



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



FREE!

**GIVEAWAY AT
THE END OF CLASS**

\$30 Value

FREE GIVEAWAY

\$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. PRE-TRAINING

2. **DAY 1:** Choosing what to grow in your garden

3. **DAY 2:** Choosing where to grow (mapping it out)

4. **DAY 3:** Creating your planting calendar (and our perpetual harvest hack!)

5. **DAY 4:** Succession planting made easy

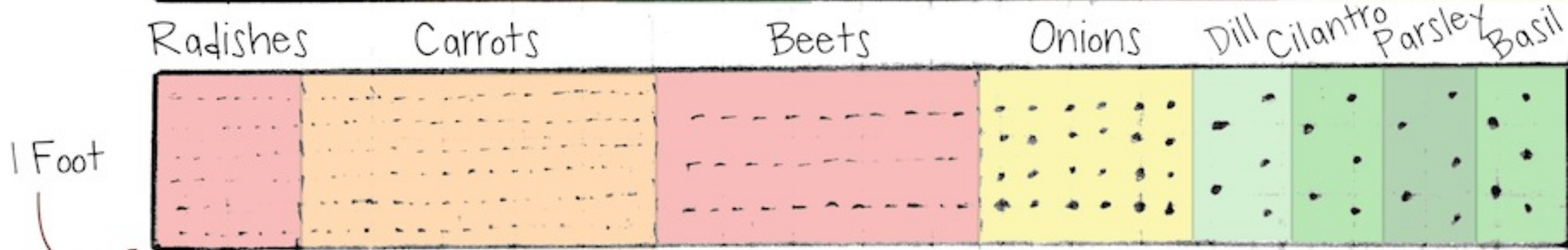
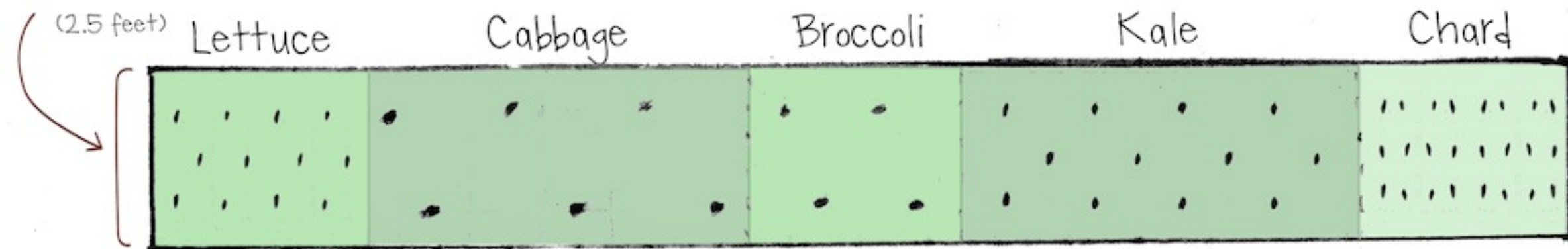
6. **DAY 5:** Wrap-up and Q+A



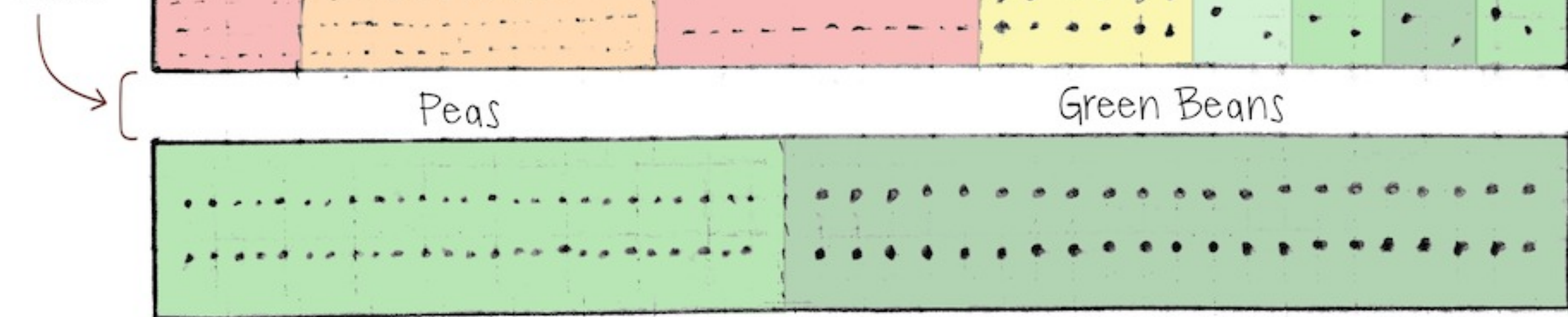
SILENCE DISTRACTIONS

30 Inches

(2.5 feet)



