

>> Teresa: ON A REGULAR BASIS,
MOST OF US COULD USE A RELAXING
RETREAT FROM OUR HECTIC,
OVERSCHEDULED LIVES.
WE'VE DECIDED OUR HOUSE AND HOME
SHOULD HAVE A SPECIAL PLACE
WHERE THE WHOLE FAMILY CAN ENJOY
A LITTLE OF THE BEAUTY AND
WONDER OF NATURE.
REGARDLESS OF AGE OR
DISPOSITION, NATURE CAN BE
HEALING TO THE BODY, MIND, AND
SOUL.
SCHOOL IS OUT, SO TODAY WE'VE
GOT SOME GREAT KIDS HELPING US
OUT IN OUR SEARCH FOR THE RIGHT
INGREDIENTS TO CREATE A
NATURE-BASED ENVIRONMENT AT
HOME.

DOES THAT SOUND FUN?

>> YEAH.

>> Teresa: ARE WE LOOKING FOR
SOME BLOOMING FLOWERS?

>> YEAH.

>> Teresa: YOU WANT TO SEE SOME
BIRDS AND ANIMALS?

>> YEAH.

>> Teresa: WELL, THE KIDS HAVE
SPOKEN, AND FORTUNATELY FOR US,
WE'VE DISCOVERED
ELIZABETH ANNA'S OLD WORLD
GARDEN, AN INTERESTING AND

IDYLLIC PARADISE NOT OUT IN THE
COUNTRY, BUT RIGHT HERE IN THE
MIDDLE OF TOWN, NEAR A BUSY
INTERSECTION.

LET'S GO IN AND SEE WHAT WE CAN
FIND, ALL RIGHT?

LOOK AT WHAT YOU GOT.

I LOVE HOW SOFT THESE ARE.

OH, LOOK, KIDS.

ELIZABETH ANNA'S COMING.

HI, ELIZABETH ANNA.

SHE'S THE ONE THAT'S GONNA SHOW
US AROUND.

GOOD MORNING.

WE'RE SO GLAD TO BE HERE.

>> HI, KIDS.

ALL RIGHT, YOU WANT TO LEARN
SOME FUN STUFF IN MY GARDEN?

LET'S GET STARTED RIGHT OVER
HERE.

WHAT'S THAT, GUYS?

>> A MONARCH BUTTERFLY?

>> YEAH, THAT'S A MONARCH.

WHAT COLOR IS A MONARCH?

>> ORANGE AND BLACK.

>> MM-HMM.

AND THEY REALLY LIKE THESE
FLOWERS.

IT HAS A LOT OF SWEET JUICE IN
IT.

BUT ALSO BECAUSE IT'S SO BRIGHT

PURPLE, IT HELPS THE BUTTERFLY

TO SEE IT.

OKAY, GUYS, DID YOU KNOW BEES

AND BUTTERFLIES ARE OUR FRIENDS?

>> YEAH.

>> LOOK AT THIS BEE.

THESE BEES AND BUTTERFLIES TODAY

ARE HELPING US OUT.

THE BUTTERFLIES ARE DRINKING

JUICE FROM THE FLOWERS, AND

THEY'RE TAKING IT TO THEIR

NEIGHBORS, AND THE BEES ARE

MAKING HONEY.

DO YOU LIKE HONEY?

>> YEAH.

>> I DO, TOO.

DO YOU KNOW THAT IF YOU EAT

HONEY FROM HONEYBEES, IT HELPS

YOU NOT TO GET SICK THEN?

IT HELPS AGAINST ALLERGIES.

SO BEES ARE OUR FRIENDS.

>> Teresa: IN ADDITION TO THE

OBVIOUS AESTHETICS AND THE

EDUCATIONAL VALUE OF

ESTABLISHING A SPACE JUST FOR

NATURE, THE COLORS OF THE

FLOWERS, THE GRASSES, AND THE

PLANTS HAVE A SUBLIMINAL BUT

POWERFUL EFFECT ON OUR MINDS,

OUR BODIES, AND OUR EMOTIONS.

SEEING GREENS AFFECTS THE

CENTRAL NERVOUS SYSTEM, SLOWING

DOWN BREATHING, RELAXING THE
HEART, AND INHIBITS THE
PRODUCTION OF STRESS HORMONES.

ORANGE STRENGTHENS THE IMMUNE
SYSTEM AND LUNGS, HELPING TO
PREVENT ALLERGIES.

IT ALSO HAS BENEFITS FOR THE
DIGESTIVE AND REPRODUCTIVE
SYSTEMS.

THIS IS OUR VEGETABLE GARDEN.

LOOK AT THIS BANANA PEPPER.

WHO LIKES BANANA PEPPERS?

>> I NEVER HAD ONE.

>> WELL, WOULD YOU LIKE TO TRY
ONE?

>> I GUESS.

>> OKAY.

WHO'D LIKE TO PICK IT?

>> I WOULD.

>> OKAY, GO AHEAD, JORDAN.

OKAY, SO WHO'D LIKE TO TRY THE
BANANA PEPPER?

>> ME.

>> OKAY.

WHAT'S IT TASTE LIKE?

>> MMM! I LIKE IT.

>> OKAY. GOOD.

THEY'RE GOOD RAW.

