# Experts warn against glamorised gardening by Meghan Markle and influencers



The recent surge of celebrities and influencers embracing gardening has spurred a lively discussion among green-fingered professionals about the authenticity of these newcomers. As figures such as Meghan Markle and British influencer Lydia Millen swap glamorous outfits for wellies and picturesque backyards, experts warn that not all that glitters in the gardening world is gold.

The influx of high-profile personalities into the gardening sphere has been met with scepticism. Many gardening experts express concern that the advice shared by these influencers may be impractical, inaccurate, or even detrimental to the environment. Kendall Platt, known as The Mindful Gardening Coach, pointed out that audiences tend to accept what they see on social media as sound guidance. She emphasised the lack of fact-checking that exists in online content compared to more rigorous standards applied to scientific literature. “Influencers have a responsibility to state that they aren't gardening experts before they share a tip that might damage the ecosystem,” she noted.

Meghan Markle, for instance, has recently portrayed a passion for all things gardening on her Instagram account, from strawberry picking to flower arranging. However, her choice to garden barefoot while wearing her wedding rings has raised eyebrows among professionals who argue that such irresponsibility reflects a lack of understanding of gardening practices. Laura Taylor, a jewellery expert, highlighted the risks inherent in wearing rings while gardening, stressing that dirt and soil can compromise a ring's integrity. This contrast between glamour and practicality is emblematic of a broader trend where aesthetics often overshadow authentic gardening practices.

Similarly, Lydia Millen has attracted criticism for her choice of attire in the greenhouse. While she may be renowned for her fashion clips and luxury unboxing videos, experts suggest that her glamorous clothing contradicts the very essence of gardening. As one gardening consultant remarked, true gardening often involves a certain level of messiness and authentic engagement with the earth, stripping away the illusion of perfection that heavily edited online content tends to generate.

The pitfalls of a picture-perfect approach permeate the current social media landscape. Charlotte, another gardening professional, lamented the staged nature of influencer content. She argued that while beautifully curated results can be appealing, they often alienate novice gardeners who may feel discouraged by their own less-than-perfect results. “Gardening should feel achievable, not like a performance,” she stated, suggesting that sharing the 'grubby' realities of gardening fosters a more inclusive environment. Loren Taylor, a landscaping expert, echoed this sentiment, cautioning that perfect photos usually indicate heavy staging or editing rather than authentic gardening practices.

Moreover, the dangers of misleading advice abound in popular gardening content. Kendall Platt expressed disappointment over trending DIY solutions, such as using salt as an alternative to herbicides, which not only fails to effectively manage weeds but can also disrupt soil health over time. Similarly, Erik Collado Vidal warned against the allure of dramatic before-and-after videos that misrepresent growth timelines and encourage unrealistic expectations among new gardeners. He stressed that the authentic rewards of gardening come with patience and commitment, not instant transformations.

The discussion also touches upon the appropriateness of gardening attire and tools promoted by influencers. Footwear and clothing that may seem stylish often lack the practical benefits necessary for effective gardening—a reality underscored by experts who recommend sturdy shoes and protective clothing to ward off injury while tending to plants. Furthermore, the choice of tools has come under scrutiny, as experts suggest that certain popular accessories may do more harm than good. For example, Charlotte Denne advised against the use of certain watering cans unless they come equipped with features that protect delicate plant life, highlighting the significant difference between just aesthetically pleasing tools and ones that genuinely facilitate healthy gardening practices.

Ultimately, while the influx of celebrity gardeners onto social media can bring attention to the hobby, it is crucial for novice enthusiasts to navigate this landscape with caution. As Nick Wood from GardeningExpress.co.uk succinctly stated, “Every garden and veg plot will have its successes and failures; you just have to keep going.” Authentic gardening remains a journey of trial and error, undoubtedly enriched by genuine advice, realistic expectations, and a shared love for the craft among practitioners at all levels.

