

Business Spotlight

Discover the Charm of Western Garden Nursery: A Family-Owned Oasis for Garden Enthusiasts

Western Garden Nursery, tucked away on a 2.5-acre site on the beautiful Vineyard Avenue corridor, is a great place to shop – surrounded by nature, colorful flowers, water features, birds, and butterflies, is a great place to unplug.

Aires Souto started with Western Garden Nursery, when it was originally located in Hayward, in 1992. In 1999, Western Garden Nursery relocated to Pleasanton. After ten years in Pleasanton, the original owners decided to pass the nursery to another generation. With the support of his wife Isabel and daughters Teresa and Christina, Aires decided to take the helm.

Aires, growing up in an immigrant family, was passionate about growing plants and their own food, making a career in the nursery industry a natural fit. Aires' daughter, Christina Souto-Heard, hav-



ing grown up around the business, earned her first job while in high school watering plants at the nursery, tailored her college studies to environmental science and received an MBA, joined the team full-time two years ago.

Western Garden Nursery is a full-service nursery. Plants include landscape shrubs, trees, edible fruit trees, citrus, berries, vegetables, herbs, house plants, flowers, cacti, and succulents – everything you could want. They also carry pottery, fountains, gift items, and offer

local delivery and special-order services.

"Some of my favorite experiences is seeing the excitement and passion of our customers as they begin their plant-growing journey and providing solutions to plant issues that may be stumping or causing them stress," said Aires.

"Now is a great time to start planting summer vegetables! We have an amazing selection. Whether planting in a raised bed or containers, we have everything you need to begin growing your own food."

Come visit Western Garden Nursery but don't be alarmed by their rescued cockatiel, Lou, who may whistle at you!

"Although time has a way of changing things, one thing remains constant, our commitment to top quality plants and customer service."



Western Garden Nursery

Meet Lou, a rescue cockatiel, who loves to whistle at customers!

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PLEASANTON FAMILY WELLNESS CENTER

Let us assist your journey to Wellness!

Infant & Prenatal Massage

Moms and babies benefit from massage therapy both during pregnancy and after. Prenatal massage provides relief of muscle tension, aches, swelling, anxiety, depression, as well as sciatic nerve pain. Massage increases circulation and improves oxygenation of soft tissues and muscles. Studies show prenatal massage leads to fewer complications during birth.

Nutrition

Are you getting the nutrients you need? We help you find underlying causes of illness through fine-detailed blood testing. Test results will indicate any deficiencies you may have in vitamins, minerals, micronutrients, thyroid, and hormone functions as well as inherent genetic information. First, we'll discover what's out of balance and then we can give your body exactly what it needs to heal.

Massage Therapy

We offer a variety of techniques for your healing needs including shiatsu, acupressure, craniosacral, lymphatic drainage, myofascial, and Swedish therapies. Our massage sessions include Reiki life-force energy healing for a gentle and deep relaxation in the body, emotions, mind, and spirit.

Pleasanton Family Wellness Center

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