

# SUPERFOOD GARDEN SUMMIT

12:57:27 From Lauren | GYOV Support Team to Everyone:

🎉 Welcome to Day 1 of the Superfood Garden Summit! 🎉

📢📢 We are getting started very soon! If you experience any difficulties connecting, please check out this page <https://superfoodgardensummit.com/HELP/> 📢📢

12:58:16 From Stacey Murphy to Everyone:

Welcome! So excited to see you all here. Happy gardening

12:58:30 From Bobbi Jo Murlin to Everyone:

Hello

12:58:34 From T to Everyone:

hello

12:58:34 From Debra to Everyone:

From lakeland Florida

12:58:42 From Stacey Murphy to Everyone:

Hello from Mount Shasta

12:58:43 From Kowanda to Everyone:

Hello from Alabama!

12:58:50 From Amalia to Everyone:

Hello from Romania

12:58:52 From Susan and Garry to Everyone:

Hello! from Texas

12:58:52 From KD to Everyone:

Hello from WV

12:58:54 From Lauren | GYOV Support Team to Everyone:

Kowanda! Welcome back 😊

12:58:57 From Carolina Tapia to Everyone:

Hello from Spain

12:58:58 From Jenny- to Everyone:

Good Afternoon from Tallahassee Florida 🌺

12:58:59 From Linda to Everyone:

Hello from Arizona

12:58:59 From patricia spaniol to Everyone:

Hello from Palm Beach Gardens Florida

12:59:02 From Lauren | GYOV Support Team to Everyone:

HeIIlloo everyone!

12:59:03 From Wanda to Everyone:

Hello from Louisiana

12:59:03 From Lucky Flores to Everyone:

Hello from New York

12:59:05 From Kowanda to Everyone:

Good to be with you, again, GYOV team!

12:59:09 From Lisa Wallace to Everyone:

Hello from North Carolina!

# SUPERFOOD GARDEN SUMMIT

12:59:12 From Emese Viragh to Everyone:

Hello Everyone from Boulder, CO

12:59:22 From Lauren | GYOV Support Team to Everyone:

👋 Hey everybody, welcome! We're about to get this party started! 🙌 I'm here to help, so just let me know if you need anything.

12:59:23 From Cheryl to Everyone:

Hello from Michigan!

12:59:30 From Claudia to Everyone:

Hello from Iowa. so glad to be here!

12:59:33 From Gena Beam to Everyone:

Hello! From Nevada 😊

12:59:35 From Deb Day to Everyone:

Goshen Indiana says Hello!

12:59:38 From S C to Everyone:

👋 Los Angeles CA

12:59:40 From William Wyatt-Lowe to Host and panelists:

Hello from Hemel Hempstead Hertfordshire UK

12:59:46 From Bruce Kiviu to Everyone:

Hello from Nyeri, Kenya

12:59:46 From Karla Bouvette to Everyone:

Hi everyone! Vancouver Wa

12:59:48 From Tonya Vivians to Everyone:

Hello from Wisconsin!

12:59:52 From Joe Clahassey to Host and panelists:

Bloomberg Tx howdy 🤖

12:59:55 From Debra's iPad to Everyone:

Hello from a Florida

12:59:58 From Suzanne Danielson to Everyone:

Hi from Va

12:59:59 From Tina Randell to Everyone:

Hello from Nashville!

13:00:03 From Marija to Everyone:

Hello from Serbia

13:00:03 From Ona Bass to Everyone:

Hello from Missouri

13:00:03 From Stacey Murphy to Everyone:

Woohoo! So far I see 5 countries here

13:00:05 From Amy Sando to Everyone:

Hey, from NV

13:00:07 From Kowanda to Everyone:

Hi Lauren and Stacey!

13:00:07 From Kennady to Everyone:

Hello from Gainesville Florida

# SUPERFOOD GARDEN SUMMIT

13:00:11 From Nancy MacDowell to Everyone:

Hi from Vermont!

13:00:17 From Millie Zimmerman to Everyone:

Northern Illinois. Just came from the garden with a handful of basil and some fresh bees.

13:00:19 From Stacey Murphy to Everyone:

Hi Kowanda, great to have you back

13:00:20 From Linda Fischer to Everyone:

Hello from Houston Texas

13:00:21 From Lauri to Everyone:

Hi from Alaska

13:00:23 From Ellen Sue Pilger to Everyone:

Hello from Colorado

13:00:24 From Gail Edwards to Everyone:

Hello from Alabama

13:00:26 From Rita Hay to Everyone:

Hello from minnesota

13:00:28 From Charlotte Besosa to Everyone:

Hello from Florida

13:00:37 From Ann Frisch to Everyone:

Ann Frisch White Bear Lake (Twin Cities) Minnesota. We are organizing around food and revolution in the twin cities. If you want to be included, please send me your contact (text or email). You can do that by sending me a specific email to me, rather than whole group.

13:00:38 From Lauren | GYOV Support Team to Everyone:

👋 Hey everybody, welcome! We're about to get this party started! 🙌 I'm here to help, so just let me know if you need anything.

13:00:39 From Annie to Everyone:

Hello from Atlanta

13:00:40 From Karen to Everyone:

Hello from Carbondale CO.

13:00:46 From Erin to Everyone:

Greetings from Virginia 🙌

13:00:56 From Sally to Everyone:

Aloha from Hawaii

13:01:01 From Jane to Everyone:

Hello from Green Bay, Wisconsin

13:01:03 From Wanda to Everyone:

Hi from Vancouver Canada

13:01:06 From Vicky to Everyone:

Greetings from Myrtle Beach SC

13:01:06 From Terri Brown to Everyone:

Hello from NC

13:01:12 From Jacqie to Everyone:

Hello from North Ga

# SUPERFOOD GARDEN SUMMIT

13:01:14 From Lauren | GYOV Support Team to Everyone:

👋 Welcome to the Superfood Garden Summit! Where are you tuning in from today?

13:01:15 From T to Everyone:

From VA

13:01:19 From Glenda Nowakowski to Everyone:

Hi from Castaic, California

13:01:19 From Kowanda to Everyone:

Hello Denise!

13:01:20 From Debbie to Everyone:

New York

13:01:21 From Grace to Everyone:

Hello from New York

13:01:21 From Fritt Ro to Everyone:

Kia ora from 🇳🇵 Aotearoa / New Zealand.

13:01:24 From Jasmin Huwiler to Everyone:

Hello from Paraguay

13:01:24 From Ian North to Everyone:

Lima Peru

13:01:25 From Marieta O. to Everyone:

Hi CA

13:01:26 From Lauren | GYOV Support Team to Everyone:

Wohoo! Stacey Murphy in the house 😊

13:01:27 From Jan Robinson to Everyone:

Belmont NC

13:01:27 From Terri to Everyone:

Hello from near Vincennes, Indiana.

13:01:29 From Elizabeth Caffrey to Everyone:

Hello from Sligo Ireland.

