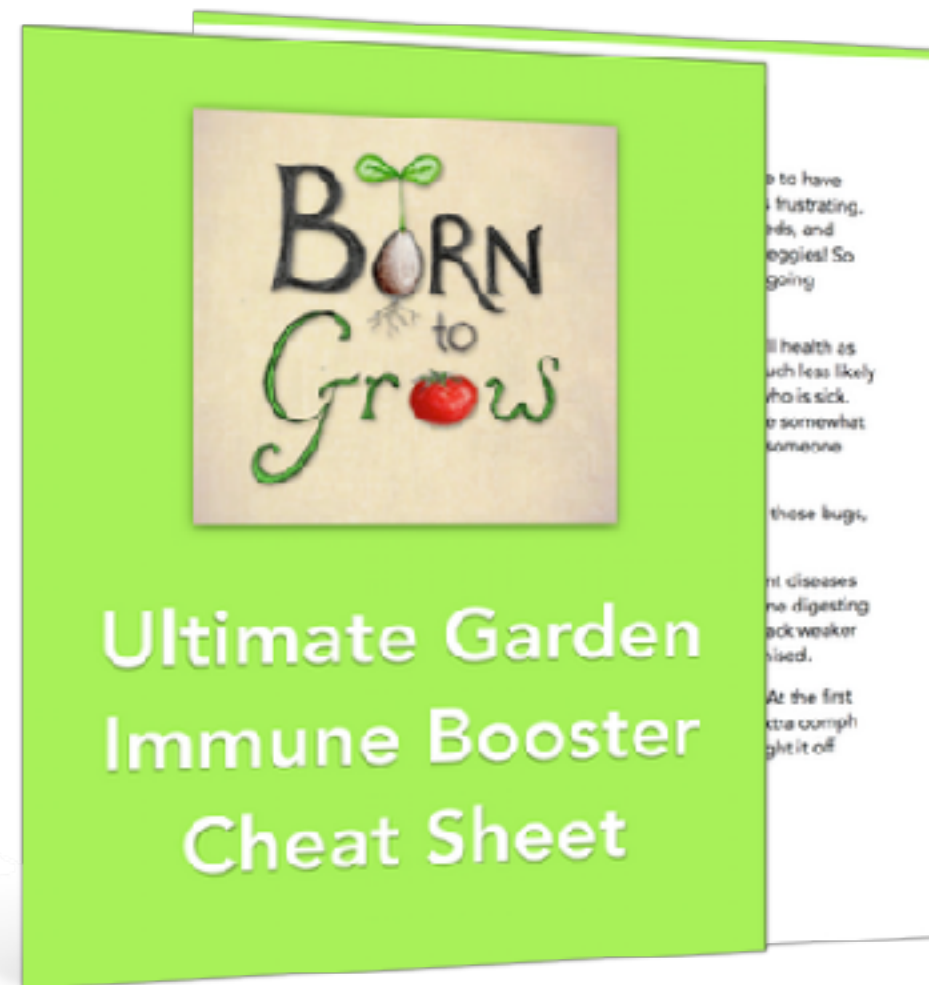


The FASTEST Way to Grow Your Own Food in Times of Economic Crisis and Public Health Uncertainty



