

[ BOOK TALK ] By Jean Layland

# My Garden Beauty Above, Wonders Below

by Helen Stewart



## Celebrating our Good Earth

Helen Stewart's latest and most finely crafted book, *My Garden - Beauty Above, Wonders Below*, is both beautiful and informative. It celebrates not only the prolific plant life growing in her garden, but also the rich and life-giving soil that supports all life above

ground, as well as the infinitely rich and complex life below ground.

*"Stand unshod upon it for the ground is holy, being even as it came from the Creator. Keep it, guard it, care for it, for it keeps men, guards men, cares for men. Destroy it and man is destroyed."*  
Alan Paton, Cry, the Beloved County

The study of soil biology is especially important in today's world of environmental destruction and devastation. And, of course, understanding healthy soil is the foundation of all gardening. The longer one works in a garden, the more one will come to understand and appreciate its life-giving attributes. This book discusses practical and optimistic solutions that will help to protect our land. Composting, layering, and encouraging the growth of mycelium are essential to this effort, as are no-till farming, cover crops, and bio-char. An excellent and inspiring list of further resources is included at the end of the book.

As in Helen's previous book,

Drawn into the Garden, the message is simple but profound - using organic approaches to working in our gardens will return health to the soil and breathe new life into our fragile world. It will enable us to take part in the natural rhythms of the earth and the ancient mysteries of life.

*"Odd as I am sure it will appear to some, I can think of no better form of personal involvement in the cure of the environment than that of gardening. A person who is growing a garden if he is growing it organically, is improving a piece of the world."* Wendell Berry

As well as improving the world, the act of gardening is sure to help regenerate the health, the spirits, and the soul of the gardener.


*"May you walk forever gently through the gardens of time, And know their presence and be filled with their peace."*

H.E. Stewart


For further information on Helen's books and to see her short documentary movie, please visit [hestewart.com](http://hestewart.com)


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