13:01:29 From fzm Fozmolas to Everyone:

Hello i am in Angola

13:01:29 From Mark Gum to Everyone:

mark from Colorado

13:01:30 From Cari to Everyone:

Hello from Wisconsin

13:01:30 From Nancy Lamz to Everyone:

Nancy from WI

13:01:30 From Jeffrey Pierce to Host and panelists:

Good luck today, Stacey and Denise!! - Jeff P, MD

13:01:30 From Jen D to Everyone:

Hello from Ft. Worth, Texas

13:01:35 From Mette to Host and panelists:

From Denmark (Europe)

13:01:35 From owner to Everyone:

# SUPERFOOD GARDEN SUMMIT

Hello from Missouri

13:01:40 From Robert Bove to Everyone:

Charlotte nc here

13:01:40 From Patricia to Host and panelists:

Houston

13:01:42 From Donna Wynant to Everyone:

Hello All, from Santa Fe, NM

13:01:42 From Susan N to Everyone:

Ontario, Canada 🇨🇦

13:01:44 From Lisa K to Everyone:

Carlsbad, CA

13:01:46 From Kowanda to Everyone:

Are we supposed to be seeing Denise and Stacey?

13:01:47 From aya navin to Everyone:

Ayam Navin from Costa Rica

13:01:48 From Tami to Everyone:

Hello from Lynnwood, WA

13:01:48 From dianewallace to Everyone:

Hi from Cabo Rojo, Puerto Rico!

13:01:49 From Yolanda to Everyone:

Costa Rica.

13:01:52 From Amanda Steele to Everyone:

Hello from Grenada (Caribbean)

13:01:53 From Kathleen to Everyone:

Kathleen - Vancouver Island 🇨🇦

13:01:53 From LenaVerbena to Host and panelists:

Hi from Wisconsin! 😎

13:01:54 From Hope's iPhone to Everyone:

Hope in New Smyrna Beach FL

13:01:56 From Patricia to Host and panelists:

Houston

13:01:59 From iPad (2) to Everyone:

Hello from Maine

13:01:59 From Steve to Everyone:

13:02:01 From Anna Bolinder to Everyone:

Michigan

13:02:01 From Anke5 to Everyone:

Hello from Santa Fe, New Mexico

13:02:02 From Petra to Everyone:

Slovenia

13:02:04 From Kathy to Everyone:

Hello from San Diego

# SUPERFOOD GARDEN SUMMIT

- 13:02:04 From Lauren to Everyone:  
chicago!
- 13:02:08 From mrsogoyal to Everyone:  
Hi I am from the UK
- 13:02:09 From Lotte to Everyone:  
Hello from Denmark
- 13:02:10 From Roslyn moresh to Everyone:  
Hello from Pepeekeo Hawaii
- 13:02:14 From Saratha Sangaran to Everyone:  
hello from Malaysia
- 13:02:15 From Gayle Borst to Everyone:  
Greetings from Austin, TX. My biggest garden challenge is the HEAT.
- 13:02:18 From Pamela Langston's iPhone to Everyone:  
Montgomery Texas
- 13:02:18 From Amanda Steele to Everyone:  
Just want to know HOW to plant, I am clueless! 😊
- 13:02:19 From Yvonne to Everyone:  
Hi from Cleveland Heights, Ohio
- 13:02:20 From JP to Everyone:  
How to get started with something easy to grow.
- 13:02:21 From Jasmin Huwiler to Everyone:  
To grow my own healthy Food
- 13:02:22 From Chris White to Everyone:  
Hello from Ct
- 13:02:22 From Val Strahl to Everyone:  
big challenge is indoor gardening with only afternoon sun
- 13:02:23 From Sally to Everyone:  
I live in an arid climate and struggle with hydrophobic soil
- 13:02:24 From Johanna Pino to Everyone:  
Hi from Northern California
- 13:02:25 From Lauri to Host and panelists:  
Alaska weather this year is so wet and cold.
- 13:02:25 From Susan and Garry to Everyone:  
where to start and what to start with
- 13:02:27 From Mark Gum to Everyone:  
what can I grow successfully and get nutrient dense food
- 13:02:28 From Amy Sando to Everyone:  
Pests and squirrels eating my veggies. More heat.
- 13:02:28 From iPad 10th gen EG to Host and panelists:  
Why my tomatoes aren't thriving
- 13:02:28 From S C to Everyone:  
climate. plants do great one day, shriveled the next
- 13:02:29 From T to Everyone:

# SUPERFOOD GARDEN SUMMIT

ME!!!!

13:02:30 From Jan Robinson to Everyone:

Yes of course

13:02:30 From Jolene to Everyone:

Hello from Missouri

13:02:32 From Jeffrey Pierce to Everyone:

Howdy from Santa Rosa, California

13:02:33 From Mark Gum to Everyone:

me love garden foods

13:02:34 From owner to Everyone:

I love fresh

13:02:34 From Linda Jorgensen to Everyone:

Me, Me, Me!!!!

13:02:35 From Jessica Moseley to Everyone:

I do, I do!

13:02:35 From Susan N to Everyone:



13:02:35 From aya navin to Everyone:

I do!!!!

13:02:35 From Sally to Everyone:

Loooove fresh garden food

13:02:36 From Sheila Davis to Everyone:

Hello from California

13:02:36 From Linda Fischer to Everyone:

First time trying to grow a vegetable garden

13:02:36 From Amanda Steele to Everyone:

ME!!!!

13:02:36 From Mette to Host and panelists:



13:02:37 From Kathy to Everyone:

YES

13:02:39 From Teresa to Everyone:

Hello from Arkansas!

13:02:39 From Kowanda to Everyone:

Getting my plants to produce. I have some tomato and bean plants that didnt

13:02:40 From Tina Randell to Everyone:

I am having trouble with my soil. Too alkaline!

13:02:40 From Jacqie to Host and panelists:

Me!

13:02:41 From Nan to Everyone:

Me

13:02:41 From Anna Bolinder to Everyone:

I don't have a garden yet, but would love to!

# SUPERFOOD GARDEN SUMMIT

13:02:43 From Kennady to Everyone:  
me!!!

13:02:44 From fzm Fozmolos to Everyone:  
yes

13:02:45 From Erin Morrison to Everyone:  
Hello from Arkansas! Where growing is tricky with our tricky hot wet weather!

13:02:45 From Deb Day to Everyone:  
WooHoo!

13:02:47 From Lisa K to Everyone:  
Absolutely

13:02:48 From Jackie to Host and panelists:  
What to grow in extreme heat and shade

13:02:49 From Yolanda to Everyone:  
Renting property.. best practices for container garden.

13:02:49 From Mark Gum to Everyone:  


13:02:52 From Amalia to Everyone:  
Me

13:02:53 From mrsogoyal to Everyone:  
Love growing my own food

13:02:54 From Kowanda to Everyone:  
I love fresh food straight from the garden.

13:02:55 From Ona Bass to Everyone:  
garden fresh is the best

13:02:56 From Lorryanne to Everyone:  
Birds eating my berries The berries are in a cage

13:02:56 From Joe Clahassey to Host and panelists:  
Love it



13:02:57 From fzm Fozmolos to Everyone:  


13:02:57 From iPhone 13 Pro to Host and panelists:  
My passion

13:02:57 From Lily Weckerly to Everyone:  
Needing help with planting fruit trees for the first time in the back yard.