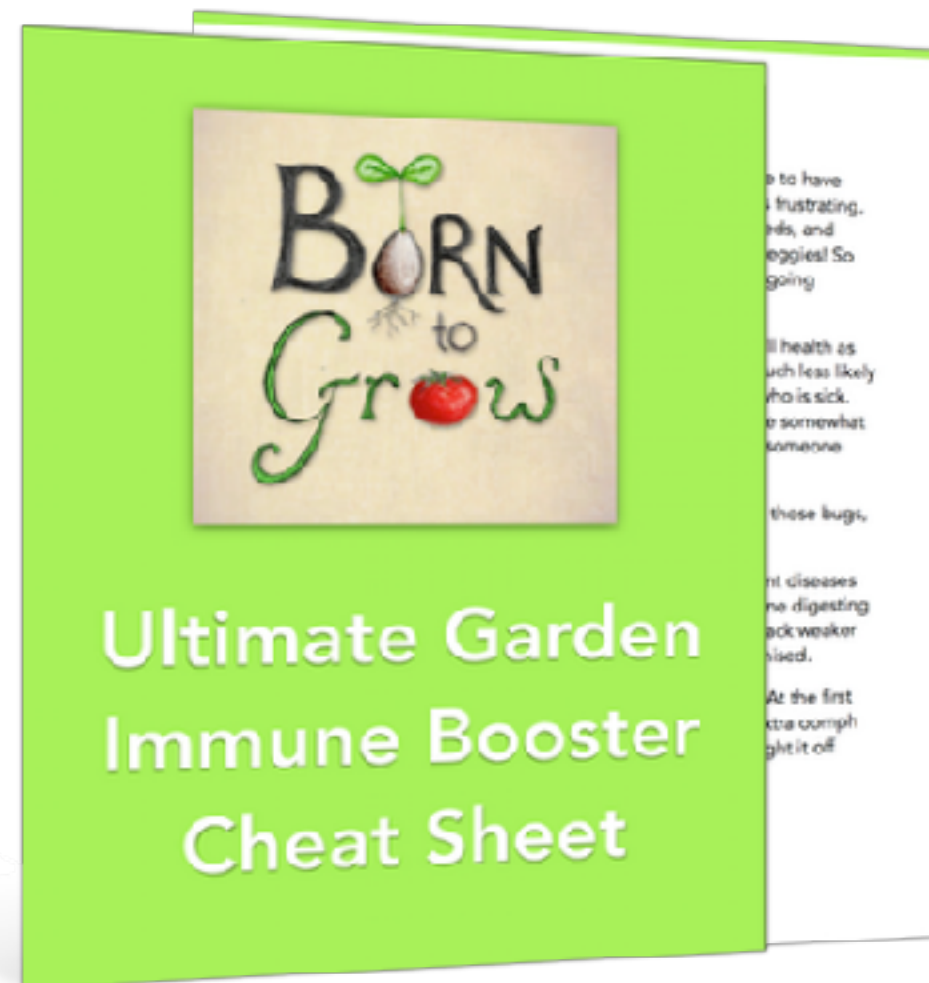
FREE GIVEAWAY



FREE!

**GIVEAWAY AT
THE END OF CLASS**

FREE GIVEAWAY



- 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*

WHAT'S HAPPENING RIGHT NOW

1. Abrupt change in the economy
2. Store shelves are empty
3. People losing their jobs.
4. Public health crisis all around us
5. There's LOTS of interest in gardening!
6. No better time than now to garden

Why Gardening Is Essential During COVID-19 Pandemic

Wednesday, April 15, 2020 | Sacramento, CA | [Permalink](#)



LISTEN

7:06

 download audio



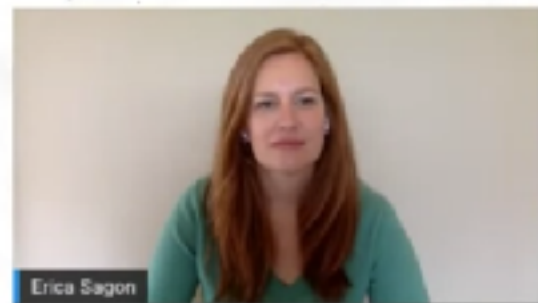
Gardening and coronavirus: Greater Lansing Food Bank will mail free seeds to families

Sarah Lehr, Lansing State Journal

Published 11:58 a.m. ET April 15, 2020 | Updated 1:58 p.m. ET April 16, 2020



Megan Finnerty

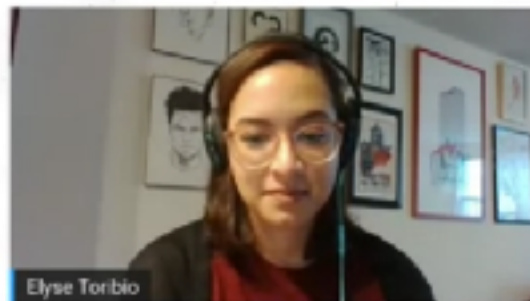


Erica Sagon



David Kender

Watch Just the FAQs Coronavirus Conversations
on usatoday.com/JustTheFAQs



Elyse Toribio



Lauren Saria



Anne Saker

As Americans follow stay-at-home advisements, many are wondering about summer vacation plans that were booked before the pandemic. Accuweather

Ad

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the job network

Keywords (ex. registered nurse)

Lansing, MI

MONEY

Vegetable growing and backyard chickens: Gardening, farming booms during coronavirus pandemic

Coral Murphy USA TODAY

Published 6:00 a.m. ET Apr. 14, 2020 | Updated 11:56 a.m. ET Apr. 14, 2020



Developing a green thumb is a way to pass the time for some people, but others are using it as a way to attempt to make sure they have access to fresh food after panic buying led to shortages in grocery stores. In addition to emptying shelves of seeds and gardening tools, Americans are also buying animals, particularly chickens, to produce a steady influx of eggs.

