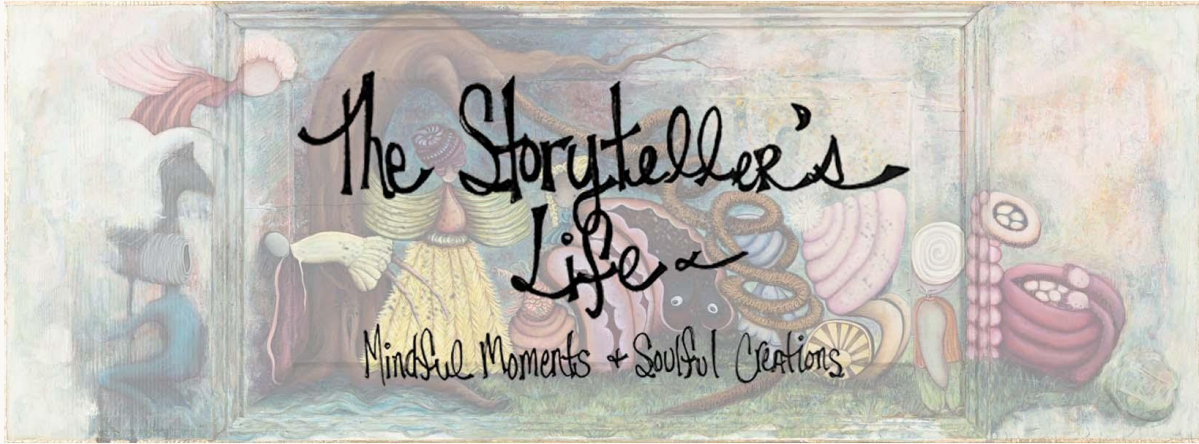




I truly believe in the importance of play, while being authentic and telling our stories.



written June 22, 2026

The 1st day of Summer Greetings to You!

It couldn't be a more lovely day in central Minnesota - a light breeze gently moving through the leaves, a brilliant blue sky, the song of the songbirds in our jungle of greens that we call a garden.... All backed by the near incessant duel of chainsaws and wood chippers in another neighborhood ~ a reminder for me perfection doesn't exist. And with that another gentle reminder: what we put our attention on is what fills us up perfectly (in this case, it's NOT the woodchopper for me).

Which leads me to how beautifully filled up I am from my first time participating in Edina's Art Fair as well as returning to Excelsior's Fair a bit over a week ago.

A so very much heart-felt thank you to those who crossed the doorway into my booth. I very much enjoyed meeting you 1st timers! as well as picking up where I left off with whom I've met before 🥰

And in case you have one more fair in you for June, **this coming weekend is Wayzata's Art Experience** and I'm looking forward to having the beautiful Lake Minnetonka be the backdrop for my booth. It's your last opportunity to find me in an art fair this summer (unless you plan on driving to Madison or Ann Arbor 😊). Click on this box for details.



*In this this
edition:*

- ✦ 3 Loves of mine
right now
- ✦ Quote, reflection, &
gentle prompt
- ✦ In the Studio,
Updates

→ **Roots of plants: including weeds!** I know this may sound crazy! yet more than ever I've come to love and admire the tenacity of what goes on beneath my bare feet. Right now I'm especially in love with the roots of the nutritious and edible weed called Chickweed. I actually find myself looking for this one in our garden as it takes a very patient, slow, and gentle touch to tease out the almost invisible and delicate root system without it breaking. If you love a mindful challenge I'd highly encourage giving this a try! Read more in this accompanying post with recipes →

NOTE: The photo above is a young root system of Jewelweed, which, not only do we, but the hummingbirds love →

→ **All things Rhubarb!** Over the years we have experienced the Rhubarb Festival (a must do annual event) in one of favorite small towns, Lansboro. And I have 2 glorious plants that have shared themselves with me and others. My most recent favorite way to enjoy this fruit is Pickled Rhubarb! Yet time after time, it's a family recipe that I keep going back to which I am sharing with you here, Rhubarb Bread →

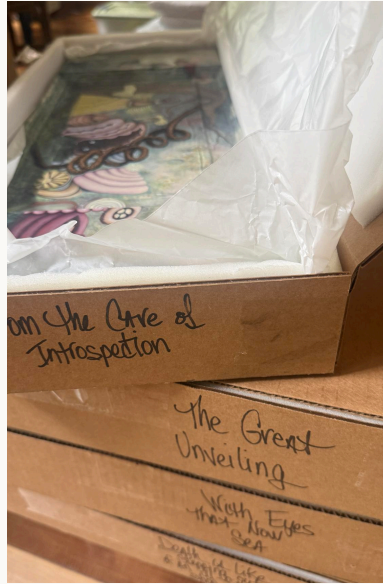
P.S. like Jewelweed and Chickweed, surprisingly the root system of rhubarb also grows close to the surface...

→ **My reflection as of late:** with the recent turn into the season of Summer, I realized again how much I so appreciate and love the four seasons. We have the pleasure of witnessing every day (not to mention every moment (if we set aside time for such)) the magic of the season happening. From the tendrils of vines to my frogs languidly hanging out by the pond's edge, no to mention all that I *don't see*, I am in awe of the myriad of greens and the summer life we sustain in our garden.

→ **May I gently ask:** What do you notice right now?

In the Studio, Updates:

🎨 I've started a **new abstraction** in the hopes of having it completed in time for next month's fairs. As I'm out of already-prepped small panels, which I gravitate towards, I had to pull out the next smallest size. This is causing me to stretch outside of my comfort zone as I consider this to be big for me at 18" x 12" . Yet 6 layers into it, I'm finding it to be less challenging as I'm truly immersed in the process.



🎨 I have also been **making boxes** for my Stories on Wood. As you know my oil & mixed medium paintings are uniquely sized. Not only that, their fragile surface requires much care when it comes to travel. Thus, I decided to create a reusable box for each that includes padding and glassine paper. I don't have the best head for math, so each one is one-of-a-kind just like the original it holds :

🎨 The other day I figured out where I wanted my **hand-stitched embroidery** to go on my newest Story on Wood. I decided I'm actually going to create 2 individual pieces that I'll adhere to the wood. Next step is figuring out what particular stitch is best for each piece. Stay tuned!

✨ Well, I believe that's it for now. I could easily go on and on about all of the above. All the better for you to come see me this weekend and have a chat! Or reply to this email if you'd like to know more.

Until next time, be well and thank you again, and so much, for being a part of my community 🙏

*Until next time,
Please be well,
Heidi*

Connect Further:

I invite you to reach out to me if you are interested in a **Studio Visit**. Just reply to this email!

[Bring your favorite story home →]

[View my Collections →]

I'd love for this community to grow. If you connected with this newsletter, please forward this email to a friend who might appreciate it. 🙏



26850 Marsh Pointe Circle
Excelsior, MN 55331, United States

[Unsubscribe](#) or [Manage Preferences](#)

Made with love in [flodesk](#)