

# Mastering the Art of Espalier: 8 Creative Ways to Shape Your Garden



Have you ever seen plants designed beautifully in a 2D vertical format against a wall? That's espalier. This horticultural technique transforms ordinary fruit trees and shrubs into living works of art. Through careful attention, you train plants to grow horizontally and diagonally along support structures, such as trellises or fences. There are a surprising number of ways to do this, and it's an interesting art form to enjoy observing, even if you decide not to practice it in your garden.

## 5 Eras in the History of Espalier

The history of espalier [dates back to ancient civilizations](#),

with its origins often attributed to the Egyptians, Romans, and later the Europeans. Here's a brief overview of the history of espalier:

## **Ancient Egypt**

The concept of training plants against walls or trellises can be traced back to ancient Egypt, where they practiced espalier with fig trees. Egyptians used this technique to cultivate fruit trees in limited space, taking advantage of the warmth of the walls to encourage fruit production.

## **Roman Empire**

The Romans further developed the art of espalier, using it to grow a variety of fruit trees, including apples and pears. They spread the practice throughout their empire and introduced it to regions like Gaul (modern-day France) and Britain.

## **Middle Ages**

During the Middle Ages, espalier gained popularity in European monastic and castle gardens. The structured and geometric designs of espaliered trees fit well with the formal and ornamental gardens of the time. Monks and gardeners refined the technique, creating intricate patterns and shapes.

## **Renaissance and Baroque Eras**

Espalier reached its zenith during the Renaissance and Baroque periods in Europe. Elaborate espalier designs adorned the gardens of wealthy estates and royal palaces. These designs featured intricate patterns, such as the palmette and cordon styles.

## Modern Era

With the advent of modern horticultural practices and machinery, the popularity of espalier waned in the 19th and 20th centuries. However, it has experienced a resurgence in recent years, driven by the desire for space-efficient gardening and the appreciation of its ornamental and artistic qualities.

## 9 Benefits of Espalier

Espalier is a versatile gardening technique that has many benefits for the garden and gardener. Here are nine:

### Space Efficiency

This design allows gardeners to grow fruit trees or ornamental plants in a 2D format against a wall or support structure. Therefore, it is ideal for small gardens, urban spaces, or areas with limited horizontal space. This technique maximizes the use of vertical space. Therefore, it is possible to cultivate fruit trees and other plants in confined areas.

### Improved Sunlight Exposure

By training branches to grow horizontally or diagonally, espalier ensures that leaves and fruit receive optimal sunlight. This results in better photosynthesis, increased fruit ripening, and improved fruit quality.

### Enhanced Air Circulation

The open and structured nature of espaliered plants encourages air circulation, reducing the risk of fungal diseases and pests. This can lead to healthier and more disease-resistant trees.

## **Easier Maintenance and Harvesting**

Pruning, thinning, and fruit harvesting become more accessible with espaliered plants, as the branches are within easy reach. This simplifies tasks like pruning and picking fruit, reducing the need for ladders or other equipment.

## **Aesthetic Appeal**

The trained plants can create geometric patterns, enhance architectural elements, and serve as attractive living walls.

## **Artistic Expression**

Gardeners and landscapers can use espalier to express their creativity and artistic sensibilities, crafting unique and intricate designs with the plants.

## **Space Organization**

Espalier can help organize and structure garden spaces by defining boundaries, creating partitions, or screening off undesirable views.

## **Early Fruit Production**

Espaliered fruit trees can often produce fruit earlier than their freestanding counterparts because they receive more focused care, including pruning and training.

## **Temperature Regulation**

The thermal mass of walls or structures against which espaliered plants are grown can help regulate temperature, protecting them from extreme cold or heat.

# 8 Types of Espalier

There are [several different types](#) of espalier, each characterized by specific pruning and training techniques that result in distinct shapes and patterns. Here are some of the most common types of espalier:

## **Cordon (Horizontal or Vertical):**

In this popular style, a central trunk or leader is trained vertically, and lateral branches are trained to grow horizontally in a single plane. Cordons can be trained either horizontally (horizontal cordon) or vertically (vertical cordon). Horizontal cordons are often used for apples and pears, while vertical cordons are suitable for grapes.

## **Cordon (Diagonal)**

Diagonal cordons are similar to horizontal cordons, but the branches are trained at a diagonal angle rather than being perfectly horizontal. This style is used for various fruit trees and can add visual interest to the garden.

## **Fan Espalier**

Fan espaliers involve training multiple branches radiating outward from a central vertical axis, creating a fan-like shape. This style is often used for peaches, nectarines, and cherries.

## **Palmette**

Palmette espaliers resemble the shape of a palm tree with multiple horizontal arms or tiers, usually with the central axis kept vertical. There are variations of palmette designs, including the “U-form” and “V-form,” and this style is often used for apples, pears, and other fruit trees.

## Belgian Fence

Belgian fence espaliers create a V-shaped pattern with the branches, typically achieved by planting multiple trees in a zigzag pattern and training their branches at an angle. This style can create an impressive and decorative effect, especially when used with apples and pears.

## Horizontal Tiers

In this style, branches are trained to grow in horizontal tiers, creating a multi-layered, tiered effect. It is particularly well-suited for fruit trees like apples and pears.

## Stepover

Stepover espaliers are extremely low, often with the branches trained to grow at ankle height or lower. These are used to create a low, decorative border or boundary, and they can be adapted for many different plant species.

## Informal or Free-Form

This style allows for more artistic expression, with branches trained in a less structured and more natural manner. The goal is often to maintain an attractive, open shape without rigid geometrical patterns. Informal espaliers can be adapted to various plant types and are especially popular for ornamental plants.

*As you can see, you can get creative with this. Take some time to explore what the different styles look like. See if it makes sense to use them in your garden. Even if not, enjoy noticing them in other garden spaces.*



## Read More:

- [A Visit to Hollister House Garden](#)
  - [Greek Gardening Style on the Cheap](#)
  - [DIY Squash Trellis Under \\$10](#)
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# Could My Dogs Save Me Money in The Garden?



I'm casually looking to move into a new place where I would have more of a yard. This means that I would have more space for plant life. It also means that my dogs would have a place to romp around. However, those two things would be shared. For

the most part, I assume that the dogs aren't great for a garden. They dig, they chew, they barrel their big bodies around and bang into things. But I'm trying to see it another way. What benefits could the dogs have for the garden? Could they even help me save money there?

## Pest Control

Dogs obviously have an incredible sense of smell. And mine are keen on protecting their territory. This natural instinct could make them excellent at warding off common garden pests. Squirrels, raccoons, and other critters might think twice before venturing into a garden where a dog is on patrol. This isn't an issue where I'm living now. However, I know that in homes I've stayed at in the past where there are bigger yards, this is definitely a common issue. My dogs wouldn't harm the other animals but they would likely chase them off which means that those creatures couldn't come in and damage the plant life.

## Natural Fertilizer?

One of the questions I have is whether or not their dog waste could be used as a natural fertilizer. In other words, can I compost their poop and use it for plants? After all, my two large dogs generate a whole lot of waste!

As far as I can tell from searching online and asking in forums, it seems that you can safely compost your own dog's waste. You don't want to use it as fertilizer on edible plants. In other words, if I was going to grow vegetables to eat then I wouldn't want to use my dog's waste there.