13:02:57 From Teresa Lees to Everyone:  
Teresa from Central Coast of California

13:02:58 From T to Everyone:  
Nothing tastes better!

13:03:00 From Mette to Host and panelists:  
Love my organic garden  

13:03:01 From Karen to Everyone:  
biggest issue is using water efficiently in our dry climate

13:03:01 From Blake to Everyone:



# SUPERFOOD GARDEN SUMMIT

Shalom folks! Blake from Chicago!

13:03:02 From Petra to Everyone:



13:03:02 From Karla Bouvette to Everyone:

I'm a total beginner

13:03:03 From Johanna Pino to Everyone:

Need plants that do well with little water, need help with how and when to prune fruit trees

13:03:03 From Sheila Davis to Everyone:

Rabbit deterrent

13:03:04 From Gail Sheldon to Everyone:

Me!

13:03:06 From William Wyatt-Lowe to Host and panelists:

My problem is the raiding pigeons and magpies. Pigeons got most of my raspberries this year

13:03:06 From Kowanda to Everyone:

Sometimes I don't even wait to bring it in the house to eat.

13:03:06 From Linda to Host and panelists:

Absolutely! ❤️

13:03:07 From Terri to Everyone:

My husband and I have been eating lots of stuff fresh from the garden!

13:03:07 From Bruce Kiviui to Everyone:

Love fresh!! How to deal with white mites. They've been a menace

13:03:08 From KD to Everyone:

me!!!!

13:03:10 From Erin to Everyone:



13:03:10 From Tami to Everyone:

Il love garde ing even though this is my first year

13:03:15 From Fritt Ro to Everyone:

I am in love with the idea of gardening! Haven't really started yet.

13:03:16 From Linda Jorgensen to Everyone:

My biggest questions will be regarding how to grow good things...in the desert of central Arizona!!

13:03:18 From Elizabeth Channin-Lawrenceville NJ to Everyone:

Me!

13:03:19 From Susan and Garry to Everyone:

me ❤️

13:03:19 From Glenda Nowakowski to Everyone:

How to keep animals out of your garden

13:03:19 From Gail Edwards to Host and panelists:

I'm interest in soil enrichment, especially using natural, organic elements

13:03:21 From Sally to Everyone:

Love the idea of gardening - in practice it's been challenging and difficult

# SUPERFOOD GARDEN SUMMIT

13:03:28 From T to Everyone:

All of them!!!!

13:03:31 From Jane to Everyone:

Janie: Yes, except the chipmunks and rabbits eat the fod first

13:03:31 From Susan and Garry to Everyone:

everyone!

13:03:32 From Jasmin Huwiler to Everyone:

Matt Powers

13:03:32 From Jenny- to Everyone:

Sajah

13:03:33 From KD to Everyone:

all

13:03:33 From Lisa to Host and panelists:

Matt!!!

13:03:37 From Stephanie Hart to Everyone:

Ga

13:03:38 From Kowanda to Everyone:

I'm excited about them all.

13:03:39 From Sandra Lau to Everyone:

Love to garden in Florida, but heat and bugs make it hard

13:03:42 From Jenny- to Everyone:

All of them too

13:03:42 From Cheryl to Everyone:

Matt Powers!

13:03:43 From Amy Sando to Everyone:

Follow Ocean Roberts

13:03:45 From Holly Aguilar to Host and panelists:

Hi!

13:03:46 From owner to Everyone:

Never

13:03:47 From Jan Egge to Everyone:

Everyone!!! Matt Powers

13:03:47 From Janell to Everyone:

All of them

13:03:48 From Vicky to Everyone:

1st one

13:03:52 From Johanna Pino to Everyone:

1st one

13:03:52 From Deborah Raskin to Everyone:

Kami, Mat

13:03:53 From Mark Gum to Everyone:

had some classes from Mike Kilpatrick and looking forward to learning from all

13:03:54 From Linda to Everyone:

# SUPERFOOD GARDEN SUMMIT

Everyone. Glad to see you back!

13:03:55 From Terri to Everyone:

Looking forward to learning more about soil - I like to teach this and always learning more.

13:03:56 From Lisa K to Everyone:

Most of them if not all of them

13:03:56 From T to Everyone:

First time.

13:04:03 From Kowanda to Everyone:

She is amazing!

13:04:04 From Ona Bass to Everyone:

four or five. Some years I've been too busy

13:04:05 From Kennady to Everyone:

Sajah!

13:04:06 From marinademerritt to Everyone:

I need guidance on pest control, the holes eaten in my greens and the brown wasted paths in the middle of some greens

13:04:07 From Jessica Moseley to Everyone:

Yes she is!

13:04:11 From KD to Everyone:



13:04:11 From Ann Frisch to Everyone:

Anyone else organizing locally?

13:04:14 From Fritt Ro to Everyone:

I'm particularly keen on Matt Powers' session on soil.

13:04:19 From Lily Weckerly to Everyone:

Sajah, Kami, Greg, Michael

13:04:23 From Emese Viragh to Host and panelists:

Challenge & interest in plants that are drought resistant, yet nutrient dense 🤔

13:04:35 From Mark Gum to Everyone:

fresh garden food is the BEST

13:04:36 From Marieta O. to Everyone:

Love cutting fresh sage to make tea to nurse my cold.

13:04:40 From Mark Gum to Everyone:

Thanks Denise

13:04:41 From Holly Aguilar to Host and panelists:

My mom and grandma did

13:04:42 From Lisa K to Everyone:

Started young because of my dad

13:04:42 From iPad (2) to Everyone:

For

Garden for my health

# SUPERFOOD GARDEN SUMMIT

13:04:43 From Gail Edwards to Everyone:

I garden for my health.

13:04:47 From Johanna Pino to Everyone:

I gardened with my mom and my grandfather grew vegetables and fruit trees

13:04:47 From Linda Fischer to Everyone:

Started plant based diet

13:04:48 From Kowanda to Everyone:

I garden for food that I know where it came from!

13:04:49 From Deb Day to Everyone:

I spent summers in grandma's garden!

13:04:51 From Susan and Garry to Everyone:

for health and taste

13:04:53 From Sally to Everyone:

Self sustainability, and its healing to play in the dirt

13:04:54 From Jacqie to Host and panelists:

Thanks Denise

13:04:55 From Tami to Everyone:

to save money and so I know my foods are organic

13:04:55 From Amy Sando to Everyone:

I only pulled weeds in my dad's garden.

13:04:57 From fzm Fozmolas to Everyone:



13:05:00 From Ona Bass to Everyone:

Grew up eating garden food. The stuff from the store just does not taste the same.

13:05:00 From Stephanie Hart to Everyone:

Love gardening, planting new things, trying new recipes. sharing veggies

13:05:00 From KD to Everyone:

fresh foods

13:05:01 From Linda Jorgensen to Everyone:

I grew up on a midwest small family farm, and I LOVE getting out and watching God's creation grow!!!