OUR PROMISE:

1. We promise to share actionable information you can put to use right away
2. We promise that this isn't a fear based class - we understand the world is going crazy right now
3. We promise to be honest and authentic and not play on your fears or worries
4. Now is the time to be reasonable and take thoughtful actions. We are here to serve you.

OVERVIEW:

1. **SESSION 1:** The #1 FASTEST way to grow your own food right now
2. **SESSION 2:** How to prepare your garden now for a bumper spring season
3. **SESSION 3:** How to use our "Perpetual Harvest Hack" to easily grow fresh food all year round (it's easier than you think)



SILENCE DISTRACTIONS



OUR STORY





































Four Season
Gardening Blog

Events or companies Born to Grow has been featured in:



Adventist® Agricultural Association
Returning To Our "Roots"

There was a very noticeable 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



The FASTEST Way to Grow Your Own Food in Times of Economic Crisis and Public Health Uncertainty



A close-up photograph of a person's hands holding a large, dense bunch of fresh microgreens. The microgreens have small, rounded green leaves and long, thin, white roots. The person's hands are visible, with a black wristband on the left wrist. The background is blurred, showing an indoor setting with wooden furniture.

**The #1 FASTEST way to grow and harvest your
first fresh veggies in just 14 days or less**

IMAGINE:

1. It's so easy your 6 year old can do it
2. It only takes a few minutes a day
3. You can start for only \$20 or less
4. You can eat your first harvest in only 14 days
5. You're growing food with up to 40x the nutrients of regular veggies including nutrients extremely important for skin, eyes, and fighting cancer...
6. You don't have to deal with weeds
7. You can grow this all year round - anywhere

IMAGINE:

In fact, the researchers that were studying this said it “**totally knocked me over**” was “**quite astonishing**” and “**when we first got the results we had to rush to double and triple check them**”

A close-up photograph of microgreens growing in dark soil. On the left, there are small, round, light green seedlings. On the right, there are taller, thin, bright green sprouts. A semi-transparent dark rectangle is overlaid in the center, containing the text 'GROWING MICROGREENS' in white, bold, sans-serif capital letters.

GROWING MICROGREENS

A close-up photograph of microgreens growing in dark soil. On the left, there are small, round, light green seedlings. On the right, there are taller, thin, bright green sprouts. A semi-transparent black rectangular box is centered over the image, containing white text.

**MICROGREENS are
the rage!**



DIET & WEIGHT MANAGEMENT



Tiny Microgreens Packed With Nutrients

By [Jennifer Warner](#), Reviewed by [Louise Chang, MD](#) on August 31, 2012

WebMD News Archive

Microgreens Have Up to 40 Times More Vital Nutrients Than Mature Plants

Aug. 31, 2012 -- They may be tiny, but a new study shows trendy microgreens punch well above their [weight](#) when it comes to [nutrition](#).

Researchers found microgreens like red cabbage, cilantro, and radish contain up to 40 times higher levels of vital [nutrients](#) than their mature counterparts.

Microgreens are young seedlings of edible vegetables and herbs harvested less than 14 days after germination. They are usually about 1-3 inches long and come in a rainbow of

Healthy Recipe Finder

Browse our collection of healthy, delicious recipes, from *WebMD* and *Eating Well* magazine.

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January 2014

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Specialty Greens Pack a Nutritional Punch



Visiting scientist Liping Kou (left) and technician Ellen Turner harvest different types of microgreens for shelf-life studies and nutrient analyses.

(D3085-1)

industry consists of a variety of seed companies and growers.

“Microgreens” is a marketing term used to describe tiny, tender, edible greens that germinate in soil or a soil substitute from the seeds of vegetables and herbs. Smaller than “baby greens,” and harvested later than “sprouts,” microgreens can provide a variety of leaf flavors, such as sweet and spicy. They are also known for their various colors and textures. Among upscale markets, they are now considered a specialty genre of greens that are good for garnishing salads, soups, plates, and sandwiches.