However, if the plants are hardy and aren't going to be consumed by humans, then it seems safe to compost the waste for that purpose. The [American Kennel Club](#) explains that the two biggest concerns are the odor and the potential for



parasites or germs. However, they note that the odor is easy to control when composting. More importantly, they explain that if you're just in your own yard with your own dogs and they get regular wellness treatments then it's actually fairly unlikely that you're going to have parasites.

It's something I'd have to do more research on but it seems possible that the dogs could save money in the garden by providing this natural fertilizer opportunity.

## Benefits of Digging Dogs

My dogs dig. I tend to assume that this would be a problem in a garden. However, that isn't necessarily the only way to view this story. If the dogs can learn to dig in certain places where they're allowed to dig, then they might actually offer some benefits to the garden. For example:

1. **Weed Control:** Dogs can help control weeds by trampling or digging them up. Their natural curiosity can lead to them digging in the garden, inadvertently uprooting weeds and preventing their growth.
2. **Compost Turners:** Some dogs enjoy digging in compost piles. While this behavior may not be appreciated in all cases, it can be beneficial for turning and aerating compost, which accelerates decomposition and produces nutrient-rich compost for your garden.
3. **Soil Aeration:** When dogs play or run in the garden, their paws can help aerate the soil. This improved soil structure enhances root growth and water penetration, benefiting plant health.

## Could I teach the dogs to dig in the right places?

Obviously, there's more to unpack here. Could the dogs learn where to dig and where not to dig? Possibly. I currently allow

them to play with recyclables in the home. They know which area contains the stuff they're allowed to destroy and they don't destroy other things.

So, they could definitely learn. For example, I could teach them to dig in the compost. Although, honestly, I have mixed feelings about that because then there's compost on their paws when they come back in the house. But I don't know if I could really teach them about digging up weeds and leaving the rest of the plants alone.

## **The Joy of the Garden**

Honestly, the thing that my dogs do most for me is bring me lots of joy. They live in the moment. They remind me to be curious, open, and playful. As a result, they help enliven any space so that I appreciate it more. They would definitely do this if we had a bigger yard for them. They would definitely help me appreciate that space more.

This has the potential to save money while adding joy in a few different ways. First of all, it means that we would all spend more time in the yard together. This means that I wouldn't have to spend money on a dog walker to take them out because they would get their exercise with me in the yard. As a byproduct of that, I would get my own exercise in the yard. More time in the yard means less time on other forms of potentially expensive entertainment to pass the time.

Also, when you're in the garden more, you're going to focus more on what's there. I imagine that spending more time in the garden would allow me to see more potential there. It would allow me to see how to help different plants thrive. Moreover, it would show me opportunities for creative expression in the gardening process. As my dogs investigate things up close, so will I. All of this has the potential to improve the garden, the lives of myself and the pups, and maybe even cost savings on our activities back there.

*What do you think? Are dogs good for a garden, bad for a garden, or are there just simply pros and cons to consider?*

## Read More:

- [5 Reasons I Enjoy Lia's Living Almanac](#)
  - [How to Garden Frugally](#)
  - [20 Tips for Gardening with Dogs](#)
  - [10 Household Items That Can Be Composted – and 5 That Can't](#)
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# Top 13 Benefits of Using Rice Hulls in Gardening



Rice hulls have a variety of unique properties that are great

for home gardening. They have a neutral pH, are lightweight and sustainable, and have a diverse array of benefits for your garden. Additionally, you can mix rice hulls with other soil amendments or potting mix ingredients to create a well-balanced growing medium for your plants. They're a useful, versatile addition to your gardening routine.

## **What Are Rice Hulls?**

Rice hulls are the protective outer layers of rice grains. They are the hard, outer covering of the rice kernel that is removed during the milling process to produce white rice. In other words, they are a rice milling byproduct.

## **Benefits of Using Rice Hulls in Gardening**

Using them in gardening can provide several benefits. Here are some of the advantages of incorporating them into your garden:

### **Benefits for the Soil in Your Garden**

The main reason that you use them in your garden is because it offers [many benefits for the soil](#). Good soil means good plants. Here are some of the specific benefits for the soil.

#### **Improved Soil Structure**

Rice hulls help improve soil structure. They do this by reducing compaction in clay soils and enhancing aeration in sandy soils. This creates a more hospitable environment for plant roots to grow, regardless of soil type.

#### **Enhanced Drainage**

They promote better drainage in heavy or poorly draining soils. This then prevents waterlogged conditions that can harm plants.

## **Moisture Retention**

What's interesting about the way that they hold water, though, is that they retain the moisture. They can hold moisture and release it gradually, helping to keep the soil consistently moist. This is particularly useful in arid or drought-prone regions. So, you don't just get enhanced drainage but also get controlled moisture release.

## **Temperature Regulation**

They act as an insulating layer, helping to regulate soil temperature. Therefore, they keep the soil cooler in hot weather. In contrast, they keep the soil warmer in cold weather. This can be especially beneficial for temperature-sensitive plants.

## **Organic Matter**

Over time, they break down and add organic matter to the soil. This further improves the health of the soil.

## **pH Neutral**

Rice hulls are pH-neutral. This means that they won't significantly alter the pH of your soil. Therefore, this makes them a safe option for a wide range of plants.

## **Erosion Control**

They can help prevent soil erosion. This is especially true if your garden is on a slope. They do this by stabilizing the soil and reducing runoff during heavy rainfall.

## **Other Benefits of Using Rice Hulls in the Garden**

The soil benefits are a key reason to consider using them in your garden, but rice hulls also offer additional benefits:

## **Weed Suppression**

When used as mulch, rice hulls create a barrier that suppresses weed growth. This reduces the competition for water, nutrients, and sunlight, benefiting your gardening.

## **Lightweight**

They are lightweight and easy to work with, making them a convenient addition to potting mixes and garden pathways.

## **Sustainable**

They are a byproduct of the rice industry, so their use in gardening contributes to recycling agricultural waste and reducing the environmental impact of rice milling. By using rice hulls, you are making use of a readily available, renewable, and biodegradable resource, contributing to sustainable gardening practices.

## **Pest and Disease Resistance**

While not a direct pest control measure, they can reduce the likelihood of certain pests and diseases because they create a physical barrier that makes it more difficult for pests to access plant roots. When mixed with diatomaceous earth, rice hulls can help control garden pests very effectively.

## **Overwintering Plants**

For plants that need winter protection, they can be used as mulch to insulate the root zone and protect plants from frost.

## **Vermicomposting**

If you use worms for composting then you might want to consider adding rice hulls. They offer a comfortable environment for worms and a source of food as they break down.



# How to Use Rice Hulls in the Garden

If those benefits sound great to you, here are some ways to begin using them in your garden:

- Spread a layer of them around the base of outdoor plants to act as mulch.
- If you have container plants, mix them into the potting soil. You can add it to other potting mixes.
- Use for seed-starting by adding to peat moss or coconut coir.
- Add to compost; they are carbon-rich so will offset the nitrogen-rich greens in your compost.

## Where to Get Rice Hulls for Your Garden

Getting rice hulls for your garden is relatively easy. Here are a few ways to obtain them:

- **Purchase from Garden Centers or Nurseries:** Many garden centers or nurseries sell bags of them specifically packaged for gardening. These are often labeled as “rice hull mulch” or “rice hulls for gardening.”
- **Contact Local Rice Mills or Processors:** In regions where rice is a significant crop, you might be able to obtain them directly from local rice mills or processing facilities. They may provide them for free or at a low cost as they are a byproduct of rice processing.
- **Online Retailers:** You can purchase them from online retailers and have them delivered to your location.
- **Ask Local Farmers or Gardeners:** If you live in an area with rice production, you might be able to connect with local farmers or gardeners who have access to them and are willing to share or sell them to you.
- **Rice Hull Suppliers:** Some companies specialize in

supplying rice hulls for various applications, including gardening. They may sell them in bulk or offer delivery services.

