



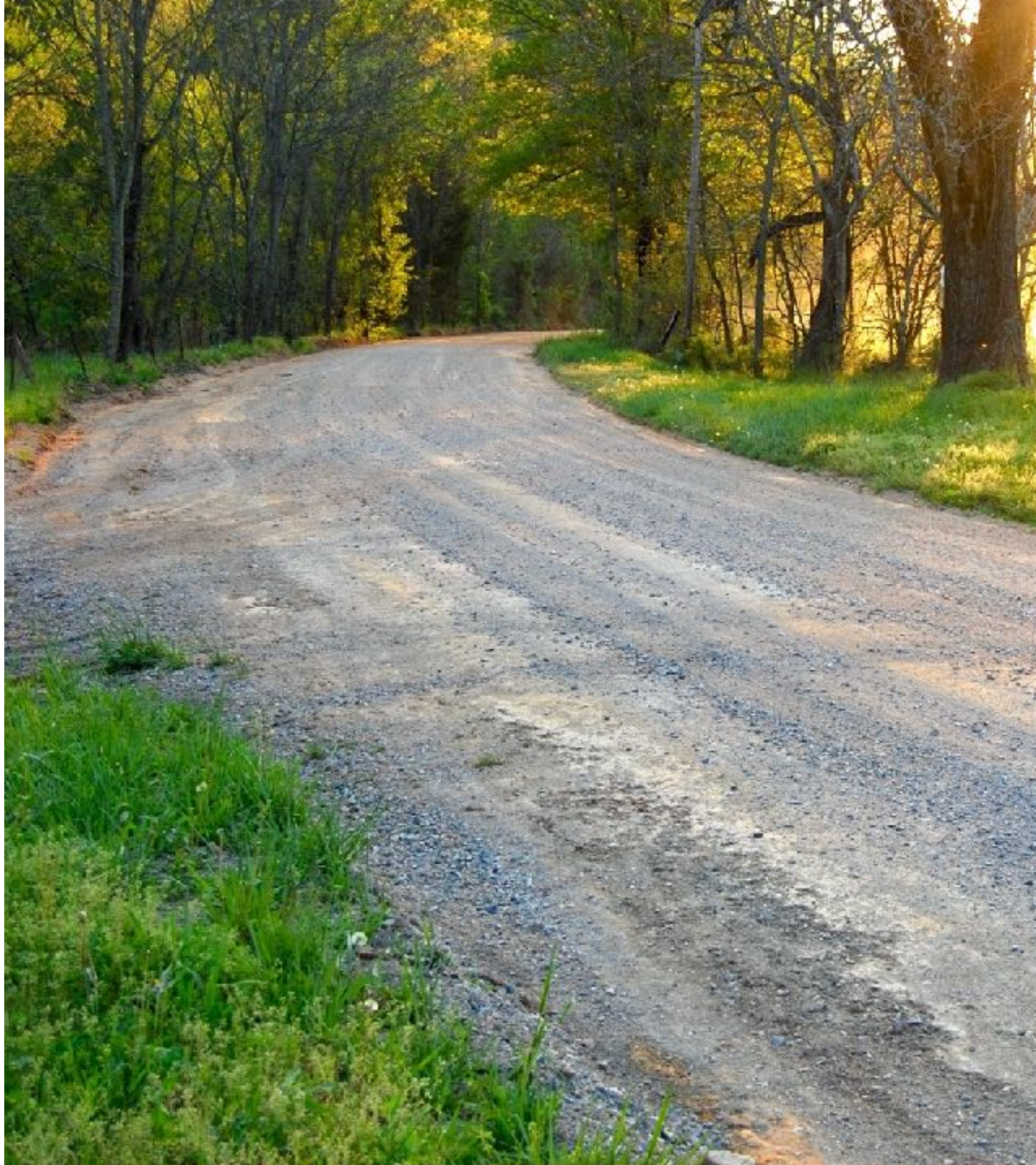
PLANNING YOUR FIRST GARDEN!

