



SUPERFOOD GARDENING

**Vitality, Longevity & Nourishment
with 12 Superfoods Anyone Can Grow**

*You can't get this high quality
of health at the store!*

Grow Your Own Vegetables



Six Reasons Homegrown is Superior...

Yes, you can grab any of the superfoods in this eGuide at the grocery store, but consider the benefits of growing them at home.

Nourishment

Superfoods are supercharged with nutrients... that's where the name comes from! And those nutrients help your body prevent and fight chronic diseases. But are you getting the OPTIMAL nutrients?

From the moment a plant is picked, it starts dying and losing precious vitamins, minerals, and phytoactive compounds. Instead of food that's been sitting in delivery trucks and on grocery shelves for two weeks or more... grow your own fresh-picked harvests for SUPERIOR nourishment! There's no time for nutrients to be lost when your food goes directly from your garden to your plate!



FLAVOR

When you eat food that you've grown yourself, it changes everything – it tastes so much more delicious! The nutrients are what gives food its flavor and that's why fresh-picked is optimal. Enjoy the explosion of flavor from the garden.

Timing matters, too! There is nothing like a sun-ripened tomato picked at the peak of the day. You'll only find that in your garden.

And what about all the colorful and flavorful VARIETIES? Imagine having access to over 90 varieties of garlic versus the one or two at your grocery store or farmers market!



Longevity

Eating an abundance of fresh vegetables and herbs is important for enjoying a long, happy life. Gardening goes one step further:

An **outdoor lifestyle** with moderate **physical activity** is linked to longer life with less stress. And gardening is an easy way to accomplish both and gain an improved outlook on life. Plus you receive an extra serotonin boost from all that Vitamin D, which is hard to get through food but easy to get outside in the sun.

Did you know that one of the things that most people who live past 100 do is garden? And the quality of that life is so sweet!



Six Reasons Homegrown is Superior...

Vitality

All those vital organs of the body need fuel for optimal functioning. Fresh-picked produce is more ALIVE than food that has been sitting on delivery trucks and grocery store shelves, so it will make YOU more alive as well.

But there's more at stake! According to the Nature of Americans National Report, half of (U.S.) adults report spending five hours or less in nature each week. Parents of children 8 to 12 years old said their kids spend three times as many hours with screens as they do playing outside. The study recommends that spending time outside "is not a dispensable amenity, but rather essential to the health, quality of life, and social well-being of all Americans."



Connection

We all eat. So there is no better way to connect with your loved ones than food and gardening. Enjoy homegrown meals together and create memories for life by spending time together in the garden!

Not only are you connecting with your loved ones, but you are connecting with the life cycles of nature. By eating seasonally, you might find yourself sleeping better, more aligned with circadian rhythms too!

And your garden connects you to the Homegrown Movement, all the gardeners who are growing soil for a better planet.



Fun!

Your garden is a wilderness! Seeds magically emerge from the ground. The butterflies flutter around your flowers.

The soil is teeming with life! Plants visibly grow overnight.

It's your own nature documentary series right in your back yard for hours of fun. And anything in the garden can be made into a fun game for all ages.



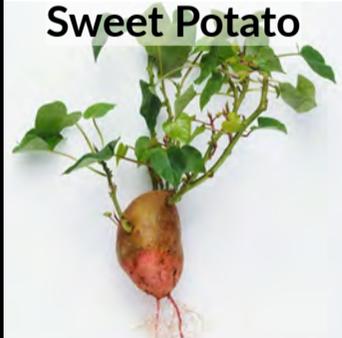
Quick Guide to 12 Homegrown Superfoods

Your first step to a successful Superfood Garden is to choose plants that work for you. Here are the top six criteria for you to consider.

Superfood Plant	Health Benefit	Inside / Outside?	Grown in Small Spaces?	Temps & Climate	Expected Yield	Special Notes
Greens (Kale, etc) 	A, B, C, K Vitamins and cancer-fighting properties	Typically outside with at least six hours of sun. Can be grown indoors under grow lamps.	Yes!	Lots of varieties that tolerate all temperatures from freezing to HOT.	One kale plant will produce 3-5 leaves of kale each week. Similar for collards and chard.	Easiest food to get started growing no matter where you live.
Microgreens 	Antioxidants to help fight off diseases	Typically grown inside. Shoots can be grown without any grow lamps.	Yes! Right on your kitchen counter.	Typical room temperatures; cooler temps will slow growth.	Growing two trays of microgreens can give you continuous harvest all year round.	FASTEST food... from seed to plate in two weeks (sometimes less!)
Tulsi Basil 	Soothing mood	Typically outside with at least six hours of sun. Can be grown indoors under grow lamps.	Yes!	Temperatures greater than 50° F (10° C) are preferable.	A couple plants can give you a continuous harvest all season long.	Heartier and spicier than Italian basil varieties. Can withstand more heat and less water.
Garlic 	Boosts immunity	Typically outside with at least six hours of sun. Tricky to grow indoors under grow lamps.	Yes!	Different varieties for colder and warmer regions. Some need freezing temperatures.	One clove will produce a whole new bulb the next season.	If you have winter, simply plant it in the fall and forget about it for an easy spring harvest.
Tigernuts 	Magnesium, potassium, protein, fiber	Typically outside with at least six hours of sun. Can be grown indoors under grow lamps.	Yes!	Above freezing temperatures.	One plant will provide one pound of tigernuts.	Grows like a weed, literally! It may take over in more temperate climates with no winter.
Herbs + Flowers 	Medicinal herbs have been used for millennia to treat ALL kinds of pain and illness!	Typically outside with at least six hours of sun. Can be grown indoors under grow lamps.	Yes!	Lots of varieties that tolerate all temperatures from freezing to HOT.	Continuous harvests all season long. Fresh, small amounts are more flavorful than dried.	Sage, Thyme, Rosemary, and Oregano are all easy plants to start with.

