



# **WINTER GARDENING CHALLENGE – DAY 1**

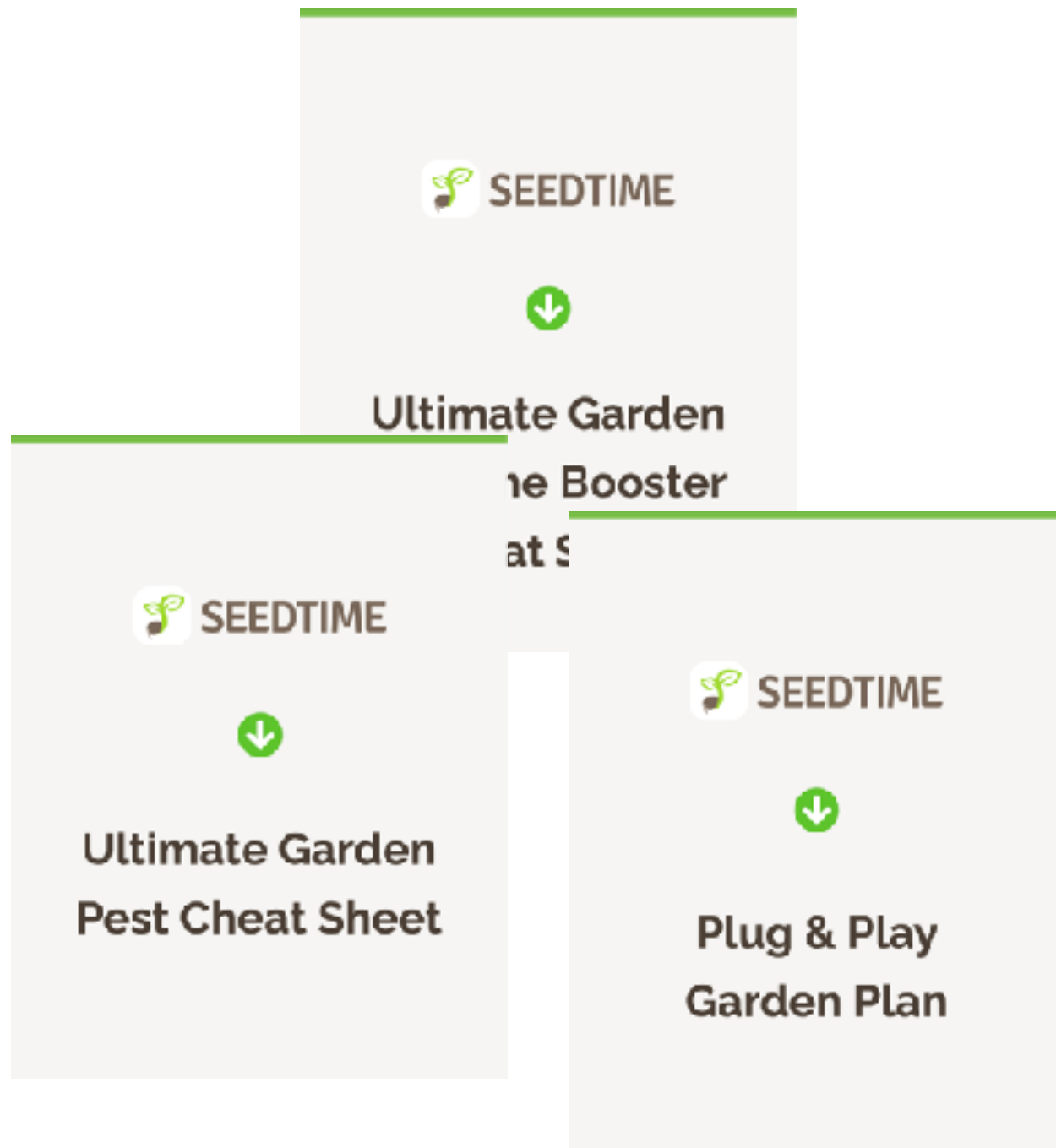
## **Choosing What to Grow**

**FREE  
GIVEAWAYS**



# FREE GIVEAWAYS

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## WIN FREE PRIZES!

