

Adding Flowers to Your Vegetable & Herb Garden



with Stacey Murphy



Grow Your Own
Vegetables





Adding Flowers to Your Vegetable & Herb Garden

“Flowers are an amazing way to not only add productivity to your already-thriving vegetable and herb garden, but they also transform that production garden into a work of art, into a place of miracles. That is what flowers are all about, bringing more creativity, bringing more joy, bringing more light into your life. Flowers truly are the food for the soul. By putting them in your garden, you will experience a level of appreciation of nature beyond simply growing your own food.”
- Stacey Murphy

Seven reasons to grow flowers in your vegetable and herb garden:

1. Increase Productivity & Yields

- The production of your garden is connected to how many pollinators you have access to. You want every flower on your plant to turn into delicious food, so you want to attract pollinators!
- The more diversity you can include, the more pollinators you will attract.
- A variety of colors and flower sizes will attract more pollinators.

2. Grow Your Own Fertilizer

- When you're growing nutrient rich food, the number one thing to do is to replenish the soil.
- Compost in place with crops like comfrey: you can simply chop the whole plant down, chop it up into little bits, and leave it on the soil. It delivers nitrogen back into your garden, and it will grow back!

3. Medicine on Demand

- Increase the amount of medicine that you have on demand in your garden with flowers like echinacea, chamomile, and lavender.

4. Increase Biodiversity

- Different beneficial insects are attracted to different plants. Some flowers deter pests!

5. Beauty

- When you have a big, green vegetable garden, these pops of color everywhere add so much beauty to your life.
- Bring the beauty inside by making fresh bouquets!





6. Fragrance

- Fragrance will change your mood.
- Being out in your garden and getting a chance to smell the flowers is a wonderful time!

7. The Great Unknown: Discover curiosity, wonder, awe, and magic in your garden

- Embrace the unknown, and bring home flowers you've never met before.
- In things we're attracted to intuitively, there's always something there for us. There's a lesson for us. It is embracing that great unknown that makes our garden so fun.
- Curiosity and wonder transform a simple, productive garden into a place of miracles.

Flowers that vegetable gardeners love:

Medicinal

- Make teas, tinctures, infusions, body products, and more!
- Chamomile, echinacea, lavender, calendula, valerian, yarrow, rose, and more

Fertility

- Grow your own compost and fix nitrogen in your soil.
- Comfrey, clover, lupines, phacelia, and more

Beauty

- Wonderfully beneficial in your garden, and they can create really beautiful bouquets for you!
- Zinnia, cosmos, celosia, strawflower, bachelor's buttons, and more

Five important considerations for choosing which flowers to grow:

1. What kind of ecosystem are you nurturing?

- What are the right flowers that will draw in the right players in this puzzle that you're creating?
- Call in the right pollinators for the plants that need pollination.

2. What kind of medicine does your body want?

- Flower bouquets are food for your soul.
- When you're looking at flowers you feel called to, trust that.





3. How much space do you have?

- There are so many ways to add flowers to your garden even if you don't have much space:
 - Understand the size of the flowers you're planting and how long they'll be there (perennial vs. annual). How big are these going to get, and where can I put them?
 - Plant along the edge of beds so they spill over the side (try nasturtiums!).
 - Interplant annual flowers with vegetable crops.
 - Have something tall shade out smaller plants that are more delicate.
 - Undercrop: use flowers like clover as a bed underneath everything (great for soil, too).
 - Try chaos gardening! *"If you like a little chaos, put anything wherever you want. It will be beautiful, it will be fun, and you never know what will happen. That is very beneficial in terms of biodiversity because you've got a little bit of everything all over the place, and that is a habitat for a lot of health."* -Stacey

4. Perennial or Annual?

- **Perennials:** pay attention to how big they are and where they're placed so that you can have a crop plan that's easy to rotate.
- **Annals:** can just be mixed in with all of your other vegetables and herbs because it's going to get ripped out by the end of the year anyway.

5. Does this flower spark JOY?

- Love the color, smell, shape? Trust that. Go for it.
- *"The more joy we can bring into the garden, the more time we want to spend there, which means the more food we will grow, which means the more health we will enjoy, the more vitality. And really, what joy is all about is it will spark more creativity in your life and innovation in your life."* -Stacey

Critical mistake to avoid: mismatched expectations!

- Know if your plant is "cut and come again" or a single, so you know what kind of yield to expect.
- Cut and come again: when you cut the flower, more come back!
- Single flowers: you may only get one or two flowers per season



Grow Your Own Vegetables

Take Your Garden to the Next Level

It's our mission to support new growers all over the globe create successful vegetable and herb gardens for a happier, healthier YOU, and a greener planet. It's our passion to remove any obstacles standing in your way so you have the opportunity to harvest organic, nutrient dense food for a lifetime of health and wellness.

Do you want to grow delicious, nutrient-rich, organic vegetables and herbs at a fraction of the price of store bought food, but lack the know-how, time, and budget to bring your garden vision to life?

Regardless of the size of your garden space... you've come to the right place. Our self-paced, step-by-step online programs are here to guide you from garden site and design all the way to harvest.