THE GAME PLAN



BORN TO GROW GAME PLAN

1. IGNITION
2. LAUNCH
3. GROW
4. EXTEND



1: IGNITION

- Planning your garden
- Choosing what to grow
- Choosing where to grow
- Soil testing
- Ordering soil amendments
- Ordering seeds



2: LAUNCH

- Bed preparation
- Amending your soil
- Seeding your garden
- Starting your plants
- Transplanting
- Composting



3: GROW

- Watering
- Weeding
- Trellising
- Pest control
- Disease control
- Harvesting
- Storing



4: EXTEND

- Timing for winter growing
- Protecting your veggies
- Growing in the winter



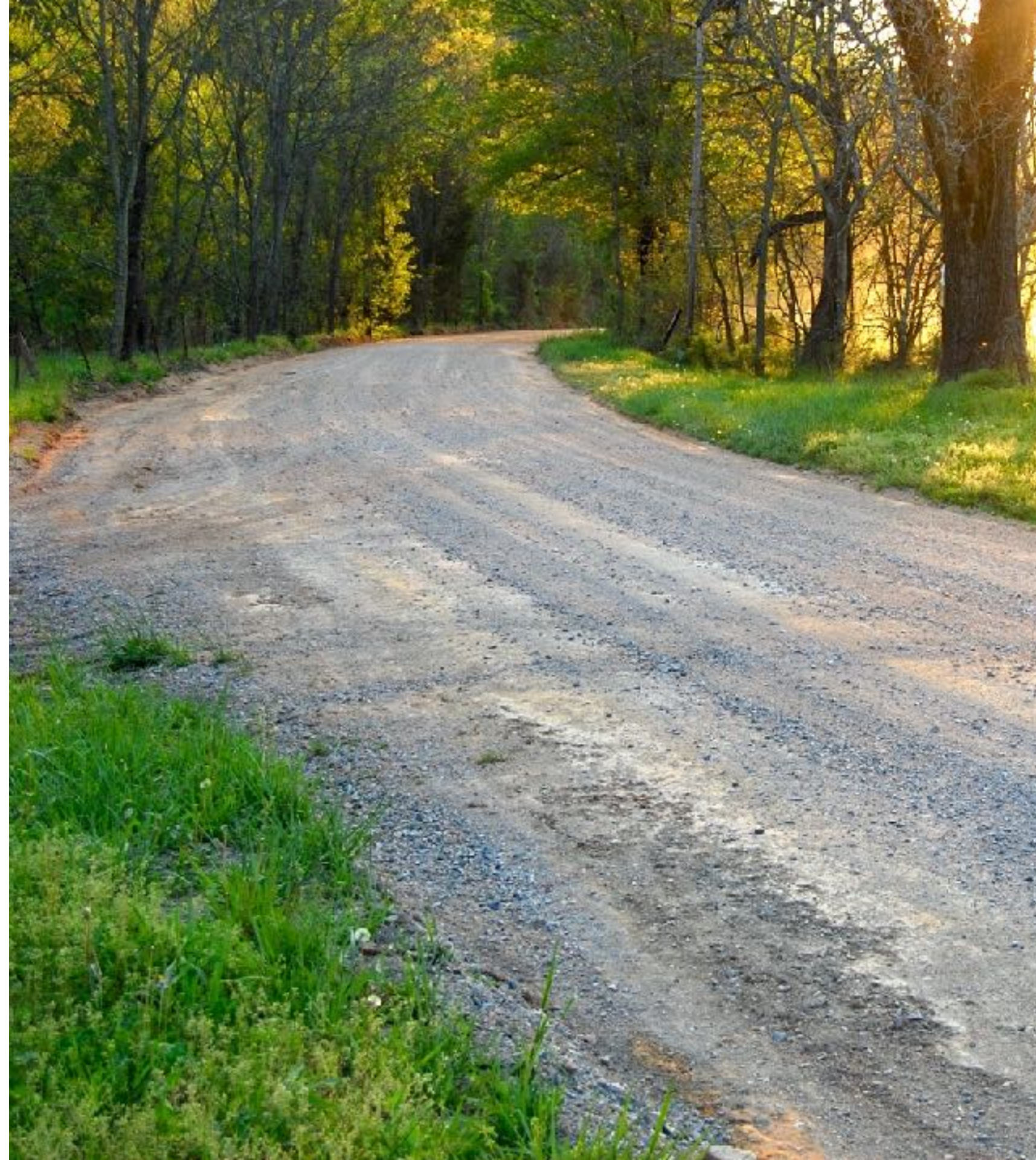
BORN TO GROW GAME PLAN

1. IGNITION

2. LAUNCH

3. GROW

4. EXTEND



GROW

**FOLLOWING THE GAME PLAN
IS KEY TO SUCCESS**

IGNITION



OVERVIEW:

- 1. PART 1:** What to grow - choosing what to grow in your garden
- 2. PART 2:** Where to grow it - mapping it all out
- 3. PART 3:** When to grow it - creating your planting calendar and our “Perpetual Harvest Hack”



PART 1: 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!