13:05:03 From Yolanda to Everyone:

healing, and family 3rd generation farmers

13:05:06 From Michael to Host and panelists:

Hi! two quick logistical Q's - 1) what time or appx. what time will the session end today?, and 2) will the chats of each session be available for 24 hours or longer after each session on the replay page?

13:05:08 From Lauren | GYOV Support Team to Everyone:



My name is Lauren and I'm your Support Team today. Let me know if you need anything!

13:05:11 From Paula Monette to Everyone:

I love to grow my own healthy food.

13:05:12 From Deborah Raskin to Everyone:

what is it like to garden in the Virgin Islands ?

# SUPERFOOD GARDEN SUMMIT

13:05:13 From Kowanda to Everyone:

Lauren is AWESOME!

13:05:23 From Jan Egge to Everyone:

Love cooking out of my garden, whatever's is ripe!

13:05:23 From Amanda Steele to Everyone:

me

13:05:26 From Debra's iPad to Everyone:



13:05:27 From T to Everyone:

Grew up eating fresh garden veggies, now growing my own, nothing tastes better and economical.

13:05:28 From Susan N to Everyone:

YES!!!

13:05:29 From Amalia to Everyone:

Me

13:05:29 From Marieta O. to Everyone:

Yes!

13:05:29 From Mark Gum to Everyone:

that would be amazing

13:05:32 From Jessica Moseley to Everyone:

I love to experiment and see what nature and I can do together with a forbearing attitude toward each other's way of doing things

13:05:32 From Sandra Lau to Everyone:

Started gardening during Covid. Got the bug!

13:05:36 From EUGENE MANDELCORN to Everyone:

We are building a self-sufficient off grid community for an upcoming movie. We want to make the connection that will give this community a great way to grow their own food. Maybe we can work together? firstfeatures@mail.com

13:05:37 From Justin Lofton to Everyone:

Here We Flow!!! 🥰🥰🥰💪💪💪

13:05:40 From Kennady to Everyone:

yessss!!

13:05:44 From Bruce Kiviui to Everyone:

Abundance, health, vitality

13:05:59 From Shari Shane (she/her) to Everyone:

Kami McBride is the light the world needs. She is positive and fun and a joy to watch her trainings on getting herbs into our bodies. She teaches to regular people- I have learned so much from taking her classes and following her.

13:06:07 From Emese Viragh to Host and panelists:

Thank you, Denise & Stacey

13:06:08 From LenaVerbena to Host and panelists:

We always had a garden since I was a kid. Now teaching grandkids! 🌻🍓🍅🥬🥦🍌🍇🍎😊

# SUPERFOOD GARDEN SUMMIT

13:06:08 From Bobbi Jo Murlin to Everyone:

We need to make that happen, so no one is food insecure.

13:06:16 From Jan Egge to Everyone:

VERY chemically sensitive, so I grow what we eat.

13:06:17 From A J to Everyone:

Hi! Barb, from Florida.

13:06:18 From Theresa A. to Everyone:

I enjoy not only the flavors and freshness of the food, but the relaxation and sense of accomplishment of gardening.

13:06:19 From Lauren | GYOV Support Team to Michael, host and panelists:

Hey Michael - approx ending 4pm EST. Yes chat threads will be on the replay page (when ready). Yes replay videos available after this session finishes airing live and will be free to watch until tomorrow at 1pm EST (when the 2nd day goes live)

13:06:22 From Karen to Everyone:

growing vegetables helps keep the planet and humans healthy

13:06:30 From Diana Lanpkin to Host and panelists:

Been looking forward to your summit, Stacey! Excited for Ocean Robbins' presentation. Hopefully, at some point in the summit, I can get a useful tip for ridding my ground squirrel infestation.

13:06:42 From Elizabeth Caffrey to Everyone:

Yes, its a human right to have full access to healthy food

13:06:47 From Cindy H to Everyone:

Hi from Nova Scotia

13:06:58 From Lauren | GYOV Support Team to Everyone:

🔴 Make sure your "TO" option is set to EVERYONE...or else we can't see what you're chatting!

13:07:08 From Wanda to Everyone:

This is my 3rd summer garden. I started with an aerogarden to start seeds for my mom's garden. This was to keep my mom happy and now it keeping me happy. Love growing things.

13:07:11 From Susan Shimodaira to Everyone:

YES YES YES...kindness for my seedlings and for all my brothers and sisters..in this topsy-turvy...time we live in right now. 🥰

13:07:13 From D to Everyone:

Its default here is everyone

13:07:22 From D to Everyone:

using the browserversion of zoom

13:07:30 From Patricia to Everyone:

Houston, TX

13:07:32 From Lauren | GYOV Support Team to Everyone:

If you experience any difficulties connecting, please check out this page

<https://superfoodgardensummit.com/HELP/> 🚩 🚩

13:07:41 From User to Host and panelists:

# SUPERFOOD GARDEN SUMMIT

I grew strawberries but they did not taste good. I think the plants are 5 years old and I was told they should be thrown out after 4 years. But is that the likely cause of the lack of taste?

13:07:50 From Nanci Burtman to Everyone:

So happy to be here to discover what I can grow inside and outside in large and small pots!!!  
from Nanci

13:07:51 From Marty Troutner to Host and panelists:

Marty from Kauai

13:07:59 From Yvonne to Everyone:

My Dad always had a garden. He passed in 2021 at 92 and was still gardening. I want to continue in his footsteps

13:08:03 From Lauren | GYOV Support Team to Everyone:

Get YOUR questions answered in a special LIVE Q&A Session! Submit your questions here:  
<https://growyourownvegetables.org/garden-questions>

13:08:04 From Kowanda to Everyone:

Me!

13:08:04 From Jan Robinson to Everyone:

Everyone

13:08:13 From 6 Sally to Everyone:

greetings from Malvern, in Worcestershire, UK

13:08:17 From Giselle Vivian to Everyone:

Greetings from the Southwest!

13:08:24 From Larry Lovelin to Host and panelists:

Interested in composting tips for newbies!

13:08:39 From Veronica to Everyone:

Hi from NorCal!

13:08:44 From Wilma Bloem to Everyone:

greetings from the Netherlands

13:08:51 From Denise Beins to Everyone:

This is an amazing team!!!

13:08:52 From D to Everyone:

Hoi WB

13:08:52 From Tina Randell to Everyone:

I would like to know the best ways to reduce the alkalinity in my soil.

13:09:00 From Lauren | GYOV Support Team to Everyone:

Get YOUR questions answered in a special LIVE Q&A Session! Submit your questions here:  
<https://growyourownvegetables.org/garden-questions>

13:09:01 From Susan Shimodaira to Everyone:

Yes, I really want to hear Ocean's presentation today 🍁

13:09:08 From Veronica to Everyone:

I lost my organic Persian Cucumbers to some white mildew. Looking for new starts.

