

'At one with the earth'

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Horticulturist digs the natural world

By Donna Christopher

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Red amaryllis is a seductive flower.

The flower, sprouted from a bulb wedged between pebbles in shallow water, soars above the top of a tall glass container.

"They're easy to cultivate," said Cathy Beauregard, horticulturist and horticultural therapy consultant at her business, Beau's Bouquets & Horticulture Therapy Gardens.

Next to the flower is a dish of potpourri containing dried flowers and plant cuttings from a warmer season. On a shelf below the desk is a clear glass terrarium with a dome top.

The terrarium houses a tiny forest of ferns and bulb flowers, is a sample of the container gardens the Bethel woman assembles for customers. Beauregard also creates basket gardens and window boxes that keep people in touch with spring year-round.

"Realtors buy them for clients," she said.

Tiny gardens are a part of her outdoor landscaping business which serves clients from Fairfield County as well as Westchester and Dutchess counties.

Success when planting is all about adjustments. "Usually it's the soil. If something is not growing, something needs to be amended."

Beauregard traded careers in graphic art to horticulture more than four years ago after 20 years in the corporate world.

"It feels like I'm at one with the earth," she said as she settled into a chair in the sunlit office-family room that doubles as a base for her business.



The News-Times/David W. Harple
Cathy Beauregard of Bethel gave up her 20-year corporate career to study horticulture and open a business, Beau's Bouquets & Horticulture Therapy Gardens.