



# GARDENING FOR PLANT & SOUL

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# THE BASICS



Hey, I'm Connie, and I love growing flowers and food!

I've been gardening long enough to know what it takes to grow a fabulous garden, and this guide contains the nuts and bolts of everything you need to know to create your own thriving space. I'll show you exactly how I do it—from preparing the soil to daily upkeep and troubleshooting—so you can grow a vibrant, productive, and flourishing garden too!

I learned to garden from my dad—he was a pro, and people always told him he should write a book.

After he passed, I found some of his handwritten notes, and I'll be sharing some of his wisdom and tried-and-true methods with you here.

A thriving garden doesn't happen by accident—it starts with healthy, nutrient-dense soil.

- Before you plant, make sure your soil is rich and well-balanced.
- Loamy, fertile soil is one of the most vital elements for strong, healthy growth.
- With the right soil, care, and attention, you can create a lush, abundant garden that provides beauty and nourishment.

Once your soil is up to par, you'll need to water, fertilize, and prune on a regular basis, and take care of problems as they present themselves.

Maintaining a flourishing garden requires:

- Consistent watering and fertilizing to nourish your plants
- Pruning overgrown areas to encourage healthy development
- Addressing issues as they arise to keep plants strong and resilient
- Providing plenty of attention and love, because plants thrive when they're cared for

Once a garden is set up properly, it's actually pretty simple to maintain it. Which totally works for me because I love to garden, but I don't like garden "work".

I do it the fun and easy way and I'm excited to teach you my tricks!

# SOIL



My dad always said the first thing you need to do when you want to plant a garden, is build your soil. He said soil is a life source for plants and if you want your plants to do well, you'll need to replenish your soil every year. When I was a kid he'd bring home truckloads of well-rotted manure and spread it over his garden in the fall to naturally build and fertilize the soil.

We didn't throw kitchen scraps away at my house. Dad taught us to put our fruit and veggie scraps, along with grass clippings and raked up leaves etc. into a designated compost heap so they could break down and be added to the garden. I was a good learner. Now I can't throw kitchen scraps away, and a compost pile is an essential part of my own backyard.

Good garden soil is rich, loamy, and full of nutrients, and you can easily improve existing garden beds by adding generous amounts of organic matter and soil boosters, such as:

- Vermiculite – Helps retain moisture and improves aeration
- Peat moss – Adds structure and retains nutrients
- Well-rotted manure – Provides essential nutrients for plant growth



My dad taught me that healthy soil is the foundation of a successful garden. He always said, "Take care of the soil, and the soil will take care of your plants."

If your soil contains a lot of clay, adding a little sand and tilling or shoveling it in can help loosen it up. However, sand should only be added if absolutely necessary—too much can create hard, compacted soil that doesn't retain moisture well.

My Favorite Ways to Enrich Soil Naturally:

- Steer manure – A fantastic, nitrogen-rich amendment that boosts soil fertility.
- Homemade compost – A nutrient powerhouse that feeds the soil organically and sustainably.

This is my compost pile, and as you can see, it's not fancy—but it works!

My Composting Process:

- When the pile starts getting full, I tie a pallet to the front to keep everything contained.
- In the spring, I remove the pallet and shovel the rich, decomposed compost onto my garden beds.

I add a variety of organic materials to my compost pile, including:

- Plant-based kitchen scraps
- Yard debris (leaves, small branches, etc.)
- Plant clippings (like marigolds pulled from my garden)
- Grass clippings
- Worn-out soil
- Chicken droppings

My compost pile really took off after I got 18 chickens. Here's why:

- When I clean the coop, I lay down about seven inches of wood shavings.
- Over time, the chickens do their thing and naturally fertilize the bedding.
- When I clean the coop again, I shovel out the soiled shavings and add them to my compost pile.
- I soak the pile with water and let the hot sun cook it.
- Chicken droppings heat up the compost, breaking everything down faster and more effectively.

A healthy compost pile is one of the best ways to create nutrient-dense soil for a productive, vibrant garden. With rich compost and natural amendments, my soil thrives year after year—and yours can too!

# PLANTING

Once you've got your soil right, it's time to think about what to plant. Most of the seeds sold in stores today have been manipulated so they can't reproduce themselves. This means that if you save the seeds, they won't grow true to the original plant—which isn't ideal for long-term sustainability or health.

