

WINTER GARDENING CHALLENGE – DAY 1 Choosing what to grow and where to grow your winter garden

OUR STORY







































Events or companies Born to Grow has been featured in:



Four Season Gardening Blog

Sustainable Preparedness

There was a very <u>noticeable</u> difference in the amount of fruitage this year compared to last year... I really got to give credit where credit is due, so I thank God and thank you for sharing the knowledge and wisdom to the masses."

Roy Kim - New York USA



"I just wanted to tell you Paul thank you... for making my gardening experience such a joy! ... My 2 eggplants were dropping blossoms, and flea beetles chewing holes in leaves. Within a few days after side dressing, they have put on many blossoms, hardly any flea beetles, and many healthy leaves - looking good."

Jennifer Lingerfelt - Illinois USA



May 5 at 10:10pm

I remember going outside to do something in the garden and having no clue what to do. It was rough because I just couldn't make the connections. It was all so new. But now when I get ready to go out there I have several items on my mental list to accomplish and things are growing and turning into food! By God's miracle working power. And Peas! So fun to grow! So easy! And so tasty and sweet; those little green balls to pop in your mouth and make such a tasty and fun addition to a salad. And I believe it's because it's coming from the garden and she's having the experience in growing it that little one is eating salad now with such enjoyment that she didn't have before. And radishes! She's eating them! And says mommy look I love radishes! She wouldn't touch it before. I made her a pita pocket salad sandwich. And that green stuff is split pea soup pureed. I don't usually puree it but I had to this time for a specific reason. She immensely enjoyed that pita salad. She kept making joyful expressions as she was eating it. And her salad dressing is only flax seed oil, salt, and avocado. I'm telling you, it's God that causes her to like it! I know the struggles of trying to get your children to eat it. So much resistance. But the garden has made all the difference! I just love it! Love it! She even eats dill, we're growing that too and she would never eat it before. This is so fun, this gardening life thing! 🐸



Like Comment

Stephen De Bruyn

Harvest is starting!



We are pretty excited about our first December harvest thanks to using the quick hoops that Paul talks about in the course. It is supposed to get really cold the next couple of weeks and be below zero at night and only about 20 degrees during the day and so I decided that row cover probably wasn't going to be enough to keep everything from freezing solid so I went ahead and harvested what was left. I sure wish I would've gotten more planted and gotten it in earlier as I would've had even more to harvest but we are thankful for what we have and we will do better next year. The problem was that my spring crops did not grow as quickly as I anticipated and so they were in the way when I needed to be planting fall crops. **#blessed #firstwinterharvest**

| | /anda Cooper Amick Lhrs | ~ |
|------------|---|---|
| I love the | new autopilot method for growing microgreens! | |
| ı∰ Like | Comment | |

Susie Schroeder Just wanted to let you know the edema in my tomato plants is all gone- they look much better after being transplanted and outside in the sun. Thanks for the advice!

Like · Reply · 9h



Bonnie Gallatin shared her first post. We New Member · May 1 at 2:17 PM

i'm so excited to be learning more about gardening. paul's classes are really helping me have a better understanding in an easier format! i'm really praying this is my year to have a better garden and way better understanding! yippee!!



3 Comments

1

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Comment



Like · Reply · 3d



Joelle Damsteegt McNulty July 25 at 6:58pm

...

So. Much. Produce!! I want to say this season might be the most ever thanks to the new methods I've been using from these garden classes.





Linda Moindi-Matonda May 10 at 7:31am - & Add Topics

I am so excited and thankful to God. I have never had such great vegetables. Amending the soil really does wonders. Thank Paul Dysinger and Edwin Dysinger for all the lessons. Thanks to the Born to grow family for all the support and encouragement. We your students are truly blessed.



🖒 Like

Comment



•••



Have really enjoyed the instructions, classes and posts. Have been gardening for years using the single row method. Thanks to the group I tried planting in columns, began after April 28th in South Carolina. Have more to learn, but I'm getting there.