- **Farm Supply Stores:** Some farm supply stores or agricultural co-ops may carry them or have access to agricultural-grade rice hulls that can be used in gardening.

## Read More:

- [Cheap Ways to Improve Garden Soil](#)
- [5 Reasons to Use Fish Amino Acid on Your Plants](#)
- [Using Shredded Paper as Garden Mulch](#)

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# Why Does It Feel So Bad When a Money Plant Dies?



I was just visiting a friend of mine whose money plant is dying. He's working on getting it healthy again. We talked about some solutions. But also we talked about how it feels so much worse when a money plant dies than when any other plant doesn't survive. Why is that? Whether you call it superstition or psychology, certain plants have deep meanings and we get more affected by their survival (or lack thereof) as a result.

## What is a Money Plant?

The term "money plant" can refer to a [couple of different plant species](#). However, the *Epipremnum aureum* is the most common. Other names for this plant include the Devil's Ivy or Golden Pothos.

The money plant is a popular choice for indoor decoration. Many people believe it brings good luck and prosperity, hence the name "money plant."

# Key Characteristics of the Money Plant

Here are some characteristics of the *Epipremnum aureum* (money plant):

1. Money plants typically have heart-shaped leaves that are green with yellow or white variegation. They grow as trailing vines or as climbers, making them versatile for indoor settings.
2. Money plants are hardy and adaptable. They can thrive in a variety of conditions. Moreover, they are relatively low-maintenance. They can tolerate low light but prefer bright, indirect sunlight.
3. Money plants purify indoor air by removing toxins and pollutants.
4. Money plants are easy to propagate. You can propagate them from cutting. These can be planted directly in soil or water. This makes it simple to share the plant with friends or create new plants from the original one.
5. Money plants have a well-developed root system. In addition to the standard underground roots, they also produce aerial roots, which can grow from the stems and hang down to search for support and anchor the plant to various surfaces.

## Beliefs about the Money Plant

In Feng Shui, the money plant is considered an auspicious and popular choice for enhancing positive energy and attracting wealth. In various cultures, the money plant is believed to bring good luck, prosperity, and fortune to the home. The common name "money plant" itself reflects the belief that the plant can attract wealth and financial luck.

**Here are some additional beliefs/cultural ideas/thoughts about the money plant:**

1. **Gift for Prosperity:** In some cultures, it is considered

a thoughtful and auspicious gift to give a money plant to friends or family members who are starting a new venture, moving into a new home, or celebrating a significant life event.

2. **Business Success:** Money plants are often placed in offices and businesses with the belief that they can help attract success and financial prosperity. Some business owners keep money plants near cash registers, entrances, or important areas to promote financial growth.
3. **Marital Bliss:** In certain traditions, the money plant is associated with fostering a happy marriage. Couples may receive money plants as wedding gifts. Alternatively, they may keep them in their homes to strengthen their relationship.
4. **Propagation for Luck:** The process of propagating money plants, especially through cuttings, is sometimes seen as a ritual to multiply one's wealth and good fortune.
5. **Regular Pruning:** Some individuals believe that regularly pruning or trimming a money plant can help stimulate financial growth. This act is seen as a way to cut away negative energy and encourage positive energy to flow.
6. **Positioning in the Home:** The specific placement of the money plant within the home or office can vary depending on cultural beliefs. Some suggest hanging or positioning the plant near the entrance to invite good luck into the space, while others recommend placing it in the southeast (wealth) or northwest (helpful people and travel) corners for various forms of positive energy.
7. **Water and Prosperity:** The practice of keeping a money plant in a clear glass jar or container with water is believed to enhance the symbolism of wealth and prosperity. Some believe that the presence of water amplifies the positive energy of the plant.

# Why Does It Feel So Bad When a Money Plant Dies?

The emotional attachment to a money plant and the profound sense of disappointment when it withers or dies can surprise us, especially if we didn't think that we particularly believed in the power of the money plant.

Money plants often occupy a unique place in our homes and lives. They're more than just greenery; they symbolize financial well-being, good fortune, and growth. In many cultures, these beliefs have been passed down through generations, creating an emotional connection to the plant's survival. The idea that a healthy money plant can bring wealth and happiness can make its decline feel like a harbinger of misfortune.

Psychologically, the attachment to money plants runs deep. After all, these plants are often gifted during significant life events, symbolizing goodwill and positive energy. As caretakers, we invest not just in their care but in the hopes and aspirations they represent. The responsibility to keep them thriving can evoke a sense of pride and accomplishment, and their presence can uplift the ambiance of a living space.

The loss of a money plant can be akin to the disappointment felt when cherished traditions are threatened or when dreams of prosperity seem elusive. It stirs emotions linked to the fear of financial instability and the desire for success. It's a reminder that, in our unique way, we are all in search of growth and good fortune. So, when a money plant fades, it's not just leaves that wither; it's a piece of our aspirations that seems to dim as well.

**Tip: Create a Ritual for Letting Go of a**



# Dead Money Plant

My friend is going to keep trying to get his money plant to survive. It's in the early stages of dying and there are many different things he can do for it – repotting, different light access, watering, soil changes, etc. However, if you ultimately do have to let a money plant go, then it might help to create a ritual around it.

## Here's one five-step process you might try:

Get a new money plant ... or a different plant altogether. Make a ritual out of letting go of the money plant and inviting in this new plant:

1. **Reflect:** Begin by sitting quietly and reflecting on your feelings about the money plant that has died. Acknowledge your disappointment, frustration, or any other emotions you may be experiencing. Take a few deep breaths to center yourself.
2. **Write a Farewell:** On the piece of paper, write a brief farewell message to your money plant. Express your gratitude for the time you spent together and the symbolism it held for you. You can also write down any negative emotions you want to let go of.
3. **Prepare the New Plant:** Fill the small container or pot with fresh soil. Plant the flower seeds or the small plant in this container. As you do this, think about new beginnings and growth. This new plant symbolizes resilience and the opportunity for a fresh start.
4. **Bury the Farewell Note:** Fold the piece of paper with your farewell message and bury it in the soil of the new plant. As you do this, visualize letting go of the negative emotions and disappointment associated with the money plant that died.
5. **Water the New Plant:** Water the new plant as a symbol of nurturing new growth and positive energy. As you do so, imagine you are watering your hopes and dreams for the

future.

## Read More:

- [The Best Plants for Mental Health Benefits](#)
  - [6 Health Benefits of Gardening](#)
  - [Ponytail Palm Plant](#)
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# Top Women's Gardening Overalls Ranked by Price



What should you wear when you're working in the garden? Jeans and a top is obviously fine. However, you might want to consider getting overalls. They're durable, protect your clothes and body, and have great pockets. Plus, they can be

cute. Here is a look at why you might want them. Plus we have the best women's gardening overalls ranked by price so you can easily choose what might be right for you.

## **What Are Gardening Overalls?**

Gardening overalls are a type of protective clothing worn by gardeners to shield their regular clothes from dirt, stains, and potential damage while working in the garden. As with other overalls, they are a top connected to pants. The top portion may or may not have sleeves.

