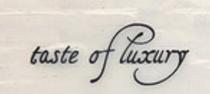
### "Your Health *Is* Your Wealth Series"









From as early on as she could remember, Nada's life involved planting, tending, and harvesting herbs, vegetables, and fruit trees.

Nada Cory

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

# Plants That Grow Well in Zone 10

JOSEPH P CORY FOUNDATION Ginchored in Love.

info@josephpcoryfoundation.org 561.501.3538 EIN:47-5340784

FOUNDATION

# 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!

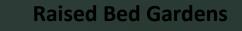




### **Container Gardens**









### Raised Bed Gardens

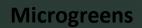


#### **Tower Gardens (Hydroponics)**



# Tower Gardens







# Microgreens



# Organic versus GMO versus Locally Grown (sustainable)

- Organic no chemicals.
- Non-GMO

- Local (Sustainable)
  - Lesser carbon footprint
  - Green markets
  - Fresher and tastier

	bat You Eat!
ORGANIC VERSUS	GREEN MARKETS IN PALM BEACH COUNTY BOCK BATON SCHEDBACH MARKETS - BAM - 1PM ON SCHEDBALM FIACE (SOUTH END), THE INTERSECTION OF SFORMAL NO MIZNER BLVO, POTALPALNPIACE COM
NON-GMO	BOYNTON BEACH BEDNER'S FARM SRESH MARKET - OPEN MON-SAT, 9 AM-6 PM/SUN. 10 AM-5 PM 10066 LEE ROAD, BOYNTON BEACH; 561-733-5490 BEDNERS.COM
COMPARING THE 2 LABELS	DELRAY BEACH DELRAY BEACH GREEN MARKET - CLOSED AT THE MOMENT, BUT YOU CAN SHOP THEIR VIRTUAL GREINMARKET OF ERRYPHOCH, SAT-25-CAN, ST N SWINTON AVE., DEERRYPHOCH, SAT-25-CAN, DEERRYPHOCH, SAT-25-CAN, DELRAYCRA.ORG/GREENMARKET/
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M NO GMOS	SATURDAYS FROM 10 A.M. TO 1 P.M. SWANK SPECIALTY PRODUCE, 14311 N. ROAD, LOXAHATCHEE, 561-202-5648 HTTPS://WWW.SWANKSPECIALTYPRODUCE.COM
	PAIM BEACH GARDENS GARDENS GREEN MARKET - AT THIS TIME, THE GARDENS GREENMARKET WILL NOT BE OPEN TO THE SARDENS GREENMARKET WILL NOT BE OPEN TO THE RESENTANTES WHERE YOU CAN SHOP FOR YOUR FAVORITE VINDORS' ITEMS ONLINE. 581-630-1100
NO GROWTH HORMONES	GREENMARKET WHERE YOU CAN SHOP FOR YOUR FAVORITE VENDORS' ITEMS ONLINE. 561-630-1100 PBGFL.COM/GREENMARKET
NO ARTIFICIAL X	ROYAL PALM BEACH Doval Palm BEACH OPEN MADVET - SATURDAYS
NO PRESERVATIVES	ROYAL PALM BEACH GREEN MARKET – SATURDAYS FROM 9 AM – 1 PM Lakeside At Village Hall, 1050 royal Palm Beach Blvd., Royal Palm Beach, 561-792-9260 W WW. PROBRENMARKET.COM
NO ARTIFICIAL FLAVORS	WEST PALM BEACH
NO SYNTHETIC FERTILIZERS	WEST PALM BEACH GREENMARKET - SATURDAYS FROM 9 AM-1 PM 101 S FLAGLER DR., WEST PALM BEACH; 561-822- 1520
NO SYNTHETIC PESTICIDES	INCLUDES 2 HOURS OF FREE PARKING IN CITY GARAGES. WPB.ORG/GREENMARKET
NO IRRADIATION	
NO SEWAGE SLUDGE	
	JOSEPH P CC



# All You Need For Success

Soil

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

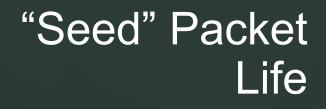


# Planting

- 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.





#### GARDENING FUNDAMENTALS

#### **Seed Life Cheat Sheet**

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

Lettuce 3 years Muskmelons 5 years Okra 2 years Onions 1 year Seeds store best below 40°F with less Oriental greens 3 years

Parsnips 1 year

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

Peas 3 years Peppers 2 years

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



than 10 percent humidity, tucked inside airtight containers in a dark environment.

GARDEN BETTY

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# 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



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