🖒 Like

Comment



Nature's Wisdom Carol Stanton

Yesterday at 1:32pm · P Add Topics

I am new to this group. So excited for all the great information I am learning n this course! Thank-you for including me. My raised bed gardens already look better than they ever have because of this course. For my larger garden I just received the results from my soil test. I need to add many amendments. Does anyone know a supply company in Ct/ RI area?



...

Karen McKinnon Teeter The garden is keeping us soooo busy. We spend mornings out there and the rest of the day shelling peas and beans, preparing food for the freezer, or canning. Even with the blight, we are experiencing a huge crop of tomatoes. Thanks goes to Born to Grow for answering our questions and giving us tips that work.

மீ Like Comment



A kumquat that had been languishing in my yard for several years, mostly a dead twig. Decided to have one final go at it after joining BTG. Pruned, mulched, fertilized, watered - and voila! It is full of blossoms for the first time since coming to my back yard! Any hints appreciated to nurture it to mature fruit.





September 1 at 7:26 PM · S Add Topics

22 pounds in today's harvest - that's all the basket would hold. The big yellow tomato is 1.5 pounds.



OC You and 15 others

Like · Reply · 21h

| 6 | April Waterman 6 hrs - S Add Topics | |
|---|--|-----------------------------------|
| | tarted my planting calendar! Sup ork to do! Love it!!!! | er easy to use and I already have |
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| | n ²) Like | Comment |





4 Comments 1 Share

Chris Schudy started a conversation

Hi there-

I can't make it tonight because I have Bible study... But I wanted to let you know that in spite of a lot of obstacles this past summer, thanks to the calendar I was able to plant and harvest a ton of heirloom carrots up here in Wisconsin. I'll attach pics. There are so pretty! This was especially helpful for me because we juice a lot of vegetables and we felt so provided for .. So thank you :) Chris Schudy

Chris

i feel like I hit the jackpot becoming a member with you

Suzanne

GROUNDBREAKING No pun inteneded

Kristina T started a conversation

MAY 13 @ 5:18 PM

Hi Paul.

I have set up the calendar and so far it seems to be working great. I am a beginner gardener and it has been very helpful to have it all laid out so I know ahead of time what I should be doing from week to week. We are in Colorado and we started the lettuce inside a few weeks ago and according to the calendar should be able to transplant it this week. The weather forecast looks great with no freeze warnings. So hopefully all goes well. Thanks for asking,

Kristina :)

Re: Your Gardening Calendar is Ready

Diane McCarthy started a conversation

Thank you SO much! I have never been more excited to garden in all my life....thanks to you and your Dad. ~Diane McCarthy (Ledyard, CT)

Ray Hitch started a conversation

I absolutely love this tool it so simple to use even a novice like me can follow the instructions and have a successful garden. The videos are so informative and recommendations for plants are right on the money. I do not see myself using any other tool for my garden planning.

James Hunt started a conversation

Paul, I just watched the webinar replay. What a fantastic thing you have done for us! Thank you and Edwin and Natasha for all your hard work. I was just yesterday starting to sit down to the mind-boggling job of planning out this year's garden calendar...and I gave up. Now you have done it for me. God bless you all. I look forward to start using it soon.

Lindsey started a conversation

APR 08 @ 6:32 AM

Hi, thank you so much for the micro green challenge ! I love the email reminders and the videos that are super helpful !!! Me and my family are super blessed to be apart of such a wonderful gardening team . For my micro greens i did broccoli and radishes. I will now try the peas and lettuce. I am ready for round 2 !! I am going to be working on my back yard this weekend. MY husband got some pallets and i cannot wait to make raised beds out of them. I am ready to use my calendar as well !! This has been such a blessing and i cannot thank you enough how the videos have been so helpful for me to learn and plant. Me and my family are forever grateful for all the hard work you have put into your company to be a blessing to millions •

MAY 03 @ 3:37 PM

FEB 12 @ 7:27 PM

JAN 31 @ 10:04 PM

Lucy

I love the new calendar. It keeps me on task and so far it has been working great! planted onions transplants, and direct seeded peas and radishes today.

