























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.





#### Nature's Wisdom Carol

Yesterday at 1:32pm · 🏶 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?





000

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.





Karen Meline Tests 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.

Like · Reply · 21h





By far, our best garden ever.

O You and 10 others



4 Comments 1 Share



...

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

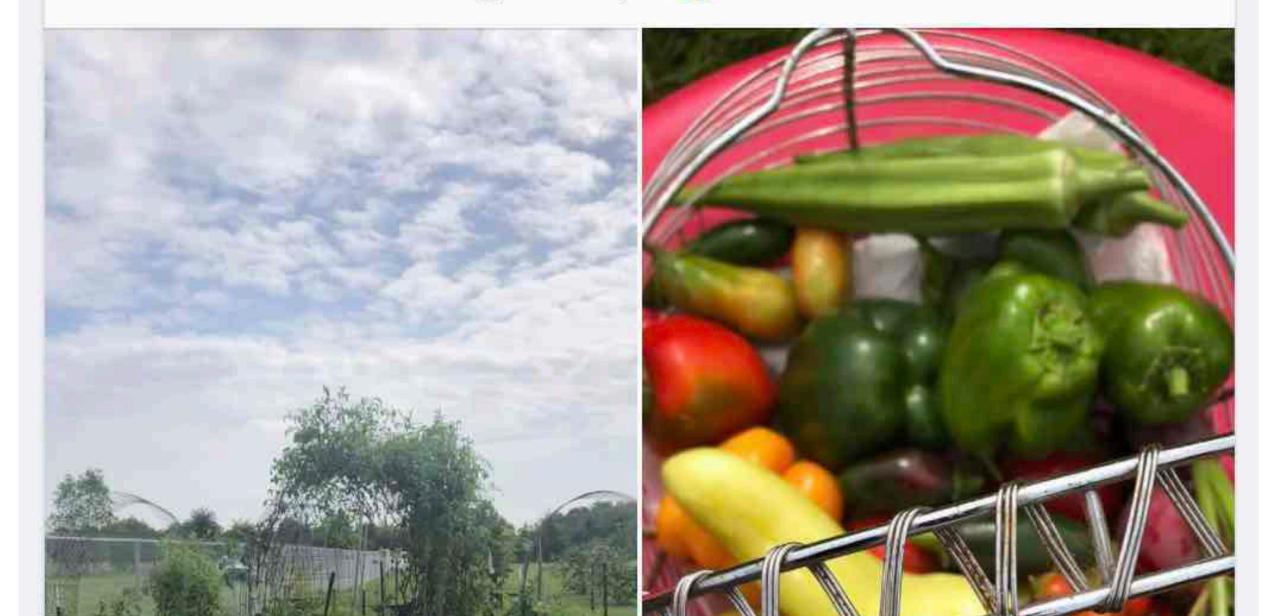




#### Ann Marie

Yesterday at 9:36 AM · Private Group

My crazy garden has been amazing this year and grew in size and abundance now working on winterizing it each got hoops up on a few of the bed. Realized I forgot that pic each





#### Joelle Dumeteegi Melletty

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.





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.



#### Events or companies Seedtime (formerly Born to Grow) has been featured in:











Adventist® Agricultural Association
Returning To Our "Roots"

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



There was only one small space in the yard that got much sun so I put in an 8 foot by 4 foot garden of Russian kale, Georgia southern collards, and black seeded Simpson lettuce in September... The lettuce needed more sun and didn't do well, but the kale and collards did well all winter... I ate fresh greens all winter."

James Hunt - Tennessee USA



## OVERVIEW:

- 1. DAY 1: Choosing what to grow and starting your fall crops
- 2. DAY 2: Choosing where to grow your winter garden
- 3. DAY 3: Timing your winter garden creating your planting calendar
- 4. DAY 4: Succession planting for a continual harvest
- 5. DAY 5: Protecting your winter garden & Q+A wrap-up



