

"Your Health Is Your Wealth Series"



JOSEPH P CORY
FOUNDATION
Anchored in Love.

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.



Why have a garden?

- 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



Florida Vegetables & Herbs

CHOOSE ORGANIC SEEDLINGS AND SEEDS

ASIAN VEGETABLES
ASPARAGUS
BEET
BONIATO
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CANTALOUPE
CARROT
CAULIFLOWER
CELERY
CHIVES
COLLARD
CUCUMBER
EGGPLANT
GOURDS
KALE
LEEK
LETTUCE
LIMA BEAN
MUSTARD
OKRA
ONION
PARSLEY
PEPPER
POTATO
PUMPKIN
RADISH
SNAP BEAN
SNOW PEA
SOUTHERN PEA
SPINACH
SQUASH
STRAWBERRY
SWEET CORN
SWEET POTATO
TOMATO
TURNIP
WATERMELON

Herbs that grow
best
in South Florida

BASIL
CILANTRO
DILL
LEMON BALM
MINT
OREGANO
PARSLEY
ROSEMARY
TARRAGON
THYME

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Plants That Grow Well in Zone 10



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!



Container Gardens

Container Gardens



▶ Raised Bed Gardens

Raised Bed Gardens



Tower Gardens (Hydroponics)

Tower Gardens



Microgreens



Microgreens



Organic versus GMO versus Locally Grown (sustainable)

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

You Are What You Eat!
CHOOSE ORGANIC SEEDLINGS AND SEEDS

ORGANIC
VERSUS
NON-GMO

COMPARING THE 2 LABELS

USDA ORGANIC

ORGANIC OPERATIONS MUST DEMONSTRATE THAT THEY ARE PROTECTING NATURAL RESOURCES, CONSERVING BIODIVERSITY & USING APPROVED ORGANIC NUTRACK & PROTECTING INPUTS. THE USE OF GMOS, IRRADIATING PRODUCTION, CHEMICAL SYNTHETIC PESTICIDES & RESISTERS ARE PROHIBITED FROM ORGANIC PRODUCTION.

NON-GMO VERIFIED

NON-GMO VERIFIED PRODUCTS EXCLUDE GMOS. INGREDIENTS FROM BEING USED. BEING VERIFIED MEANS THAT THE PRODUCT DOES NOT CONTAIN GMOS. INGREDIENTS BUT THAT DOES NOT MEAN THE PRODUCT IS FREE FROM OTHER "BAD" CHEMICALS USED IN CONVENTIONAL FOOD PRODUCTION.

<input checked="" type="checkbox"/>	NO GMOS	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	NO ANTIBIOTICS	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO GROWTH HORMONES	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO ARTIFICIAL COLORS	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO PRESERVATIVES	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO ARTIFICIAL FLAVORS	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO SYNTHETIC FERTILIZERS	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO SYNTHETIC PESTICIDES	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO IRRADIATION	<input type="checkbox"/>
<input checked="" type="checkbox"/>	NO SEWAGE SLUDGE	<input type="checkbox"/>

GREEN MARKETS IN PALM BEACH COUNTY

BOCA RATON
BOCA RATON GREEN MARKET – 8AM – 1PM ON SATURDAYS (OCT 27-MAY)
ROYAL PALM PLACE (SOUTH END), THE INTERSECTION OF S FEDERAL AND RIZNER BLVD, BOCA RATON
ROYALPALMPLACE.COM

BOYNTON BEACH
BEDNER'S FARM FRESH MARKET – OPEN MON-SAT, 9 AM-6 PM/SUN: 10 AM-5 PM
10056 LEE ROAD, BOYNTON BEACH; 561-733-5490
BEDNERS.COM

DELRAY BEACH
DELRAY BEACH GREEN MARKET – CLOSED AT THE MOMENT, BUT YOU CAN SHOP THEIR VIRTUAL GREENMARKET:
OLD SCHOOL SQUARE PARK, 51 N SWINTON AVE., DELRAY BEACH, 561-276-7511
DELRAYCBA.ORG/GREENMARKET/

JUPITER
JUPITER FARMERS MARKET AT EL SOL – SUNDAYS FROM 9 AM – 1:30 PM NOV-APRIL
105 MILITARY TRAIL AT EL SOL; 561-203-5555
JUPITERFARMERSMARKET.COM


LOXAHATCHEE
SWANKS SPECIALTY PRODUCE FARMERS MARKET SATURDAYS FROM 10 A.M. TO 1 P.M.
SWANKS SPECIALTY PRODUCE, 14311 N. ROAD, LOXAHATCHEE; 561-203-5648
HTTP://WWW.SWANKSPECIALTYPRODUCE.COM

PALM BEACH GARDENS
GARDENS GREEN MARKET – AT THIS TIME, THE GARDENS GREEN MARKET WILL NOT BE OPEN TO THE PUBLIC. INSTEAD, THEY WILL BE HOSTING A VIRTUAL GREENMARKET WHERE YOU CAN SHOP FOR YOUR FAVORITE VENDORS' ITEMS ONLINE.
861-806-1100
PROFL.COM/GREENMARKET

ROYAL PALM BEACH
ROYAL PALM BEACH GREEN MARKET – SATURDAYS FROM 9 AM – 1 PM
LAKESIDE AT VILLAGE HALL, 1050 ROYAL PALM BEACH BLVD., ROYAL PALM BEACH, 561-792-9200
WWW.RPBGHLENMARKET.COM

WEST PALM BEACH
WEST PALM BEACH GREENMARKET – SATURDAYS FROM 9 AM-1 PM
101 S FLAGLER DR., WEST PALM BEACH; 561-822-1520
INCLUDES 2 HOURS OF FREE PARKING IN CITY GARAGES.
WPB.ORG/GREENMARKET

info@josephpcoryfoundation.org 561.501.3538 EIN:47-5340784



JOSEPH P. CORY
FOUNDATION
Unleashed in Life.

All 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.



Seed Life Cheat Sheet

VEGETABLES SHELF LIFE

Asparagus	3 years
Beans	3 years
Beets	3 years
Broccoli	3 years
Brussels sprouts	4 years
Cabbage	4 years
Carrots	3 years
Cauliflower	4 years
Celery	3 years
Chard	3 years
Chicory	4 years
Collards	4 years
Corn	2 years
Cress	5 years
Cucumbers	5 years
Eggplant	4 years
Endive	5 years
Kale	4 years
Kohlrabi	3 years
Leeks	2 years
Lettuce	3 years
Muskmelons	5 years
Okra	2 years
Onions	1 year
Oriental greens	3 years
Parsnips	1 year
Peas	3 years
Peppers	2 years
Radishes	5 years
Rutabagas	4 years
Salsify	1 year
Spinach	3 years
Summer squash	4 years
Tomatoes	5 years
Turnips	4 years
Watermelons	4 years
Winter squash	4 years

HERBS & FLOWERS SHELF LIFE

Basil	5 years
Chives	2 years
Cilantro	2 years
Fennel	3 years
Oregano	4 years
Parsley	2 years
Sage	4 years
Annual flowers	1 to 3 years
Perennial flowers	2 to 4 years

QUICK TIP

Seeds store best below 40°F with less than 10 percent humidity, tucked inside airtight containers in a dark environment.

Read the full article at gardenbetty.com/seed-life

GARDEN BETTY

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“Seed” Packet Life



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



A top-down photograph showing two hands, one above and one below, 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 hands are light-skinned and positioned to frame the heart shape. The background is a solid dark color, likely the soil.

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

