

Victory Gardens

Whether it is called a Victory Garden or a simple personal garden by the house, the abundance of fresh vegetables and fruit grown and harvested easily nearby is always welcome. With a few large pots or a set aside area of ground, it is possible to create a source of both food and peaceful pleasure year round. Here I have resources which are in the Sonoma and Napa Valley and online. Young vegetable starts, seeds and soil can be ordered and picked up or shipped to your doorstep. With the added beauty of birds and flowers this recurring symbol of vitality and health, the Victory Garden, is truly a timeless concept. I would like also to share a few pieces of inspiring art which are evoke the feeling of outdoors. As always, wishing you many moments of ease and happiness as you experience the Art of Leisure.

As Expressed by Two International Artists Today:

- Maubybaum Gallery, Christina Maybaum www.maybaumgallery.com
 - ◆ Left: Artist, Rebekah Callaghan Mellow Swell
 - ◆ Middle: Artist, Foat Satterfield Garden Path
 - ◆ Right: Artist, Rebekah Callaghan Ruby Frost



Young Plants, Soil and Seeds

- Freidman's Home Improvement www.freidmanshome.com
- The Home Depot www.homedepot.com
- Cottage Gardens of Petaluma www.cottagegardensofpet.com
- Harmony Farm Supply www.harmonyfarm.com
- Forni Farm & Nursery www.fornifarm.com

Seeds Online-

- Johnny's Selected Seed www.johnnyseeds.com

Nutrient Boosters:

- Sure Start, organic www.ebstone.org
- Down to Earth www.downtoearthfertilizer.com

Tips

- High microbial soil helps to improve root efficiency and encourage nutrient uptake
- Water often when plants are young and seeds are germinating
- Follow guidelines for sun exposure when considering location

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Art of Leisure