## Why Choose Heirloom & Non-Hybrid Seeds?

- Heirloom seeds are naturally reproducible, meaning you can save seeds from your best plants and replant them year after year.
- Non-hybrid seeds maintain their original genetic integrity, producing nutrient-rich, high-quality food.
- They may cost more upfront, and you may have to go out of your way to find them, but in the long run, they save money and provide better food security.



## How to Get & Save Heirloom Seeds:

- Search online for reputable heirloom seed suppliers.
- Buy from local growers whenever possible to get seeds adapted to your climate.
- Save seeds from your healthiest and most productive plants, dry them properly, and store them for next season.
- By choosing heirloom and non-hybrid seeds, you can create a self-sustaining garden that provides high-quality, naturally grown food year after year.





# PLANT BY THE MOON

Planting by the moon's cycles is an age-old practice that has been used for generations to increase crop size and improve flavor. My dad swore by it, and these days, it's known as lunar gardening—a method based on the moon's gravitational pull and its effect on moisture levels in soil and plants.



According to Ed Hume, publisher of the Garden Almanac, many gardeners still swear by moon gardening and won't plant anything unless the moon sign is favorable.

If you'd like to experiment with planting by the moon but don't want to make it too complicated, follow this simple rule of thumb:

- When the moon is waning (decreasing in size), plant root crops—things that grow below the ground (carrots, beets, potatoes, onions).
- When the moon is waxing (increasing in size), plant leafy greens, fruits, and vegetables that grow above the ground (lettuce, tomatoes, beans, peppers).

If you want a more detailed guide, Ed Hume's Garden Almanac provides a month-by-month moon sign gardening calendar with:

- Best times for planting seeds, pruning, and fertilizing
- Optimal dates for watering, composting, and harvesting
- Guidance for both indoor and outdoor plants

You can find Ed Hume's Garden Almanac at [www.humeseeds.com](http://www.humeseeds.com) and start using the natural rhythms of the moon to boost your garden's productivity!

# PLANT FOOD



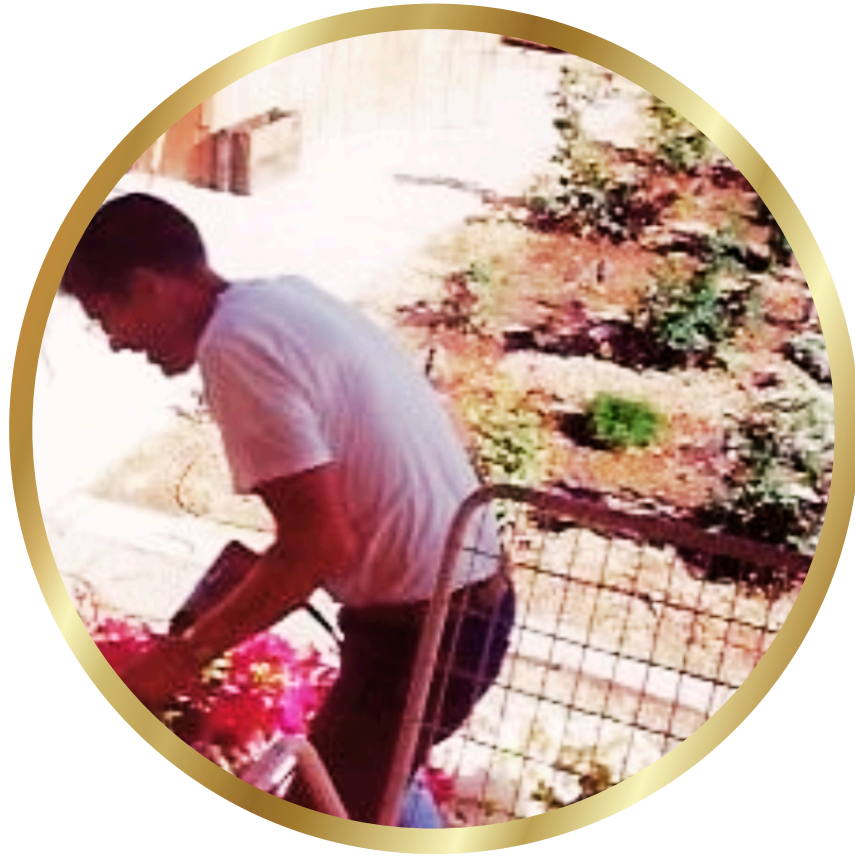
Just like people, plants need food to thrive. Regular feeding with the right nutrients helps them grow strong, produce abundant crops, and resist disease.

