

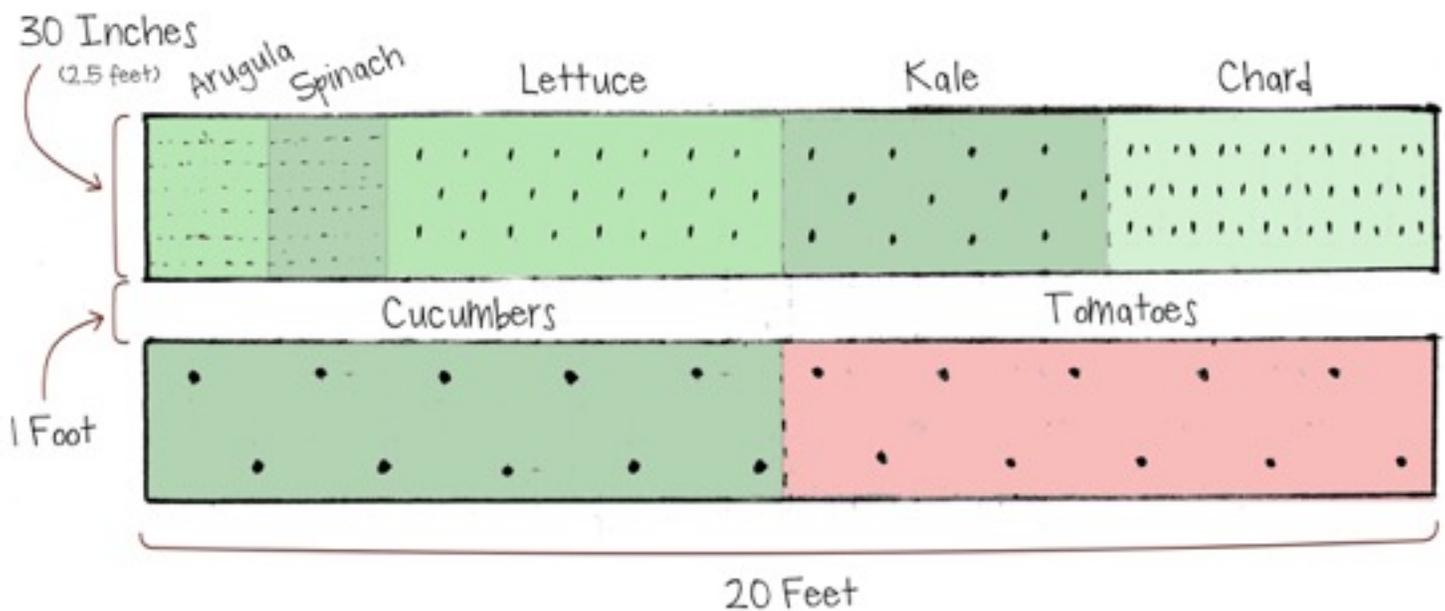
\$800
Superfood
Garden Plan

Hi there!

It's Paul here with Born to Grow and this is exciting! In this document I'm sharing with you our superfood garden plan to grow \$800 of food in 100 square feet.

So, first things first...

It's always easier when you can see something visually - so here's a quick birds eye view of the plan: (I'll explain more below :)



A picture is worth a thousand words eh?

You bet! And that'll definitely get you off to a good start. But why not talk a little more about what makes this garden special?

First: It's Designed For Superfoods

Yup. As you can probably tell from the name - superfoods have a *super* amount of nutrients. That's what makes these veggies special. And if you only have a small space why not get the most nutritional bang for your buck?

This plan incorporates 7 of the top 41 superfoods listed by [TIME Magazine](#). But don't feel like you're stuck to just growing the ones we picked out. Feel free to swap a few out if you see something else on the list that catches your eye.

Second: It Uses Our Favorite Bed Spacing

You noticed the beds are 30 inches wide? There's a reason for that! In fact, we encourage everyone to grow in 30" wide beds because:

1. The beds are easier to step across or straddle (I'm not a fan of doing the splits...)
2. The beds are easy to reach across for seeding or harvesting
3. There are tools designed specifically for 30" wide beds like the [bed preparation rake](#) and [broadfork](#) from Johnny's Seeds

Third: It's The Perfect Size!

Just getting started gardening? This is the perfect size to get you up and running on two feet. We always encourage people to start small and then grow your garden as you gain more experience. This keeps it fun and you'll feel more satisfied and accomplished at the end of the year if you were able to keep

the garden manageable instead of it getting too big and running away from you.

Or, if you're an experienced gardener you could always scale it up by growing twice as much or more!

And best of all: grow \$800 of food in 100 square feet

Amazing? You bet! So, you're probably wondering how this plan can grow \$800 worth of food? Good question.

But first, before you think I'm too crazy... check out [this article](#) on Mother Earth News of how Rosalind grew nearly \$700 of food in her 100 square foot garden.

Amazing eh? So why \$800 for this garden? I got that number from the average value of each veggie per square foot (see the full breakdown in our [upcoming gardening class here](#)). Add em all up and we're packing over \$800 bucks in this little garden.

And to top it off, with the right knowledge and tools you could probably do it in an hour or two a week (or even less). But more on that in our upcoming class.

Interested? Go jump in and [register right away here](#). The class is this Tuesday evening. You're gonna love it.

EXTRA BONUS! Veggie Planting Information:

Here are some notes for the veggies listed in this superfood garden plan:

Arugula: Direct seed into the garden in 6 rows 4 inches apart. Thin plants to 4-6 inches apart.

Cucumbers: Plant inside then transplant out. Space plants 18 inches apart.

Kale: Plant inside then transplant out. Space plants 12 inches apart.

Lettuce: Plant inside then transplant out. Space plants 8-12 inches apart.

Swiss chard: Plant inside then transplant out. Space plants 12 inches apart in rows that are 10 inches apart.

Tomatoes: Plant inside then transplant out. Space plants 18 inches apart.

Spinach: Direct seed into the garden in 6 rows 4 inches apart. Thin plants to 6 inches apart.

Interested In Growing More?

Awesome!

Cuz guess what? Like I mentioned earlier, I'm hosting a free gardening class this Tuesday evening (coming right up).

In the class you'll discover how to STOP bugs from destroying your veggies, boost your soil health and 2x your harvest without using toxic or harmful chemicals, and more...

[Click here to register now](#)

It's free to join. Plus, we've got some other pretty cool free gardening "goodies" that we're giving away to all of our class students.

Goodies like:

Our Ultimate Garden Cheat Sheet - where you'll find seeding tips on how often/when to seed each crop, which plants to direct seed or transplant, our favorite varieties, the best plant spacings for maximum production, and more!

Our Garden to Abundance Game Plan (Mindmap) - discover what you need to focus on and what steps you should be doing at each stage of your garden. Plus... you'll find a few bonus perks like a short list of our favorite tools and seed companies.

And more...

Hey, the goodies are free when you register and attend class!

[Click here to register now](#)

And do keep me posted on how your garden goes this season. Let's make this your best garden ever this year!