#### FREE GIVEAWAYS



## WIN FREE PRIZES!

FREE DRAWINGS
AT THE END OF EACH CLASS

#### FREE GIVEAWAYS

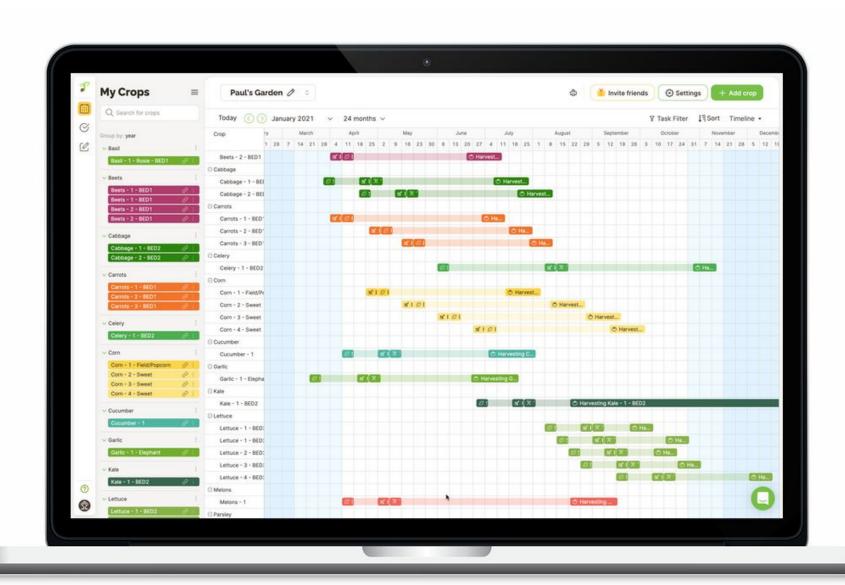


#### WIN LIFETIME ACCESS

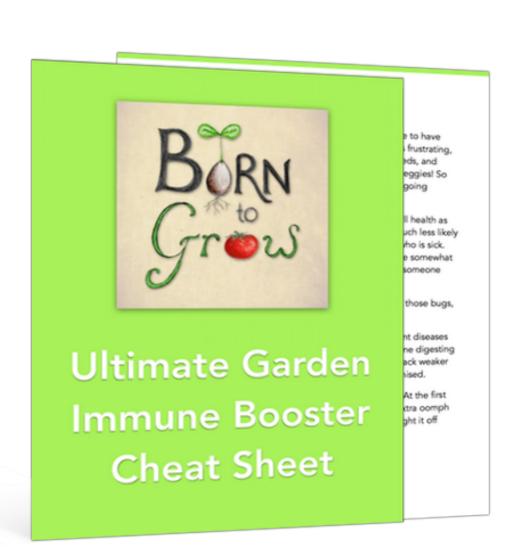
- ➤ Lifetime Unlimited level access to Seedtime
- ➤ Unlimited calendars, crop categories, task list, journal, and more...
- ➤ 20% OFF all seed packet orders
- ➤ Unlimited access to future releases of layout, weather and more