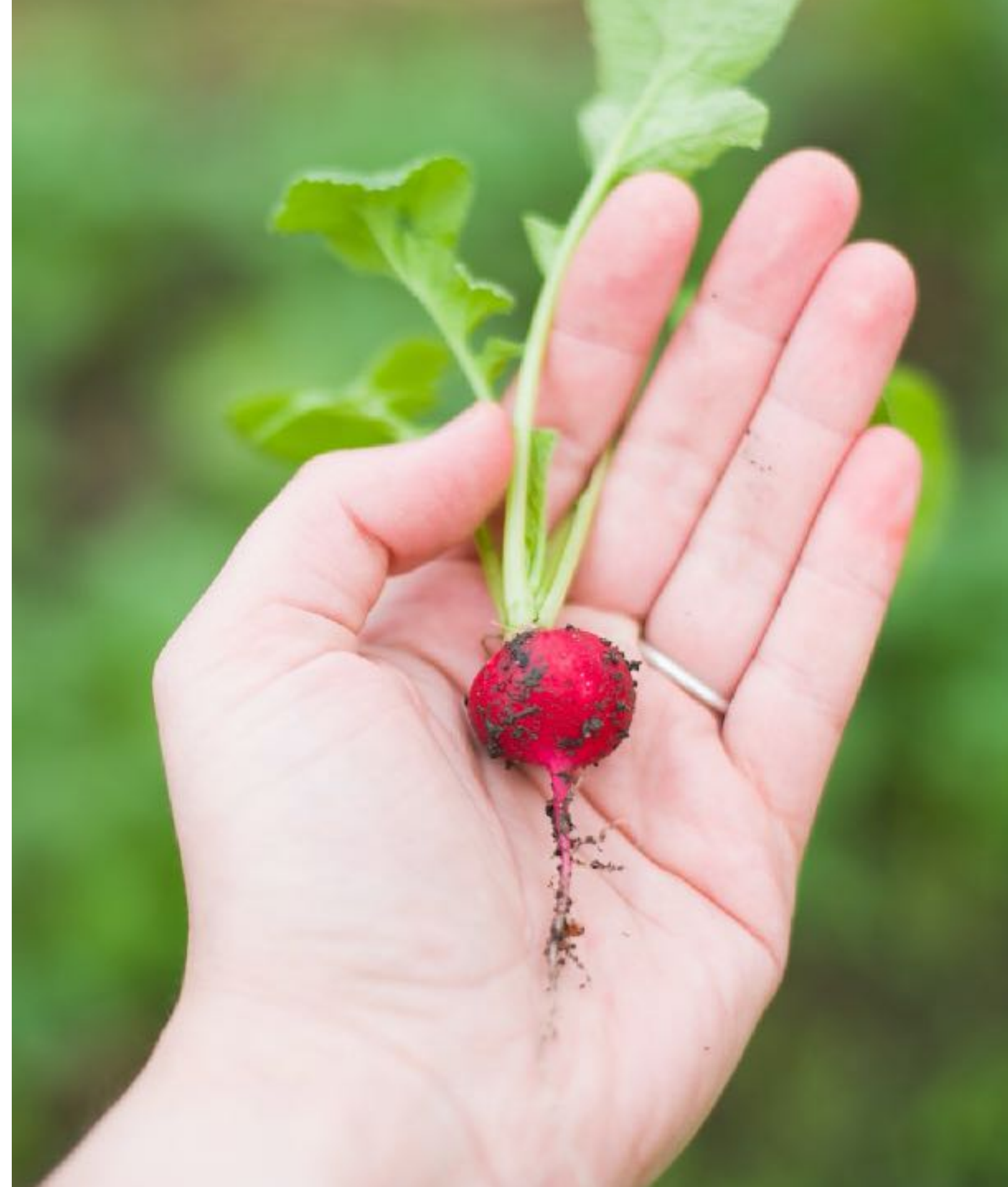


A close-up photograph of a basket filled with fresh vegetables. In the foreground, there are several bright orange carrots and a few dark red beets. Behind them, there are green onions with their long, thin stalks. The background is slightly blurred, showing more green foliage. The overall lighting is bright and natural, suggesting an outdoor setting.