There are plenty of commercial fertilizers available, but I prefer natural methods that build long-term soil health.

- In fall, I work a generous amount of steer manure into my garden beds so nutrients seep into the soil throughout winter.
- In spring, I spread compost over my garden beds to give plants a nutrient-rich start.
- Throughout summer, I fertilize every couple of weeks, alternating between:
  - Granular fertilizer spread around plants.
  - A nutrient-dense spray applied to foliage for quick absorption.

I also spread grass clippings around my plants, which:

- Add nitrogen to the soil.
- Help retain moisture and suppress weeds.



In the summer, I'd often wake up to the sound of my dad hoeing near my window before he went to work.

He thrived on working in the yard, and his vegetable garden was always a sight to behold—his produce was extra large, incredibly tasty, and his entire garden was thriving. He swore by his home-mixed fertilizer:

#### Al's Fertilizer Recipe

- 1 lb. magnesium sulfate (Epsom salts)
- 6 lb. COMPOUND fertilizer (16-16-8 or 16-16-16) – Available at garden centers
- 1 level tsp. boron (borax)

#### How to Use:

- Mix well in a five-gallon bucket.
- Sprinkle in a fine line along garden rows to provide an extra boost to your vegetables.
- Store in a dry place with a lid to keep it fresh.
- Fertilize twice a month for best results.

I've made my dad's fertilizer, and I can confirm—it works! It's a fantastic way to give your plants a nutrient boost and encourage a healthy, productive garden.

To make this fertilizer even more beneficial, I like to add doTERRA essential oils before spreading it.

- I mix about 20 drops of tea tree oil into three cups of fertilizer before applying it to my garden.
- Why? Tea tree oil helps discourage harmful pests, while also supporting plant health and strengthening growth.

This simple addition makes a big difference, helping plants thrive naturally while keeping unwanted insects at bay!

Did you Know that essential oils can boost your garden naturally?!

Many essential oils repel pests, support plant health, and enhance growth—without the need for harmful chemicals. Just to name a few:

- Peppermint & Spearmint Oil – Deters ants, aphids, and spiders.
- Tea Tree Oil – Protects plants from fungal infections and pests.
- Lavender Oil – Attracts pollinators while repelling moths and mosquitoes.
- Orange & Lemon Oil – Discourages slugs and other soft-bodied pests.
- Basil Oil – Enhances plant growth and repels flies and beetles.

Adding a few drops of essential oil to watering cans, compost, or homemade garden sprays can help create a healthier, more vibrant garden—naturally!



# WATER

Plants need consistent watering during the growing season, so unless you're up for hand-watering daily, having a reliable watering system is essential.

If you don't have an automatic sprinkler system, there are several easy options:

- Use a watering timer on an outdoor faucet and connect it to a drip or soaker hose that runs through your garden.
- Soaker hoses and drip systems are the most effective watering methods because:
  - They deliver water directly to the soil and roots.
  - They prevent mildew and pests, which can occur when leaves get wet from sprinklers.

The best time to water is early morning, before the sun comes out, to reduce evaporation and ensure plants stay hydrated throughout the day.

Vegetables have high water content and need consistent moisture to grow properly.

Signs Your Garden Needs More Water:

- Leaves look dull, limp, or droopy.
- The soil is dry when you touch it.

Signs of Overwatering:

- Leaves wilt even when the soil is wet.
- Yellowing leaves or spots appear.
- Leaves drop off unexpectedly.
- The soil turns green, indicating excess moisture.

To check for overwatering, poke your finger into the soil near your plants:

- If it's very damp, you're overwatering and need to cut back.
- If the soil is dry in hot weather, water deeply but avoid excess moisture buildup.

By maintaining the right balance, you'll help your garden flourish with strong, healthy plants all season long!

## MY DAD'S WATER-WISE SYSTEM

My dad came up with a brilliant watering system for his vegetable garden—one he proudly said “worked like a charm.” His garden was the talk of the small town he lived in, and he was well known for helping friends and neighbors set up their own watering systems.