## FREE DRAWINGS AT THE END OF EACH CLASS

# FREE GIVEAWAYS

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## WIN LIFETIME ACCESS

- Our ELITE Gardening Membership
- Lifetime Unlimited level access to Seedtime
- Monthly LIVE meetings
- Private FB Group Access
- Access to our ELITE garden training library online

# FREE GIVEAWAY

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Ultimate Garden  
Immune Booster  
Cheat Sheet

Cheat Sheet

Ultimate Garden

## FREE TONIGHT!

## GIVEAWAY AT THE END OF CLASS

# FREE GIVEAWAY

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**Ultimate Garden  
Immune Booster  
Cheat Sheet**

Cheat Sheet

Ultimate Garden

- 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:

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## 1. PRE-TRAINING

## 2. **DAY 1:** Choosing what to grow

**Guest:** Michael Kilpatrick

## 3. **DAY 2:** Timing your winter plantings

**Guest:** Jill Ragan

## 4. **DAY 3:** Laying out your winter garden

**SPECIAL FEATURE**

## 5. **DAY 4:** Succession planting for a continual harvest

**Guest:** Ray Tyler

## 6. **DAY 5:** Protecting your winter crops

**Guest:** Eliot Coleman

# EVENING SESSIONS:

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1. Welcome
2. Presentations (including guest speakers)
3. Homework
4. Giveaway
5. Q+A time



