



Winter Class Worksheet

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PART ONE

How to Use Our "C-T-P" Strategy to Easily Grow Veggies During the Winter

Introduction:

C - Our simple formula to know what grows best in the winter vs. the summer

1. C is for _____

2. Each plant has its own _____ where it _____ best

3. Instead of fighting _____ let's work with it

4. Our simple formula:

Winter _____ + _____ vs. Summer _____ + _____

5. What are some cold-tolerant veggies you would like to grow?

T - The #1 critical factor for a successful winter garden

1. T is for _____
2. After choosing the veggies you want to grow, what is the first critical factor to consider when it comes to extending your season?
3. _____ can make all the difference from having a _____ to no _____ at all

4. Why does plant's growth slow down in the winter?

5. The purpose of season extension isn't so much to _____ plants in the winter as it is to _____ them _____ through the winter

P - The key to keeping plants alive in the cold and why wind is one of your worst enemies

1. P is for _____

2. What is our goal in protecting our veggies during the winter?

3. Protection often has more to do with protection from the _____ than it does from the _____ itself

4. The more still the air is around a plant – the _____ _____ that plant will be able to handle

How to build your own winter “quick hoops” and why they are so effective

1. Row Covers

Why are row covers possibly the best overall way to protect veggies from the cold and wind?

What are some benefits of row covers?

Why would you use wire hoops under a row cover?

2. What is a quick hoop?

What are the tools and materials you need to build a quick hoop?

When would you use two row covers instead of just one?

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PART TWO

How to Easily Grow Microgreens Anywhere!

Introduction:

1. Gathering your materials

2. Seed starting

3. Caring for your microgreens

4. Fertilizing your microgreens

5. Lighting

6. Harvesting

7. BONUS: Autopilot tray system

For additional class “goodies” (resource document and other downloads) go to:

<http://borntogrow.net/winter-gardening-class-handouts/>

For microgreens resources go to:

<http://borntogrow.net/microgreens/>

For more garden training from Born to Grow go to:

<http://launch.borntogrow.net/garden-training/>