Microgreens began showing up on chefs’ menus as early as the 1980s, in San Francisco, California, according to a local industry source. Today, the U.S. microgreens

A microgreen has a single central stem, which has been cut just above the soil during harvesting—in fact, home gardeners often snip them with scissors. The seedlings are well suited for



the salt

WHAT'S ON YOUR PLATE

OUR PICKS

LIVE RADIO

SHOWS

EATING AND HEALTH



Introducing Microgreens: Younger, And Maybe More Nutritious, Vegetables

August 30, 2012 · 2:52 PM ET

ELIZA BARCLAY



GAME PLAN:

1. Gathering your materials
2. Seed starting
3. Caring for your microgreens
4. Fertilizer mix
5. Lighting
6. Harvesting!
7. BONUS: Autopilot tray system





1. GATHERING YOUR MATERIALS



YOUR MATERIAL LIST

- What you need
 - Trays
 - Growing medium
 - Seeds
 - Fertilizer
 - Light (optional)



YOUR MATERIAL LIST

- Purchase on your own
- OR
- Get a microgreens growing kit to start
 - 2 trays
 - 1 coconut coir brick
 - 2 seed packets
 - BONUS: fertilizer bottle
 - Instruction sheet

A close-up photograph showing a person's hands sowing seeds into a black rectangular tray filled with dark brown soil. The person is wearing a light-colored, long-sleeved shirt with a striped cuff. The tray is placed on a light-colored wooden surface. To the left of the tray, there is a white plastic bag with a green and blue pattern. The text "2. SEED STARTING" is overlaid in white on a black rectangular background in the lower center of the image.

2. SEED STARTING

STARTING YOUR SEEDS

- Soak and spread coconut coir
 - Moist like a wrung out sponge
 - About 1/2 inch deep
 - Gently pat down
 - Spread seeds about 10-12 per square inch
 - Helpful to dry them off if soaked beforehand



STARTING YOUR SEEDS

- Do not cover the seeds unless they are large seeds
 - Sunflowers
 - Peas
- Set aside in a warm place to sprout
- Cover the tray with a plastic bag to keep humidity up
- Keep covered until germinated





3. CARING FOR YOUR MICROGREENS



CARING FOR YOUR MICROGREENS

- Once germinated remove the plastic cover
- Keep your soil moist
 - Mist it with water bottle
 - Dip tray in water
- Place in a place with bright light
 - Window with good sunlight
 - Use a grow light



CARING FOR YOUR MICROGREENS

- Do not let your soil dry out
- Water once or twice a day as needed
- Or set up with our AUTOPILOT tray system!



WHAT ABOUT DISEASE?

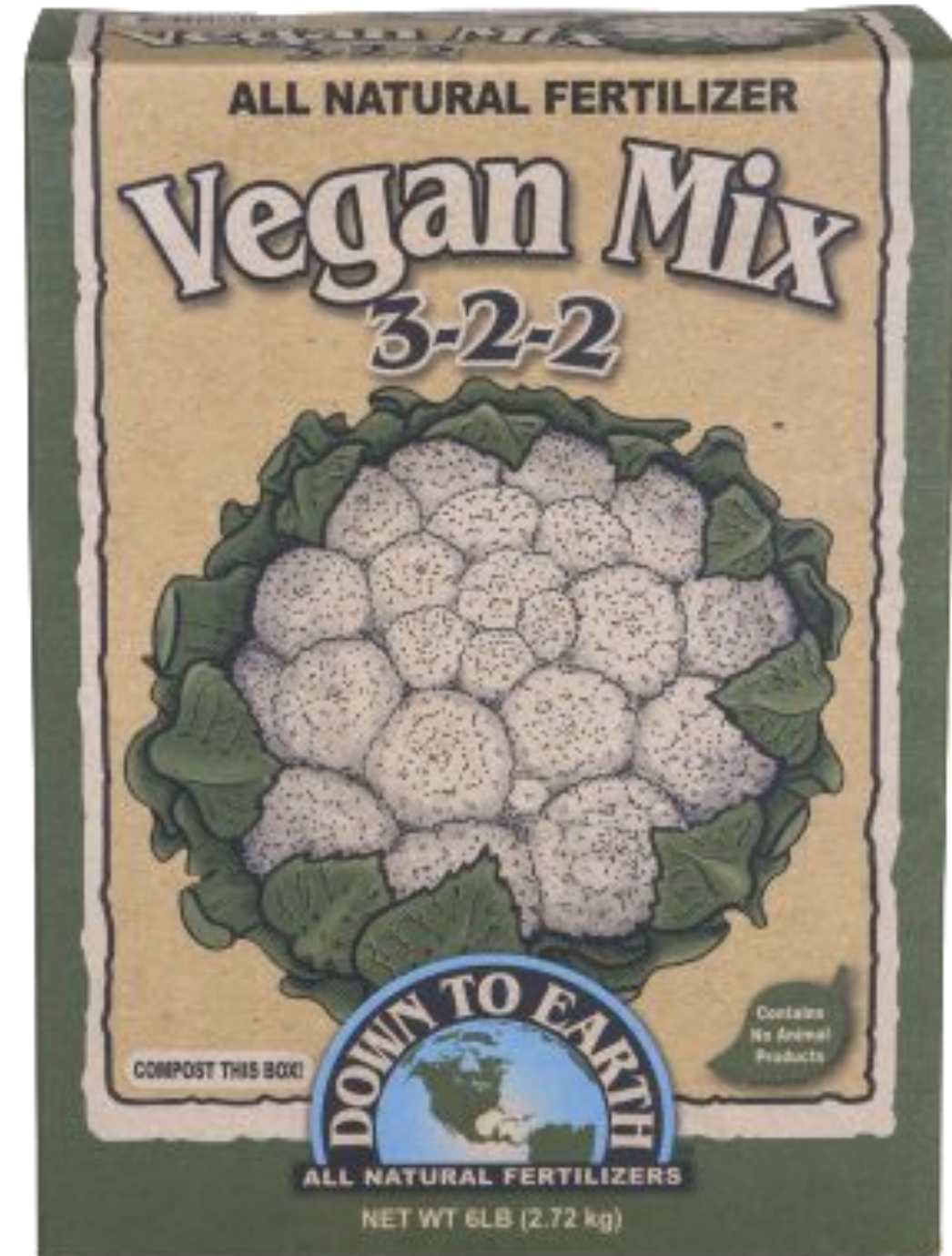
- Mold or fungus problems
- Make sure trays are clean
- Increase air circulation
- Seed less densely
- Grapefruit seed extract mixed with water?

