

YOUR BEST GARDEN EVER - SESSION 1 How to Use Our 3 Step Garden Planning Formula to Easily Grow Over \$1000 of Food in Your Small Backyard

# FREE GIVEAWAY



**GIVEAWAY AT** THE END OF CLASS **\$30 Value** 



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# **\$30 Value - FREE!**

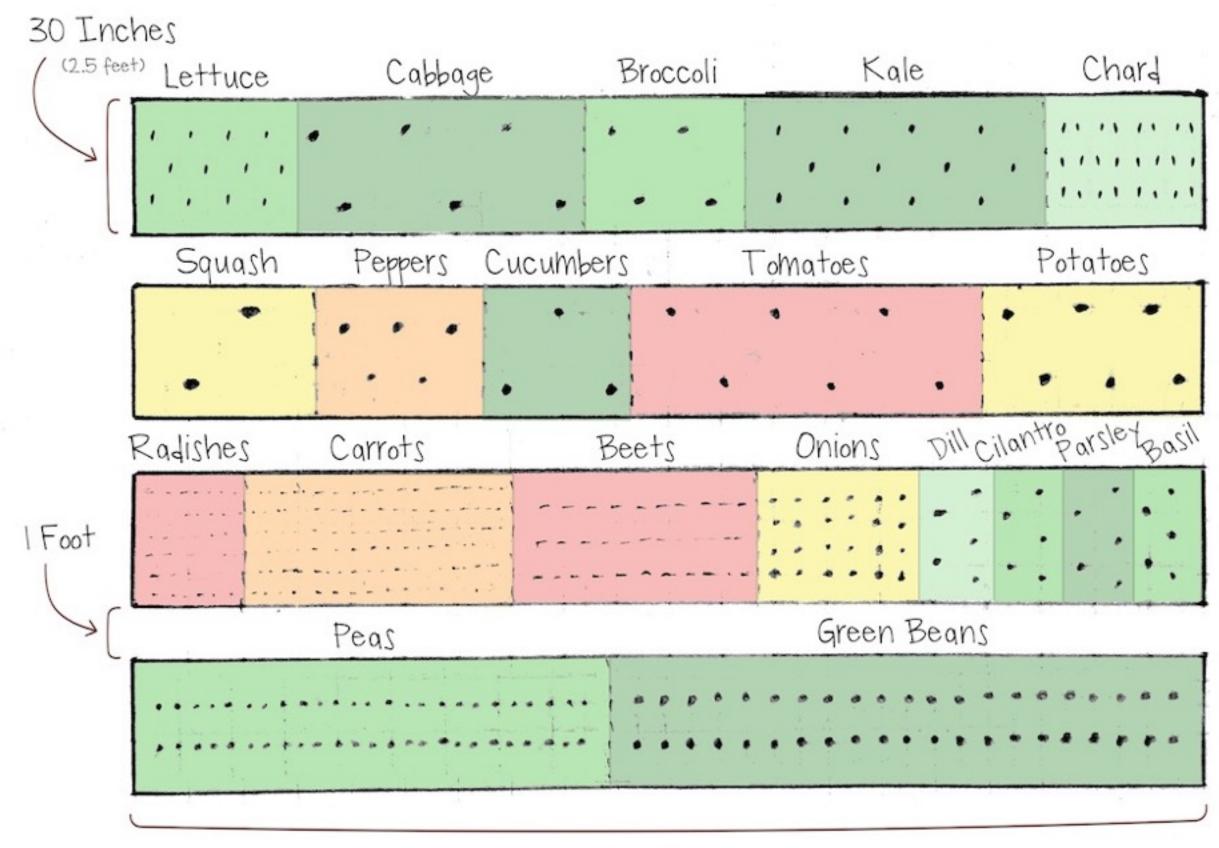
- Our "Winter L+R vs. Summer S+F" veggie formula to easily know which veggies grow best in the winter vs. the summer
- The #1 critical factor for having a fresh harvest during the winter months
- The key to keeping plants alive in the cold and why wind is one of your worst enemies
- BONUS: How to build a "quick hoop" from scratch without breaking your pocketbook
- ► And more...