 \bigcirc

Trina Norckauer Johnson I just watched the video on your launch of the calendar! AMAZING!!! I can't imagine all the time and effort it took to put this in place! Thank you, thank you, thank you! It is so appreciated! I can't wait to get started! You 0

Like · Reply · 21h

| Pat Neifert Martinez Yesterday at 11:56 AM - Add Topics The building my calendar, going through all my seeds I am super excited about what I am seeing so far with this program. This is exactly what my analytical brain has been needing to pull everything together and have it be fun! Thank You!! | | | | |
|---|-----------|--|--|--|
| You and 3 others | 1 Comment | | | |
| p Like | Comment | | | |
| Jean Shingledecker Ditto! Like - Reply - 22h | | | | |
| Write a comment | 0000 | | | |



FREE GIVEAWAY



Ultimate Garden Immune Booster Cheat Sheet to have frustrating, ids, and eggies! So going

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FREE! GIVEAWAY AT THE END OF CLASS

FREE GIVEAWAY



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Ultimate Garden Immune Booster Cheat Sheet

Our #1 natural organic fertilizer mix to grow beautiful plants that thrive

- Our favorite quick action liquid fertilizer for a fast immune boost
- The hidden all-natural fertilizer hardly anyone is using that has over 90+ trace minerals for optimum health and incredible flavor

OVERVIEW:

- 1. DAY 1: Choosing what to grow and where to grow your winter garden
- 2. DAY 2: Timing your winter garden creating your planting calendar
- **3. DAY 3:** Protecting your winter garden
- 4. DAY 4: BONUS! Q+A wrap-up

FREE GIVEAWAYS

FREE GIVEAWAYS





FREE DRAWINGS **AT THE END OF EACH CLASS**

FREE GIVEAWAYS





WIN LIFETIME ACCESS

- Our ELITE Gardening Membership
- Your own personal Click 'n Drop Gardening Calendar
- Monthly LIVE meetings
- Private FB Group Access
- Access to our entire garden training library online

FREE GIVEAWAYS





HOW TO PARTICIPATE ► Be active in the FB group Every post and comment is an

- entry to win
- The more entries (activity in the FB group) the higher your chance is of winning
- ► DO NOT SPAM

DOWNLOADS



DOWNLOAD



Winter Garden Planning Worksheet

WINTER GARDEN PLANNING WORKSHEET

Download to follow along in class

RESOURCE CENTER

- In the FB group make sure to see the UNITS for each day
- All resources for each class session will be posted in the unit for that class and also will be sent by email





DISTRACTIONS
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. Curly Kale
 - 2. Storage Cabbage
- 3. Choose the specific varieties you want to grow
- 4. Different types of seeds





ALL ABOUT SEEDS

- 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 by Elliot Coleman
- 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!



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





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. Germination temperatures
- 3. Ideal temperature for most crops: 70-75° F (21-24° C)
- 4. Winter crops tend to like cooler temperatures



WHERE TO GROW YOUR WINTER GARDEN



WINTER GARDEN LOCATIONS

- Find a place with the most sunlight possible
 - Usually on the south side of your house or any building
 - Look for a south facing slope
- Consider protection from wind
- Understand microclimates



A WORD ON WINTER COVER CROPS



WINTER COVER CROPS

- There is nothing better for your soil than to have living roots in it.
- A winter cover crop on otherwise unused garden space is a wise way to go.
- ➤ The best cover crops are mixtures.
 - ► Grains Wheat, Rye, Oats
 - ► Legumes Winter Peas, Vetch
 - Brassicas Radish, Kale, Mustard
- ► A source: <u>greencoverseeds.com</u>

HOMEWORK



HOMEWORK

- 1. Download today's homework sheet
- 2. Make a list of what you want to grow this winter
- 3. Choose where to grow it
- 4. Complete the sheet and then celebrate by going LIVE in the FB group



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