

"Your Health Is Your Wealth Series"



JOSEPH P CORY
FOUNDATION
Anchored in Love.



Introduction of the Guest Speaker

- It gives me great pleasure to introduce Nada Cory
- From as early on as she could remember, Nada's life involved planting, tending, and harvesting herbs, vegetables, and fruit trees.
- She was raised by her maternal grandparents in beautiful Croatia on a farmstead, and there she became an integral part of the land and everything her family practiced; all in the name of wellbeing. Those lessons learned have remained and have given her the gift to create scrumptious meals from the garden's bounty, and to comfort and heal using natural remedies.
- Nada is a licensed medical assistant, certified in Healing Dhan Hag Yoga, Reiki, Essential Oils/Raindrop Therapies, Philanthropist, Entrepreneur, and a Dream Builder/Life Mastery Coach.



Speaker talks a little about themselves

- I grew up on a farmstead....
- My passion is to empower people, especially young people, to live healthy lives, providing education about nutrition and living in harmony with nature.
- Today we fulfill the mission of the Joseph P Cory Foundation, we as we focus on a lesson from our signature program: Gardens of Hope. GOH benefit students and communities, locally and beyond...



Why have a garden?

- What are the benefits: Mind – Body – Spirit
- STATISTICAL FACTS -
- Mind – *Or mindfulness*: Decreases stress and anxiety, aids in cognitive learning
- Body – Movement, working in the garden, and most importantly, what we put *into our body*, the quality of food, and nutrition. The *energetics*, or the way energy is redistributed in the physical, chemical and biological processes.
- Spirit – The connection to all things, the positive vibration we get by growing something, being in nature



Advantages of Florida Gardening

- Gardens can grow in many places and many spaces
- In Florida, everything seems to grow, even when you don't want that; especially plants that like lots of sun, and can go through periods of dryness and rain
- You can garden all year round! Longer growing periods, more sunlight, rain, humidity, lots of native varieties that can withstand the heat, as well as assorted species



Work with what you have Your space, your place.!

- Container gardens – flowerpots, tires, barrels, tower gardens, etc.; be creative!
- In ground – consider your existing soil
 - sandy, too dense, amend the soil
- Raised bed – Control the content of the soil, and area in which to grow
- Window box, terrace
- Vertical
- Hydroponic tower
- Microgreens!



Organic versus GMO versus Locally Grown (sustainable)

- Organic – no chemicals. Refer to handout
- Non-GMO
- Local (Sustainable)
 - Lesser carbon footprint
 - Green markets
 - Fresher and tastier



Decorate Your Flowerpot

- People open shopping bag: Explain the basics of what you need, and see what is inside to aid in the project today.
- Talk about the “Quote of the Day” Ex: Theodore Roosevelt quote, and talks about conservancy and his accomplishments
- Q & A (while it dries)



What You Need For Success

- Soil
- Containers
- Nutrients
- Water
 - Sprinkler, sprinkle/mist, water bottle, cans
- Exposure
- Patience!



Planting

- Start with a seed or seedling
 - You can harvest seeds from your vegetables (show with pepper)
 - Preferred, seeds that are organic
- Direct sowing of seeds
 - Rule of thumb, depth is 2-3 times the thickness of seed
 - Watering- Don't overwater, but keep moist
 - Place in a light source –
 - Natural location or grow lights indoors
 - When seedling is about 2-3 inches high, or the root base gets compacted, move to a location to either transplant or start an adaption process.



Tending

- Do you know your plant is teaching *you* what you it likes? –
 - Keep a plant journal of successes and failure.
 - Continue good practice – h2O, nutrition, trimming back
- Keeping pests and keeping at bay
 - Natural sprays
 - Companion planting
- There is a solution for everything



Harvesting

- Herbs for example, like to be trimmed -Some plants continue to grow and give back
 - Pinch back, cut them before they flower.
 - If they go to flower, the energy goes into the seed reproduction and not the growth of the plant



Cooking with your Yield

- Use fresh in salads
- Juice them
- Dehydrate them
- Dry them
- Freeze them
- Can them
- Save the seeds and reuse them again





FYI

- Our next class
- Sign up for our newsletter, great for kids and adults
- Volunteer with us!
- Email with your photos for social media
- Email questions to the Foundation



A top-down photograph showing two hands, one above and one below, gently cupping a heart-shaped mound of vibrant green sprouts. The sprouts are densely packed and have small, round leaves. The mound sits on a dark, rich soil. The background is a dark, textured surface, likely soil or a garden bed. The lighting is soft, highlighting the texture of the soil and the freshness of the sprouts.

“Why try to explain miracles to kids when
you can have them plant a garden.”
-Robert Brault

