



Dragonfly 360
Life. Naturally Better.

Gardening for Wellness

NOURISHING YOUR BODY,
MIND & CONNECTION TO NATURE

Grow nourishment.
Cultivate health.
Connect with nature.



A GUIDE TO GROWING
WELLNESS IN ANY SPACE



Every season you garden is a chance
to learn and grow—both in your garden
and in your health journey.



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1 WHY GARDENING SUPPORTS WELLNESS

Gardening is more than a hobby—it's a powerful way to support your physical, mental, and emotional well-being.



ENCOURAGES PHYSICAL ACTIVITY

Gardening keeps you moving, building strength, flexibility, and endurance.



REDUCES STRESS & SUPPORTS MENTAL CLARITY

Time in the garden calms the mind and supports focus and relaxation.



ENHANCES CONNECTION WITH NATURE

Spending time outdoors nurtures a deeper sense of peace and gratitude.



PROVIDES FRESH, NUTRIENT-DENSE, HOMEGROWN FOOD

Enjoy the rewards of growing foods that nourish your body.



INSPIRES CREATIVITY AND LEARNING

Every season brings new opportunities to try, discover, and grow.



WELLNESS TIP

Spending time in your garden can reduce stress, improve mood, boost immunity, and provide nutritious foods that fuel your body.



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2 PLANNING YOUR GARDEN

A little planning sets the stage for a thriving and enjoyable garden.



SUNLIGHT

Choose a location that receives at least 6 hours of sunlight per day.



SPACE OPTIONS

Ideal areas include porches, patios, balconies, or along the sides of homes.



SOIL PREPARATION

If possible, turn your soil in the fall to reduce weed growth in the spring.



WATER ACCESS

Choose a location close to a water source or determine how you'll provide consistent moisture.



GATHER SUPPLIES

Common tools include shovels, rakes, hoes, watering tools (like hoses or irrigation supplies), and organic fertilizer.



RESEARCH YOUR PLANTS

Know the harvesting times for optimal freshness and understand the plant's growing habits and spacing needs.



Every season you garden is a chance to learn and grow—both in your garden and in your health journey.





3 GETTING STARTED

Follow these steps to prepare your garden bed or containers.

1 CHECK FROST DATES

- Avoid planting until the danger of frost has passed.

2 SOIL PREP (IF NEEDED OR WAS NOT DONE LAST FALL)

- In spring, till soil 6–8 inches deep when it's dry.
- Level your plot with a rake and apply organic fertilizer.

3 LAYOUT

- Use stakes or flags to mark even rows or planting areas.
- Ensure proper spacing between plants.

4 CONTAINERS

- Ideal for small spaces—pots, planters, or raised beds work well.

5 MULCH

- Helps retain warmth and moisture in the soil.

6 LABEL YOUR PLANTS

- Use small signs or markers to identify plants & date of planting (especially if you started from seed).



WELLNESS TIP

A well-prepared garden today leads to a healthier tomorrow.



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MAXIMIZING SMALL SPACES

Make the most of every square foot.



CONTAINER GARDENING

Great for balconies or patios. Use pots, hanging baskets, or planter boxes.



MINI GARDENING

Choose compact plant varieties that offer higher yields in less space.



VERTICAL GARDENING

Train plants to grow upward using trellises, cages, string, chicken wire, or fencing.

- Best for crops like tomatoes, peas, cucumbers, squash, and melons.



WELLNESS TIP

Small spaces can still grow big benefits for your body and mind.



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5 GARDEN CARE

Consistent care helps your garden thrive all season long.



WATER CONSISTENTLY

Water early in the morning or late in the evening. Check moisture regularly, especially during hot weather.



WEED REGULARLY

Weeds compete for nutrients and water. Remove them early to keep your garden healthy.



MONITOR FOR PESTS

Check plants often and address issues early using natural or organic solutions whenever possible.



FEED YOUR PLANTS

Use organic fertilizers or compost to provide nutrients and support strong growth.



PRUNE & MAINTAIN

Trim dead or damaged leaves and flowers to encourage new growth and keep plants productive.



HARVEST REGULARLY

Pick fruits, vegetables, and herbs often to promote continuous production and enjoy the best flavor.



WELLNESS TIP

Gardening is a practice of patience and presence.

Take time to enjoy the process, celebrate small wins, and connect with nature each day.



*Nurture your garden, and it will nurture you—
body, mind, and spirit.*



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SEASONAL GARDENING CHECKLIST

Use this guide throughout the year to keep your garden on track and thriving.



SPRING

- Clear away debris and dead plants
- Amend soil and add compost
- Start seeds indoors or plant directly outdoors
- Check tools and supplies
- Water consistently as plants begin to grow



SUMMER

- Water deeply and consistently
- Mulch to retain moisture
- Weed regularly
- Monitor for pests and disease
- Harvest fruits, vegetables, and herbs often



FALL

- Clean up spent plants and debris
- Add compost or organic matter to soil
- Plant cool-season vegetables and garlic
- Divide perennials if needed
- Cover or protect tender plants as temps drop



WINTER

- Protect sensitive plants from frost
- Plan next season's garden
- Order seeds and supplies
- Maintain tools and clean equipment
- Enjoy indoor gardening projects



WELLNESS TIP

Gardening is a year-round journey.
Celebrate every season and every small step.



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7 HEALTH BENEFITS OF GARDENING

Gardening is more than just growing plants—it grows your well-being too.



REDUCES STRESS

Spending time in nature and working with plants can lower stress levels and improve your mood.



SUPPORTS PHYSICAL HEALTH

Gardening provides gentle exercise that improves strength, flexibility, and cardiovascular health.



BOOSTS MENTAL WELL-BEING

Nurturing plants can enhance focus, creativity, and a sense of accomplishment and purpose.



PROMOTES BETTER NUTRITION

Growing your own fruits, vegetables, and herbs encourages healthier eating habits and provides fresher, more nutritious food.



BUILDS CONNECTIONS

Gardening can bring people together, fostering community, sharing knowledge, and creating meaningful relationships.



*When you tend your garden,
you also tend your life.*



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Thank you for choosing
Dragonfly 360!

We're here to support your journey to
a healthier, more natural lifestyle.
Let's grow a better tomorrow—together.

CONNECT WITH US



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