In his own words (and drawings), here's my dad's water-wise plan:

"Over the years, I have tried many different ways to water. At first, I would make rows, plant seeds along the sides, and let the water run down the row. This is how most people water their garden. It works OK, but you have to be there to watch the water."

"I then tried the sprinkler method, but I found that some vegetables didn't do as well. The problem with both of these methods was that they both used lots of water."

"Living in an area where water is scarce and expensive, I decided to try something different."

"I bought a roll of ¾-inch funny pipe and all the fittings I needed to set up my garden. By this time, I had a large garden, so I rolled a length across the top of my garden and another length down each row. I put it together with slip T's, then laid wire anchors to hold it down."

"I punched holes every so far and put an emitter on each row for water distribution. I used this method for three years, but I just wasn't happy with it."

"One day, while visiting a friend, he showed me his new watering system. He was using ½-inch PVC pipe in a setup similar to mine, but I liked the way it worked better. I was excited to try it in my own garden—but with some minor changes."

"PVC comes in two sizes:

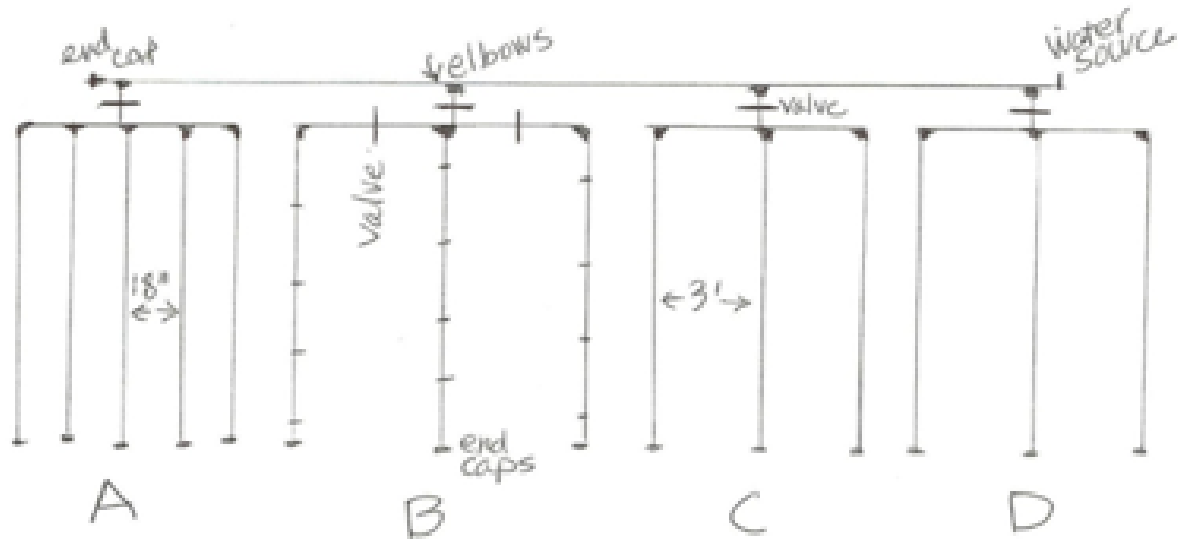
- 200-gauge – Thinner and less expensive
- 40-gauge – Thicker, more durable, and a little more expensive

"Both work, but I recommend the 40-gauge PVC because it will last longer and hold up better over time."

"I have a main feeder line that I glue together with PVC glue. Then, according to the amount of water pressure available, I've found that you need to decide how many runs you can have and how many lines you can have off of them. If you have eighty or ninety pounds of water pressure, you can run seven lines easily. Most cities have about that much water pressure."

"You want to make sure the pressure is even so there is as much water coming out of the end of the pipe as there is at the beginning. I set my whole garden up by tilling and fertilizing it, and then I lay the pipe over it before I plant. It's best to have your garden as level as possible. That way, the water will equalize itself in the pipes and be distributed evenly."

"I use PVC glue and glue everything together (all the elbows and T's and pipes) except the pipes that run along the rows and have holes in them (they fit into the T's). You have to be able to clean your pipes out if they get debris that may come in the water. Putting a filter in your main pipe is a good idea, especially if you're using gray water. You can buy inexpensive plastic valves at hardware stores for about five bucks, versus ten to fifteen for metal."