13:09:09 From Barbara to Everyone:

Barbara from N California

13:09:13 From Jessica Moseley to Everyone:

# SUPERFOOD GARDEN SUMMIT

tuning in from Southern Vermont, in the US

13:09:24 From Wilma Bloem to Everyone:

Hallo D

13:09:30 From Mark Gum to Everyone:

appreciate everyone working to make this happen. KUDO's to everyone

13:09:33 From Susan and Garry to Everyone:

yes! and happy to apart of this..

13:10:08 From Yvonne to Everyone:

I juice a lot and want to learn how to use my pulp in gardening

13:10:17 From Mette to Everyone:



13:10:19 From Paula Monette to Everyone:

Hi from Southern California.

13:10:19 From Linda Jorgensen to Everyone:

Absolutely!!

13:10:21 From Tami to Everyone:

yes!

13:10:23 From Susan and Garry to Everyone:

from the heart! love the land !

13:10:35 From Veronica to Everyone:

!!!! YES! I'm growing on my small balcony.

13:10:39 From Tina Randell to Everyone:

Love eating out of my garden!

13:10:41 From Marietta Lorenzo to Everyone:

Hello from the Philippines

13:10:47 From Jasmin Huwiler to Everyone:

Yes

13:10:49 From Cindy H to Everyone:

Yes

13:10:49 From Kennady to Everyone:

yesssss

13:10:49 From Yvonne to Everyone:

yes!!!!

13:10:50 From T to Everyone:

YES

13:10:50 From Tami to Everyone:

yes

13:10:52 From Annie to Everyone:

+yes

13:10:52 From Silvia Szabo to Everyone:

yes

13:10:52 From Wanda to Everyone:

yes



# SUPERFOOD GARDEN SUMMIT

13:10:55 From Marieta O. to Everyone:

yes!

13:10:56 From Veronica to Everyone:

YES! Vegan 12 years, so committed to healthy plants!

13:10:56 From Pamela to Everyone:

yes

13:10:56 From Nanci Burtman to Everyone:

YESYESYES

13:10:58 From Stephanie Hart to Everyone:

YES

13:10:58 From Yvonne to Everyone:

yes

13:11:00 From Linda Jorgensen to Everyone:

Yes to a healthier me!!

13:11:00 From Suzanne Danielson to Everyone:

yes

13:11:00 From Fritt Ro to Everyone:

Yes to vitality.

13:11:00 From Susie to Host and panelists:

Yes

13:11:01 From Giselle Vivian to Everyone:

YES!

13:11:02 From Sabrina Jentis to Everyone:

yes

13:11:07 From Grace to Everyone:

yes

13:11:11 From Bruce Kiviui to Everyone:

yes

13:11:14 From Karla Bouvette to Everyone:

yes

13:11:17 From Elizabeth Channin-Lawrenceville NJ to Everyone:

yes

13:11:38 From Yvonne to Everyone:

i have my first grandson and want to introduce him

13:11:44 From Paula Monette to Everyone:

I share with my neighbors.

13:11:44 From Yvonne to Everyone:

yes me

13:11:46 From Tami to Everyone:

yes

13:11:52 From Ann Frisch to Everyone:

Organizing in Minnesota US, connect with me: [afrisch09@gmail.com](mailto:afrisch09@gmail.com)

13:11:58 From Marieta O. to Everyone:

# SUPERFOOD GARDEN SUMMIT

Yesterday!

13:11:59 From Susan and Garry to Everyone:  
all of the above

13:12:00 From Yvonne to Everyone:  
stuff dies from being overwhelmed

13:12:09 From Linda to Everyone:

Seasoned 40+ year organic gardener. Garden is now producing many berries, herbs, and veggies for daily dining. Love the pristine quality and freshness with garden to plate meals.  
Long Island, New York

13:12:25 From Denise Beins to Everyone:

Prizes!

13:12:42 From Michael to Host and panelists:

Thanks, Lauren!

13:13:07 From Lauren | GYOV Support Team to Everyone:

👁️🌱👁️ Own the Summit for yourself PLUS bonuses (including a VERY special bonus or the ENTIRE 2024 Food Revolution Summit from Ocean Robbins that features interviews with 45 of the top food experts)

Grab it with the special event pricing! 🙌 <https://superfoodgardensummit.com/super/>

13:13:30 From Kowanda to Everyone:

I tried to share daily about the summit.

13:13:53 From Veronica to Everyone:

YES!

13:13:53 From Lauren | GYOV Support Team to Everyone:

Thank you so much, Kowanda!! We appreciate that so very much 😊

13:14:02 From Derek Thille (Winnipeg, MB) to Everyone:

Easily better flavour from garden

13:14:02 From Mark Gum to Everyone:

always better from the garden

13:14:17 From Veronica to Everyone:

Except I don't know how to grow sprouts, so I'm grateful for those and microgreens in markets I have access to.

13:14:23 From Kathy to Everyone:



13:14:28 From Blake to Everyone:

Yo Stacy! I wanna find if we could watch many previous summits from years past after we pay for the garden kit for \$67. Is that possible?

13:14:57 From Lauren | GYOV Support Team to Everyone:

@Blake - I can answer that question! Email me at [Support@GrowYourOwnVegetables.Org](mailto:Support@GrowYourOwnVegetables.Org)

13:15:36 From Bobbi Jo Murlin to Everyone:

yes

13:15:36 From Kowanda to Everyone:

ME!

# SUPERFOOD GARDEN SUMMIT

13:15:40 From Jasmin Huwiler to Everyone:

Me

13:15:41 From Wanda to Everyone:

me

13:15:45 From Veronica to Everyone:

me

13:15:45 From Tami to Everyone:

me

13:15:46 From Susie to Host and panelists:

Me

13:15:47 From T to Everyone:

Me!!!

13:15:48 From Anne Vollenbroek to Everyone:

me

13:15:48 From Jane Ledas to Everyone:

Yes let's go!

13:15:48 From Tina Randell to Everyone:

Ready!!

13:15:50 From iPad to Host and panelists:

Me

13:15:56 From Paula Monette to Everyone:

I am.

13:16:00 From Danijela Grujic to Everyone:

me




13:16:04 From D to Everyone:

so [superfoodgardensummit.com/replay](https://superfoodgardensummit.com/replay)

13:16:06 From Justin Lofton to Host and panelists:


Born ready!

13:16:20 From Lauren | GYOV Support Team to Everyone:

   [ENTER TO WIN PRIZES] Share your biggest takeaway here:

<https://growyourownvegetables.org/sgs-enter-to-win>   

13:16:21 From Fritt Ro to Everyone:

Replays are great. It is 5am on Wednesday morning here for me in  Aotearoa / New Zealand.

13:16:33 From Kathy Politowski to Everyone:

I am growing cucumbers. Although there are lot of leaves and flowers, I have gotten very few cucumbers. What should I do to get more cucumbers?

