



## ERIN BENZAKEIN Flower Farmer

The 36-year-old started out by planting some spring bulbs in memory of her great-grandmother one day. Today, she is a flower farmer and cultivates over 260 different types at her farm, close to Seattle – sustainably. Her studio, Floret Flowers, specializes in wedding bouquets.

“To me, the most beautiful thing of all is our changing seasons. They’re an invitation to enjoy the here and now, to appreciate what you have at any given moment. In the summer, for instance, when the sweet peas flower, I decorate the whole house with them and send bouquets to all of my friends. Nature not only inspires me; it’s also my personal source of strength. After a major event, I try to get out to the forest or the sea, even if it’s just for a few hours.

Otherwise I find it difficult to enjoy a little me-time. The only thing I treat myself to on a regular basis is acupuncture because it’s good for your immune system, helps you de-stress and builds your stamina – and you need plenty of that when you’re out working in the flower fields all day.”