"The length of my pipes is twenty feet, but you can adjust them for the size of garden that you have. My garden is 34 feet wide by 20 feet long, and I have a path that runs down the middle of it. I have laid my framework out to evenly fit my area."

Section A – 18 Inches Apart (For Small Vegetables & Herbs)

"The pipes in Section A are placed 18 inches apart, and they have a 1/16" hole drilled in them every 8 inches. In this section, I plant things such as carrots, beets, peas, onions, spinach, Swiss chard, lettuce, and basil."

Section B – 3 Feet Apart (For Tomatoes)

"The pipes in Section B are three feet apart, and they have 3/32" holes drilled 3 ½ feet apart, and the holes are staggered. I plant only tomatoes in this section, and I plant a tomato by each hole."

Sections C & D – 3 Feet Apart (For Larger Crops)

"The pipes in Sections C and D are placed three feet apart, and they have a 1/16" hole drilled in them every 8 inches. Things I plant in this section are potatoes, corn, summer and zucchini squash, cucumbers, and peppers, etc., and I plant them 36 inches apart."

"In the fall, after I've harvested and cleaned up the garden, I snap the pipes that have holes in them off of the main pipe and then stack all the pipes against a fence for the winter. The main advantage of watering this way is it is much easier and saves about 80% of water."





My dad's PVC watering system was:

- More water-efficient than traditional row irrigation
- Better for plant health than sprinklers
- Stronger and more reliable than funny pipe
- Easy to maintain and long-lasting

His simple but effective system helped him grow huge, healthy vegetables with less water and effort—and it worked so well that people in town came to him for advice on setting up their own gardens.

My dad wasn't just a gardener—he was a problem solver, a teacher, and an innovator. His love for growing food and his commitment to finding better ways to do things have stuck with me, and I use his methods in my own garden today.

If you're looking for a more efficient, water-wise way to irrigate your garden, my dad's PVC pipe system is worth trying!



# SUNSHINE

The location of your garden is paramount because sunlight is critical for plant growth, especially in areas with short growing seasons.

How Much Sun Plants Need:

- Most vegetables thrive in full sun, requiring 6 to 8 hours of direct sunlight per day.
- Leafy greens like lettuce and spinach prefer cooler temperatures and can tolerate partial shade.
- When selecting a garden spot, consider how the sun moves throughout the season to ensure your plants get the light they need all summer long.

Be mindful of growing trees—they may seem small at first, but over time, they can create too much shade, stunting plant growth. When I moved into my house, I planted a couple of trees, thinking they wouldn't be a problem. They grew much faster and larger than I expected, and I had to trim them several times to allow enough sunlight for my garden.

While enough sun is essential, too much harsh sun can be very hard on plants. If your plants are struggling from a heat wave, try using a shade cloth to protect them. Make sure there's enough airflow—you don't want to trap heat and suffocate the plants.

A well-placed garden will ensure optimal plant growth and higher yields. By planning ahead and choosing a spot with the right balance of sunlight and airflow, you set yourself up for a thriving, productive garden!



# ESSENTIAL OILS



I use essential oils to ward off destructive pests in my garden, and I love how safe, easy, and effective they are!

- No more stinky, poisonous chemicals that made my skin itch.
- No more headaches from spraying toxic pesticides.
- No more worrying about harmful effects on my health or my produce.

I MUCH PREFER USING OILS! They are a superior and completely natural way to protect plants. It only takes a minute to mix up a bottle of safe, all-natural bug spray, and then it's fast and easy to keep garden pests away! Here's my go-to spray:

## Basic Bug Spray for Plants

- 8 drops rosemary essential oil
- 11 drops peppermint essential oil
- 16 drops thyme essential oil
- 11 drops clove essential oil
- 1 squirt liquid soap

1. Add essential oils and soap to a large spray bottle filled with water.
2. Shake well before each use.
3. Spray plants 3-4 times a week for ongoing protection.

This simple, chemical-free solution works for both indoor and outdoor plants, keeping pests at bay without harming your garden or your health!



# PROTECTION

Plants and soil greatly benefit from protection, so after I've planted my garden, I mulch around the plants with 4-5 inches of grass clippings.