### GET ACCESS TO SEEDTIME

#### TUESDAY!

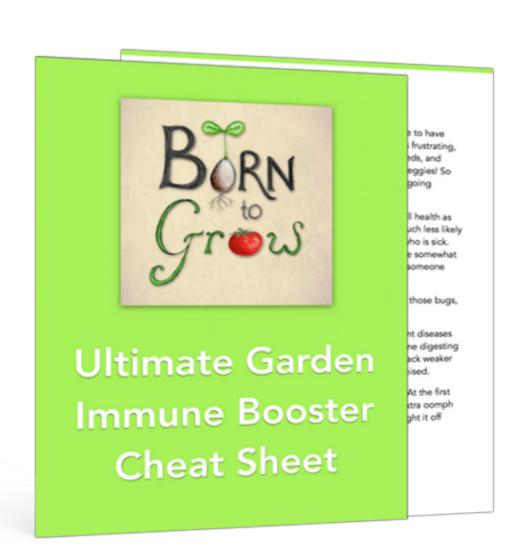


## FREE GIVEAWAY



# 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



## DOWNLOAD



Winter Garden
Planning
Worksheet

Worksheet

## WINTER GARDEN PLANNING WORKSHEET

Download to follow along in class

#### RESOURCE CENTER

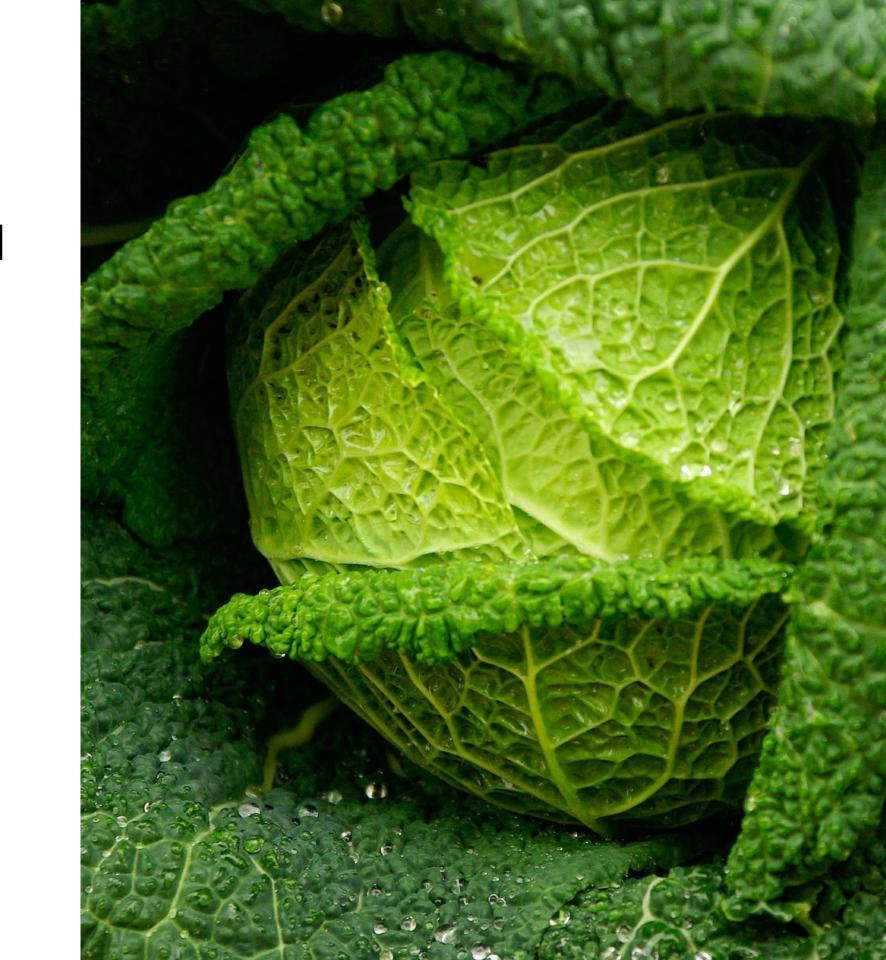
- ➤ In the FB group make sure to see the UNITS for each day
- ➤ All resources for each class session will be posted in the unit for that class and also will be sent by email





#### 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

#### **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 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. Seedtime Get 20% OFF!
- 2. Johnny's Selected Seeds (Maine)
- 3. High Mowing Seeds (Vermont)
- 4. Baker's Creek Heirloom Seeds (Missouri)
- 5. Southern Exposure (Virginia)
- 6. Territorial Seeds (Oregon)
- 7. Peaceful Valley (California)
- 8. Seeds for Generations (Virginia)



#### 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!





## LEAVES AND ROOTS SEEDS AND FRUITS

## WINTER SUMMER



#### Low Freeze Tolerance **Medium Freeze Tolerance High Freeze Tolerance** Chinese Cabbage Sorrel Lettuce Rutabaga Chicory (radicchio, Kohlrabi endive, escarole) Collards Turnips (hakurei - low) Broccoli Kale **Brussels Sprouts** Cauliflower Maché Cilantro Cabbage Spinach Yukina Savoy Parsley Beets Radishes Carrots Celery Parsnips Bok Choi Dandelion Greens Baby Greens