WHEN YOU EAT RAW ORGANIC
VEGETABLES, YOU GET LOTS OF
VITAMINS AND MINERALS.

>> WHAT'S THIS, ELIZABETH?

>> OH, THIS IS FOOD FOR THE
GODS.

THIS IS GARLIC.

GARLIC FIGHTS INFECTION.

IT'S REALLY IMPORTANT TO EAT
THIS FOOD.

IF YOU EAT IT ALL THE TIME, YOU
WON'T HAVE AS MANY INFECTIONS,
AND SO YOU SHOULD ASK YOUR MOM
TO PUT FRESH GARLIC ON YOUR
SPAGHETTI.

I KNOW A VEGETABLE THAT YOU ALL
JUST LOVE.

I'M KIDDING.

LET'S GO FIND THE BROCCOLI.

THERE'S JUST A LITTLE BIT LEFT.

HERE'S SOME BROCCOLI.

WHO LIKES BROCCOLI?

>> I DON'T LIKE IT RAW.

>> MOST KIDS DON'T.

BUT GUESS WHO IN THE GARDEN
LIKES THE BROCCOLI.

>> THE RABBIT?

>> YEAH, THE RABBIT.

OKAY, LET'S PICK IT.

YOU WANT TO PICK IT, JORDAN?

LET'S GO FEED THE RABBIT.

>> Teresa: HI, ELIZABETH ANNA.

>> HI, GUYS. HOW ARE YOU?

>> Teresa: WE HAVE SOME NEW
FRIENDS.

THEY WANT TO COME INSIDE AND SEE
WHAT'S GOING ON IN HERE.

>> WELL, THIS IS MY SHOP, AND
THIS IS WHERE WE MAKE BAT HOUSES
AND HUMMINGBIRD FEEDERS.

>> Teresa: WOW.

>> AND YOU KNOW WHAT?
THIS IS ALSO WHERE OUR PETS
LIVE.

>> Teresa: IS HE SHY?
OH, HE'S SO SOFT.

>> THIS IS FENNEL.

>> Teresa: HI, FENNEL.
WHY DO YOU HAVE RABBITS HERE AT
THE GARDEN SHOP?

>> RABBITS ARE PEACEFUL AND
GENTLE, AND PEOPLE COME IN HERE
TO GET AWAY FROM A HECTIC
ROUTINE, AND NOT JUST CHILDREN
BUT ALSO ADULTS ENJOY PETTING
FENNEL.

>> Teresa: ELIZABETH ANNA, I
HEARD THAT YOU THINK THERE'S
SOMETHING REALLY SPECIAL ABOUT
CHICKENS, RIGHT?

>> I DO.
JUST WATCHING THEM SAUNTER IS
SOMEWHAT MEDITATIVE.
THE WAY THEY WALK, AND JUST THE
SIMPLICITY OF THEIR MOVEMENT AND
PECKING IS VERY CALMING.

>> Teresa: I WAS TALKING

EARLIER ABOUT THE DIFFERENT
COLORS AND HOW THEY HAVE AN
EFFECT ON YOUR MINDS, YOUR
BODIES, AND EMOTIONS.

>> THAT'S REALLY TRUE.

MOST PEOPLE WOULD AGREE THAT
COLOR REALLY IS POWERFUL.

TAKE THESE BLUE HYDRANGEAS, FOR
INSTANCE.

THEY STIMULATE THE GLANDS THAT
REGULATE SLEEP AS WELL AS BOOST
CONFIDENCE TO FIGHT AGAINST
FEAR, WORRIES, AND ANXIETIES.

>> Teresa: SO THIS WOULD BE A
GOOD COLOR IN YOUR BEDROOM IF
YOU WANTED A GOOD NIGHT'S SLEEP.

>> YEAH, OR YOUR CAR.

>> Teresa: YEAH, TO KEEP YOU
FROM GETTING STRESSED IN THE
TRAFFIC.

LET'S TALK ABOUT RED.

>> I'M SURE MOST PEOPLE WOULD
AGREE THAT RED IS AN ENERGY
COLOR, AND STUDIES HAVE SHOWN
THAT IT INCREASES THE ADRENALINS
THAT PUT OFF ENERGY.

>> Teresa: DOESN'T YELLOW,
LIKE, HELP YOUR ALERTNESS OR
JUDGMENT AND THINGS LIKE THAT?

>> VERY MUCH SO, AND IT DOES
SOME OTHER THINGS, TOO.

IT'S A SUNSHINE COLOR, SO IT
JUST HELPS MAKE PEOPLE HAPPY.

>> Teresa: WELL, YOU'VE GOT
BEAUTIFUL PLANTS AND FLOWERS.

I'M SO GLAD WE CAME.

>> THANK YOU.

>> Teresa: THANKS TO
ELIZABETH ANNA AND HER OLD WORLD
GARDEN, NOW WE'VE GOT SOME GREAT
IDEAS ON HOW WE CAN CREATE OUR
OWN NATURAL ENVIRONMENT AT HOME.

IF YOU WOULD LIKE MORE
INFORMATION ON HOW YOU CAN
CREATE YOUR OWN NATURAL
ENVIRONMENT, VISIT US ON-LINE
AT yourhouseandhome.tv.