

# GARDENING

## FOR NORTHWEST FL YOGIS



USDA Hardiness Zones 8a and 8b

AS WE CARVE OUT A MOMENT TO JUMPSTART THIS YEAR'S GARDEN PLAN, IT'S A BEAUTIFUL TIME FOR TAKING STOCK OF WHAT CURRENTLY IS AND CHANNELING OUR ENERGIES INTO MANIFESTING A PLAN FOR THE HERBAL ABUNDANCE WE SEEK THIS SEASON.

IF THE IDEA OF GARDENING ALONGSIDE ME THIS YEAR SPARKS JOY IN YOU, LET'S EMBRACE THIS OPPORTUNITY TO GROW TOGETHER, BOTH IN OUR GARDENS AND OUR PERSONAL PRACTICES, UNDER THE NURTURING GLOW OF THE MOON.



**As I prepare the earth, I invite the serene energies of the universe to infuse this sacred space. With each seed I sow, I plant intentions of growth, vitality, and harmony, mirroring the abundance of nature itself.**

May the soil be enriched with the essence of life, nurturing these seeds with the warmth of the sun, the strength of the rain, and the breath of the wind. Let this garden be a sanctuary for all beings, a testament to the cycle of renewal and the beauty of starting anew.

In this moment of quiet connection, I give thanks for the blessings of the earth and the endless possibilities that lie within the smallest of seeds. May my actions reflect the peace and balance of nature, contributing to a world flourishing in unity and love.

Bless this garden, and in turn, may it bless us with its bounty, beauty, and the profound reminder of life's ever-unfolding miracle.

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# Spring Garden Shopping List

with Maegan

## VEGETABLES

### EARLY MARCH PLANTING

- TOMATOES AND PEPPERS
- CUCUMBERS, SQUASH, AND ZUCCHINI
- LEAFY GREENS (LETTUCE, SPINACH, KALE)
- ROOT VEGETABLES (CARROTS, BEETS, RADISHES)

## HERBS

HERBS ARE A GREAT ADDITION TO YOUR GARDEN, AND MANY CAN BE PLANTED IN EARLY MARCH:

- BASIL
- CILANTRO
- DILL
- PARSLEY
- PERENNIAL HERBS (ROSEMARY, THYME, OREGANO, MINT)

## FLOWERS

ADDING FLOWERS TO YOUR GARDEN CAN ATTRACT POLLINATORS, WHICH ARE BENEFICIAL FOR YOUR VEGETABLES AND HERBS:

- MARIGOLDS, ZINNIAS, AND SUNFLOWERS
- NASTURTIUMS

## GARDEN PLACEMENT FOR EFFICIENCY

SUNLIGHT

WATER ACCESS

SOIL QUALITY

COMPANION PLANTING

REMEMBER TO KEEP TRACK OF THE SPECIFIC NEEDS OF EACH PLANT REGARDING SPACING, WATERING, AND FERTILIZING TO ENSURE A HEALTHY AND PRODUCTIVE GARDEN. STARTING WITH A WELL-PLANNED GARDEN LAYOUT THAT CONSIDERS THE SUN'S PATH, WATER ACCESS, AND PLANT COMPATIBILITIES CAN LEAD TO A SUCCESSFUL GROWING SEASON.

# YOGA & GARDENING SCHEDULE

Integrate yoga practice into your gardening schedule, using the peaceful environment of your garden to enhance your yoga experience and vice versa.

## MATERIALS NEEDED:

- YOGA MAT
- GARDENING AND YOGA SCHEDULE TEMPLATE
- PEN OR PENCIL

## **MORNING RITUAL:**

Begin each gardening day with a short yoga session at dawn in your garden. Focus on poses that awaken the body and mind, preparing you for the day's tasks. Sun Salutation is perfect for this.

## **MIDDAY BREAK:**

Incorporate a brief yoga session or meditation practice around midday, especially on intense gardening days. Choose calming, restorative poses like Child's Pose, Seated Forward Bend, or a simple meditation to recharge.

## **EVENING WIND DOWN:**

Conclude your day with a gentle yoga session during the evening. This session should focus on gratitude, reflecting on the day's work, and relaxing the body. Poses like the Moon Salutation align beautifully with this intent.

## **ALIGNING YOGA WITH GARDENING TASKS:**

- On days focused on planting and physical gardening activities, emphasize strength-building yoga poses.
- On maintenance or less physically demanding days, incorporate

## **BALANCE AND FLEXIBILITY-FOCUSED PRACTICES.**

Use the Full Moon and New Moon as times to deepen your meditation practice within your garden, reflecting on growth, goals, and personal well-being.

## **SCHEDULE TEMPLATE:**

- Divide your calendar into morning, midday, and evening sections.
- Assign specific yoga practices to each time slot, considering your gardening activities and the moon phases.
- Leave space for notes and observations on how your yoga practice and gardening tasks influence each other.



# GARDEN TASKS TIMELINE ALIGNED WITH THE MOON PLANTING CALENDAR

- **Introduction to Moon Phases:**

- New Moon: Ideal for planting leafy greens that grow above ground.
- First Quarter: Best for planting fruits and vegetables that bear seeds inside, like tomatoes, beans, and peppers.
- Full Moon: Perfect for planting root crops, perennials, bulbs, and transplanting because of increased moisture retention.
- Last Quarter: Refrain from planting; focus on maintenance tasks like weeding, pruning, and harvesting.

- **Creating the Timeline:**

- Step 1: Identify the crops you wish to plant and their ideal moon phase for planting.
- Step 2: Using the moon planting calendar, mark the appropriate phases for the current growing season.
- Step 3: Allocate tasks to each phase:
  - **New Moon to First Quarter**
    - Plan and execute planting of above-ground crops.
  - **First Quarter to Full Moon**
    - Plant your fruits and veggies with internal seeds.
  - **Full Moon to Last Quarter**
    - Focus on planting root crops and doing major transplanting.
  - **Last Quarter to New Moon**
    - Concentrate on garden maintenance & preparation for the next cycle.

- **Maintenance and Harvesting:**

- Schedule regular maintenance tasks (weeding, pruning, watering) throughout the month, with special attention during the Last Quarter phase.
- Note the expected maturity dates for your crops and plan a harvesting schedule accordingly, aligning with the moon phases for optimal results.



# Connect & Explore: Yoga in the Garden

Reach Out and Share Your Journey

Your experiences with yoga and gardening are unique and inspiring, and I'd love to hear all about them! Whether you've discovered a new pose that complements your gardening routine, or have stories of how the garden has deepened your yoga practice, your insights are invaluable.

**Get in touch with me directly:**

**Email:** [Meg@LightLoveAndLevity.com](mailto:Meg@LightLoveAndLevity.com)

**Socials:** Don't hesitate to reach out on our social media platforms for real-time updates and community sharing.

**Discover More on Yogic Gardening**

Embark on a journey through our website, where we blend the art of gardening with the essence of yoga to create a sanctuary of peace and growth:

**Garden Therapy** at Light, Love, And Levity: Dive into our dedicated section for tips, stories, and insights on making your garden a place of therapy and spiritual growth.

**The Householder Path:** Discover how to weave yogic principles into the fabric of everyday life, including your gardening practices.

**Essential Resources for the Enlightened Gardener**

Enhance your gardening journey with these hand-picked resources, aligning your practices with the rhythms of nature and the wisdom of the ages:

Let's grow together, nurturing our gardens and our souls in harmony. Looking forward to connecting with you and exploring the serene path of yogic gardening together.

**With light, love, and a sprinkle of levity,**  
Meg

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