



GARDEN PLANNING

The Love of a Garden Starts with a Single Seed

TOPICS INCLUDE

- ✓ Planning Your Garden
- ✓ Seed Starting
- ✓ Essential Tools to Have on Hand
- ✓ Garden Layout

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GARDENING



THE LOVE OF GARDENING

Grow Your Knowledge- Grow Your Own Food

WHY YOU WANT TO LEARN GARDENING:

WHAT IS YOUR END GOAL:

FOOD PROOD

Why is Freedom in Food important? In my opinion, food security is something we should all have access to. With supply chain issues & quality of food in decline it's imperative to know how to grow your own food.

The nutritional value and quality of homegrown food is off the charts, plus the taste is outta this world. It can not even be compared to the store.

Getting back to Traditional Methods has a huge factor in your health, your lifestyle, and your family's well being. Our Industrialized factory society has really warped our minds into thinking their way is the only way. It's not true, old fashioned ways is where it's at.

**Fats are not bad
Raw is not bad
Real food is not bad
Meat is not bad
Being in the kitchen is not bad**

Why am I passionate about helping others have Freedom in Food? I feel the more the merrier; we should all have the knowledge to feed ourselves real, nutrient dense food. Eating good is amazing, it's fun, and it has no limits. Food is the Fuel of Life. God has provided us with these amazing plants and animals that are life sustaining, full circle and made just for us. Let's get back to the roots (no pun intended) and grow, grow, grow.

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Finding Your Garden Zone:

<https://planthardiness.ars.usda.gov/> and type in your zip code

And

<https://www.almanac.com/gardening/frostdates> to find your average frost dates and suggested dates to plant

Spring Frost Date: _____

Fall Frost Date: _____

Average Growing Season: _____ Days

FOOD PROOD

It's important to start with the basics- your growing zone. This gives you an idea of when to plant based on your exact location. Always make sure you are watching the weather to see if a frost is going to happen. Some crops can handle a frost, some can not. See the list on the next page.

It's Important to Start off with Correct seeds -**Heirloom Vs GMO**

Heirloom Seeds: These seeds have been saved and passed down through generations with no modification. These seeds you can save and plant the next year. I suggest heirloom and or organic seeds. You will be getting true to form veggies with the highest nutrition.

GMO Seeds: These seeds have been produced in a lab with parts of animal dna, weird things, pesticides, and grabbing dna from other plants to create a new plant that can be sprayed with pesticides and not killed. These seeds can NOT be saved. If you try to plant these you will end up getting a mutant species. I DO NOT recommend these seeds. There's lots of different information (and controversy) out there about GMO Seeds, up until recently GMO Seeds were not available to purchase for the general public, only large corporations used these for mass planting. However things are changing.

Hybrid Seeds:

These seed are made from desirable traits from two different varieties in the same species to create a better product. However if you were to save the seed from these you would only get one of the varieties and not what you expected. (F1 Hybrid is what you typically find in the stores)

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Let's take a quick look at some favorite crops and veggies to plant. This will help you determine what and when you need to plant according to your frost dates.

The warm weather crops need to be protected against any frost, they are sensitive and most likely will not survive unless covered.

Cool weather crops can handle a light to moderate frost.

FOOD PROOD

Warm Weather Crops

Cantaloupe

Cucumber

Eggplant

Pepper

Pumpkin

Snap Beans

Sweet Potato

Squash

Sweet Corn

Tomato

Watermelon



Cool Weather Crops

Beets

Broccoli

Brussel Sprouts

Cabbage

Carrots

Cauliflower

Celery

Collard

Garlic

Kale

Leek

Lettuce

Onion

Radish

Spinach



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IT IS NOW TIME TO
TAKE A LOOK AT WHAT
YOU WILL BE PLANTING
IN YOUR GARDEN



PLANNING YOUR GARDENING

FOOD PROOD

The next page will help guide you in the planning process of of what seeds & seedlings we should start with.

First were going to look at what your family enjoys to eat- what are their favorites. Let's write them down in the first section. It's important when starting out to focus on a smaller list rather than listing every single item.

Let's look at some examples on the following page for help.

Now looking at that list, what are some of the items that we could preserve if there is an abundance.

The last section is a future look at what maybe to add next year.

What's not easily preserved: Lettuce - cucumbers- radishes

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FAVORITE VEGGIES

HERE IS A LIST TO GET YOU STARTED WITH WHAT MAY BE YOUR FAVORITES TO TRY THIS YEAR OR PLACE IT IN THE WISH LIST AREA FOR A FUTURE TIME.

DOUBLE CHECK THE ITEMS YOU WISH TO GROW CAN BE GROWN IN YOUR CLIMATE.

FOOD PROOD

Artichoke	Daikon Radish	Peas
Asparagus	Garlic	Peppers
Eggplant	Green Beans	Sweet peppers
Beet	Greens Collard	Potatoes
Bok Choy	Gourds	Pumpkin
Broccoli	Kale	Radish
Brussels Sprouts	Kohlrabi	Rutabaga
Cabbage	Leeks	Shallots
Cauliflower	Lettuce	Spinach
Celery	Lima Beans	Squash
Chard (Red and Swiss)	Okra	Sweet Potato
Corn	Onions	Tomatillo
Cucumbers	Green Onions	Tomatoes
Daikon Radish	Parsnips	Turnips
		Zucchini

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WHAT WILL YOU PLANT THIS YEAR?

USE THE PREVIOUS TWO PAGES AS A GUIDE TO FILL OUT THIS PAGE.

FOOD PROOD

Family Favorites

Items to Preserve

Wish List