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# Meet Christalle Twomey - Bold Journey Magazine

8–9 minutes

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We're excited to introduce you to the always interesting and insightful Christalle Twomey. We hope you'll enjoy our conversation with Christalle below.

**Christalle, so good to have you with us today. We've always been impressed with folks who have a very clear sense of purpose and so maybe we can jump right in and talk about how you found your purpose?**

Life's complexity often takes us on unexpected journeys, filled with twists and turns we never saw coming. My own path to purpose wasn't a destination on a treasure map but rather a series of unforeseen events that led me to where I am today.

During finals week in my senior year of college, while studying to become a fashion designer, I had a tonic-clonic seizure. Standing up from the dinner table, I suddenly crumpled to the floor, my body limp and my head hitting the hardwood with a force that left a temporary imprint on my forehead. The incident was disorienting and left me with a concussion.

This episode led to a sleep-deprived EEG and a diagnosis of Juvenile Myoclonic Epilepsy (JME), the most common generalized

epilepsy syndrome. For those unfamiliar with epilepsy, it's characterized by misfiring neurons in the brain, akin to a lightning storm. Diagnosed individuals typically have multiple seizures and abnormal EEG activity. With JME, seizures can affect both hemispheres of the brain and are often genetically predisposed. I was prescribed anti-seizure medication and sent home to adapt to a new way of living, which included many adjustments.

However, after two and a half years on medication, I experienced debilitating side effects, uncontrollable anger, and a sense of hopelessness. Then, an unexpected event shifted everything: I was furloughed during the economic downturn of 2009. Working for a small company, I witnessed colleagues and friends being laid off, and eventually, it was my turn. Losing my job also meant losing my insurance and the ability to afford my expensive medication.

Faced with the prohibitive cost of \$475 a month for a pill that made me feel worse than the seizures themselves, I knew I had to find an alternative. My neurologist was uncooperative, prompting me to find a new doctor. This pivotal moment led me to a decision to wean myself off the medication and make significant lifestyle and dietary changes.

Over two and a half years on medication, I had six seizures. Before my diagnosis, I had five seizures over twelve years without medication. This disparity made me believe there was a better way to live seizure-free. For over fifteen years, I have harnessed the medicinal power of food, studied Herbalism, and dedicated myself to growing organic produce. My quest for a better life led me to discover my true purpose: educating people about the benefits of eating fresh, organic produce and fostering homegrown gardens that connect communities.

This journey, marked by adversity and self-discovery, has shaped my entrepreneurial mission. I'm dedicated to promoting health and wellness through sustainable gardening, helping others find their own path to a better, more fulfilling life.







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**Great, so let's take a few minutes and cover your story. What should folks know about you and what you do?**

In 2020, amid the chaos of the pandemic, my husband and I made a bold decision: we purchased an RV, packed everything we could fit into our tiny home on wheels, and journeyed from Austin, TX, to Syracuse, NY, to start a new life. This move, driven by love, left me with no regrets, but it did place me in an unfamiliar landscape with limited opportunities in the fashion industry. The isolation and lack of community, coupled with the ongoing pandemic, led me into a severe depression. I struggled to connect, often finding it difficult to get out of bed.

By 2023, with the help of a wonderful therapist and by attending local events, I began to build a new community. Conversations naturally drifted toward my passion for organic gardening and herbalism. People frequently sought my advice on growing vegetables, using herbs for health, and gardening techniques. One neighbor, noticing my enthusiasm, suggested, "You're always helping everyone with this stuff and you seem to enjoy it. Why not start a business? I'll let you do my garden. I'll be your first customer!" This suggestion resonated deeply with me, and I quickly began to explore the possibilities.

In September 2023, I launched Heartbeet Gardenscapes, initially offering edible gardening services and constructing raised garden beds. However, I soon realized that my true passion lay in the ongoing care of edible gardens and integrating my knowledge of herbalism. This shift allowed me to refine my business focus and align it more closely with my interests.

Today, Heartbeet Gardenscapes offers more than just gardening services. We provide a curated selection of herbal products, including salves, oils, dried herb bundles, and mocktail and garden tending services. Our products are cruelty-free, organic, and made in small batches, ensuring each item is “Cultivated With Love.”

As we approach our one-year anniversary, my vision for Heartbeet Gardenscapes includes expanding our client base to fund a community garden. This space will host free workshops and produce swaps, fostering community engagement and sharing knowledge. While we have achieved significant milestones, this is just the beginning. To follow our journey, find us on Instagram or Facebook @HeartbeetGardenscapes, or visit our website at HeartbeetGardenscapes.com. We are excited to grow alongside our community and continue to cultivate a love for organic gardening and herbalism.