## **OVERVIEW**:

- 1. SESSION 1: What to grow choosing what to grow in your garden
- **2. SESSION 2:** When to grow it creating your planting calendar
- **3. SESSION 3:** Where to grow it mapping it all out



# DISTRACTIONS



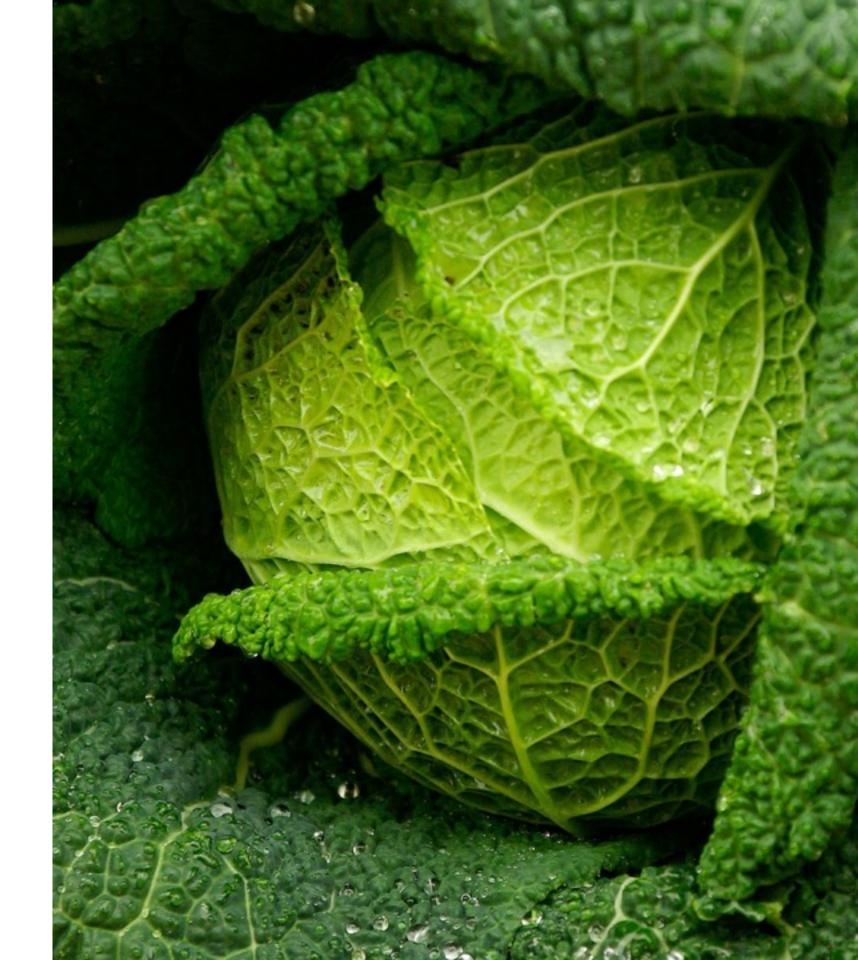
<sup>20</sup> Feet

# CHOOSING WHAT TO GROW



# MAKE A LIST

- 1. Make a list of what you would like to grow
- 2. Be as specific as possible
  - 1. Pickling cucumbers
  - 2. Cherry tomatoes
- 3. Choose the specific varieties you want to grow
- 4. Different types of seeds





## **ALL ABOUT SEEDS**

- 1. Good seeds and good soil really are the two pillars of a successful garden
- Without high-quality seed, all the other activities are moot." -NOG
- 3. What about GMO, hybrid, open pollinated, and heirloom seeds?



# SEED DEFINITIONS (JOHNNY'S SEEDS)

## 1. GMO or Genetically Modified Organisms –

- "The mechanical or biological transfer of genetic material outside of natural methods and between genera, families or kingdoms."
- 2. Hybrid "The offspring of a cross between two or more varieties, usually of the same species."
- 3. **Open-Pollinated** "A non-hybrid variety. One that can reproduce itself in kind."
- 4. Heirloom "An old variety that owes its present availability to the seed-saving efforts of amateurs." All heirlooms are openpollinated.

