

PALM BEACH

ILLUSTRATED®



FACE VALUE

BOBBI BROWN'S BEAUTIFUL REINVENTION

GOOD TO GROW

ARE PLANT PARENTS HEALTHIER THAN THE REST OF US?



20 WAYS TO BE HAPPIER
(IT'S EASIER THAN YOU THINK)

HEALTHY & WISE

GOOD NATURE

5 LESSONS I'VE LEARNED FROM MY GARDEN

HAPPY TEACHINGS FROM
THE BOTANICAL WORLD

BY TAMMY FENDER

1 EVEN THE MOST COMMON PLANTS CAN BE POWERFUL.

I've learned never to underestimate the plants that we know best. Take mint, for example, which has been served as a digestive tea for centuries and is revered for its ability to clarify the mind and dissolve tension. Dandelion supports detoxification, and plantain weed, which grows in every crack in the sidewalk, has traditionally been used medicinally as an anti-inflammatory and to treat wounds. Recognizing the potency of these powerhouses is a beautiful way to reconnect with the natural world.

2 HAVE FAITH IN NATURE.

If there is one thing a garden teaches like no other, it's trust and patience. We can't unbury a seed to check its growth; we just have to believe that once the conditions are right, it will grow. What a metaphor for life. Observing the smallest changes in the garden with wonder and reverence is something that has brought our whole family together over the years—from watching our seedlings grow strong to marveling at the mangoes fattening until they weigh down their branches.

3 BEAUTY CAN HEAL.

When I was just learning about herbalism—while living on an outer island in the Bahamas, where



THE GARDEN PRESENTS A BOUNTY OF OPPORTUNITIES FOR NATURAL HEALING SUCH AS FRESH MINT TEA (LEFT) TO CLARIFY THE MIND AND DISSOLVE TENSION, AND DANDELION (BELOW), WHICH SUPPORTS DETOXIFICATION.

beauty may come to us through the senses, but it travels directly to the soul.

4 THERE IS A SEASON FOR EVERYTHING.

While everyone knows this adage, falling into step with the rhythm of the seasons and with the natural world brings such

preciousness to every moment. Attuning to nature is a living meditation. Sometimes the garden is active, and sometimes it's quiet and still. When we approach our days in the same way—with time for action and time for deep rest—the results can be magical.

5 WE LIVE IN RECIPROCITY.

When I spend time in my garden, really sinking into contemplation, I feel connected to the world at large. The effort and care that I've poured into my relationship with our little patch of land is reflected in the beauty and bounty of the plants that grow there. I like to imagine what life would be like if we all remembered how to hold nature with reverence and curiosity. Spring is a great opportunity to explore this connection, and I hope that you'll feel moved by the green world in the freshness of the moment. ◀◀

there was no easy access to medical care—I witnessed the kind of healing plants can provide. When one of the local people suffered a cut, I knew to stanch the bleeding with geranium leaf. I was stunned by the efficacy.

As I grew my practice and began working with herbal remedies in more subtle ways, I saw how plants could do even more over time. The healing potential in a single rose is breathtaking, working not only on the physical level and as an emotional support, but also on the spiritual plane. Plants don't distinguish between these realms. Their generous

