

AMAZING AVOCADOS 6 tasty new dishes

Sunset

LIVING IN THE WEST

Fresh from the garden

How to grow your own veggies, herbs (and even this salad)

The Northwest planting guide P. 23



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SUNSET.COM

Washington flower grower Erin Benzakein and son Jasper in her field of alliums and wood hyacinths



The Western pioneer

Budding ambition

Erin Benzakein has turned her two Washington acres into a sustainable flower farm

What makes sustainable flowers important? Buying them helps reduce the use of jet fuel, keeps money in your local economy—and you enjoy healthier blooms.

Beyond organic practices, how do you limit your farm's carbon footprint?

I schedule my Seattle flower deliveries for two days a week so I don't have to drive more than necessary. My little van gets packed to the brim.

What is the next sustainable frontier? Buying more locally grown products: not just milk, meat, and eggs, but also honey, gourmet cheeses, even wine and cider.

Which gardening trends impress you these days? Everyone I know is changing the way they see and use their yards, especially in cities. Lawns are being replaced by vegetable gardens, flowers, and fruits—even chicken coops. It's fantastic.

INFO Floret, Mt. Vernon, WA (floretflowers.com) —DEBRA PRINZING