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# Two green thumbs up for garden hotels that let you play in the dirt

Reconnect with nature on your next getaway



By Allison Tibaldi





In a world of giant supermarkets and factory farms, getting in touch — literally — with your food sources feels meaningful. Gardening provides various physical and mental benefits, from exposure to the sun to stimulate vitamin D production to the satisfaction of watching plants and flowers flourish. Whether you're a novice who doesn't know an annual from a perennial or a wizard who can turn a weed into a bloom, connecting to the land can be healing.

One way to toil in the soil is at a garden hotel that offers guests hands-on opportunities to sow seeds and pick vegetables. I've stayed at several hotels with gardens that provide these interactive experiences, hoping that a pinch of this newfound agricultural wisdom will rub off and enhance my pocket-sized dirt patch in New York City. Ready to get planting? Here are 10 unique garden hotels that offer immersive adventures.

## **Woodstock Inn & Resort, Woodstock, Vermont**



The Woodstock Inn hotel garden features stunning seasonal displays – Photo courtesy of Woodstock Inn & Resort

The Woodstock Inn & Resort, nestled in New England's postcard-pretty Kedron Valley, is home to Kelly Way Gardens, where a mushroom glen, robust vegetable patch, and nutrient-dense superfoods provide a holistic food supply for the resort's restaurants.

Visits from May through October include gardening and flower-arranging workshops, barn dinners, and tomato tastings. Show-stopping garden displays evolve with the seasons. One autumn visit, I strolled through Gourdwalk, a tunnel where hanging gourds of every shape and size were like a natural cocoon.

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