1 Foot



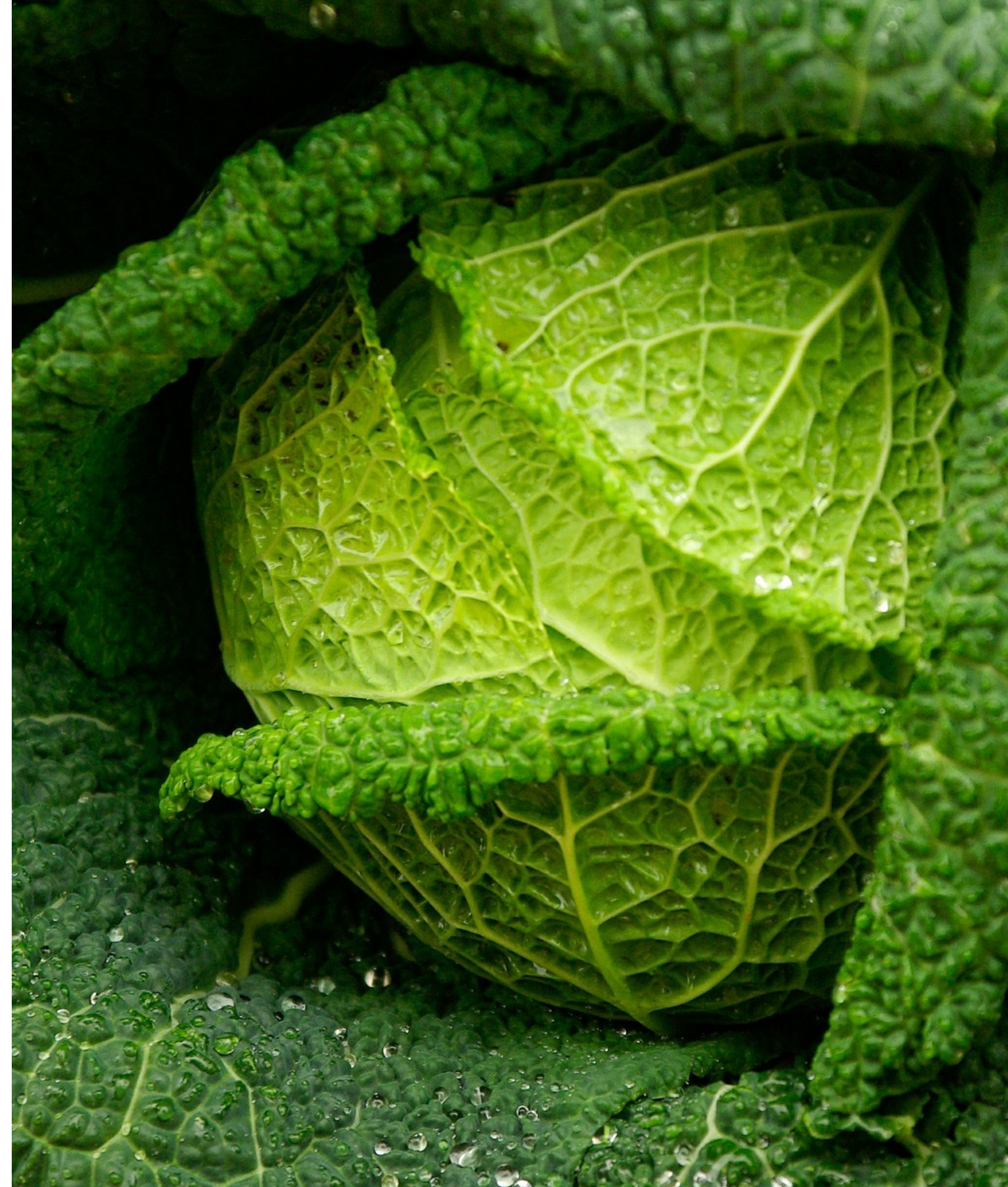
20 Feet



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

ALL ABOUT SEEDS

1. Good seeds and good soil really are the two pillars of a successful garden
2. “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 open-pollinated.

ALL ABOUT SEEDS

1. 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

1. 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

1. 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 SEED VARIETIES

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 efficiency
- An almost sure harvest
- Previous crop productivity
- It is easier to deal with weeds
- It increases the effectiveness and efficiency of succession planting
- Shelter gives a head start

TRANSPLANTING

1. 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

A close-up photograph of several green leaves, likely from a vegetable plant, showing detailed vein patterns. The leaves are set against a dark green, semi-transparent background that covers the entire image. A black horizontal bar is positioned across the lower third of the image, containing white text.

COOL VS. WARM SEASON VEGGIES

**WINTER
LEAVES AND ROOTS**



**SUMMER
SEEDS AND FRUITS**



Low Freeze Tolerance

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

Medium Freeze Tolerance

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 mostly leaf and root veggies while your summer ones are mainly fruits and seeds
3. Exceptions (including varieties)



A close-up photograph of fresh green leafy vegetables, likely kale or collard greens, with numerous water droplets on their surfaces. The leaves are vibrant green and show detailed vein patterns. A dark, semi-transparent horizontal bar is overlaid across the middle of the image, containing the word "HOMEWORK" in white, bold, uppercase letters.

HOMEWORK

HOMWORK

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
3. Go LIVE in the FB group and share your #1 takeaway from today's training



FREE GIVEAWAY



FREE!

**GIVEAWAY AT
THE END OF CLASS**

\$30 Value