute, and they make you feel like you're not toiling, because you're wearing a cute apron, so I have a huge collection. But then, we live in Washington, and it rains a lot, and the weather's really crummy, so my other go-to outfit, Grundéns is a brand that makes ... They're Scottish, I believe, and they make fishing gear, and we wear full rain gear on the farm, so I've got my Bog boots, and I've got my Grundéns rain gear, my overalls and a jacket. And we live in that, all of us swear by it. It makes working out in crummy weather actually kind of funny and fun, because you're totally insulated, it's really lightweight. So those are my two go-tos, depending on the weather.
- Theresa: Ah, yes, with all that rain, you do have to cut out there in the rain all the time, I bet.

- Erin: Yeah, and water's running down your wrists, and, I mean, it's ...
- Theresa: Yeah.
- Erin: Yeah, yeah, it's pretty wet.
- Theresa: I bet. So, now, you mentioned also that your husband works with you, and I know people will want to know, you know, how does that work? Because he didn't start out ... He was just, like you said, doing it after work, before work, and on vacations, but now he works there full-time, so what ... How did that work out, and what do you do to divide up, divide and conquer what you're going to be covering with your work?
- Erin: We had a long time ... I mean, anybody who starts a business, you dream of being able to have your family help you, or your spouse, probably, and we did. We longed for that for many, many years, and he came home, I think it's been two and a half years now, so in all this time, it was our north star. That's what we wanted to end up with. He commuted to work in the city, I mean, he did everything to support this little business growing to the point where it could support him coming home.
- And then when he came home, there was definitely a transition period, because it wasn't just before work or after work, it was like, how do we work together during the day, and how do we divide the responsibilities? And we read this fantastic book called StrengthsFinder, and you take this test, and it tells you kind of how you're wired and what you're really good at, and then based on what we're both really good at, that's how we divide the responsibilities. So Chris is really good with people, and filling in the cracks, and going with the flow, and repairing and fixing things, and so those are the things he's responsible for in the business, and I'm really good at looking ahead in the future, making plans, preventing problems, visioning for what we're going to do next, so those are the areas that I handle in the business. But once we started to apply our strengths to our jobs and divide it — we were still a team, but we go our separate ways during the day — that's when things started to really get fun.
- Theresa: Oh, I bet. It probably made things pick up speed quite a bit, because you didn't have it all weighing on you.
- Erin: Yeah, and I wasn't dragging him through planning meetings, where he's nodding off. And for him, he's like, "Look at how this air conditioner works with the cooler, and this is so cool, if I just fix it," and I'm like, "I don't even care." So we just know we're ... Like, we stay in our own lane as much as we can, and that's when things are really ... They really flow.
- Theresa: That was really smart, that was really, really smart. I use the Myers-Briggs a lot



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for my own employees, for figuring out where everybody ... Where their area of genius is, and so this is very similar, what you did, and I just think that's the smartest thing, because that also keeps you both happy.

Erin: Absolutely.

Theresa: Like you said, he's not being forced to go to meetings that he doesn't want to go to.

Erin: Totally.

Theresa: Yeah, that's really good. So, what types of flowers do you grow? Could you explain the different ... I know each season, you have different things. Could you just kind of run through what are some of the things that you are growing and selling?

Erin: Yeah, our season ... Gosh, I mean, we have well over 200 different types of flowers growing, but we start our season off with ... The anemones come on first, and then followed by tulips, then ranunculus. Then we go into sweet peas, and all kinds of beautiful perennials and things in the field, and then we transition, then the zinnias come on, we go into dahlias, and we have a lot of dahlias. Last year, we had 7,000-8,000 plants, and this year, we'll likely have more. The dahlias are definitely like the queen of the farm. They reign. And then dahlias go into greenhouse crops like celosia, cockscomb, interesting ornamental peppers, funky stuff like that that likes the heat, and then we end the season with the heirloom chrysanthemums. So there's always some star of the show. I mean, there's all these other things blooming on the farm, but there's like one queen at a time, and that's the ... Like sweet peas, when sweet peas are going, they are the star of the show, and then we transition to the next flower. It is beautiful. It is like a rainbow, a sea of color all the time.

Theresa: Ah, I bet it is. And things like sweet peas, I think not many people grow them because they can't take being shipped, and you guys are selling a lot locally, and so that's why you're able to do the sweet peas. So, is most of your stuff just local, you don't have to send it too far away?

Erin: No, everything that we have here, we have a big waiting list of people who would love for us to ship flowers nationwide, but there's such a demand locally. I feel that we could, when we run the numbers with the demand, we could scale up 10 times what we're doing right here just to satisfy the local demand. That's not even touching the list of people who want us to ship. So if you're considering farming, flowers are one of the most profitable crops that you can grow, and there is so much demand, and it's growing every year, so it's really a fantastic crop to look at.

Theresa: Now, when you are harvesting all of these, I know you mentioned that you then

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have to condition them, so is the process that you harvest them, and then they have to sit for a certain period of time in water? Is that the conditioning process that you usually do?