PART 2: CHOOSING WHERE TO GROW

YOUR GARDEN SPACE

1. Look for areas that get the most sun
2. Most crops do best with 6-8 hours of full sun
3. South facing slopes will stay warmer in the winter
 1. In hot zones like Southern Florida you may want to look for cool microclimates (North facing)



CROPS FOR THE SHADE

1. Veggies grown for their leaves or roots do best in the shade
2. Beets, carrots, garlic, potatoes, radishes, onions
3. Asian greens, broccoli, cabbage, collards, kale, lettuce, spinach, Swiss chard etc.

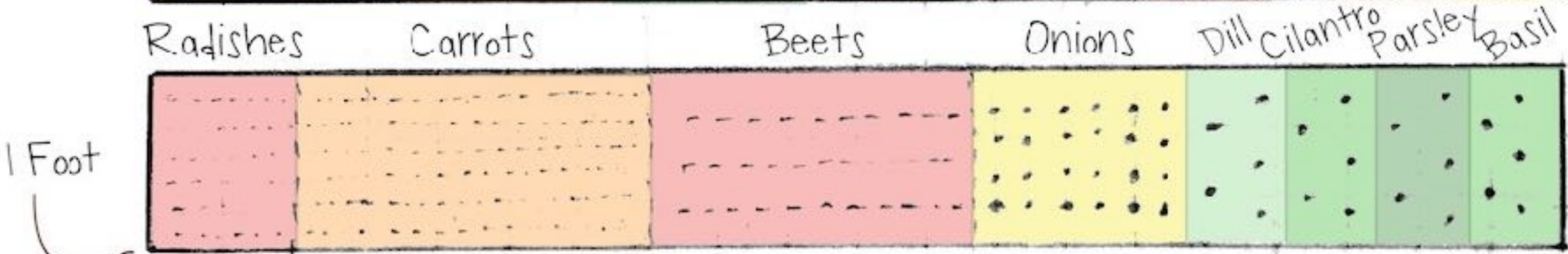
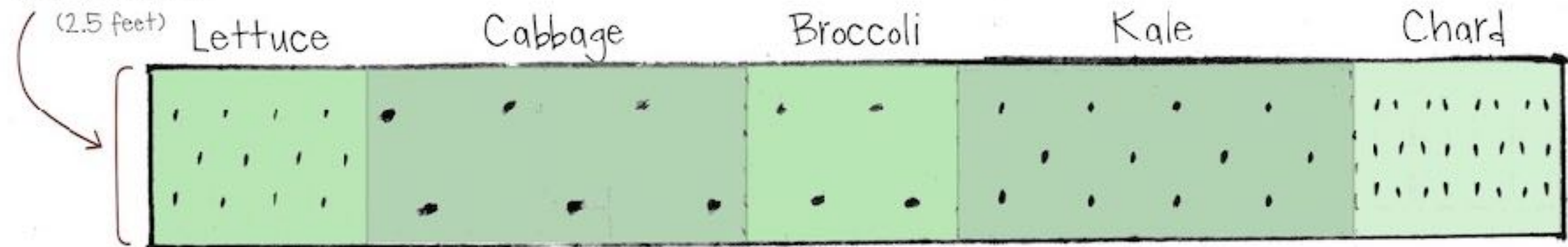


MAP OUT YOUR SPACE

1. Map out your garden space with a pen and paper
2. Lay out your garden beds
3. We suggest 30" wide beds
 1. Easy to step or reach across
 2. Tools made for them
 3. 12-18 inch aisles



30 Inches
(2.5 feet)



1 Foot



20 Feet



SIMPLE CROP ROTATION

WHY ROTATE YOUR CROPS?