## **Gardening Overalls vs. Fashion Overalls**

Obviously, you can wear whatever you want in the garden. If you already have a pair of overalls then you can use them. However, if you're looking to buy new women's gardening overalls, then you might want to look for a few features that do differ from fashion overalls.

Gardening overalls are primarily designed for practicality and protection during gardening activities. They often incorporate features specific to gardening needs, such as reinforced knees for added durability, multiple pockets for carrying tools or small gardening essentials, and adjustable straps or waistbands for a secure fit.

Gardening overalls are typically made from materials that are easy to clean and can withstand rough use. Common fabric choices include denim, canvas, or durable synthetic blends. Of course, fashion overalls might also be made from these materials, but they can sometimes be less durable since style is favored over function.

## **Gardening Overalls vs. Jeans or Gardening**

# Pants

Do you really need overalls? Not necessarily. But they do offer some [benefits over pants](#) in the garden.

Gardening overalls provide full-body coverage and protection. This means that no part of the body is exposed to dirt or potential hazards. They offer an integrated design that minimizes the risk of dirt or debris entering through the waist or back area. This makes overalls well-suited for tasks involving kneeling, bending, or working in damp conditions where extra coverage is desired.

## Top Women's Gardening Overalls Ranked by Price

We've rounded up some of the best women's gardening overalls for you, in order of price. However, you definitely want to choose the pair that's specifically right for you. Some of the things to consider as you make this purchase:

- ***Size and Fit***: Look for overalls that offer a comfortable fit with enough room for movement without being too loose or restrictive.
- ***Adjustable Features***: Look for overalls with adjustable straps or waistbands.
- ***Fabric Durability***: Opt for overalls made from durable and sturdy materials that can withstand the rigors of gardening activities.
- ***Reinforced Knees***: Consider overalls that feature reinforced knees.
- ***Pockets and Storage***: Check for the presence of ample pockets, both on the chest and sides, to provide convenient storage for small tools, gardening gloves, or other essentials you may need while working in the garden.
- ***Breathability and Comfort***: Look for overalls with

breathable fabrics or ventilation panels to ensure comfort, especially during warm weather or extended gardening sessions.

- ***Ease of Care***: Look for machine-washable overalls that can be easily cared for and can withstand frequent washing without losing their quality.
- ***Design and Style***: While functionality is important, you may also consider the design and style that appeals to you. Women's gardening overalls often come in various colors, patterns, or styles, allowing you to choose an option that reflects your personal taste and preferences.

**Dickies Womens Women's Temp-iq® Ripstop Bib Overalls ~\$50**





This is one of the more affordable options for women's gardening overalls. Note that you can find cheaper overalls, even around \$20. However, they tend to only offer fashion and not function. You won't find the durable fabric, reinforced knees, and many pockets that you need for functional overalls in the garden.

These are designed for you to actually use them. They're made with a unique custom fabric that has built-in sunscreen and temperature control. Moreover, you can roll up the legs and snap them into capri shorts as needed. The straps are elastic. The knees have patches with an opening to add knee pads. Pockets include a tool dividing large front pocket and flap cargo pockets.

You can get them on Amazon [here](#).

**Rosie's Workwear for Women Classic Overalls ~\$85**



Women's bodies are different than men's. So are their workwear needs. That's why small business Rosie's Workwear for Women is all about. They listen to their customers about what needs to be different for functionality and form in women's gardening overalls and other workwear. Then they adapt accordingly, resulting in high quality products.

These are stain-resistant, breathable, durable cotton

overalls. They've been double-stitched to enhance that durability. They come with elastic straps, adjustable side buttons, and 11 pockets. Plus, a bonus feature: the pant legs can zip right off into shorts during hot weather if you don't need your knees protected!

You can pick up a pair on Amazon [here](#).

## **Women's Heirloom Gardening Bib Overalls by Duluth Trading ~\$90**



[Duluth Trading](#) offers some of the best women's gardening overalls that you're going to find. It's a great place to shop. They have shortalls and coveralls as well. But of them all, this is a top choice. Features include:

- Their customized tough but lightweight fabric that easily "sheds stubborn stains like ground-in grass."

- Stretch to help you with bending thanks to a small percentage of spandex.
- Durable hardware details
- “A Crouch Gusset® lets you kneel without constriction.”
- Double-chapped legs and double-layer knees designed to be waterproof
- 12 pockets!

These overalls are actually pretty nice. You can pick up a good copy [here](#).

**Patagonia's Women's All Seasons Hemp Canvas Bib Overalls ~\$120**



If you are about sustainability and fair trade, then you might want to invest in these women's gardening overalls. They're made from a combination of hemp, organic cotton canvas, and recycled polyester. They're lightweight and comfortable but very durable. They are made in Sri Lanka and are Fair Trade Certified sewn.

Features include:

- Adjustable suspenders and waist for very custom fit
- Deep front and back pockets reinforced to carry heavy

garden tools

- Double-fabric knees that also have a bottom opening to insert additional knee pads as needed

These are an overall attractive and well constructed pair of overalls. The best place to get them is at Patagonia.com, [here](#).

**Dovetail Workwear Freshley Overalls for Women ~\$120**





This the most expensive overall in the list, but its worth it. [Amazon](#) describes these as “a stretchy, wearable toolbox,” thanks in no small part to the thirteen pockets these overalls have including a zip pocket. They’re made from stretch canvas, designed for women’s bodies, and come in a few different weights (varies by color). They have a crotch gusset, reinforced knees, slots for knee pads and “finish with a tough cuff to prevent fraying.” Basically, this overall is high end, but offers a really terrific comfort and durability.

You can pick it up on Amazon.com [here](#).

## Read More:

- [Natural Fabric Dyeing: Colorfast vs. Fugitive Dyes from Plants](#)
- [Are Old Tires Toxic to Plants?](#)
- [Low Maintenance Plants to Start Your Gardening Journey](#)

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# Top 8 Gardening YouTube Channels You Should Follow in 2023



Whether you're a seasoned gardener seeking new inspiration or a novice looking to cultivate your first window box of herbs, the world of gardening YouTube has something for everyone. From urban gardening to permaculture, from succulents to heirloom vegetables, let's explore the Top Gardening YouTube Channels You Should Follow in 2023. Each channel offers a unique bouquet of tips, tricks, and inspiration for plant enthusiasts of all levels. So, grab your gardening gloves and prepare to dig into a digital world of horticultural wonder that's just a click away.

## **Benefits of Watching Gardening YouTube**

Watching gardening YouTube channels offers a plethora of benefits for both novice and experienced gardeners. Here are some of the advantages:

## **Education and Information**

Gardening YouTube channels are treasure troves of knowledge. They provide viewers with step-by-step tutorials, gardening tips, and expert advice on various gardening topics. Whether you want to learn how to start a new garden, troubleshoot plant problems, or understand gardening techniques, YouTube is the go-to educational resource.

## **Visual Learning**

Gardening is a hands-on activity. YouTube gardening videos allow you to see gardening practices in action. Visual demonstrations can be incredibly helpful in understanding concepts like pruning, transplanting, or composting. It's like having a gardening mentor right in your living room.

## **Inspiration**

Gardening channels often showcase beautiful gardens and creative landscaping ideas. Watching these videos can spark your creativity and motivate you to try new things in your garden. You may discover innovative ways to design your garden, arrange plants, or incorporate new features.

## **Problem-Solving**

If you encounter issues with your plants or garden, YouTube can be a valuable resource for troubleshooting. Many gardening YouTubers address common problems like pests, diseases, or poor soil quality and provide solutions to overcome these challenges.