Whether you're just getting started planting your first seeds, in the process of honing your garden skills, or ready to start doubling your vegetable and herb harvests, Grow Your Own Vegetables can help! With done-for-you templates and step-by-step guides with easy explanations, you'll get all the tips and tricks you need so you can get on the fast track to garden success!

Here are a few of our most popular programs:



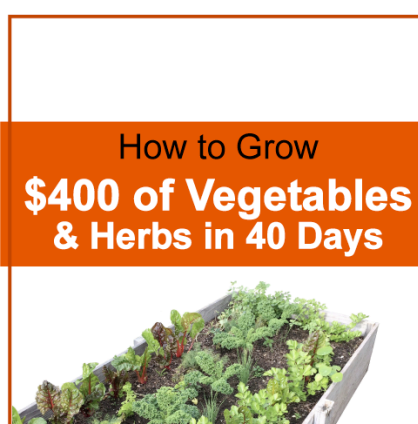
Grow Your Own Vegetables The single most comprehensive online course that takes the mystery out of successful vegetable and herb gardens. Discover how to apply this garden system to your local conditions according to your Garden Personality. Do LESS garden work and get MORE fresh, delicious, organic vegetables and herbs on your table. [Learn more & get started now](https://growyourownvegetables.org/gyov/) <https://growyourownvegetables.org/gyov/>



Crop Planning: Maximize Harvests & Simplify Your Garden With some gardening experience under your belt, you'll start to wonder how to get the most out of your garden. A crop plan is the next level tool to plan your entire growing season and pack in those plants into every nook and cranny. Want a short cut? Grab these templates and adapt them to your local conditions. [Learn more & get started now](https://growyourownvegetables.org/cropplan/) <https://growyourownvegetables.org/cropplan/>



Preserve & Store the Vegetable & Herb Harvest Enjoy every last morsel of seasonal produce... whether it's from your own garden or from the farmers market. Preserved food tastes like a ray of summer sun even on the coldest winter nights. No vegetables left behind! Follow this 7-Step Food Preservation System to cook and preserve everything. [Learn more & get started now](https://growyourownvegetables.org/preserveharvest/) <https://growyourownvegetables.org/preserveharvest/>



Grow \$400 of Vegetables & Herbs in 40 Days Get some fresh, homegrown greens on your dinner table... and FAST! Grow indoors or outdoors. Follow the step-by-step videos and see how much food YOU can bring to your table while spending under an hour each week. [Learn more & get started now](https://growyourownvegetables.org/400in40/) <https://growyourownvegetables.org/400in40/>

Grow Your Own Vegetables

From the Grow Your Own Vegetables Community:

"I grew hundreds of pounds of produce. **Your class has been extremely helpful to me, an amazing value for the money.** I honestly have not had this much progress planning an annual garden before this class, and I can't thank you enough for your clarity, support, and optimism!!!" —Lenna

"Your class was transformational! **I am growing so much more vegetables and have a plan of action.**" — Laura

"I have been so impressed with just how much you guys do for us. Thank you, thank you. I will reach out with any questions." — Barbara








"The biggest impact for me is **having a better sense of confidence that I can grow organic produce successfully,** and also the knowledge that I have a safety net if I have questions or problems in the future as an alumni who still has access to question/answer sessions. At this point, **I feel it was definitely money well spent.**" — Michele

"One of my goals for taking the course was to demystify the start up process. **I genuinely feel I have everything I need to start my garden and harvest an endless supply of food.**" — Kris

"Now I understand why yields were poor in the past: I now know how to find the best space to grow veggies, what to not bother with, and what's easiest for us. It's a far more rewarding experience now! **Saving agony is a highly valuable outcome for us. Money well worth spending!**" — Kei

"Your course format has been outstanding. **The visual aids really helped me understand and use the information.**" — Judy

Meet our Dedicated Team

						
Tami Blodgett Director of Growth & Development	Denise Beins Director of Operations	Crystal Meserole Program & Garden Support	Lauren Groves Accounts & Tech Support	Amy Davis Editor Client Support	Brandon Beins GYOV Culinary Educator	Stacey Murphy Master Garden Trainer

Disclaimers

YIELD: We are never going to tell you growing food is easy – it requires some elbow grease, knowledge, commitment and a smile from mother nature in the form of favorable growing conditions. Grow Your Own Vegetables videos, programs and trainings are intended to help you manage the uncertainties of nature and improve your chances for a successful harvest. But you've got to do the work to get the harvests. Your yields are up to you. We can support by giving great content, direction and strategies that move you forward. We like to believe that everyone can learn to grow food if they are really committed. The truth is that your yield is related to your experience and increases when you stick with it.

FOOD SAFETY: While we share and encourage safety practices, food safety is your personal responsibility, Grow Your Own Vegetables is not responsible for food safety and does not guarantee results.

MEDICAL: This information is not intended or implied to be a substitute for professional medical or dietary advice, diagnosis or treatment. All content, including videos, text, images and supporting materials are for general informational purposes only. We recommend and encourage that you confirm and review any information regarding a medical condition with your physician.