Organic grass clippings are incredible for soil health because they:

- Prevent moisture loss by keeping the soil from drying out.
- Reduce nutrient leaching, helping plants retain essential minerals.
- Break down naturally, enriching and building the soil with nitrogen and other vital nutrients.

I marvel at how often I see big bags of grass clippings sitting by the curb, waiting to be hauled off to the dump. That's garden gold! I would never throw out grass clippings because I know how valuable they are for my soil.

There are other ways to protect and enrich garden beds, but I prefer grass because:

- It's free—no cost, no waste.
- It works better than anything else I've tried.

If you're not already using grass clippings as mulch, I highly recommend it—it's one of the easiest ways to nurture your garden naturally!

Plants need protection from harsh elements, pests, and predators. If you've ever had a varmint wipe out a crop, you know what I'm talking about.

- The best way to keep out large animals like deer is to install a tall fence.
- If you have problems with smaller animals like raccoons or skunks, you'll need to get more creative.
- Raccoons are clever climbers and can easily scale most fences, but electric fencing can help deter them.
- Skunks are diggers, which makes them a challenge to keep out.
  - I solved this problem by stacking heavy bricks along my fences.
  - The skunks that were sneaking into my backyard stopped trying once it became too difficult.

Many animals hate the scent of strong urine, and while I personally think this is gross, a lot of gardeners swear by it.

- Some people pour wide streams of fermented urine around their garden as a natural deterrent.
- I haven't been desperate enough to try it—but if I had a raccoon problem I couldn't control, I probably would.
- A more practical option? I'd ask my grandsons to pee around the garden—
  - They'd probably think it was fun, and let's be honest—it's a lot easier!
- To strengthen the scent, some gardeners let urine sit in a jar or milk jug for five days before using it.

Keeping persistent pests out of your garden sometimes requires creativity, but with the right methods—from fencing solutions to natural deterrents—you can protect your plants and keep unwanted visitors at bay!



# LOVE

As a kid, I loved following my dad around and asking him endless questions. I remember him telling me, “Plants can feel when you love them, and it makes them grow better.”

Over the years, I’ve witnessed this firsthand—again and again. I truly believe that when you love the process of gardening, it creates miracles and invites in grace and forgiveness to compensate for honest mistakes. That’s exactly how it has happened for me!

My dad taught me that gardens that are loved FEEL GOOD. They are more alive, more abundant, and more enjoyable than neglected gardens. And he was so right—everything thrives when it’s loved!

I take after my dad in many ways:

- I have a natural ability to create beautiful, fruitful gardens.
- I have loved every garden I’ve grown and have always been a good plant mama.
- It’s something that comes naturally to me—a gift I love sharing with others.



My dad and his twin brother, Elden, were the youngest of nine children. Their family farm was typical for the area—

- They grew alfalfa hay, grain, and corn.
- They raised the usual farm animals.
- And, of course, they had a large garden.

When my dad was about ten, my grandpa decided he and Elden were old enough to help weed the garden.

At first, my dad said the rows felt endless—forty feet long and stretching on forever. But then, he started noticing something magical:

- The rows looked so nice after they were weeded.
- The next day, he was sure the plants had grown an inch!

That's when it clicked for him—he realized that weeds and unwanted grasses were stealing nutrients from the vegetables. After that, weeding became easier because he understood that pulling weeds was actually feeding the plants.

From that moment on, he never minded weeding nearly as much.





I adored my dad. Unlike me, he was a ducks-in-a-row kind of guy and a really hard worker. Everyone loved him and his garden was the talk of the town. In his later years my dad was in a lot of pain. Still, he kept it going and gardened until the end. Here's to my dad and the beautiful mark he left on the world!

Each spring, my grandpa and his boys prepared the garden plot by spreading a thin layer of manure over the soil and tilling it in. As they worked, my dad realized he loved the smell of fresh soil being turned over but hated stepping on it and messing it up. He began to appreciate the beauty and magic of small seeds sprouting and growing into tasty vegetables.

He learned that raising a successful garden required effort—it took weeding, cultivating, proper moisture, and plenty of sunshine. As a boy, my dad discovered that working in the garden made him feel connected to the earth, and he loved the way that made him feel.

Throughout the summer, my dad's family enjoyed eating all those wonderful fresh vegetables every day, and his mother filled the freezer and jars with food from the garden. They also had a root cellar, where they stored potatoes, carrots, and onions for winter use.