13:16:56 From Yvonne to Everyone:

yes

13:17:02 From Tami to Everyone:

ys

13:17:06 From Karla Bouvette to Everyone:

yes

# SUPERFOOD GARDEN SUMMIT

13:17:16 From Carol to Everyone:

Yes

13:17:17 From D to Everyone:

[growyourownvegetables.org/sgs-enter-to-win](https://growyourownvegetables.org/sgs-enter-to-win)

13:17:18 From Fritt Ro to Everyone:

Excited to win something! 👍

13:17:20 From Mark Gum to Everyone:

PRIZES.. awesome... this is getting better by the minute

13:17:23 From iPad to Host and panelists:



13:17:26 From Susan and Garry to Everyone:



13:17:26 From Cindy H to Everyone:



13:17:26 From Lauren | GYOV Support Team to Everyone:



Grab YOUR Event Guide here:

<https://growyourownvegetables.org/SGS-2025-Event-Guide>

13:17:38 From Java Dorit | חוה דורית to Everyone:



13:18:01 From Kowanda to Everyone:

Do we submit just one take away a day?

13:18:26 From Kowanda to Everyone:

I love all three of these people!

13:18:56 From Kowanda to Everyone:

YES!

13:18:58 From Kowanda to Everyone:

Hahahah!

13:19:05 From Mark Gum to Everyone:

LOL.. yup Michael

13:19:18 From Lauren | GYOV Support Team to Everyone:

Submit as many takeaways as you want!

13:19:25 From Yvonne to Everyone:

Me

13:19:31 From Janell to Host and panelists:

Me

13:19:34 From Giselle Vivian to Everyone:

yes!

13:19:35 From Denise Beins to Everyone:

We love Ocean!

13:19:38 From Yvonne to Everyone:

I'm a member

13:19:39 From Lauren | GYOV Support Team to Everyone:

# SUPERFOOD GARDEN SUMMIT

🌱🌱 Our first presentation of the day is with Food Revolution Network's very own Ocean Robbins! Today's he's sharing how to "Top 5 Healthiest Vegetables You Can Easily Grow"

13:19:40 From iPad to Host and panelists:

Love FRN

13:19:41 From Carol to Everyone:



13:19:42 From Susan and Garry to Everyone:

me

13:19:42 From Lily Weckerly to Everyone:

TY Lauren!

13:20:23 From EUGENE MANDELCORN to Everyone:

We are building a self-sufficient off grid community for an upcoming movie. We want to make the connection that will give this community a great way to grow their own food. Maybe we can work together? firstfeatures@mail.com

13:20:34 From Cindy H to Everyone:

Would be very exciting to win something. Will definitely enter to win.

13:20:38 From Susan and Garry to Everyone:

yes!!

13:20:49 From Derek Thille (Winnipeg, MB) to Everyone:

Good thing Stacey is small enough to fit in the chat box 🙄🤖 I'm too big to fit....

13:21:03 From Karen to Everyone:

can't thank you enough for all the hard work you've put in for this workshop

13:21:20 From Lauren | GYOV Support Team to Everyone:

We love to do it, Karen 😊

13:21:37 From Lauren | GYOV Support Team to Everyone:

Lol...I forgot Ocean was almost Kale

13:21:53 From Stacey Murphy to Everyone:

I sometimes accidentally call him kale

13:22:04 From D to Everyone:

boerenkool has never been Cool, even after the frost went over it;-)

13:22:09 From Susie to Host and panelists:

Hahaha

13:22:16 From Lauren | GYOV Support Team to Everyone:

📖 Remember to get Ocean's Free Gift! A Guide to Going Plant-Based  
<https://gift.foodrevolution.org/plants/> 📖

13:22:34 From Delphinia to Everyone:

Food = fuel for the body. Good morning mm love food .

13:23:05 From D to Everyone:

So what are the 5 plants?

13:23:37 From jenny to Everyone:

He won't say until the end. lol

13:23:43 From Ann Frisch to Everyone:

# SUPERFOOD GARDEN SUMMIT

I just learned that a city near me (12 miles away) has higher than normal levels of radioactivity in the water. We should be thinking about this as we bomb nuclear facilities: this stuff travels!

13:23:55 From MARIA GENOVEVA to Everyone:

yees totally 👍

13:23:56 From Stacey Murphy to Everyone:

We are getting there D. We got through the 5 and some tips to grow them...

13:24:04 From Java Dorit | חוה דורית to Everyone:

👍 what are the 5 plants?

13:24:49 From Lauren | GYOV Support Team to Everyone:

You can find more details about this presentation in the Event Guide!

<https://growyourownvegetables.org/SGS-2025-Event-Guide>

13:25:02 From Isa to Everyone:

Kale is the opposite of sugar. We're wired to desire the one, we have to develop the other

13:25:05 From Kathy to Everyone:

read the program guide to see the 5 page 9

13:25:07 From D to Everyone:

So Kale, Broccoli, i.e. all the yuckie ones, lol

13:25:11 From Theresa A. to Everyone:

Be sure to download and print off the event guide. It has the 5 vegetables listed.

13:25:13 From Patricia to Everyone:

I have issues with bugs eating my potatoes - wondering if planting in containers might be better

13:25:23 From Stacey Murphy to Everyone:

Anybody want to guess what 5 we go for? He surprised me with the ones he chose this year

13:25:39 From D to Everyone:

So cabbage flies will kill all of them

13:25:55 From Stacey Murphy to Everyone:

Patricia, have you grown potatoes in that location before or first time?

13:26:17 From Yvonne to Everyone:

Garlic

13:26:45 From Patricia to Everyone:

I have for a couple of years

13:26:56 From Stacey Murphy to Everyone:

When I heard that... I wondered if I had lost taste buds.

13:27:00 From Derek Thille (Winnipeg, MB) to Everyone:

I first took in the Food Revolution Network summit in 2021...that led to a few tweaks to our diet and I'm down about 30 lbs.

13:27:14 From Stacey Murphy to Everyone:

Congrats Derek. That is awesome

13:27:25 From Stacey Murphy to Everyone:

What were the tweaks?

13:27:30 From Isa to Everyone:

# SUPERFOOD GARDEN SUMMIT

Derek: WOO!

13:27:49 From Delphinia to Everyone:

growing food with season is a good plan. What herbs will be easily grown? Purchase some seeds from Kohls season dept. is Kohls a good source for seeds?

13:28:07 From Teena to Everyone:

I came to hear about plants not just talk. I'm leaving to go pull weeds in my garden

13:28:26 From Lauren | GYOV Support Team to Everyone:

Thanks for joining us, Teena! We love that you're honoring your feelings.

13:28:44 From Derek Thille (Winnipeg, MB) to Everyone:

Primarily being a bit more intentional about serving size, a shift to more plant-based foods, and moving toward organic / away from chemicals or additives.

13:29:11 From Delphinia to Everyone:

have garlic growing . :) ty Yvonne .

13:29:17 From Patricia to Everyone:

Right now it's ho in Houston - so tomato's are about done - herbs are ok not sure what to plant in the heat. I usually just plant nothing new until October ...

13:29:18 From Stacey Murphy to Everyone:

Lots of herbs are easy to grow Delphinia. My favorites are oregano, thyme, rosemary, sage, and Mint is an absolute weed that will take over everything. Where are you located?