## **Variety of Expertise**

There's a wide array of gardening channels, each specializing in different aspects of gardening. Whether you're interested in organic gardening, container gardening, landscape design,

or growing specific types of plants, you can find channels that cater to your interests.

## **Community and Interaction**

Many gardening YouTubers foster a sense of community among their viewers. You can engage with fellow gardening enthusiasts by leaving comments, asking questions, and sharing your own experiences. This sense of belonging and interaction can enhance your gardening journey.

## **Cost-Efficient**

Gardening YouTube videos often provide cost-effective solutions and DIY ideas. You can learn how to make your compost, build garden structures, or propagate plants without spending a fortune on gardening supplies. We're all about that around here!

## **Global Perspective**

YouTube connects you with gardeners from around the world, exposing you to different gardening styles, climates, and plant varieties. This broadens your perspective and offers insights into how gardening practices vary across regions.

## **Meditative and Soothing**

Honestly, the garden videos are sometimes just nice to have on in the background as well. They're pretty, they sometimes have nice music, and they're relaxing.

# **Top 8 Gardening YouTube Channels You Should Follow in 2023**

There are so many different channels to choose from, of course. Take the time to explore and find the ones that you

love most. that said, here are the ones we think you might love to start with:

## **1. [OYR Frugal & Sustainable Organic Gardening](#)**

One Yard Revolution has over 260,000 followers for a reason. Anyone interested in frugal gardening will find the videos on this site helpful. More specifically, if you're interested in staying healthy while creating a sustainable, organic fruit and vegetable garden without spending a lot of money, then this channel will be for you. There are currently enough videos on this channel that you could watch one each day for a year and never repeat.

## **2. [Nextdoor Homestead](#)**

This one is a bit smaller but still has a strong following and more than 60 videos for you to watch. The two hosts are relatable gardeners. They specialize in urban gardening of fruits and vegetables. Follow them on their journey as they learn what works and what doesn't.

## **3. [Urban Gardening](#)**

We can't mention Urban Gardening without mentioning this one. It's got more than 1.6 million followers who learn every day about the art of urban gardening. Find playlists about herbs, flowers, succulents and so much more.

## **4. [Suburban Homestead](#)**

If you have a suburban garden instead of an urban one, then this is a good option for videos for you. It's separated into seasons, which is appealing if you tend to like a more traditional television viewing format. There's a wide variety of video types including gardening hacks, garden design ideas, and masterclasses in gardening. There is also some really



interesting history of gardens/plants included.

## 5. [Goldifarms](#)

Erin says,

*"I'm on a journey to heal the earth and myself by cultivating a food forest here on the beautiful Central Coast of California in zone 9a. My intention with this YouTube channel is to inspire so that we can all create a more beautiful world that our hearts know is possible."*

If you're interested in permaculture, healing with plants, and optimism, then this channel is for you.

## 6. [The Scaredy Cat Gardener](#)

Do you want to start with a small container garden? Are you interested in growing food to cook with? Do you want to watch a channel that isn't at all intimidating? This is the channel for you. With more than 700 videos of varying lengths, you're sure to find something that helps you out here.

## 7. [Dig, Plant, Water, Repeat](#)

Do you love flower gardening? Here's a channel to excite you. Playlists include gardening for beginners, garden tours, water management, and plant profiles. There's a wealth of information that's all accessible.

## 8. [Epic Gardening](#)

This channel is committed to trying to help people all around the world learn how to garden. With more than 2.5 million subscribers, they seem to be well on their way. You can learn how to grow very specific items, from cucumbers to pineapples, cacti to potatoes. You can learn about different types of gardening such as vertical gardening, raised bed gardening, and even aquatic gardening. Moreover, you can find information

on gardening tips, garden projects, and life in the garden.

## Read More:

- [Substack Gardening: Must Read Gardening Newsletters for Nature Lovers](#)
  - [10 Best Gardening Podcasts Worth Listening To](#)
  - [Playlist: Best Songs About Gardens](#)
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# Electroculture Gardening: Innovative Techniques for Enhancing Plant Growth



I don't know exactly what I thought of upon hearing the term



“electroculture gardening.” Nevertheless, it excited me. It has hints of raves and EDM, parties in deserts and forests, and a celebration of nature as culture. It’s something more technological – the application of electricity to create plant growth. It’s an interesting thing to study and learn about. If unique approaches to growing plants intrigue you, then go ahead and explore!

## What Is Electroculture Gardening?

Electroculture gardening involves the application of electrical currents to plants and soil. In strategically applying the electricity, you stimulate plant growth. You may be able to grow more plants and/or better plants using this technology. Although it sounds fancy and cutting edge, and in some ways it is, it’s something gardeners have been exploring for years.

## History of Electroculture Gardening

- **Early 20th Century:** The concept of electroculture gardening is believed to have its roots in the early 20th century. There are reports of experiments involving electrical currents applied to plants and soil.
- **1930s-1950s:** Interest in electroculture grows, with some individuals and agricultural researchers conducting experiments to explore the potential benefits of electrical stimulation on plant growth and crop yields.
- **1960s-1970s:** A period of increased experimentation and publications on electroculture. Some practitioners claim positive results. However, skepticism among mainstream scientists persists.
- **1980s-2000s:** Limited scientific consensus and the absence of substantial empirical evidence led to electroculture remaining a fringe or alternative gardening technique. Some practitioners continue to

explore the method, while others dismiss it as pseudoscience.

- **21st Century:** Interest in unconventional gardening practices, including electroculture, persists among a niche community of enthusiasts and experimental gardeners.
- **Present Day:** Electroculture gardening continues to be viewed with [skepticism](#) by mainstream horticulturists and scientists due to the lack of robust scientific evidence supporting its effectiveness. However, it remains a topic of curiosity and experimentation for those interested in exploring unconventional approaches to plant cultivation.

## Techniques for Plant Growth in Electroculture Gardening

Electroculture gardening involves a range of experimental techniques for applying electrical currents or frequencies to plants and soil. If you're interested in trying it out, here are some places to start:

### Electrodes in Soil

One common method employed in electroculture gardening entails burying metal electrodes or conductive materials in the soil near plant roots. These electrodes are then connected to a low-voltage electrical power source. The theory behind this technique is that the electrical current influences the movement of ions and minerals within the soil, potentially enhancing the availability of vital nutrients to plant roots.

There are DIY methods of doing most of these techniques, starting with this one. Wrap dowels in copper and plant them into the soil. This creates conductive pathways that may influence nutrient movement. You can also create small copper

wire rings and bury them around the base of plants. These rings should be connected to a low-voltage power source and are used instead of the fancier electrodes.

## **Electric Fencing**

In the realm of electroculture, electric fences or wires play a unique role. These electrified barriers can be strategically installed around garden plots or crop fields. The intention is to harness electrical currents for pest deterrence, as it is believed that the shocks delivered by these fences discourage pests and small animals from venturing into the growing area.

## **Electrostatic Sprayers**

Electrostatic sprayers represent another facet of electroculture. Enthusiastic practitioners of this method employ these devices to charge water droplets with electricity. Subsequently, these charged water droplets are gently applied to plants and soil. The rationale is that electrified water may facilitate improved nutrient absorption, potentially leading to enhanced plant growth.

## **Electric Stimulation Devices**

Specialized devices tailored for electroculture find application in this experimental gardening approach. These devices are meticulously designed to deliver controlled electrical currents to specific regions of plants or soil. The exact design and implementation of these devices can vary widely, but the overarching goal remains consistent: stimulating plant growth through the application of electrical means.