My grandparents grew up in a time when everything they ate came from what they raised, so they understood the value of growing and storing food. After my dad left home, he discovered that you could buy food from the grocery store, but it never tasted as good as what you could grow yourself. So each summer, he planted vegetables anywhere he could find a plot of ground.

When I was eight, my parents bought a home on three-quarters of an acre, and my dad was in heaven. He immediately set to work planting a large garden, as well as berries and fruit trees. And, of course, my sister, brother, and I were assigned jobs. Every morning, we had to weed the rows, and later, when the garden was overflowing with produce, we picked it and helped my mom preserve it.

Dad also routinely sent us off with wagons full of garden produce to deliver to our elderly neighbors.

My dad learned well from his father the importance of teaching kids to work in the garden, and I've always been grateful for that lesson.

My mom was a hard worker too, but she didn't love gardening like my dad did. She preferred planting flowers to vegetables, but since flowers didn't put food on the table, she spent most of her time helping in the vegetable garden. She made sure we worked alongside her and that we learned how to properly pick and can food—a skill I'm grateful for to this day.



This is my family before my youngest brother was born. I'm the one in front, and we were a self-reliant crew who grew and stored most of what we ate. My parents raised us the way they were raised—for my mom, it was out of necessity, but for my dad, it was a true passion. My parents' families wouldn't have survived without a garden.

When my grandma Shurtz (my dad's mom) was little, her family moved to Escalante, Utah. At the time, there were no roads going through Escalante, so getting anything from outside their small community was a big deal.

Because of this, my grandma learned early on how to survive and thrive off the land.

After she married my grandpa, he got a job managing a ranch near Delta, Utah. It was during the Great Depression, when jobs were scarce and money was tight. Grandma was responsible for feeding the ranch hands, and because she was already a pro at growing food, raising chickens, and stretching every dollar, she was able to put most of that money away.

Back then, she planted seeds saved from earlier harvests, which meant the cost of growing food was practically nothing—and yet, they always ate well.

My dad always remembered those times fondly. He used to say: "Growing up in a family who grew their own food, you didn't really know how much better that food is."

And he was right.

There's something deeply satisfying and nourishing about food grown with your own hands, in your own soil. It's a legacy of self-reliance and abundance that has been passed down in my family for generations.

My parents agreed on teaching us how to work, but when it came to how a garden should look, they had very different opinions.

- My dad liked straight rows and clean edges, with plenty of wood-chipped space between plants.
- My mom loved big masses of flowers and perennials, plants that spread freely—often over my dad's straight lines.

I loved watching my parents compromise and find ways to make their differences work.

- They agreed that my dad could do whatever he wanted in the vegetable garden and front yard.
- My mom got full control of the backyard, where she could let her flowers and perennials take over.

Of course, that didn't mean their friendly garden debate ever really ended.

When my mom's sprawling plants started creeping into dad's territory, he would threaten to pull them out.

- My mom would firmly remind him that they were in her part of the yard and tell him to "please leave them alone."
- Then she'd add, "You're welcome to go sit in the front yard and enjoy your sparse landscape."

But she always laughed when she said it—because whenever my dad wanted to relax and enjoy the outdoors, he never sat in his structured front yard. It was always my mom's 'messy' garden that he gravitated toward.

Now that both my parents are gone, I miss them and their funny bickering over how to tend the yard.

Recently, I was going through a stack of old papers and found a handwritten letter from my dad. This is what it said:

Dear Connie,

I am sitting out by the pond, enjoying it while I write to you. It's dry around here, we haven't had any rain to speak of this past month. It sounds like most of this country is also dry, BUT inside this fenced yard of ours, it is green and beautiful.

The garden looks as good as last year, except the cantaloupe and watermelon, and they actually look a lot better than they did last year! Our eggplant is also better.

I said I should take a picture of it and send it to you, and your mother said:

"Why? It looks just like last year's, and she already has a picture of that."

Haha! That was my dad!

And my mom!

They were a pair, and they proved that when you teach your children to love gardening, you leave behind a beautiful and valuable legacy—one that continues on for generations.

Thank you, Mom and Dad!



After my dad's health started failing, my parents sold their home and moved into a retirement community. My dad's one stipulation was that he needed enough of a piece of ground to grow a garden in. Here he is in his beloved little outdoor spot. He enjoyed gardening to the end.



