

**TITLE:**

**Gardening Matters**

*Cultivating our Relationship with Nature*

What grows in your garden? Brilliant blooms and delicious flavors are only the beginning of the many benefits offered by a healthy landscape. How we garden—what we grow, how we manage resources, and where we focus our attention—matters as well. Tending a garden, no matter how big or how small, puts us in a relationship with nature. What if we learned to collaborate with, not dominate, that wild mix. Even city gardens—perhaps especially those pockets of green in a hot and crowded environment—add beauty to our lives while providing a foothold for nature. These botanical cracks in our urban communities nourish wildlife, sustain pollinators, absorb rainwater, and filter toxic run off. When it comes to tackling environmental challenges, a beautiful landscape can inspire people to do what's best for our planet. That's the power of gardens.

**BIO:**

Author, speaker, and avid gardener/cook, Lorene Edwards Forkner pursues a garden-based life filled with seasonal pleasures, delicious flavors, and creative exploration. A small city garden in Seattle is her canvas for color play and pleasing plant combinations as well as a living workshop for her many projects; she dreams of a backyard harvest large enough to satisfy both the birds and her love of berries.

Lorene is the editor of *Pacific Horticulture*, a quarterly magazine that connects people with the power of gardens on the West Coast and beyond. She is passionate about personality-infused gardens and the beautiful, fruitful, and innovative landscapes of our region. Lorene is the author of 5 gardening titles including the bestselling *Handmade Garden Projects* and the *Timber Press Guide to Vegetable Gardening: PNW*, both from Timber Press. Previously, she was the owner/operator of Fremont Gardens, a small specialty nursery in Seattle that focused on unique plants, garden design, and supporting organic practices.