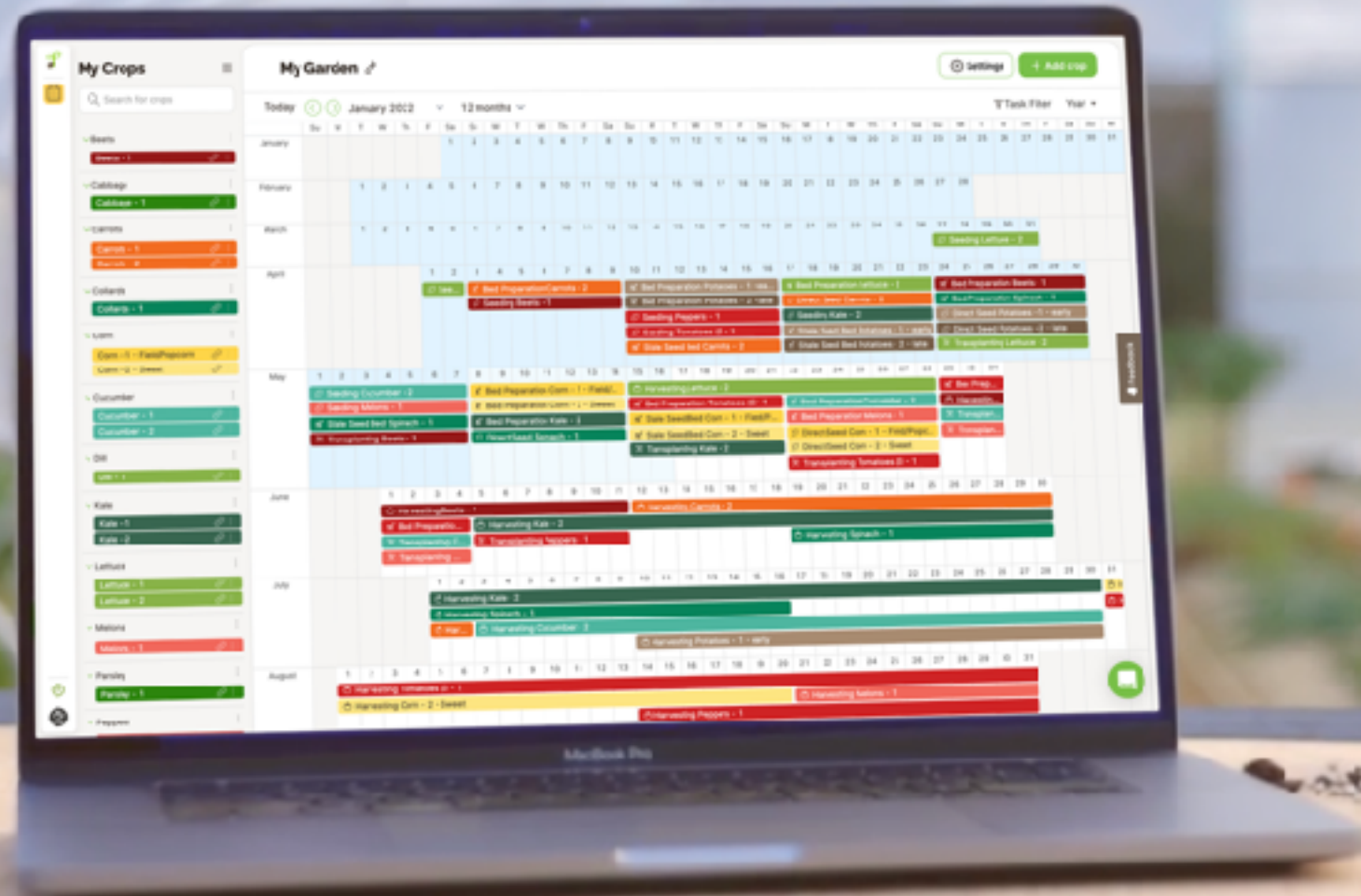
# REPLAYS & RESOURCES



# RESOURCE CENTER

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- Replays and resources for each session will be available at:  
**[seedtime.us/replays](https://seedtime.us/replays)**
- We'll send this out by email so you can easily access the resources throughout the event



**SEEDTIME**



# GET SEEDTIME/VIP ACCESS FOR FREE

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## GET SEEDTIME ACCOUNT

- Get your free Seedtime account at:

[seedtime.us/free](https://seedtime.us/free)

- Or want to get the most out of the challenge?

- Get VIP Access for FREE



# UPGRADE TO VIP FOR FREE

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- LIVE daily VIP coaching/implementation calls with the Seedtime Coaching Team during the challenge
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# OUR STORY













































Linda ~~Malinski-Matthews~~

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

LaRee Colburn, Melissa Bull and 22 others



**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?





Sue [redacted]

July 5 at 2:39 PM · Add Topics



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 ~~McKinnon-Foster~~** 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





Scott

September 1 at 3:51 PM · Add Topics

By far, our best garden ever.



You and 10 others

4 Comments 1 Share



Scott

September 1 at 7:26 PM · Add Topics

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 😊 got hoops up on a few of the bed. Realized I forgot that pic 😂





Joelle [redacted]

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.

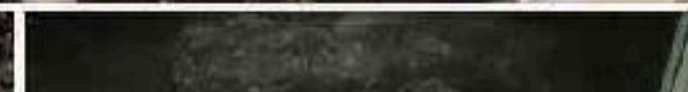




LaRee [redacted]

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.





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



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*



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*





# SILENCE DISTRACTIONS

A top-down view of a garden bed. In the center, a bunch of harvested carrots with their green leafy tops is laid out on the dark brown soil. To the right, there are several pea plants with large, rounded green leaves and some small white flowers. The bottom of the image shows a person's feet wearing blue jeans and brown leather boots, standing on the soil. A dark, semi-transparent banner with white text is overlaid across the middle of the image.

# CHOOSING WHAT TO GROW

# SEEDTIME & HARVEST

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While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease.”

- *Genesis 8:22 (ESV)*

A close-up photograph of several vibrant green leaves, likely from a vegetable plant, showing detailed vein patterns. The leaves are set against a dark, almost black background, which makes the bright green color stand out. A solid black rectangular box is positioned horizontally 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

# COLD TOLERANT

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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