A close-up photograph of numerous small, green seedlings growing out of dark, rich soil. The seedlings have two small, rounded leaves and are densely packed. The background is a soft, out-of-focus green, suggesting a larger field of similar plants.

4. FERTILIZER MIX

FERTILIZER MIX

- Use Down to Earth Vegan Mix
- Sea 90

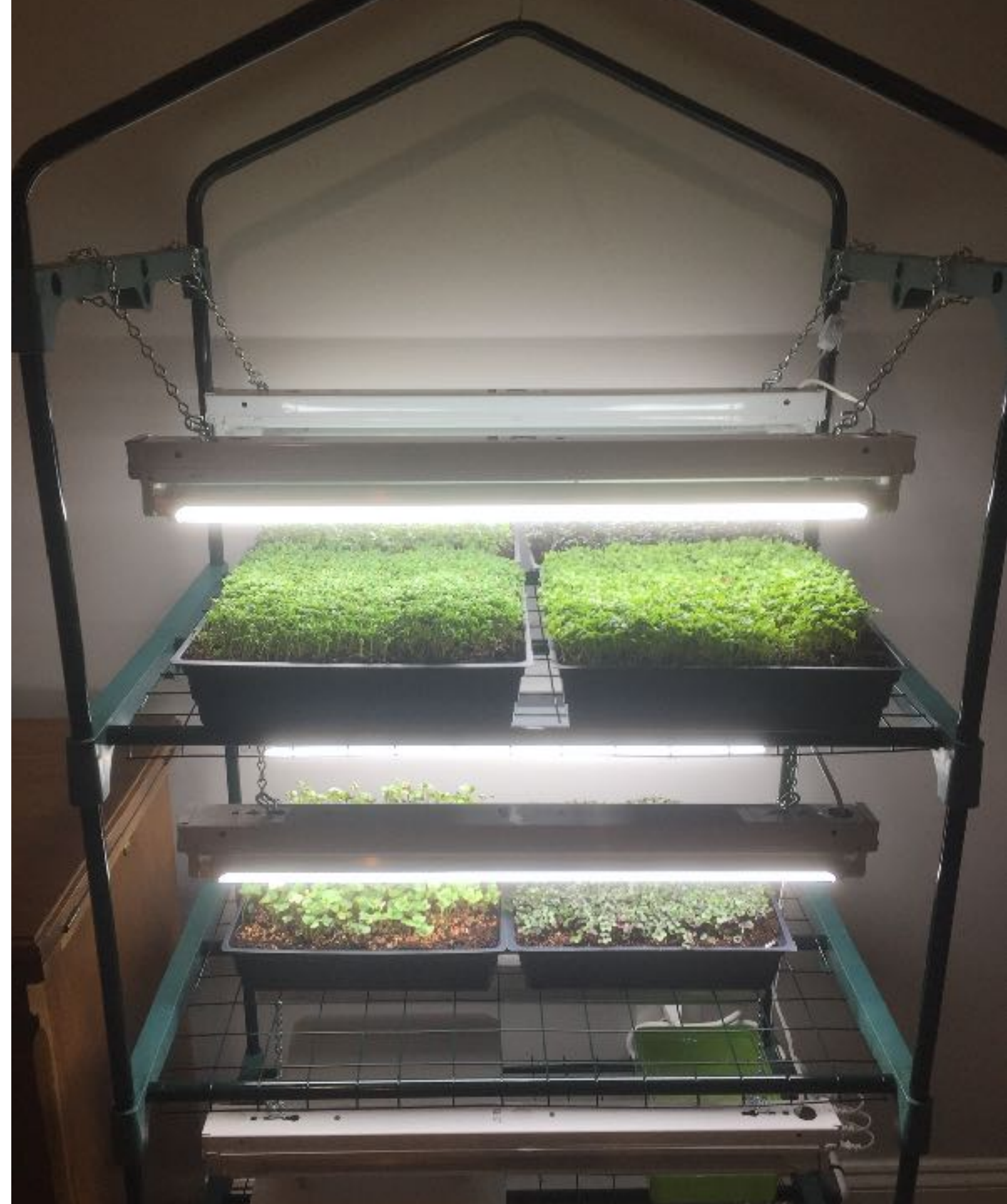




5. LIGHTING

LIGHTING

- Grow in partial to full sunlight
- On a sunny window sill
- Use a grow light
 - Very inexpensive at Lowes, Home Depot, or Amazon
 - Keep light 2-4 inches from plants



A close-up photograph of a person's hands holding a large, dense bunch of freshly harvested green sprouts. The sprouts have small, rounded green leaves and long, thin white roots. The person's left hand is visible, wearing a dark grey wristband. The background is blurred, showing what appears to be a wooden table and a person's leg in a white shirt. A black rectangular box with white text is overlaid on the bottom center of the image.

6. HARVESTING!



HARVESTING

- Ready to harvest when second set of leaves appear
- Gently hold with fingers and snip just above the coir
- Use sharp scissors or a knife
- Best value: harvest just before eating!



HARVESTING

- Microgreens are great to eat!
 - Salads
 - Sandwiches
 - Juicing
 - Garnish
 - Soup



6. BONUS: AUTOPILOT TRAY SYSTEM

GROWING ON AUTOPILOT

- Use tray without holes for reservoir
- Create platform
 - Use second tray
 - Create from signboard
- Use polyester cloth
- Paper towel may work