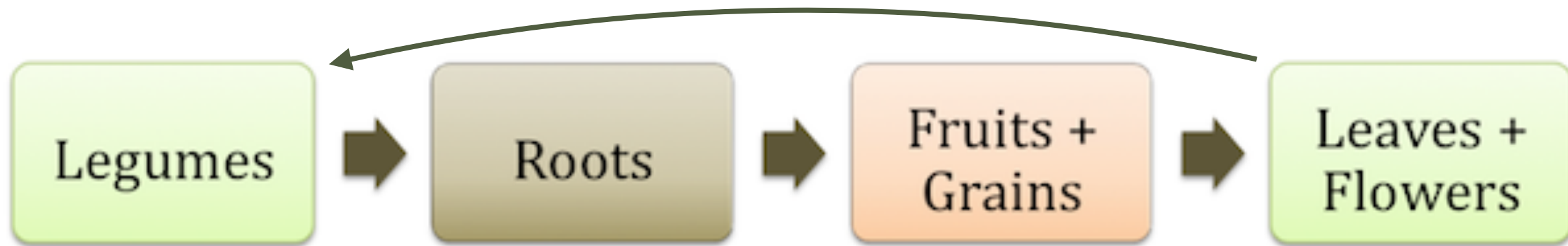
1. Plants give and take from the soil in different ways
2. Some are heavy feeders and some are light feeders
3. Insect and disease control
4. Crops can affect the next crop grown
5. Legumes leave nitrogen in the soil





SIMPLE CROP ROTATION PLAN

Four-Year Basic Crop Rotation



Vegetables:

Beans
Green Beans
Peas
Peanuts
Cover Crop

Families:

Legumes

Vegetables:

Carrots
Turnips
Onions
Radishes
Beets
Dill, Cilantro
Parsley

Families:

Carrot
Onion
Cole (Brassicas)
Goosefoot

Vegetables:

Tomatoes
Peppers
Eggplant
Cucumbers
Squash
Corn
Potatoes

Families:

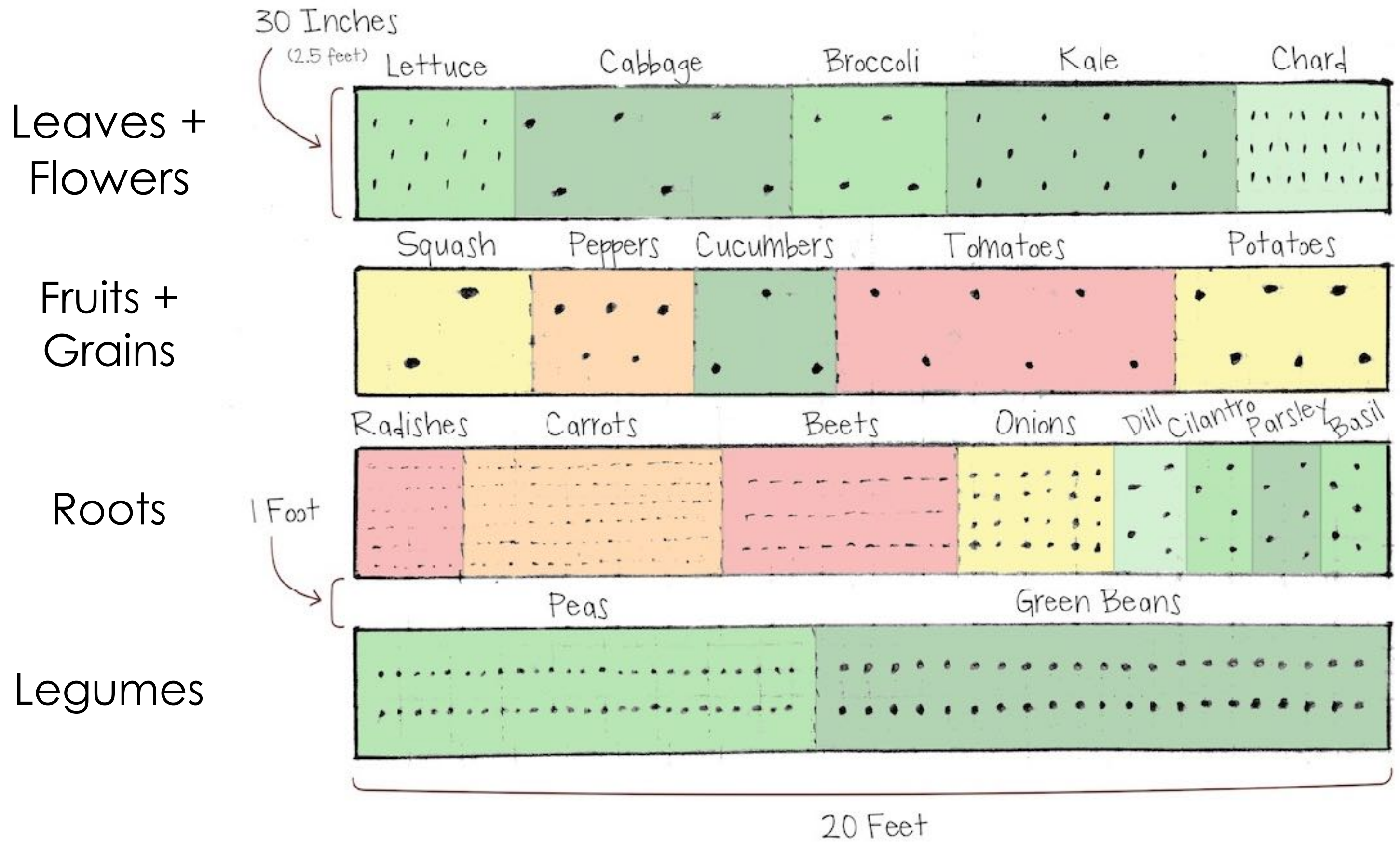
Nightshades
Melons + Squash
Grasses

Vegetables:

Salad Greens
Lettuce
Spinach
Cabbage
Kale
Broccoli
Cauliflower

Families:

Sunflower
Cole (Brassicas)
Goosefoot



A close-up photograph of several vibrant green leaves with prominent veins, set against a dark background. The leaves are slightly out of focus, creating a sense of depth. At the bottom of the image, there is a solid black rectangular box containing white text.

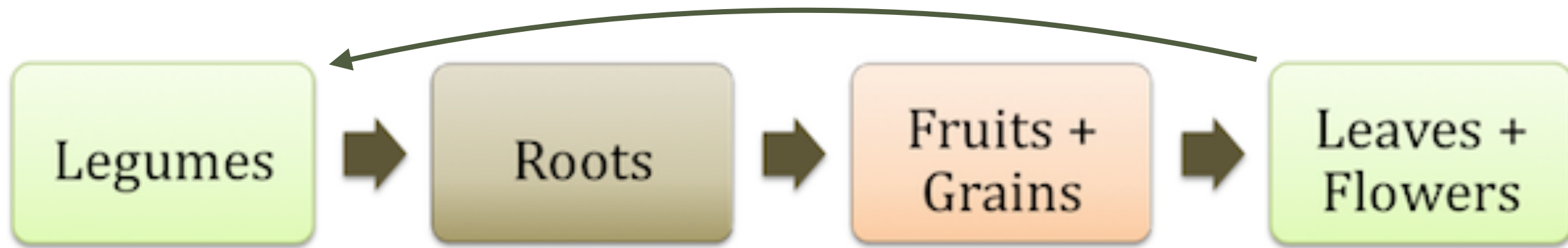
CHOOSING WHERE TO GROW EACH CROP

WHERE TO GROW

1. Divide your garden into four equal sections
2. Plan your crops based on the four kinds in the crop rotation plan
3. What if they don't fit?
 1. Example with fruits and grains
 2. Double it and split by family



Four-Year Basic Crop Rotation



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Vegetables:

Salad Greens
Lettuce
Spinach
Cabbage
Kale
Broccoli
Cauliflower

Families:

Sunflower
Cole (Brassicas)
Goosefoot



ORDERING YOUR SEEDS

ORDERING YOUR SEEDS

1. Go through your crop list and make a seed order for the varieties you picked
2. Order the amount of seed based on how much you want to grow
3. Seed is cheap, it is always better to have extra than to run out