# ALL ABOUT SEEDS

# ALL ABOUT SEEDS

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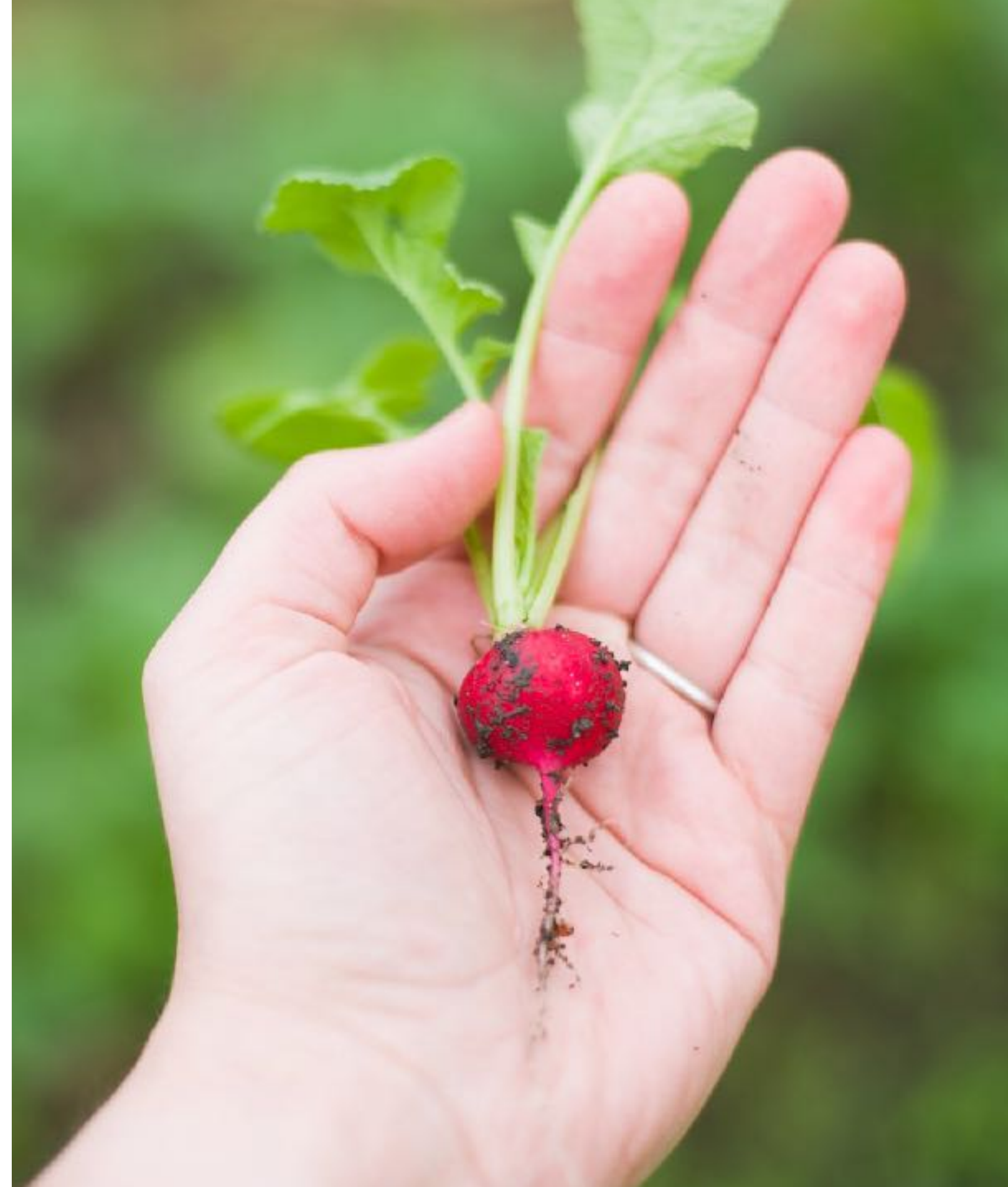
1. Good seeds and good soil really are the two pillars of a successful garden
2. “Without high-quality seed, all the other activities are moot.” - NOG by Elliot Coleman
3. What about GMO, hybrid, open pollinated, and heirloom seeds?



# ALL ABOUT SEEDS

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1. GMO seeds have serious health and environmental concerns that continue to mount.
2. Hybrid seeds are not “evil” and can have added vigor, uniformity and disease resistance.
3. Hybrid seeds will not reproduce “true to type.”



# ALL ABOUT SEEDS

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1. If you want to save your own seed, you should use open-pollinated/heirloom seeds.
2. Saving seed is unique to different plants. You should get a good book to guide you.



# SEED COMPANIES

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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

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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....”





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# CHOOSING WHAT TO GROW

# MAKE A LIST

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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. Keep in mind different types of seeds





# CHOOSING SEED VARIETIES

# CHOOSING VARIETIES

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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!





# **A WORD ON WINTER COVER CROPS**



# WINTER COVER CROPS

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- 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: [greencoverseeds.com](https://greencoverseeds.com)



**HOMEWORK**

# HOMWORK

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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





# UPGRADE TO VIP FOR FREE

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- **VIP Session 1: Monday**
  - Deep dive into different seed types
  - Direct seeding
  - Transplanting
  - Bonus potting mix recipe
  - VIP Q+A
- **Get VIP access here: [seedtime.us/vip](https://seedtime.us/vip)**

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