

For Immediate Release

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Brand-New *Garden Guide* Features Inside Look at Gardening Today

From the editors of The Old Farmer's Almanac, the 2023 Garden Guide explores the rise of urban gardening, air-purifying houseplants, cocktail herbs, tech for growing a better garden, and much more!

Gardening has never gone out of style, but a surge of new gardeners has sparked an evolution not only in what is being planted but also in how and why gardeners are doing so. Giving depth to the trends that are defining gardening in 2023, the newest edition of the *Garden Guide* is now available in digital and print form!

"Millennials and Gen Z are driving the growth in gardening," says Janice Stillman, editor of the *2023 Garden Guide*. "These generations are more likely to live in cities or homes with limited space. This influences how they garden and the tools that they use. There's also a desire across all age groups to grow sustainably, become more self-sufficient, and build community."

As it has done annually for more than a decade, the *Garden Guide* provides inspiration and advice shaped by the trends cultivated by today's gardeners, including ...

Continued Growth of Urban Gardens

Urban gardening isn't new, but it has taken on new life as more people call cities home. A *2023 Garden Guide* special report looks at how cities hold the key to food production now and in the future, through everything from modest containers and repurposed rooftops to community-based solutions like Seattle's P-Patch Program and Montreal's innovative rooftop greenhouse project.

Small-space gardeners in urban settings and otherwise will also appreciate the *Garden Guide's* practical primer on choosing and planting "Pint-Size Produce"—compact varieties of melons, cauliflower, bok choy, cucumbers, carrots, and more.

Expanding Houseplant Collections

The demand for houseplants shows no signs of slowing down. What began as a pandemic hobby for many has continued to grow in recent years. In addition to having a calming effect, indoor plants have many health benefits: People in homes or (home) offices filled with plants suffer fewer respiratory illnesses and headaches. The *2023 Garden Guide* clears the air on the best air-purifying plants.

For houseplant lovers who are looking for a little more *va-va-voom*, the *Garden Guide* goes beyond the ho-hum with exotic, showstopping options that will add a bit of flair to any collection.

A Renewed Interest in Herbs

While vegetables have taken center stage when it comes to growing edibles, it's time to make way for the humble herb! Herbs are quick-growing, can thrive anywhere, and liven up the taste of anything, including cocktails! The *Garden Guide* invites readers to grow their own "Bartender's Garden" with herb

options—many of which cooks will appreciate as well—and refreshing drink recipes perfect for imbibing after a long day in the garden.

Enjoy that cocktail along with an herb-infused skin treatment to relax and unwind. The *2023 Garden Guide* takes time for self-care with tips on growing soothing herbs and creating hand-blended remedies.

Sustainable Solutions

According to the *2023 Garden Guide*, gardeners are increasingly replacing too-thirsty lawns with native plants, vegetable gardens, and pollinator meadows. Sustainability is meeting aesthetics in other ways too: the return of ornamental grasses that add dimension while managing storm water and a movement to save plants that are in danger of extinction.

Also in the *2023 Garden Guide*: a step-by-step guide to starting seeds indoors, which ensures better germination and growth, and a garden historian’s ponderings over growing wisdom from the past.

Tech for a Better Garden Experience

Apps—including [The Old Farmer’s Almanac Garden Planner](#)—are increasingly replacing paper-and-pen in garden planning. A developer behind the Garden Planner takes to pages of the *Garden Guide* to share the science behind one of the app’s most popular features—companion planting—and explain why this is so important for the health and longevity of any garden.

Social media are a continued source of gardening inspiration. For example, one of TikTok’s most popular creators, “[Garden Marcus](#)” Bridgewater, charts connections between his garden and life. For the *2023 Garden Guide*, he shares a personal story about dealing with an invasive plant and the power of gift-giving.

Finally, cutting gardens are becoming more popular as gardeners look for ways to enjoy the fruit of their labor both inside and outdoors. The *2023 Garden Guide* offers recommendations on stunning classic flowers and tips on how to create flower arrangements that will rival those of a professional. Also recommended, from the editors of *The Old Farmer’s Almanac*: the [Flower Gardener’s Handbook](#), a singular essential guide for all flower gardeners!

The ***2023 Garden Guide*** is published annually and available for \$7.99 USD/CAD online and at local booksellers. A full list of retailers can be found at [Almanac.com/Wheretobuy](https://almanac.com/Wheretobuy). A digital version of the ***Garden Guide***, plus other resources, is available at [Almanac.com/GardenGuide](https://almanac.com/GardenGuide).

Other *Old Farmer’s Almanac* products mentioned in this release:

- [Garden Planner](#): This online garden-planning tool takes the guesswork out of planning, plotting, and planting any garden, no matter its size, shape, or layout. The Old Farmer’s Almanac Garden Planner—which is free to try for 7 days—can be found at [Almanac.com/Planner](https://almanac.com/Planner).
- [Flower Gardener’s Handbook](#): This beautiful planting guide gets to the roots of growing flowering plants—annuals, biennials, perennials, bulbs, and more. The *Flower Gardener’s Handbook* follows the best-selling *Vegetable Gardener’s Handbook* (now in its fifth printing!).

Readers can share the joy of gardening with *The Old Farmer’s Almanac* on [Facebook](#), [Instagram](#), [Pinterest](#), and [TikTok](#).

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