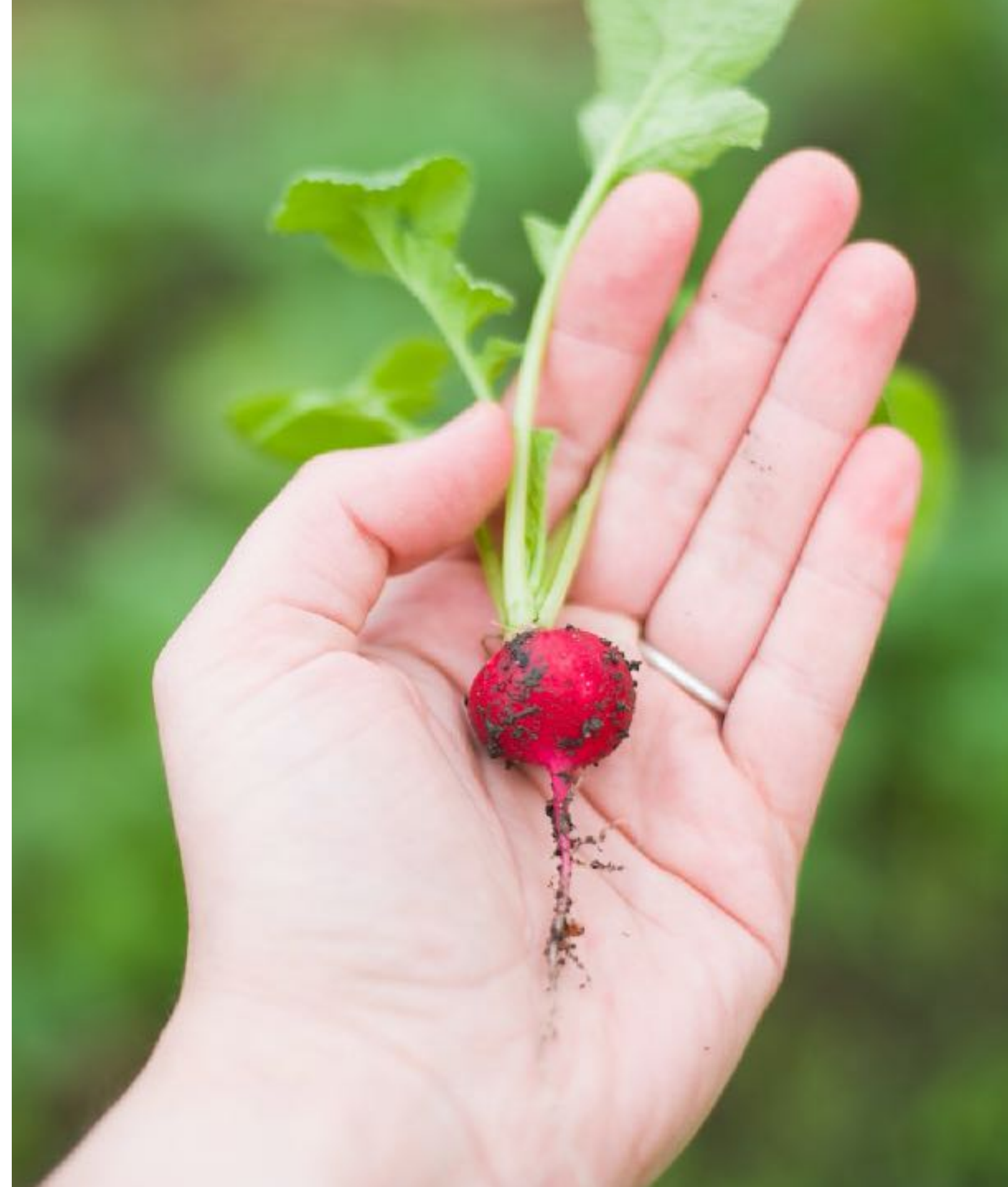


A close-up photograph of a basket filled with fresh vegetables. In the foreground, there are several bright orange carrots and a bunch of green onions with their white bulbs. To the right, there are several dark red beets with their leafy tops. The background is filled with more green leafy vegetables, possibly spinach or kale, which are slightly out of focus. The overall lighting is bright and natural, highlighting the textures and colors of the produce.

PART 3: TIMING – WHEN TO GROW IT

OUR PERPETUAL HARVEST HACK

1. Gardening is full of decisions
2. The simple art of knowing:
 1. What to do (PLAN)
 2. How to do it (ACTION)
 3. And doing it at the right time (TIMING)
3. Power of the “Perpetual Harvest Hack”





WHAT TO DO (PLAN)

WHAT TO DO

1. The list of crops you are going to grow
2. Seeding, transplanting, cultivating, watering, trellising, harvesting
3. Succession or “leapfrog” planting



WHAT IS LEAPFROG PLANTING?

1. What is leapfrog planting?
2. Each time you harvest have another crop ready to plant
3. Example with lettuce
4. Example with peas and green beans



LEAPFROG PLANTING

1. But leapfrog planting can be complex too
 1. You've got to figure out when to plant your first crop
 2. Then how long before it will be harvested
 3. And how long of a harvest window you can expect from it
 4. And then when to plant the second "leapfrog" crop so that it is ready to go in when the first crop is harvested
 5. Plus figure out how long in the season the crop can be grown
 6. And then repeat that for each crop because they are all different

LEAPFROG PLANTING

1. It really doesn't take that much more physical work.
2. Complicated? You bet it sure can be!
3. Unless you're using the "Perpetual Harvest Hack"!