In the summer, it was normal for my dad to fill a bag with garden tomatoes, squash, and cucumbers and send them home with visitors. Everyone liked my dad, and I'm sure you would've too.

I learned the basics of gardening from him, but over time, I put my own spin on it—which is exactly how gardening should be. It's a learning process that grows the gardener as much as the garden itself.

I don't like to "work" in the garden the way my dad did, but I do love plants, gardening, and the beauty of riotous flowers—just like my mom.

Like my parents, I have a natural gift for creating beautiful and fruitful gardens. Loving and appreciating plants comes naturally to me, and I truly believe: Life is what you make it, and it feels better when you love up your plants and make them flourish. It's a simple thing, but it's oh so rewarding!

I love plants, I love life, and I am intentionally creating a life that flourishes—not just in the garden, but in every way possible. I'm all for loving up life and growing abundantly wherever I can, and I'd love for you to join me on this journey!

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My book, *Soul Full Garden*, will teach you my favorite tricks and techniques to help you grow a garden that flourishes. You can find it on my website: [www.connieboucher.com](http://www.connieboucher.com).

Sending you and your plants ALL THE LOVE!

Sincerely, Connie







GOD ALMIGHTY  
FIRST PLANTED A GARDEN. AND  
INDEED, IT IS THE PUREST OF  
HUMAN PLEASURES.

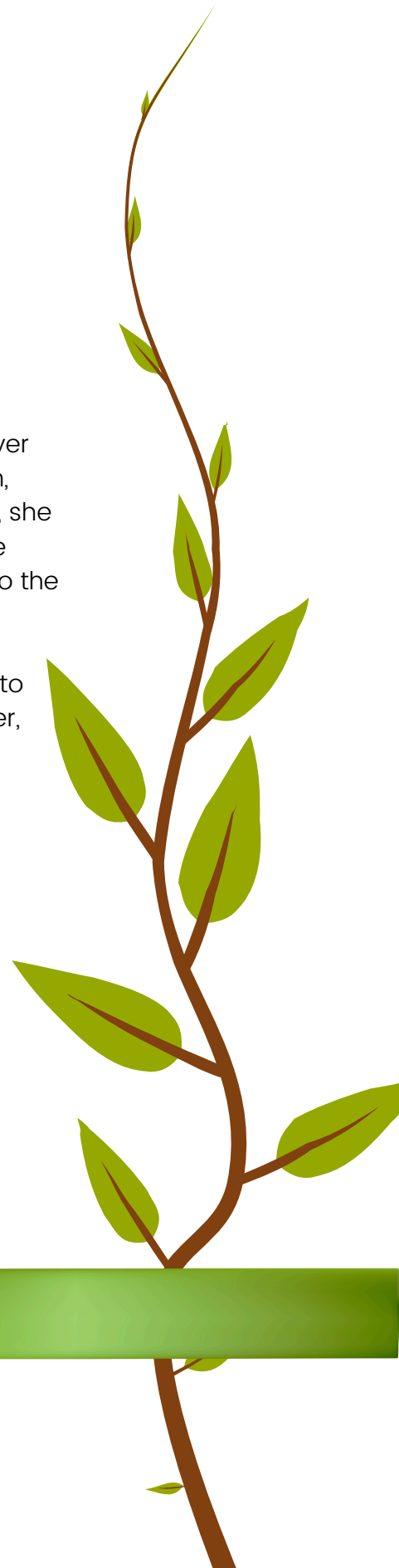
FRANCIS BACON



Connie Boucher (pronounced like touché) brings over three decades of experience as a healer. As a mom, massage therapist, wellness consultant, and author, she has mastered the art of living well and is passionate about sharing simple, practical ways for others to do the same.

With a mission to empower, Connie inspires people to embrace their limitless potential and create healthier, happier, more fulfilling, and abundant lives!

CONNIE BOUCHER BOOKS a  
Wellness Made Simple  
Chakra Wellness Made Simple  
Chicken Keeping Made Simple  
Hope & Passion on a Cracked Platter  
Soul Full Garden  
Shining Inside Out  
Lemon Pie Possibilities  
Pink Chain Link Fence  
Rise Up  
White Elephant  
Blue Ribbon





# LET'S STAY IN TOUCH

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