

Southern Living September Cover Star: Jennifer Garner Is A Farm Girl At Heart

The Megastar Returns to Visit and Previews Her Plans from Her Family's Farmland in Oklahoma

NEW YORK, Aug. 15, 2018 [/PRNewswire/](#) -- Jennifer Garner reflects on her family plans and future in the September issue of Southern Living, available on newsstands now. With a successful career and as a mother to Violet, 12; Seraphina, 9; and Samuel, 6, the actress has no intentions of slowing down anytime soon. To access the full story with photos by Victor Demarchelier, please click [here](#).

This fall Jennifer will star in the action film "Peppermint" and the HBO comedy "Camping." Offscreen, Jennifer sits on the Board of Trustees for Save the Children, and last year she joined Once Upon a Farm, a company committed to making food for children with fresh, organic fruits and vegetables.

The 46-year-old native of West Virginia has a deep love and appreciation for the sense of community she found growing up down South. "When I first moved to New York City, my hand almost fell off from waving at every person I passed on the sidewalk—because that's how I had been raised," she says.

"I have a connection to this land, and it feels right," Jennifer says. Along with her mother, Patricia, she has a clear vision to transform a beloved family property in Oklahoma into a farm growing fresh fruits and veggies. Now they're planning to kick off their first Oklahoma growing season with kale, blueberries and persimmons.

But this is more than just farmland, it's about preserving her family's storied past and keeping those memories alive for years to come. "When I say I'm going home to the South, this is where I'm referring to, the land that raised me," she adds. "This is what I come from. I am a farmer's daughter's daughter."

Her fondest memory of being raised in West Virginia is the friendliness and patience of Southerners. "I really believe the more people you make eye contact and share a smile with, the happier and more connected you feel," she adds.

Jennifer credits her mother for imparting those Southern values on her and her siblings from a young age. "My mother took pride in feeding our family, always tried to make it fun, always made it fresh and hot. It's one of the most consistent and loving things she did for us."


When it comes to feeding her own kids, she explains, "I try not to battle with them about food. I do my very best to take my cues from my mom and put good food in front of them and let it be from there."

Nowadays, Jennifer could easily and happily live on a farm with her family nearby. "I hope to own a home in West Virginia someday, but right now, the kids and I are so happy to go home to Grandmom and Granddad's house that I am not in any rush."

ABOUT SOUTHERN LIVING

Southern Living celebrates the essence of life in the South, covering the best in Southern food, homes, gardens and travel. Reaching more than 23 million people each month, Southern Living connects consumers to the region's rich culture through a variety of print, digital, mobile, and event platforms. Headquartered in Birmingham, Alabama, the rapidly expanding Southern Living brand is produced by Meredith Corporation.

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