13:30:02 From Stacey Murphy to Everyone:

Patricia, I hear you! I tend to not grow anything in the heat of the desert in San Diego for July and August

13:30:09 From Patricia to Everyone:

I have vines growing from my compost ... I am not sure they will get pollinated - I do work on that also

13:30:29 From Tina Randell to Everyone:

Food security is huge!

13:30:34 From Delphinia to Everyone:

Pacific Coast Stacey

13:30:36 From Patricia to Everyone:

I wonder what likes the heat lol

13:30:39 From Marilyn to Everyone:

I planted some squash in my compost pile--they are doing wonderful!

13:30:45 From Kowanda to Everyone:

Gardening is part of living prepared.

13:30:47 From Patricia to Everyone:

NICE

13:30:53 From Susan and Garry to Everyone:

I have just started a compost ! 😊

13:31:09 From Lauren | GYOV Support Team to Everyone:


👤 Who's already loving this conversation with Ocean?

13:31:13 From Erin to Everyone:

Patricia and Stacy, I'm from San Diego and I feel ya about herbs in the summer!

# SUPERFOOD GARDEN SUMMIT

13:31:18 From Debra's iPad to Everyone:

We all love to garden...please teach us something new . 

13:31:19 From Kowanda to Everyone:

Me

13:31:23 From Patricia to Everyone:

I have planted sweet potato's I had beautiful vines no potatoes

13:31:28 From Kennady to Everyone:

I am

13:31:32 From D to Everyone:

Here potatoes are killed by Phytophthora Infestans

13:31:33 From Stacey Murphy to Everyone:

Heat is a great time for eggplant, peppers and tomatoes... until 95 F, then they need some shade. Sweet potatoes are great in the heat. Malabar spiniach

13:31:35 From Carol to Everyone:

I am

13:31:36 From D to Everyone:

1. What compound in kale helps fight cancer and protects brain health?

- A. Lutein
- B. Sulforaphane
- C. Flavonoids
- D. Chlorophyll

2. True or False. Collards and kale are nearly identical in their nutritional profiles. \_\_\_\_\_

3. Carrots should be harvested during \_\_\_\_\_ temperatures for optimal sweetness.

4. Which vegetable is especially known for improving circulation due to its high nitrate content?

- A. Broccoli
- B. Spinach
- C. Carrots
- D. Green beans

5. True or False. Broccoli stalks and leaves are inedible and should be discarded. \_\_\_\_\_

6. Which vegetable was cited to help reduce insulin resistance in people with type 2 diabetes?

- A. Kale
- B. Broccoli
- C. Spinach
- D. Carrots

13:31:39 From Pamela to Everyone:

me too



# SUPERFOOD GARDEN SUMMIT

13:31:43 From Carolina Tapia to Everyone:

Ocean is a joy to hear. Love his enthusiasm.

13:31:46 From Delphinia to Everyone:

yay speaker is on mute glad to see the world growing food in their space.

13:31:51 From D to Everyone:

so where are we in the quiz?

13:31:57 From Fritt Ro to Everyone:

Even mass produced fresh foods often don't taste as good these days, as so much effort is put into growth and production that you end up with oversized but bland tasting produce. Classic example is 🍇 grapes.

13:31:57 From Tina Randell to Everyone:

I love growing sweet potatoes. They take a long time though

13:32:04 From Marilyn to Everyone:

Wait until fall and check your sweet potatoes--thats when to dig them.

13:32:13 From Derek Thille (Winnipeg, MB) to Everyone:

Patricia, it can be worthwhile to look to what grows naturally in your region - it may not be edible garden plants, but that can give hints to what can grow well in your area. A lot of the "annuals" in our cold northern region are perennial where they originally came from.

13:32:54 From jenny to Everyone:

Southern California is hot, hot, hot. I can't even seem to grow basil.

13:33:06 From Patricia to Everyone:

I have good luck with chives, mint, rosemary, lemon grass, basil, parsley, cilantro (but it goes to seed fast)

13:33:25 From Stephanie Hart to Everyone:

speaking about sweet potatoes: anyone has a way of dealing with rodents.

13:33:26 From Erin to Everyone:

I usually do cyclical planting, especially for heat sensitive herbs like cilantro and parsley. Letting them go to seed and having more already starting. Also planting in part shade, especially any shade in mid day! Plant new seeds about every 3 weeks.

13:33:49 From Patricia to Everyone:

Good idea

13:34:26 From Stacey Murphy to Everyone:

Jenny, look for African. Blue Basil or Magical Blue Basil (rebrand), it is perennial and made for Southern California. I've had my plant for over a decade with thousands of dollars of basil. It loves the heat of summer. It doesn't go to seed when it flowers.

13:34:28 From Patricia to Everyone:

I have opossums that grab a few tomato's lol

13:34:43 From Claudia to Everyone:

kale: what about caterpillars?

13:34:49 From D to Everyone:

hese days they are harvested in warm weather, and go through frosttunnel/chamber after harvest/, even cutting

13:34:57 From Isa to Everyone:

# SUPERFOOD GARDEN SUMMIT

Extra protein 😊

13:35:02 From Jennifer B to Host and panelists:

Which variety of kale does Ocean recommend for beginners?

13:35:26 From Stacey Murphy to Everyone:

Yes, Erin, I love that about letting cilantro and parsley and dill go to seed in the heat and letting them come back on their own when it cools.

13:35:36 From Joy Wells to Host and panelists:

Does baby kale have the same amount of sulforaphane?

13:35:46 From jenny to Everyone:

Thanks

13:35:47 From Patricia to Everyone:

The blue basil start from seeds

13:36:20 From Stacey Murphy to Everyone:

Claudia, with kale and caterpillars... I harvest regularly, the cycle of the larva is more than 7 days, so if you keep harvesting, you can stay ahead of them

13:36:30 From LenaVerbena to Everyone:

Kalettes are so good! Their parents are kale and Brussels sprouts 😊

13:36:43 From Jessica Moseley to Everyone:

Derek Thille, what you're sounds like what I did to determine my soils ph: Question 1., what's growing here and proliferating? Q. 2, what ph do these trees and plants require? Q. 3, what things that I'd like to grow, will thrive in this ph?

13:37:14 From NH to Host and panelists:

Claudia, that why use bug netting to keep the worms off (the butterfly out!)

13:37:28 From D to Everyone:

Anthomyiidae larvae will eat away kale roots

13:37:29 From Isa to Everyone:

Re kale caterpillars: if you grow over the winter, there is less pest pressure. You can use row covers when the weather warms. If you still find bugs, remove the ones you find and spray the plants with a mix of water and castile soap

13:37:32 From Derek Thille (Winnipeg, MB) to Everyone:



13:37:42 From Stacey Murphy to Everyone:

Jennifer, I'm not sure if we talk varieties... I've loved Dinosaur (Lacinato) kale and red Russian kale. It depends on whether you want to eat raw or cook it

13:38:00 From Lynn Stuart to Everyone:

The caterpillars that attack all brassicas are really difficult to deal with. They attack cabbage, broccoli, kale, well, all of the brassicas. What does Ocean suggest about those?