GROWING ON AUTOPILOT

- Wet cloth and coco coir
- Spread and seed the coir
- Keep moist while sprouting
- Set it. Forget it. Come back and harvest 14 days later!





LaRee Colburn

January 16 at 9:00pm

Kids and I started our first microgreens yesterday thanks to Paul's thorough instructions on the website! The close up pictures I took just now and as you can see they are already sprouting. So excited! I don't have a grow light so I hope there will be enough daylight from the window. We planted beets, cabbage, collard, spicy salad mix and amaranth.





LaRee Colburn

January 20

Update 5 days in. They're looking good. The auto pilot system is genius!



Like



Comment



Write a comment...



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and get all the gear you need.



LaRee Colburn

42 mins

Do you think the green ones are ready to harvest?



Like



Comment



Write a comment...



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The First Camera for Facebook Live
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Stream live like a pro! Save \$100 on the Mevo Pro Bundle and get all the gear you need.



Flo-Master
360° Any Angle Grower
FLUORESCENT LIGHTS



OTHER OPTIONS:

1. Growing baby greens - a little longer than microgreens but more volume (30 days)
2. Patio gardening in containers
3. Growing in a tower garden
4. Backyard gardening/garden landscaping



FOOD FREEDOM PACKAGE

Get the Tools and Training
You Need to Grow an
Abundance of Fresh Food
- ALL Year Round