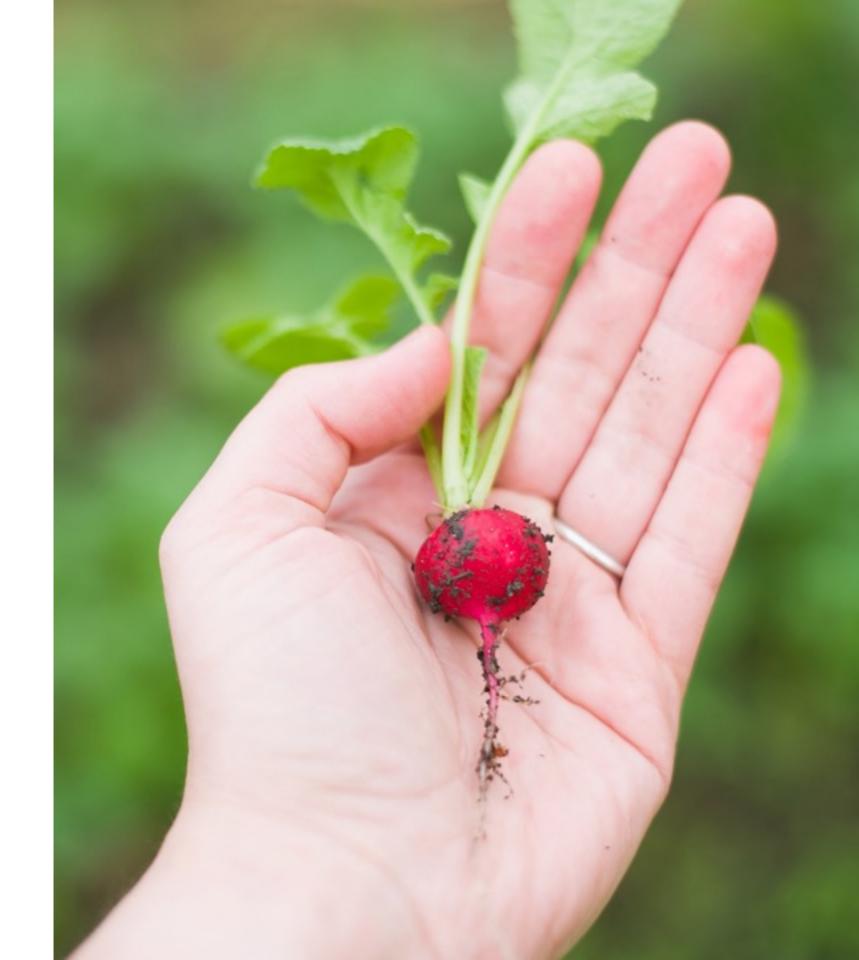
## **ALL ABOUT SEEDS**

- GMO seeds have serious health and environmental concerns that continue to mount.
- 2. Hybrid seeds are not "evil." We are all hybrids!
- 3. Hybrid seeds can have added vigor, uniformity and disease resistance.
- 4. Hybrid seeds will not reproduce "true to type."



## **ALL ABOUT SEEDS**

- There is evidence that nutritional content may be superior in open-pollinated varieties.
- 2. If you want to save your own seed, you need to use open-pollinated seeds.
- 3. Saving seed is unique to different plants. You need a good book to guide you.



# **SEED COMPANIES**

- Johnny's Selected Seeds (Maine)
- 2. High Mowing Seeds (Vermont)
- 3. Baker's Creek Heirloom Seeds (Missouri)
- 4. Southern Exposure (Virginia)
- 5. Territorial Seeds (Oregon)
- 6. Peaceful Valley (California)



## **SEED COMPANIES**

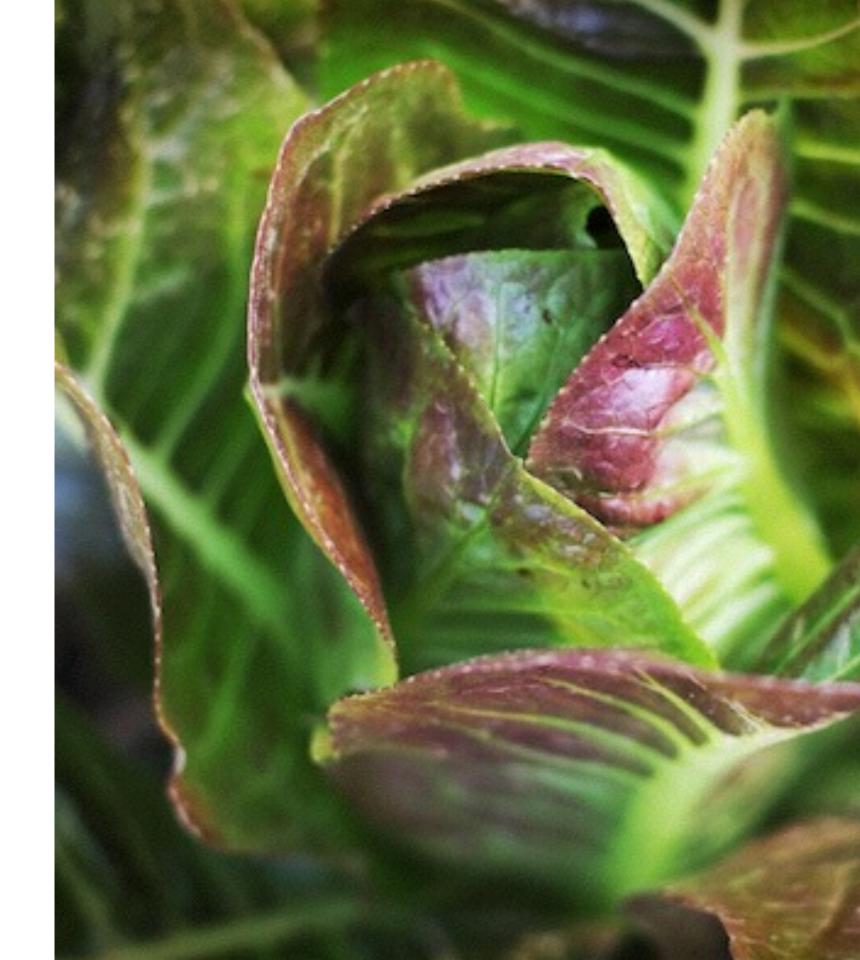
- 1. Look for the "Safe Seed Pledge"
- 2. "...The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families, or kingdoms, poses great biological risks as well as economic, political, and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public release...."