### Reference Map

1. Article on gardening influencers and concerns about authenticity.
2. Meghan Markle's gardening clogs and practicality in her approach to gardening.
3. Overview of Meghan Markle's barefoot gardening activities.
4. Insights on Meghan Markle's chic gardening attire and accessibility.
5. Discussion on Meghan Markle's favourite gardening tools.
6. Highlights of Meghan Markle's gardening activities at her estate.
7. Meghan Markle's reflections on happiness within her family life.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/femail/gardening/article-14734619/Rise-fake-gardening-influencer-social-media-stars-jump-horticultural-bandwagon-experts-reveal-signs-theyre-not-truly-green-fingered.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.vogue.com/article/meghan-markle-gardening-clog> - An article from Vogue discussing Meghan Markle's embrace of gardening clogs, highlighting her choice of terracotta Crocs and Gardenheir clogs in British Green. The piece emphasizes the practicality and comfort of these footwear choices as she tends to her garden, reflecting a shift towards slip-on styles in fashion. The article also notes the popularity of clogs in Europe during fashion month, signaling a return to wooden platforms. The piece underscores Meghan's down-to-earth aesthetic and her appreciation for comfortable, stylish gardening attire.
3. <https://www.hellomagazine.com/homes/821147/meghan-markle-barefoot-gardening-new-photo/> - An article from HELLO! magazine showcasing Meghan Markle gardening barefoot at her Montecito estate. The piece describes her attire, including light wash jeans, a cream vest top, a white shirt, and a large straw sun hat. It highlights her engagement in daily rituals and her passion for gardening, noting that she has shared glimpses of her gardening activities on her Instagram feed. The article also mentions her Netflix series 'With Love, Meghan,' where she discusses her love for gardening and its significance in her life.
4. <https://timesofindia.indiatimes.com/life-style/fashion/celeb-style/meghan-markle-welcomes-spring-in-chic-yet-affordable-garden-clogs/articleshow/119421290.cms> - An article from The Times of India discussing Meghan Markle's choice of affordable garden clogs as she welcomes spring. The piece highlights her selection of terracotta Crocs and British Green Gardenheir clogs, each priced under ₹8,000. It emphasizes her blend of practicality and elegance, showcasing her down-to-earth fashion identity. The article also notes the popularity of clogs in Europe during fashion month, signaling a return to wooden platforms, and underscores Meghan's influence in setting trends for approachable luxury fashion in 2025.
5. <https://www.housebeautiful.com/lifestyle/g64245259/with-love-meghan-markle-favorite-gardening-tools-shop/> - An article from House Beautiful highlighting Meghan Markle's favorite gardening tools featured in her Netflix series 'With Love, Meghan.' The piece showcases her go-to gardening essentials, including a green waterproof canvas apron, Garden Heir Italian Garden Clogs in British Green, floral patterned gardening gloves from The Celtic Farm, and a light blue button-down shirt from Anine Bing. It emphasizes Meghan's chic yet practical approach to gardening attire, blending affordable finds with luxury staples, and reflects her influence in setting trends for accessible luxury fashion.
6. <https://www.sfgate.com/realestate/article/meghan-markle-shows-off-incredible-gardens-at-20303556.php> - An article from SFGate detailing Meghan Markle's gardening activities at her Montecito estate. The piece describes her collecting long-stemmed blooms in a wicker basket and navigating planting beds with her haul. It mentions her two dogs, Pula and Mamma Mia, playing in the background. The article highlights the manicured grounds of their nine-bedroom, 16-bathroom estate and notes that Meghan has shared glimpses of her gardening activities on her Instagram feed, reflecting her passion for horticulture and the beauty of her surroundings.
7. <https://www.eonline.com/news/1416543/meghan-markle-says-shes-the-happiest-in-prince-harry-marriage> - An article from E! News featuring Meghan Markle discussing her happiness in her marriage to Prince Harry. The piece highlights her involvement in various projects and her enjoyment of family life at their Montecito home. It mentions her deep engagement in children's books with Archie and Lili, and her love for flower arranging, noting that it's not something she grew up doing but has found joy in. The article underscores Meghan's contentment and fulfillment in her personal and family life.