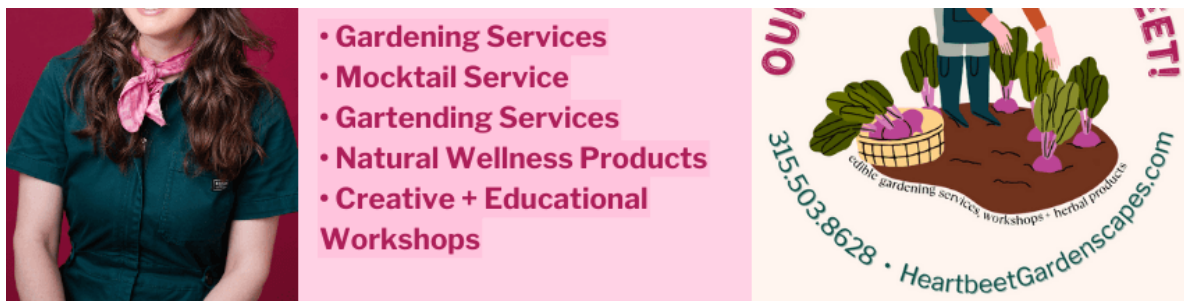


**If you had to pick three qualities that are most important to develop, which three would you say matter most?**

While Heartbeet Gardenscapes is a young venture, my experience in product development, marketing, and project management is extensive. Success in business and life hinges on many skills, but three qualities stand out for any entrepreneur: vision, creativity, and determination. I emphasize determination over perseverance because sometimes you need to recognize when it's time to pivot, start anew, or even retire.

Skills alone aren't enough—life is full of variables. Time, circumstances, community, spirituality, and even luck play roles in sparking creativity and driving expansion. Light the flame of your entrepreneurial spirit and live fully. Your time is now. Don't overthink it—just jump!





**One of our goals is to help like-minded folks with similar goals connect and so before we go we want to ask if you are looking to partner or collab with others – and if so, what would make the ideal collaborator or partner?**

At Heartbeet Gardenscapes, we believe in the power of collaboration and community building. We are always open to opportunities to work with changemakers across diverse platforms, fostering connections that might not otherwise happen. If your



organization is interested in collaborating on a project, please reach out to us at [HeartbeetGardenscapes@gmail.com](mailto:HeartbeetGardenscapes@gmail.com) or call us at 315-503-8628. Let's create something amazing together!

## Contact Info:

- **Website:** <https://heartbeetgardenscapes.com/>
- **Instagram:** <https://www.instagram.com/christalletwomey>
- **Facebook:** <https://www.facebook.com/HeartbeetGardenscapes/>
- **Linkedin:** <https://www.linkedin.com/in/christalletwomey/>
- **Other:** <https://www.instagram.com/heartbeetgardenscapes>

## Our Services



We offer caretaking services for edible gardens.

**What's an edible garden?** We consider an edible garden to consist of vegetables, fruits, and herbs that can be safely consumed by humans.

**How can we help you?** We can help you by lending a helping hand, providing education, creating an experience, or with handmade herbal products.



## Herbal Products

We offer **handmade** herbal oils, salves, bundles, and sachets to support your health and lifestyle needs - created in small batches **using organic ingredients**.



## A La Carte + Membership Services

Our a la carte services allow you to choose **only what you need** and get **exactly what you want**.

While our memberships allow you the time to **live your life** while **we take care of your garden**.

BOOK OUR GARTENDING SERVICE FOR YOUR NEXT EVENT! BOOK OUT!

## Gartending



One part bartender, one part gardener, and all parts fun! Book our new Gartending Service for your next private event to provide a **unique experience** for you and your guests.

## Upcoming Events



Visit our Ticket Tailor page to **learn more about our upcoming events and purchase tickets**. Interested in booking Heartbeet Gardenscapes for your event? Reach out via email or phone!

## Our Mission



Our mission is simple: **To empower and support your inner gardener** through gardening services, workshops, and herbal products and services.

We grow, nurture, and harvest with love.

## Let's Connect!



## \* Reach Out!



**Questions about our products or services?** Interested in collaborating? Reach out! We love building community!



**Monday:** 9-5 PM  
**Tuesday:** 9-5 PM  
**Wednesday:** 9-5 PM  
**Thursday:** 9-5 PM  
**Friday:** 9-5 PM  
**Saturday:** Closed  
**Sunday:** Closed

**315.503.8628**

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## About Christalle \*

Christalle Twomey is a seasoned lead gardener with over fifteen years of cultivating expertise. **Specializing in herbalism and crafting bountiful edible gardenscapes**, Christalle blends intuitive methods with a wealth of experience and



Together, we're cultivating a world where every meal is a testament to the power of community and the joys of homegrown goodness - cultivated with love.

regenerative gardening practices.

**Owner/Operator**

*Community Building*

**We believe in giving back to the community.** We actively partner with changemakers, participate in local initiatives and educational programs, and lead outreach efforts to promote the benefits of homegrown food and sustainable gardening practices.

*"Community is the beautiful bond that connects us, creating a sense of belonging and support."*

**HEARTBEET GARDENSCAPES**  
Edible Gardening Services, Workshops + Herbal Products

YOUR FREE CONSULTATION! SCHEDULE YOUR FREE CONSULTATION! SCHEDULE YOUR FREE CONSULTATION! SCHEDULE YOUR FREE CONSULTATION!

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