#### **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





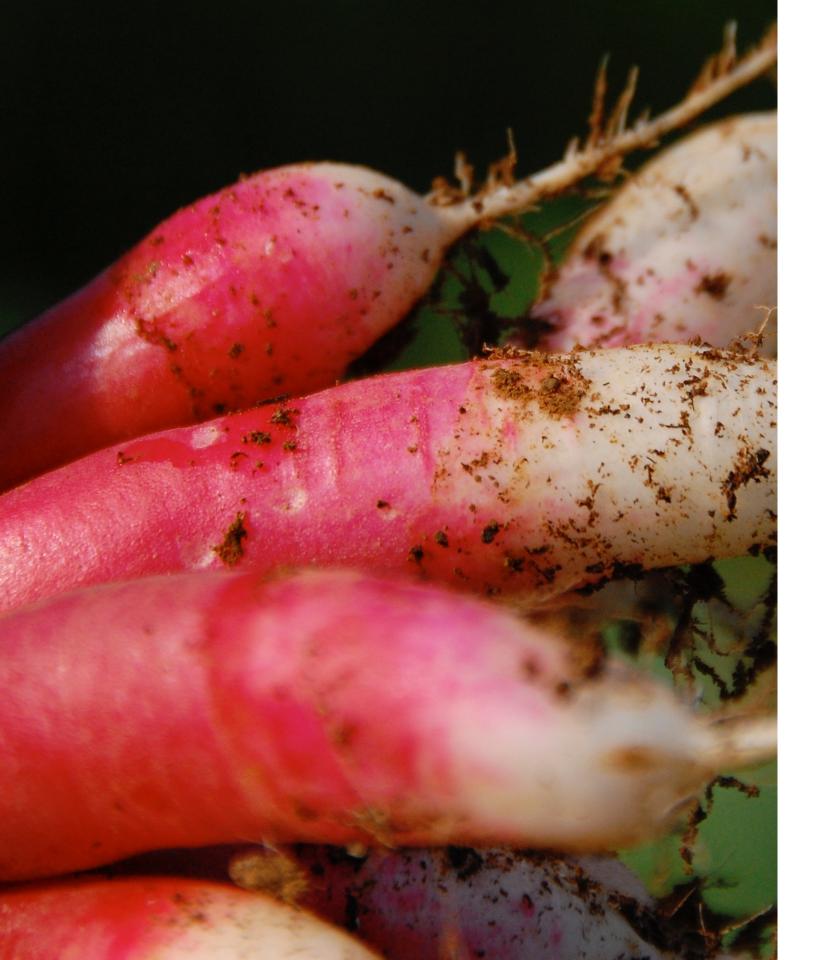
#### WHY DIRECT SEED?

- 1. It is not practical or economical to transplant some plants
  - 1. Examples of these plants are:
    - 1. Tap-rooted crops (carrots, parsnips)
    - 2. Low-return-per-square-foot crops (corn, pumpkin)
    - 3. Legumes (peas, beans)
    - 4. Fast-growing crops (radish, spinach)
    - 5. Herbs (can go either way)