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 <p>Fruit Trees</p>	The health benefits for fruit trees varies WILDLY depending on the variety.	Typically outside with at least six hours of sun. Dwarf trees could be grown inside a greenhouse.	No. There are dwarf trees, but even those take up some space.	Lots of varieties that tolerate all temperatures from freezing to HOT.	Many fruit trees take a couple years to produce fruit yield.	Know the exact variety and number of "chill hours" plant needs to match your climate.
 <p>Ginger</p>	Boosts immunity	Typically grown outside. Can be grown in containers and brought inside.	Yes!	Temperatures greater than 50° F (10° C) are preferable with humidity & dappled shade.	The longer the growing time, the more yield you will get. Harvest continuously or all at once.	Takes a while to grow, but tender baby ginger is SO worth it!
 <p>Turmeric</p>	Cancer fighting properties	Typically grown outside. Can be grown in containers and brought inside.	Yes!	Temperatures greater than 50° F (10° C) are preferable with humidity & dappled shade.	The longer the growing time, the more yield you will get. Harvest continuously or all at once.	Similar to ginger: Takes a while to grow, but tender baby turmeric is SO worth it!
 <p>Sweet Potato</p>	Most nutrient-packed vegetable	Typically grown outdoors. Could be grown indoors under lights.	For small spaces, grow in container and build trellis for vines to grow vertically.	Temperatures greater than 50° F (10° C) are preferable. Colder and warmer region varieties available.	90 days to harvest: One plant will produce several pounds of sweet potatoes.	One of the easiest plants to grow as long as temps are warm. Vines will spread far and wide.
 <p>Blueberries</p>	Brain booster	Typically grown outdoors. Could be grown inside a greenhouse.	Bush will start small but will ultimately grow large.	Perennial bush that will survive freezing temperatures and keep growing back.	Your first season, you may only get a couple cups of berries, but it will increase rapidly over the years.	Blueberry plants will reward you with lots of fruit when soil is acidic with 4.5 - 5.5 pH.
 <p>Elderberries</p>	Vitamin C and boosts immunity in cold season	Typically grown outdoors. Could be grown inside a greenhouse.	Bush will start small but will ultimately grow large.	Perennial bush that will survive freezing temperatures and keep growing back.	First couple years, cut the flowers as harvest so that plant will grow more berries the next season.	Tiny berries most easily harvested with a comb. Plant a regional variety.

Take Your Garden to the Next Level

It's our mission to support new growers all over the globe create successful vegetable and herb gardens for a happier, healthier YOU, and a greener planet. It's our passion to remove any obstacles standing in your way so you have the opportunity to harvest organic, nutrient dense food for a lifetime of health and wellness.

Do you want to grow delicious, nutrient-rich, organic vegetables and herbs at a fraction of the price of store bought food, but lack the know-how, time, and budget to bring your garden vision to life?

Regardless of the size of your garden space... you've come to the right place. Our self-paced, step-by-step online programs are here to guide you from garden site and design all the way to harvest.

Whether you're just getting started planting your first seeds, in the process of honing your garden skills, or ready to start doubling your vegetable and herb harvests, Grow Your Own Vegetables can help! With done-for-you templates and step-by-step guides with easy explanations, you'll get all the tips and tricks you need so you can get on the fast track to garden success!

From the Grow Your Own Vegetables Community:

*"I grew hundreds of pounds of produce. **Your class has been extremely helpful to me, an amazing value for the money.** I honestly have not had this much progress planning an annual garden before this class, and I can't thank you enough for your clarity, support, and optimism!!!" — Lenna*

*"Your class was transformational! **I am growing so much more vegetables and have a plan of action.**" — Laura*

I have been so impressed with just how much you guys do for us. Thank you, thank you. I will reach out with any questions. — Barbara H.

*"The biggest impact for me is **having a better sense of confidence that I can grow organic produce successfully, and also the knowledge that I have a safety net if I have questions or problems in the future as an alumni who still has access to question/answer sessions. At this point, I feel it was definitely money well spent.**" — Michele*

*"Now I understand why yields were poor in the past: I now know how to find the best space to grow veggies, what to not bother with, and what's easiest for us. It's a far more rewarding experience now! **Saving agony is a highly valuable outcome for us. Money well worth spending!**" — Kei*

Meet our Dedicated Team



Stacey Murphy
Master Gardener Trainer



Denise Beins
Chief Operations



Lauren Groves
Tech Support



Crystal Meserole
Garden Support

"Lauren, Thank you so much for your replies. Your replies are exactly what I need. Thank you 🙏 I will always support your group and you can count on my involvement with your incredible journey. You and Crystal are **AWESOME** customer supports and great human beings. I am grateful and appreciate all your help! Have a great Labor Day weekend!!" — Lisa

"Hi Crystal! Thank you so much for your lovely note. It really made me feel valued to have all my concerns addressed."
— Jill