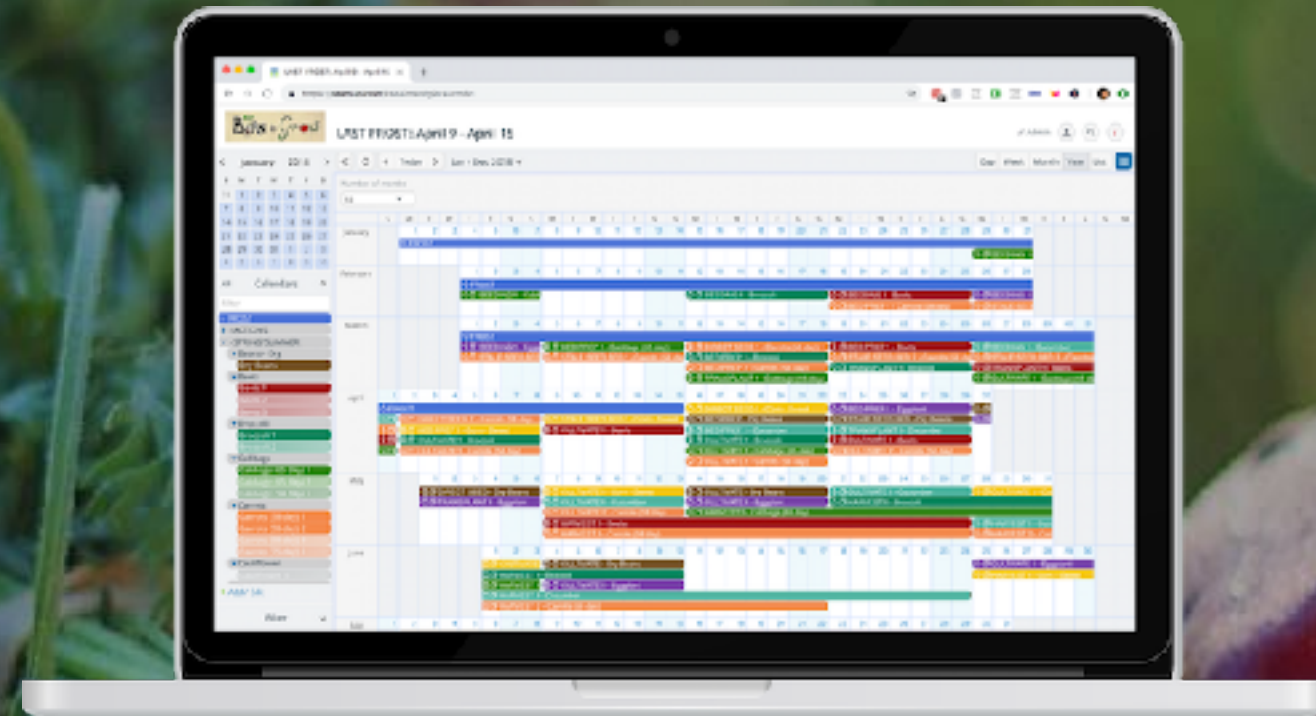


NEW



BETA

5 MINUTE Click 'N Drop GARDENING CALENDARS



Lucy



I Love This!!!!!!

Javier



Chris



it keeps getting better!

Carolyn



This is really nice, everything in its place.
Thank you

Ruth



THIS IS FANTASTIC!

Suzanne



GROUNDBREAKING No pun inteneded

Karen



THANK YOU!!! THANK YOU!!! THANK
YOU!!!!

Joy



This is brilliant!!

Cynthia



The way that you have color organized
everything is os Great!

Chris



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

Joy



Love it... I'm always feeling behind. This
will help a lot.

Suzanne



awesome!

Ken



This is amazing!

Chris



!!!!

Cynthia



Wow!!



James Hunt started a conversation

JAN 31 @ 10:04 PM

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.



April Waterman

6 hrs · Add Topics

I started my planting calendar! Super easy to use and I already have work to do! Love it!!!!

1 Comment



Like



Comment

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.



Pat Neifert Martinez

Yesterday at 11:56 AM · Add Topics

I'm 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



Like



Comment



Jean Shingledecker Ditto!



1

Like · Reply · 22h



Write a comment...





Jan Johnson ▶ **Born to Grow Family**

June 1 at 11:11pm · 

I deliberately have a very small garden. Keep that in mind when you see this picture. This is my second batch of green beans and my first inkling of peas. I will be picking lettuce tomorrow. Since I have never grown anything I am really happy.





LaRee Colburn ▶ **Born to Grow Family** ...

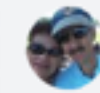
August 27, 2017 · 🌐

Today's garden haul. I think it's safe to say I'll be snapping beans tomorrow 😄

👍 Like

💬 Comment

👍 🤔 Joelle Damsteegt McNulty, Melissa Bull and 6 others

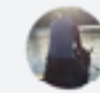


David Gasparro You are blessed with a bountiful harvest !