HOW TO DO IT (ACTION)



HOW TO DO IT

1. How to seed your starts
2. How to transplant
3. How to cultivate
4. How to build healthy soil
5. How to trellis your plants
6. How to extend your season into the winter without breaking your pocketbook




A close-up photograph of several green leaves with prominent veins, set against a dark background. A black rectangular box is overlaid at the bottom of the image, containing white text.

WHEN TO DO IT (TIMING)

WHEN TO DO IT

1. The timing of when to seed
2. When to seed succession plantings
3. When to transplant
4. When to harvest
5. Putting it all in a calendar
6. Weekly checklist for extreme clarity





HOW TO CREATE YOUR OWN PLANTING SCHEDULE IN JUST MINUTES

RESOURCES

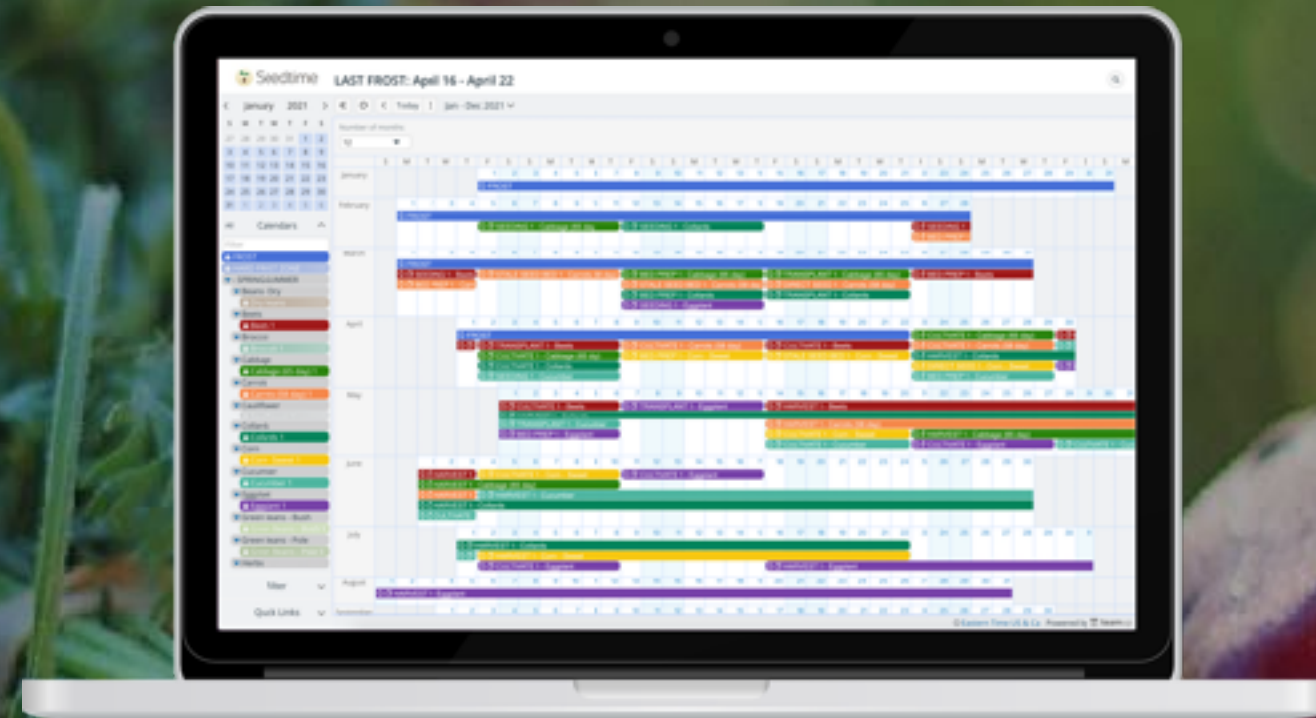
1. Johnny's Seeds Spring and Fall Planting Calculators
2. GrowVeg Garden Planning App
3. Still quite a bit of work...





Seedtime

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!

Like · Reply · 22h



Write a comment...



CLASS HANDOUTS

borntogrow.net/adagra