## **Frequency Resonance**

In the pursuit of exploring the boundaries of electroculture, some practitioners delve into the intriguing concept of

employing specific frequencies of electrical currents, often in conjunction with sound frequencies. The objective is to resonate with the natural frequencies of plants, thereby potentially bolstering their growth. This technique is rooted in the belief that plants may respond positively to harmonious resonances.

You can take a copper wire, create a spiral with it, and insert that. Playing around with this allows you to play around with frequency resonance in a DIY fashion.

## **Electric Mulching and Grounding**

A distinctive electroculture technique involves the strategic placement of conductive materials or copper wire on the soil's surface, subsequently connected to electrical sources. This innovative approach aims to create an electrical field surrounding the plants. It is hypothesized that this field may exert an influence on plant growth and physiology, offering a unique perspective within the realm of electroculture.

To do this, create circular patterns with copper wire directly on the soil surface around plants. Connect these circles to a power source for a localized electric field. Alternatively, lay out a grid of copper wire on the soil surface across your garden beds and connect it to a power source for a comprehensive grounding approach.

## **Environmental Considerations**

On the environmental front, electroculture introduces specific considerations. Electrical means of altering soil conditions may influence soil health and the diversity of soil organisms, potentially affecting nutrient cycling and plant vitality. Additionally, materials such as copper wire and electricity consumption can have environmental implications, including habitat destruction and carbon emissions.

On the other hand, potential environmental benefits may emerge. For example, it may reduce the need for chemical pesticides. By relying less on synthetic pesticides, we may reduce chemical runoff into ecosystems, which benefits the earth. Furthermore, if these techniques improve nutrients and soil health, they can also potentially have a positive environmental impact.

Environmental stewardship in electroculture involves minimizing waste, exploring sustainable material choices, and considering energy sources to reduce the ecological footprint of these experimental gardening practices. Striking a balance between innovation and ecological responsibility is crucial for the sustainable evolution of electroculture gardening.

## Read More:

- [5 Factors That Affect Plant Growth](#)
- [Inexpensive Grow Lights for Indoor Plants](#)
- [6 Tips to Revive Wilted Plants](#)

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# 10 Steps to Learning to Garden Meditate



Gardening was never my forte. Honestly, I proudly wore the label of a “brown thumb” for most of my life. I’d often cringe at the thought of tending to plants, certain I’d unintentionally send them to an early demise. Little did I know that my journey from reluctant gardener to someone who finds solace in the garden would be a transformative experience. It’s the mindfulness/ meditation aspect that does that for me. Here are the ten steps that it took to get there.

## 1. Starting Small

My first foray into gardening was timid. I began with a single-potted plant—a resilient succulent known for its ability to withstand my neglect. It required minimal care, allowing me to build confidence slowly. It wasn’t the first one I’d ever bought. I had killed others before. But I was ready, albeit with baby steps.

## **2. Learning Through Mistakes**

The beginning was marked by countless failures. Overwatering, underwatering, and choosing the wrong plants were all part of the learning curve. But with each mishap, I began to observe the subtleties of my plants' needs, fostering a sense of mindfulness in the process. I honestly never thought that I'd get there. My sister always tells me "Just ask the plant what it wants." I always thought she was nuts. But she's not. You observe and you attend and you are mindful and then it starts to all click.

## **3. Patience and Presence**

Gardening helped teach me the art of patience and presence. Instead of rushing through tasks, I started to slow down, observing the nuances of my plants. And when I failed to do that, they died. This repeatedly reminded me of the importance of being fully engaged in the moment. This is really what mindfulness is all about.

## **4. The Healing Power of Nature**

Amidst the frustrations and mishaps, I found solace in nature's healing embrace. The garden became my refuge, a place where I could escape the chaos of daily life and immerse myself in the serenity of the natural world. I am an urban woman. However, I love the fact that San Francisco offers so many opportunities to immerse yourself in nature within the city itself. You don't even have to have your garden. You can enjoy any of the small and large gardens throughout the city as spots for meditation.

## **5. Nurturing Growth, Both Plant and**

# Self

As my gardening skills improved, I noticed a parallel growth within myself. Tending to plants became a metaphor for self-care and nurturing personal growth. I found that the more I nurtured my garden, the more I nurtured my well-being. The more I nurtured myself, the easier it was to remember to nurture the plants. It helps to feel more tied into nature.

## 6. Accepting Imperfection

Gardening taught me to embrace imperfection. Not every plant thrived, and not every leaf remained unblemished. Just as I accepted my plants' flaws, I learned to accept my imperfections with greater compassion. This is something I've worked in throughout my life, particularly through therapy. There are many ways of approaching it. The point is that gardening teaches us things like this in a somatic, experiential way that differs from just thinking about it.

## 7. Mindful Observations

In the garden, I developed the practice of mindful observation. I'd spend moments simply gazing at the play of sunlight on leaves, the dance of pollinators, or the delicate unfurling of a bud. These contemplative moments allowed me to connect with the beauty of the present. They reminded me that everything that's happening in my head is related to the past or the future. What's happening right now in front of me is what's real. The rest is usually just noise. By teaching myself to focus on just one thing in a garden, I learned mindfulness. And that leads to learning meditation.

## 8. Letting Go of Control

Gardening reminded me that life, like the garden, is filled with uncontrollable variables. I couldn't command the rain to



fall or the sun to shine. I couldn't always shield my plants from pests or disease. Even when it seemed like I was doing everything right, plants would fail to thrive. It was hard. I wanted to fix it.

However, in relinquishing the illusion of control, I discovered a profound sense of freedom. It was a reminder that there is beauty in the natural ebb and flow of existence. Sometimes, the most vibrant blooms emerge from the unexpected and unplanned corners of life.

Gardening became a symbol of embracing impermanence. It offers an ongoing lesson in letting go that extends far beyond the garden's borders into my life. I still struggle with wanting to control everything but it reminds me again and again that it is okay that I cannot.

## **9. Celebration of Growth**

Each tiny sprout, every new leaf, and the first bloom are all reasons for celebration. Witnessing the gradual transformation of my garden taught me to savor the journey and appreciate the beauty of growth. As with all of the other lessons, this was less about the garden than it was about myself. I exist in cycles and seasons but am also always growing. It's a powerful thing and it's nice to see it outside of yourself then to see how it relates to the inside of yourself.

## **10. Gardening as a Meditation Practice**

Surprisingly, I found that gardening was my form of meditation or mindfulness. The act of tending to plants, gazing upon the deep colors of flowers, and immersing myself in nature's rhythms all became a profound mindfulness practice. I didn't know that this would happen although looking back it seems inevitable. By learning not to worry about "doing it right"

and just being present in the act of doing it, I was able to allow things to grow. And in the process, I grew, too.

## Read More:

- [The Gardener's Brain](#)
  - [Substack Gardening: Must-Read Newsletters if You Love Gardening](#)
  - [A Visit to Hollister House Garden](#)
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# Top-Selling      Thorn-Proof Gardening Gloves



Thorn-proof gardening gloves are an essential tool for any gardener who deals with prickly plants, thorny shrubs, or any

potentially harmful vegetation. They provide protection against cuts, punctures, and scratches. Therefore, they allow you to work in the garden more safely and comfortably. They don't have to be costly but you do want to make sure that you invest in a good pair.