## **CHOOSING VARIETIES**

- 1. Do you want to save seeds?
- 2. Pick a seed company or two
- 3. Order a catalog or look online
- 4. Ask your local farmers
- 5. Watch reviews
- 6. Or use some of our favorites!



# TRANSPLANTING VS. DIRECT SEEDING



# TRANSPLANTING ADVANTAGES

- Transplanting is more reliable
  Better plant care and cost
- Better plant of efficiency
- An almost sure harvest
- Green manure productivity
- ► It is easier to deal with weeds
- It increases the effectiveness of succession planting
- Shelter gives a head start

# TRANSPLANTING

- Starting your own transplants vs. buying them
- 2. Tomato, eggplant, and peppers - a little more challenging
- 3. Using a heat mat



## TRANSPLANTING

- 1. Germination temperatures
- 2. Ideal temperature for most crops: 70-75° F (21-24° C)
- 3. Ideal temperature for asparagus, cucumber, eggplant, melon, pepper, and squash: 75-80° F (24-27° C)



# **BONUS: OUR POTTING MIX RECIPE**



# **COOL VS. WARM SEASON VEGGIES**



# WINTER SUMMER LEAVES AND ROOTS SEEDS AND FRUITS



## Low Freeze Tolerance

## **Medium Freeze Tolerance**

Lettuce Chicory (radicchio, endive, escarole) Broccoli Cauliflower Cilantro Parsley Radishes Celery Bok Choi

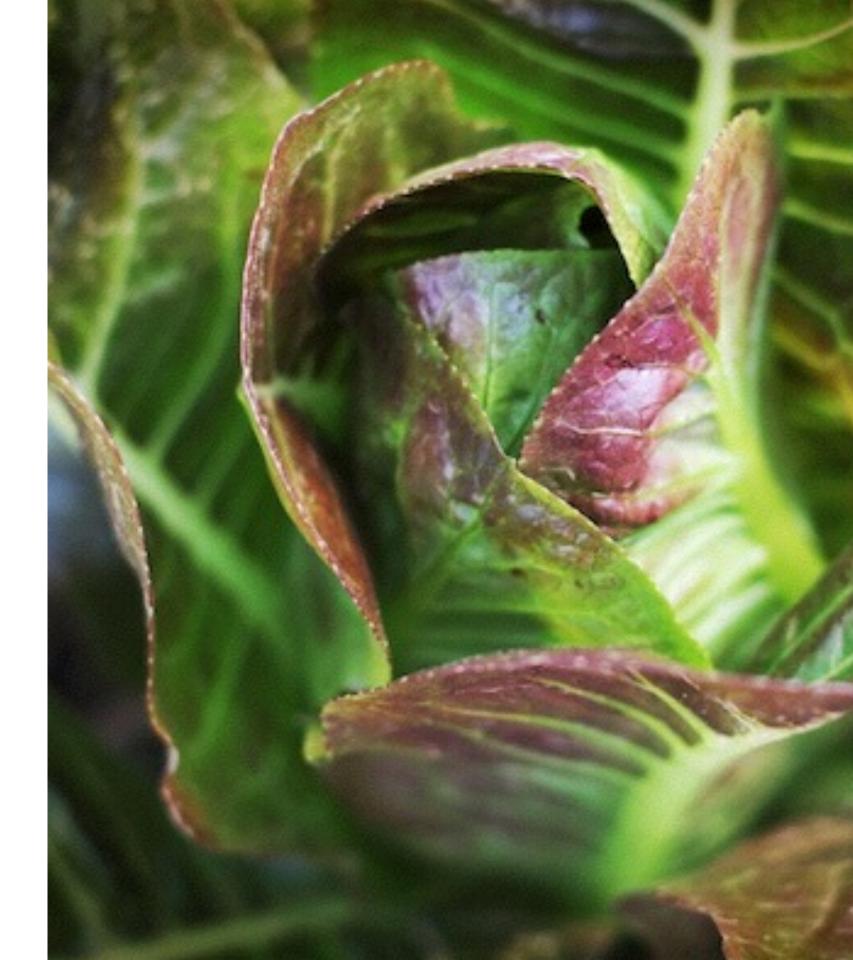
Chinese Cabbage Sorrel Rutabaga Kohlrabi Collards Kale Maché Spinach Beets Carrots Parsnips **Dandelion Greens Baby Greens** 