Erin: Yes, so when we're harvesting in the field, we're stripping off probably about half the foliage so that the flowers don't have to keep that hydrated, and we bunch as we go in the field, so we're picking either five- or ten-stem bunches. We rubber-band them, put them into the buckets, and then drive ... Once the truck is full, which is roughly every hour or so, we drive those in and actually let them ... Let the heat of the field kind of get out of the flowers before we put them into the cooler, so giving them a chance to rest and drink up that water before we either make bouquets or sleeve them. And then everything goes into the cooler, where it waits to get delivered to one of the grocery stores or one of our florists.

Theresa: Fantastic, okay. So, now, you sell your flowers, you also have written a book called *Cut Flower Garden* — which we talked a lot about in the other podcast, but I'll be sure to have links to it below this podcast — and also, you started a seed business. Could you tell me briefly what it is that you're doing? Because this was something you weren't planning on doing now, but you did it because of the book, so I'd love to hear that story.

Erin: The book, when I was putting it together, I wanted to list all of my favorite varieties, except the problem was that most of my favorite varieties were only available on the commercial scale in large quantities to flower farmers. They were not available to the home gardener, and my publisher said that anything that I listed in the book, there needed to be a source for the home gardener to access them, because the book is really written for home gardeners. I mean, flower farmers can use it, but it's a "How to Grow Flowers 101."

And I had a dream of having a seed company, maybe five years down the line, maybe three at the closest, and we had to fast-forward that, because otherwise, I would only be able to list the flowers that are available to home gardeners, but they're really not the best cuts. The ones that are in the book are the longest stems, the most unusual colors, the best fragrance, so we decided to start our own seed company specializing in flowers that are fantastic for cutting, and that ... It is so much fun. I've been trialing flowers, and writing about all the varieties we grow on the farm, and the pros and cons, and all the different things for years now, but to get to actually get to do that for my job, and then be able to choose all the varieties and share those with others, it is so exciting. It's absolutely my favorite thing.

Theresa: That's so cool. Now, why do you think it is, though, that some of those varieties weren't available? Because, you know, as you're talking, I'm like, "Well, how come we weren't able to get the strongest stems?" Was it just that they were really bred for flower arranging, and so they didn't show up in the seed

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catalogs?

Erin: Well, actually, they're really expensive. The seeds ... So when we were talking to some of the seed packaging companies — like the ones that have the racks at the grocery store, those guys, I had placed calls with them — they were saying, "You can't make a business of this. These seeds are very expensive, and they're coming from the best breeding houses, and there's just no way that this is a viable business. Home gardeners don't know the difference. They don't know the difference between a regular cosmo and one that's special for cut flowers." And I disagreed with them, so it is ... The seed is more expensive, that would be one reason, and they're also ... They're smaller quantities, they're harder to get a hold of. I think that it just takes a lot more work than just running the play that they know. I think that's why they were never introduced to home gardeners; like, nobody took the time, or thought that home gardeners cared, that they really wanted something unique and special. And what we found is they really do, they're really excited about all these great things that they can now get their hands on.

Theresa: Yes, absolutely. I agree 100%. It's almost like they weren't giving them the credit due for what they do.

Erin: Absolutely, yeah.

Theresa: Yeah. But because you are a farmer-florist and you started out as a gardener, you knew better than anyone what people would want, so that's fantastic. You really have your finger on the pulse of what's happening there. So, if somebody wanted to order seeds from you, is it just certain times of the year, or is it year-round that you have the seeds? Because I'm sure if they're small quantities, you don't have them all the time.

Erin: We're selling ... I mean, we're almost out of a lot of things. We only have two varieties of sweet peas left, but we're ... Our seed shop opens with everything in it in January, and then we'll continue to have those available probably through June, and then we'll restock again in the fall with our seed collections for the holidays. So I would say the best months, you really want ... January, February is when we have everything in stock, and then as they sell out, so January through June is when our seed shop is fully stocked and open.

Theresa: Okay, and if they have your book and they see something in there, they can definitely get it somewhere, it's not something that is unattainable?

Erin: Yes, they can either get it from us, or if we don't carry it, I have all the sources listed in the back of the book for my favorite companies, so there's a place for all of those treasures that you can find them.

Theresa: Yeah, fantastic. Okay, so what would you give for advice to someone who may

be thinking, or be on the fence about maybe being a flower-farmer? What advice would you give to someone?

- Erin: Oh, well, go for it, for number one. But don't be afraid to fail, and definitely don't be afraid to kill plants. I kill tons of plants on accident, but it doesn't mean that you're a bad farmer; it just means that you're learning. And you're going to fail. The weather's going to be crummy, or you're going to mess something up, or you're going to miss the timing. That's totally okay, that's totally normal, so just to cut yourself some slack, and have fun with it, and just go for it.
- Theresa: Great. Oh, Erin, I can't thank you enough for coming on the podcast and sharing all this behind-the-scenes information. I really appreciate it, and I know all the listeners will too, so thank you very, very much.
- Erin: Yeah, thanks so much for having me.
- Theresa: Well, I hope you enjoyed that interview with Erin Benzakein of Floret Farm, and I absolutely adore her, and I hope you do too. I will have in the show notes for today's episode everything that was discussed, including her Instagram account, her website, her book, all of that. All you have to do is go to [livinghomegrown.com/119](http://livinghomegrown.com/119). Thank you so much for joining me here today. Until next time, 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](http://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.