#### DIRECT SEEDING

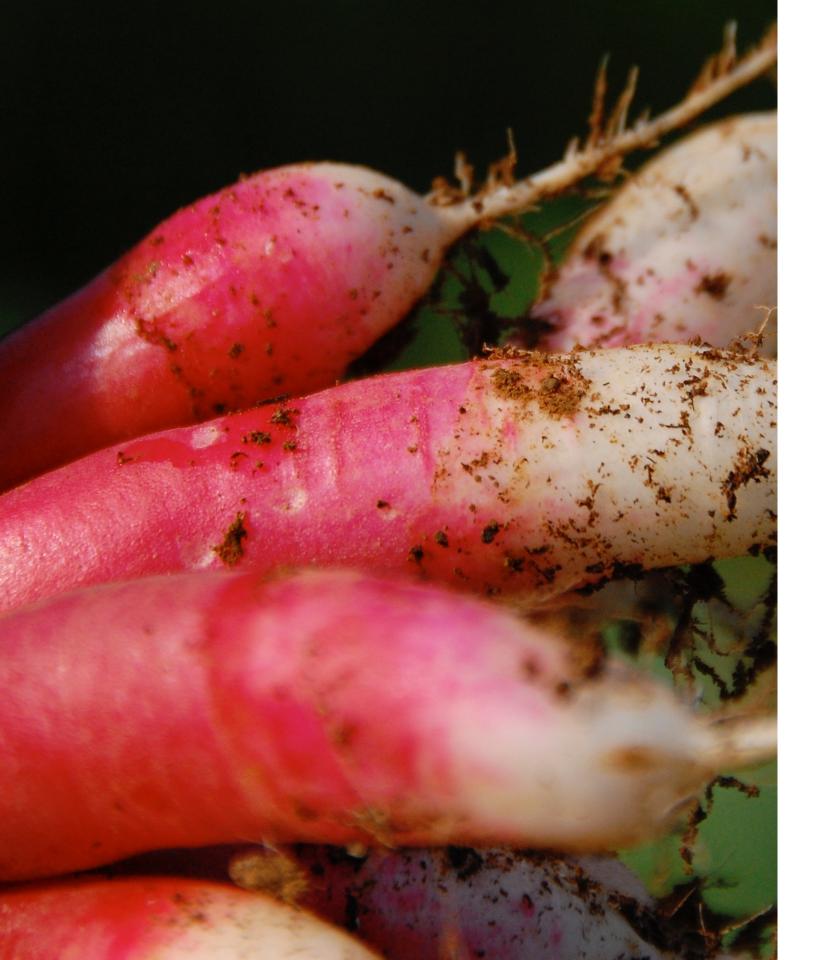
1. Germination percentages for direct seeding are lower than the percentage on the seed packet.





#### **DIRECT SEEDING**

- ➤ Allow for a "fudge factor" of 50 to 100 percent germination
- ➤ Example: If you want a plant every 4 inches then set the seed spacing at every 2 inches for the seeder



#### **DIRECT SEEDING**

- ➤ As a general planting rule, cover seeds around three or four times their diameter with soil (i.e. plant a ¼" diameter pea seed 1 inch deep)
  - ➤ Keep soil moist until germination





#### 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. 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)





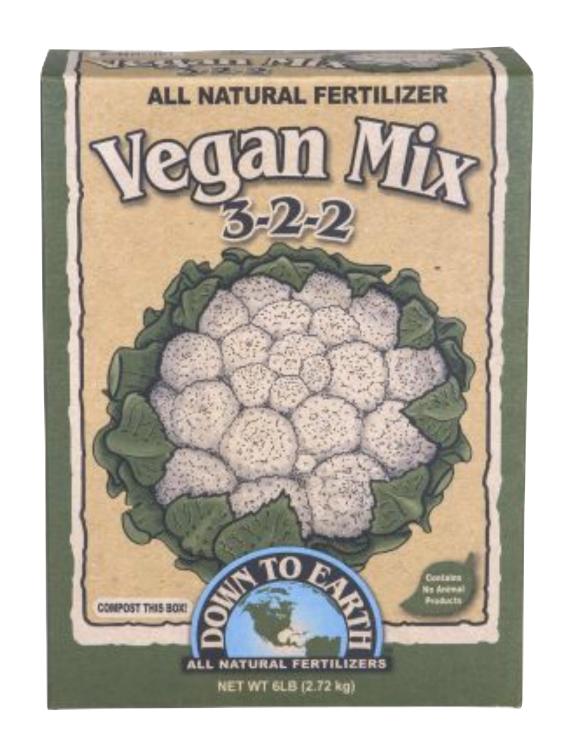
#### POTTING MIX RECIPE

1. Potting Mix Recipe:	Full	Half	Quarter
2. Peat Moss	6 gallons	3 gallons	1.5 gallons
3. Compost	6 gallons	3 gallons	1.5 gallons
4. Course Perlite	2 gallons	1 gallon	1/2 gallon
5. Fertilizer Mix	2 cups	1 cup	1/2 cup

6. **Note:** 2 gallon buckets work well for measuring. You can find them at your local hardware store.

