

# THE FLOWERING FARMHOUSE



## REGENERATIVE FLOWER FARMING: HOW GROWING BEAUTY CAN HEAL THE EARTH

### What is Regenerative Agriculture?

At its core, regenerative agriculture focuses on rebuilding and prioritizing soil health. For cut flower gardeners and farmers, growing regeneratively means caring for your garden in a way that supports a healthy ecosystem and builds carbon in the soil.

### How You Can Be Regenerative In Your Own Cut Flower Farm or Garden

- Minimize soil disturbance and tillage
- Keep the ground covered
- Cover Crop between seasons
- Interplant to minimize monocropping
- Plant natives flowers, trees, and shrubs for the beneficials and wildlife
- Build organic matter, compost

### About Jennifer Gulizia

Located in Hood River, Oregon, Jennifer Gulizia is a regenerative flower farmer, podcast host, public speaker, and cut flower educator inspiring others to grow a life filled with beauty and joy.

**Thank you for caring enough about beauty to care about the soil beneath it.**

### Connect with Jennifer Gulizia

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