## What Are Thorn-Proof Gardening Gloves?

Thorn-proof gardening gloves are a type of protective handwear designed specifically to shield your hands. All gloves will protect your hands to some extent, of course. However, these gloves have unique features that make them specifically protective. They're important for handling thorny or prickly plants. If you prune rose bushes, for example, you want to make sure to use these gloves. Additionally, if you have sensitive skin, you may want to use them in all of your gardening.

## What To Look For When Buying Thorn-Proof Gardening Gloves

Here are some key features and considerations for thorn-proof gardening gloves:

- **Material:** Thorn-proof gloves are typically made from durable and puncture-resistant materials such as leather, synthetic leather, or specialized fabrics with reinforced layers. Leather gloves, in particular, are known for their toughness and ability to withstand thorns.
- **Thickness:** These gloves are usually thicker than standard gardening gloves. This is to provide an extra layer of protection against thorns and sharp objects.
- **Length:** Many thorn-proof gloves come with extended cuffs or gauntlets. These cover a portion of your forearm,

providing added protection in areas where thorny plants may come into contact with your skin.

- **Fit:** A good fit is essential for comfort and dexterity. Look for gloves that fit snugly but still allow for movement and flexibility. Some gloves have adjustable wrist closures to ensure a secure fit.
- **Grip:** A textured or non-slip surface on the palm and fingers of the gloves can help you maintain a firm grip on tools and plants, even when working in wet conditions.
- **Breathability:** While protection is crucial, it's also important to consider breathability to prevent your hands from becoming too sweaty or uncomfortable during extended gardening sessions. Some thorn-proof gloves have breathable materials or mesh panels to promote airflow.
- **Durability:** Look for gloves with reinforced seams and stitching.
- **Cleaning:** Check whether the gloves are easy to clean. Some thorn-proof gloves can be wiped clean. Others may be machine washable.

## Top-Selling Thorn-Proof Gardening Gloves

Here are some of the top-selling options to choose from when picking out the right durable, thorn-proof gloves for your own gardening adventures:

### Skydeer Utility Gloves

There are many different types of leather gloves, of course. Skydiver specializes in deer leather, which turns out to be a great option for the garden. These are soft and flexible but also durable and protective. They have many different choices, but narrow down your options to the "[utility gloves](#)." Their

Elegant Ladies Gardening Glove comes in a wrist length as well as an extended length. They even have gloves in this category for kids who help in the garden.

## **MERTURN Leather Gardening Gloves for Women**

Available for less than \$15 per pair on Amazon, these are definitely top sellers. Some of their standout features include:

- The combination of leather and cotton in their design offers breathability with durability and protection.
- They have “touchscreen” fingers which means that you can easily check something on the phone without taking them off.
- They have a soft foam padded palm that is also “stab proof.”
- These gloves are flexible with great grip.
- They have a really cute design available in over three dozen different styles/colors to suit your personal style.

## **HANDLANDY Rose Pruning Gloves for Men & Women**

These are extra long gloves that protect your arms all the way up to the elbow. They are made of pigskin, which some people prefer because this is a very breathable type of leather. Unlike some other leathers, when these get wet, they still dry soft, staying comfortable. Therefore, if you often garden in wet conditions, these are a great choice. The palms and fingertips are reinforced to be puncture resistant.

## **Yionaiyi Professional Rose Pruning Thorn Proof Gardening Gloves with Long Forearm Protection**

Although they're advertised for rose pruning, they are photographed holding a thorny cactus, so you can tell that these are designed for all types of prickly gardening. These are faux leather, which is important for vegan gardeners to consider. They are lightweight and breathable, making them comfortable even though they extend to the elbow. Moreover, the palms and fingertips have double padding for that extra protection that you're looking for.

## **MEPEREZ Thorn Proof Cotton Gardening Gloves**

Cotton is another option for vegan gardeners. These are made from high quality durable cotton that is thick enough to provide protection. Moreover, the cotton has been coated with a non-slip material. Therefore, these have good grip. These are long sleeve gardening gloves that offer a touchscreen finger opening for a combination of protection and functionality.

## **QQEARSAFETY Waterproof Gardening Gloves for Women and Men**

These are very affordable nylon wrist-length gardening gloves that are perfect for gardeners who work in wet conditions. The waterproofing comes from a coating of sandy latex, which also helps with grip and durability. They come in a variety of different sizes so you can get the fit that is right for you. Moreover, the combination of nylon and knitted ribbing helps to really secure a great fit.

# OIZEN Leather Tough Cowhide Work Gardening Gloves

These are often on bestseller lists because they sell consistently and are highly affordable. The cowhide is thick but flexible. It is designed to resist cuts, punctures and abrasions as well as some oils. This is combined with an elastic material that allows for breathability. Moreover, this material is sweat-resistant. This option has a thick ergonomic design which makes it flexible but with great grip.

## YIXIN2013SHOP Garden Gloves on Amazon

Want to go a little bit fancier? All of the above options are priced between \$10 and \$25. These, on the other hand, are about twice the high end of that. What makes them worth it?

- Goatskin glove with cowhide forearm extension offers the best in protection and durability without sacrificing flexibility
- Ergonomic design enhances the flexibility while retaining grip but also allowing for fine motor gardening tasks like planting seeds
- An adjustable buckle allows you to get the fit that you need

*Do you have a pair of gardening gloves that you love? Tell us about them in the comments!*

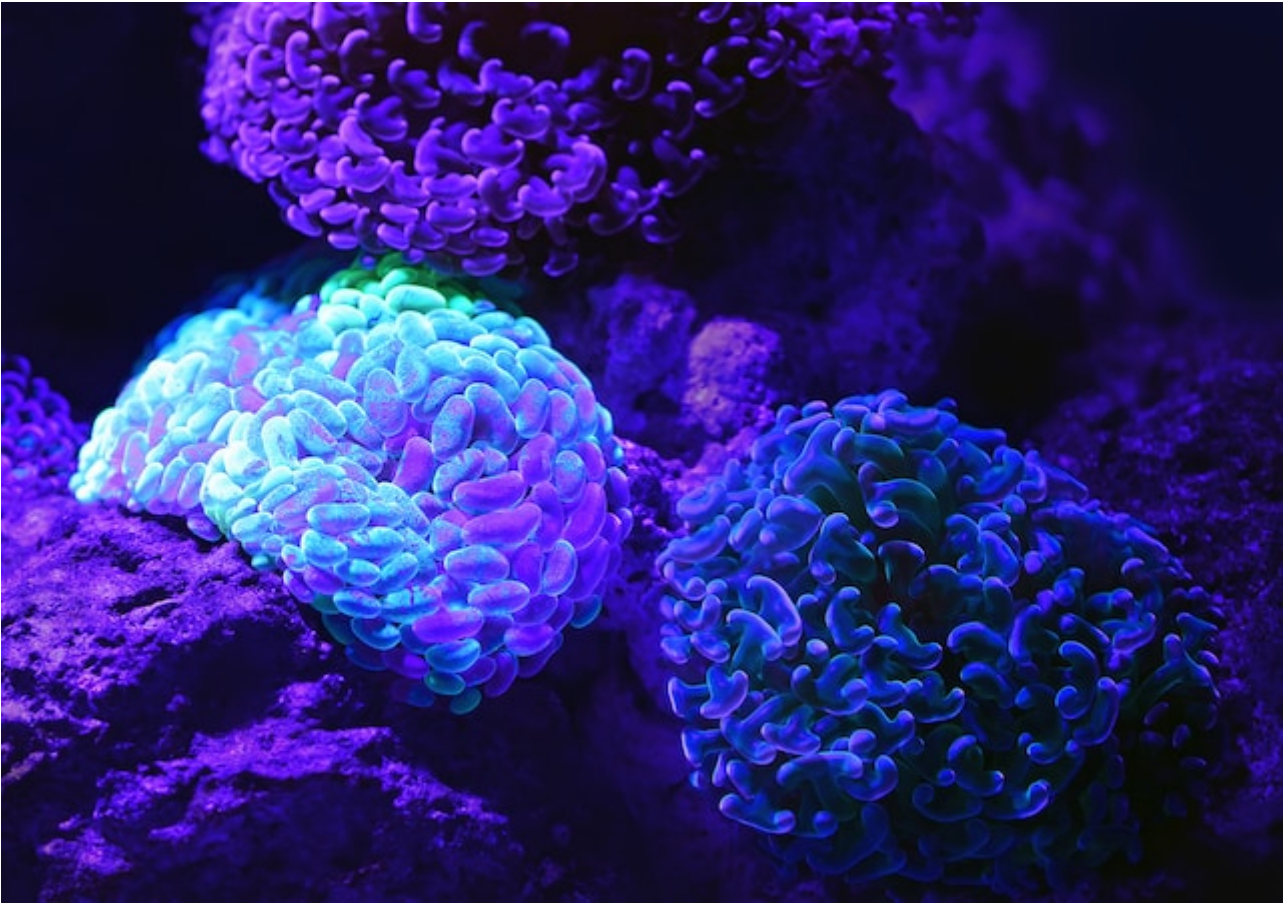
## Read More:

- [8 Best Gardening Hats for Ultimate Sun Protection and Style](#)
- [Top 5 Women's Gardening Overalls Ranked by Price](#)
- [My Favorite Gardening Products](#)



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# The Gardener's Brain



As you stand amidst the lush, vibrant foliage of a garden, your busy mind settles into the soothing rhythm of the natural world. The rumination stops. You notice the gentle rustling of leaves, the cheerful chorus of birdsong, and the earthy aroma of freshly turned soil. It's in these still moments that you realize there's something profoundly transformative happening inside your mind. This is a phenomenon that we might refer to as "the gardener's brain."

## What Is The Gardener's Brain?

"The gardener's brain" is more than just a pretty metaphor. It's actually related to the science of how gardening impacts



the brain. [Research](#) has uncovered that activities as seemingly simple as digging, planting, and weeding trigger a cascade of neural responses within the brain.

When gardeners immerse themselves in these tasks, their bodies release a surge of endorphins. These are the body's natural mood elevators, promoting feelings of happiness and well-being. This natural release of endorphins not only enhances mood. It also acts as a potent pain reliever, reducing the perception of discomfort and stress. The gardener's brain, it appears, [is itself a garden of sorts](#) – a garden of neurochemical delights.

## Neurology and Gardening

Gardening engages various neurological aspects that contribute to its positive impact on mental well-being. Here are some key neurological aspects of gardening:

### Endorphin Release

Gardening activities like digging, planting, and weeding stimulate the release of endorphins, which are natural chemicals produced by the brain that help reduce pain and induce feelings of pleasure and relaxation.

### Dopamine Production

Engaging in gardening can lead to the release of dopamine, a neurotransmitter associated with pleasure and reward. This can result in a sense of accomplishment and satisfaction when seeing plants thrive.

### Stress Reduction

Gardening has been shown to lower cortisol levels, a stress hormone, leading to reduced feelings of anxiety and stress. This reduction in stress hormones can have a calming effect on the brain.

## **Improved Mood**

Spending time in nature and tending to plants can elevate mood by increasing the production of serotonin, a neurotransmitter linked to feelings of happiness and well-being.

## **Enhanced Cognitive Function**

Gardening involves planning, problem-solving, and attention to detail, which can stimulate cognitive function and help maintain mental sharpness, especially in older adults.

## **Sensory Stimulation**

Gardening engages multiple senses, including touch, smell, sight, and sometimes taste. This sensory stimulation activates different parts of the brain, providing a holistic cognitive experience.

## **Mindfulness and Meditation**

Gardening often encourages mindfulness, promoting a state of focused attention on the present moment. This practice can have a positive impact on the brain's neural pathways associated with stress regulation and emotional control.

## **Neuroplasticity**

Engaging in new gardening tasks and challenges can promote neuroplasticity, the brain's ability to adapt and rewire itself. This adaptability is crucial for learning and memory.

## **Social Connection**

Gardening in a community or with others can activate areas of the brain associated with social bonding and cooperation, fostering a sense of belonging and connection.

## **Positive Associations**

Over time, the brain forms positive associations with the act of gardening, making it a source of pleasure and relaxation,

which can lead to long-term mental health benefits.

## **The Brain Benefits of Digging, Planting and Weeding**

Let's take a bit of a closer look at how each of these three stages of gardening affect the gardener's brain in relation to the above.

### **The Brain Benefits of Digging**

Digging, a fundamental gardening activity, offers numerous brain benefits. As the gardener plunges their hands into the soil and wields a spade, the brain's reward system springs into action, releasing dopamine—a neurotransmitter associated with pleasure and motivation. This surge of dopamine not only fosters a sense of accomplishment but also reinforces the satisfaction of physically shaping the earth. Additionally, the rhythmic, repetitive nature of digging can induce a meditative state, reducing stress and anxiety while enhancing concentration. This combination of pleasurable stimulation, meditative engagement, and tangible outcomes makes digging a cognitive workout for the brain, improving mood and mental well-being.

### **The Brain Benefits of Planting**

Planting seeds or young plants is a gardening endeavor that brings unique neurological advantages. When gardeners delicately position a seedling into the ground or gently nestle seeds into the soil, they engage fine motor skills and tactile senses, activating areas of the brain associated with touch and spatial awareness. The act of planting also instills a sense of hope and anticipation—a future harvest or a flourishing flowerbed—triggering the release of dopamine, which elevates mood and motivation. Furthermore, the nurturing aspect of planting fosters a deep emotional connection with

the growing life, offering a source of ongoing satisfaction and a sense of responsibility. This emotional bond contributes to a sense of purpose, enhancing overall mental well-being.

## **The Brain Benefits of Weeding**

Weeding, often perceived as a mundane chore, conceals surprising neurological benefits. As gardeners meticulously remove unwanted plants or invasive weeds, they engage in an activity that demands focus and attention to detail. This heightened concentration can lead to a state of mindfulness, where the brain is fully immersed in the task at hand, relieving stress and promoting relaxation. Moreover, the act of weeding provides a tangible sense of progress and control over one's environment, which can boost self-esteem and reduce feelings of powerlessness. In essence, weeding transforms a seemingly routine task into a therapeutic exercise for the brain, offering mental clarity and emotional satisfaction amidst the garden's green tapestry.

## **Notice Your Changing Gardener's Brain**

Since you started gardening, you might have noticed some amazing changes in your brain. You might feel happier and more relaxed when you're in your garden, thanks to all the fresh air and natural beauty around you. You might also find that you're better at focusing and solving problems now, probably because gardening makes you pay close attention to what you're doing. Plus, you've learned to be patient and persistent, just like your plants, which has made you more resilient in other parts of your life. Remember this each time that you head out to the garden. Celebrate all that this hobby does for you.

## Read More:

- [The Best Plants for Mental Health Benefits](#)
- [Being a Beginner In the Garden](#)
- [13 Gardening Books on My To Be Read Shelf](#)