#### FERTILIZER MIX

- 1. Down to Earth Vegan Mix
  - 1. OMRI Listed
  - 2. 100% Plant Based
  - 3. Excellent balance of nutrients
  - Soy bean meal, canola meal, alfalfa meal, rock phosphate, langbeinite, greensand, kelp meal and humic acids







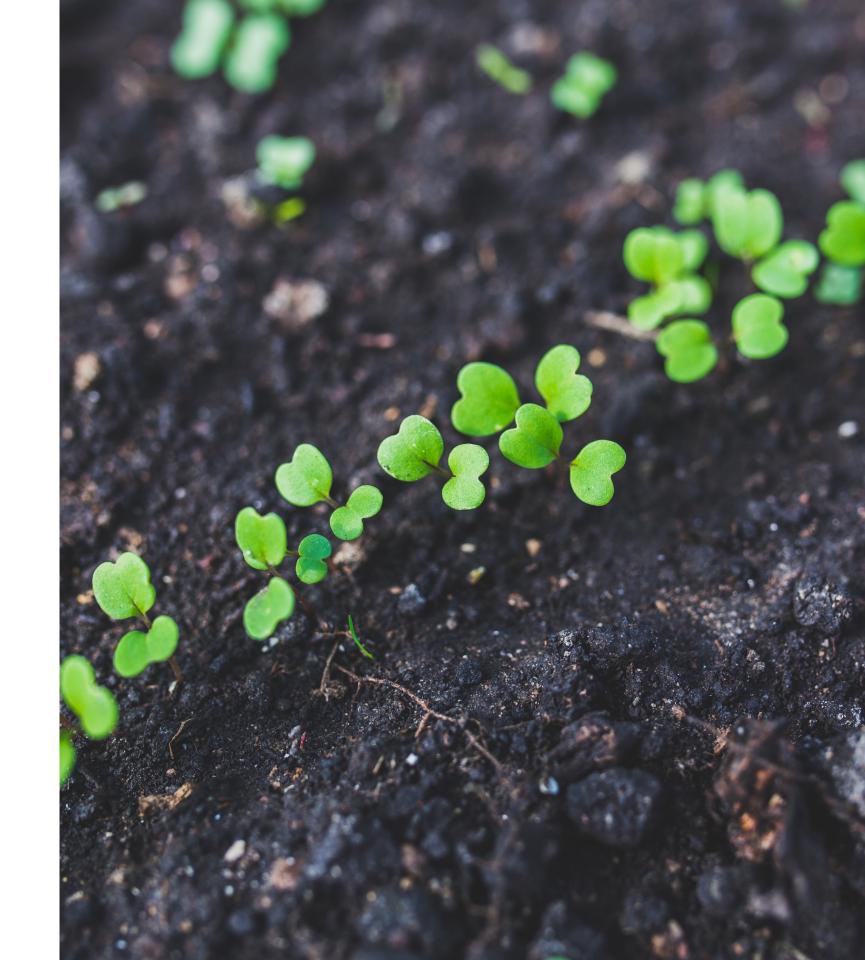
#### WINTER COVER CROPS

- ➤ 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>

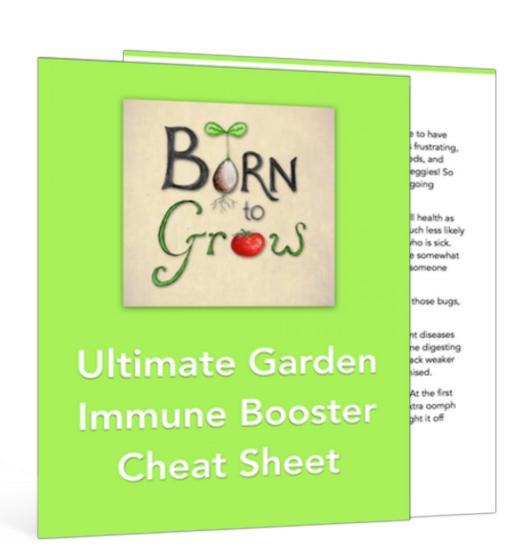


#### **HOMEWORK**

- 1. **Download** the winter garden planning worksheet
- 2. Make a list of what you want to grow this winter
- 3. Celebrate by going LIVE or posting in the FB group and share your #1 takeaway from today's class



#### FREE GIVEAWAY



# FREE! GIVEAWAY AT THE END OF CLASS