Like · Reply · 22w

👍 2

👉 🌱 LaRee Colburn replied · 1 Reply



Lisa Minchin-Hoelz Wow!!

Like · Reply · 22w

👍 1

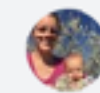


Paul Dysinger You're a champion LaRee! (Quote from my wife Natasha 😄)

Like · Reply · 22w

👍 1

👉 🌱 Paul Dysinger replied · 8 Replies



LaRee Colburn So tell Natasha we really missed having her help 😄 but we survived. I failed to mention that there were still 2 bags of beans waiting to be snapped in the refrigerator. So in this batch we canned 68 quarts and that gives

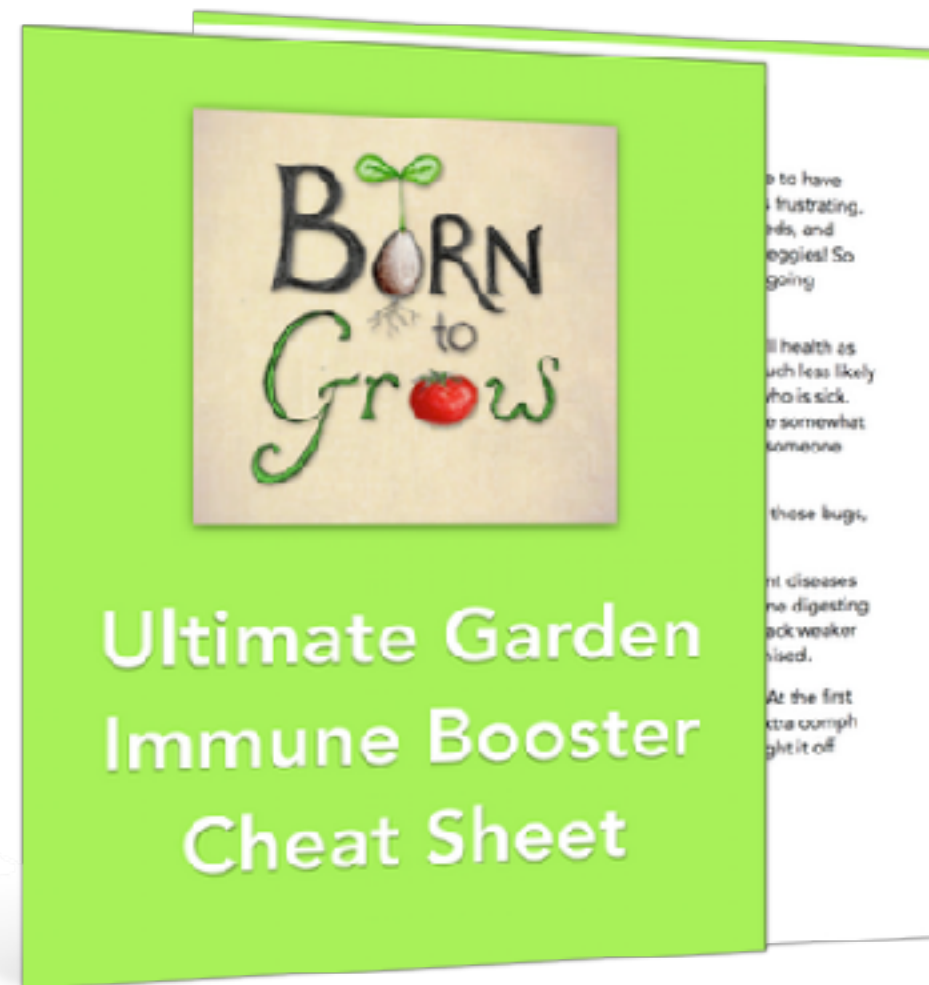


😊 📷 📺 🗨️

“I tried implementing what I learned through the school this summer from seed to harvest and we had some good success, which really made me like a happy kid again. It was a small garden space, about 20’ x 12’, but we this year harvested a good amount of cherry tomatoes, medium size tomatoes, cucumbers, bell peppers, Korean hot peppers, Russian kale, Swiss chard, lettuce, green beans, dill, eggplant, and other plants I don’t know the English name for. There was a very noticeable 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

FREE GIVEAWAY



FREE!

**GIVEAWAY AT
THE END OF CLASS**