## **High Freeze Tolerance**

Turnips (hakurei - low) **Brussels Sprouts** Cabbage Yukina Savoy

## C – COLD TOLERANT

- 1. These are all great veggies to grow in the early spring, fall, or even straight through the winter
- 2. Remember that your winter veggies are pretty much all leaf and root veggies while your summer ones are mainly fruits and seeds

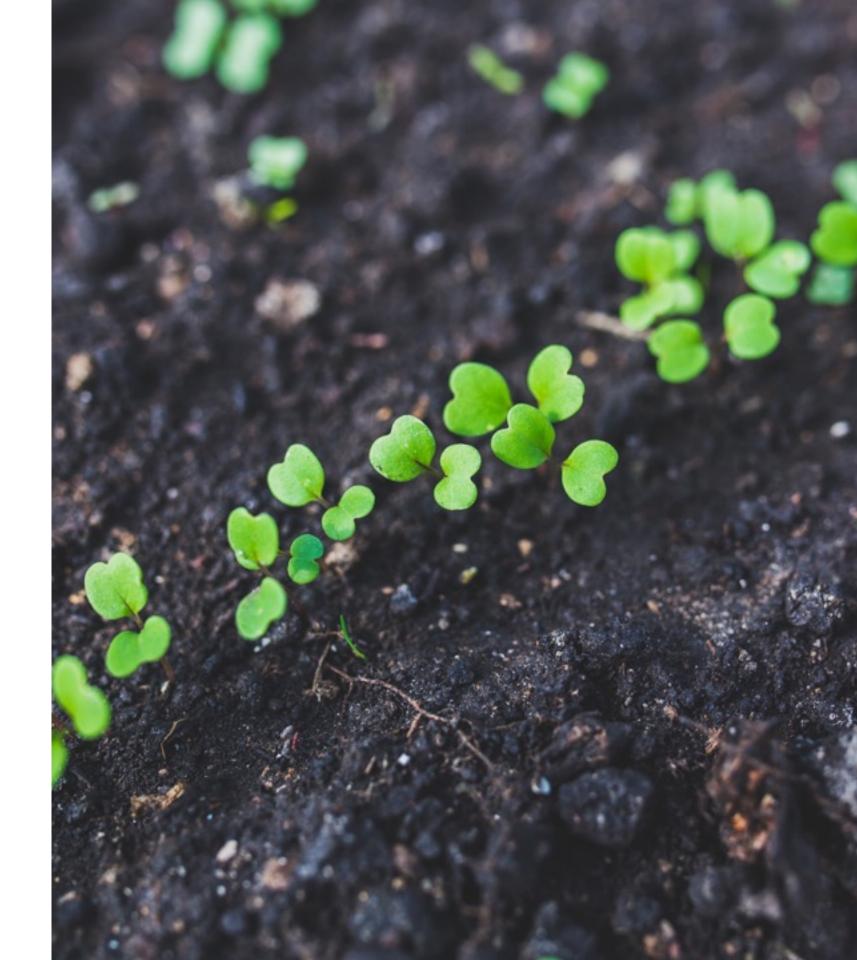


# HOMEWORK



## HOMEWORK

- 1. Make a list of what you want to grow
- 2. Choose which varieties you want to grow and which seed companies you will order from



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