13:38:10 From Stacey Murphy to Everyone:

Great advice Isa... wish we had winter to kill some pests lol

13:38:17 From Kowanda to Everyone:

I'm going to start eating spinach daily.

13:38:42 From Patricia to Everyone:

My issue with kale and spinach is the heavy oxalates in them

# SUPERFOOD GARDEN SUMMIT

13:39:35 From Derek Thille (Winnipeg, MB) to Everyone:

The larvae of cabbage white butterflies do like many brassicas. We find red cabbage less attractive to them than green. Food-grade diatomaceous earth can be helpful as a control, but if you don't have too many, picking them off by hand can be a reasonable control.

13:39:43 From NH to Host and panelists:

My spinach always bolts

13:39:44 From Stacey Murphy to Everyone:

Lots of people having issues with those caterpillars on brassicas. I get it! I've had different experiences based on location. Had to hand pick them in North Carolina, but able to manage them with faster harvests in Cali.

13:39:45 From D to Everyone:

1 ? missed that one

13:39:47 From Kim to Everyone:

Cabbage moths and loopers, both caterpillars, are real pests for kale. I cover my plants with an insect barrier and when

13:39:49 From amy b to Everyone:

not sure what's eating my grape leaves, a dark greenish beetle? thoughts to organically get rid of them?

13:39:58 From D to Everyone:

4= spinach

13:40:27 From LenaVerbena to Everyone:

It's probably a grapevine beetle

13:40:29 From Stacey Murphy to Everyone:

So far 1. Kale, 2. Spinach, 3. Carrot

13:40:59 From Kowanda to Everyone:

I'm going to feed my husband carrots every other day.

13:41:10 From Derek Thille (Winnipeg, MB) to Everyone:

On the Canadian prairies here...I always chuckle whenever someone talks about storing root crops in the ground where they grew...I wish it worked here, but that's not the case.

13:41:16 From Suzanne Danielson to Everyone:

What is a good selenium source (in the edible part).

13:41:17 From Kim to Everyone:

As a child, we ate carrots every day

13:41:32 From Tami to Everyone:

I can't only plant in pots. Can carrots be planted in pots

13:41:41 From Anne King to Everyone:

Do you have a chart that shows what grows in different temperature zones? AZ is beyond hot in the summer. What can grow in extreme heat?

13:41:55 From Erin to Everyone:

Yay, Stacy! I've had success in the US southwest desert w herbs! Check out Mexican mint marigold (Tagetes Lucida, I think it's called. Native to North Mexico/So Cal), tastes similar to tarragon, edible flowers too! I started collecting my own seeds from the herbs, and I think over the years the herbs have become more heat adaptive. I grew a 5th generation cilantro that was

# SUPERFOOD GARDEN SUMMIT

4feet tall when it flowered! I have learned that every part of the cilantro plant is edible, they use the root in Thai food, yum!

13:41:55 From Wanda to Everyone:

3 different gardens. Every time unable to get my carrots to grow!

13:42:06 From Gail to Everyone:

Micro greens including 2-3:types of kale, broccoli, swiss chards, spinach and other greens are a great nutritious choice.

13:42:08 From Tami to Everyone:

Can only plant in pots

13:42:18 From Stacey Murphy to Everyone:

Beetles and vines... Neem Oil diluted in water sprayed in early morning or evening can be a big help with this. If there's lots of them, you can knock them off into a bucket of soapy water.

13:42:30 From Erin to Everyone:

Micro greens will do great in pots!

13:42:35 From NH to Host and panelists:

Anne King check your local extension office on what to grow and when

13:42:38 From Stacey Murphy to Everyone:

There's always netting for fruits as well

13:42:41 From Derek Thille (Winnipeg, MB) to Everyone:

Yes Tami, but you either need a deep enough planter, or choose varieties that are shorter (Paris market as an example).

13:42:44 From Jessica Moseley to Everyone:

Derek T. I'm guessing you've tried like a foot-deep pile of hay, straw, leaves, etc., on top of the growing area of your root crops?

13:43:08 From Tami to Everyone:

Thank you Derek

13:43:43 From Kowanda to Everyone:

I'm going to make broccoli powder for my father in law.

13:43:51 From amy b to Everyone:

Suzanne brazil nuts are a great source of selenium, need only 3 a day i think

13:44:00 From Erin to Everyone:

Kijari melon in extreme heat areas!! Delicious

13:44:09 From D to Everyone:

Yup 55 gallon/220 liter blue barrels are very deep;-)

13:44:11 From Suzanne Danielson to Everyone:

Amy thanks

13:44:18 From Gail to Everyone:

Also, eat the broccoli leaves.

13:44:59 From Erin to Everyone:

Yum broccoli flowers, and leaves!

13:45:05 From amy b to Everyone:

thanks Stacey and Lena

13:45:25 From Gail to Everyone:

# SUPERFOOD GARDEN SUMMIT

Grate the broccoli stalks & add it to salads.

13:45:26 From Kim to Everyone:

Broccoli stems make great broccoli slaw

13:45:37 From Marilyn to Everyone:

Trying asparagus beans this year.

13:45:50 From Stacey Murphy to Everyone:

Ann, some basic temperature guidelines, Any veggies and herbs are great between 50-85F, Below 50 there are cool weather crops, and above 85, hot weather crops... so first step is to observe when your yard reaches these temp ranges to plan what you are planting. While your local area can tell you what they grow, I've been able to grow things others can't by watching my temps closely.

13:46:01 From kathie woods to Everyone:

can someone please list all the superfoods Ocean are calling superfoods. Thanks

13:46:02 From Jessica Moseley to Everyone:

When we were little kids, my Mom would trim the tough outer layer from the broccoli stalks, and then give us the raw inner part, and tell us, "Here, have some broccoli insides." Yummy

13:46:05 From Terri to Everyone:

Grow purple beans for even more nutrition!

13:46:22 From Tina Randell to Everyone:

Love harvesting green beans!

13:46:23 From Kennady to Everyone:

love roasted broccoli stems

13:46:23 From Derek Thille (Winnipeg, MB) to Everyone:

No I haven't Jessica, but we sometimes hit -20 to -30 C before we have any snow cover...wind can also take away anything we lay down on top. I find it easier to harvest and use a cold room.

13:46:31 From Kowanda to Everyone:

Kale, Spinach, Carrots, Broccoli and Green Beans.

13:46:58 From Derek Thille (Winnipeg, MB) to Everyone:

@Erin - we discovered Kajari melon a couple years back and love it. It's so nice to look at as well.

13:46:58 From kathie woods to Everyone:

thanks so much.

13:47:03 From Gail Sheldon to Everyone:

Love yardlong beans!

13:47:18 From Stacey Murphy to Everyone:

I love growing the asian long beans. They are super nutty and deliciously purple

13:47:31 From Gail to Everyone:

Thanks Terri, I didn't know about purple beans.

13:47:33 From Kim to Everyone:

Johnny's Selected Seeds has really great growing guides for all of their veggie seeds free for anyone on their website. Just loaded with growing info

13:47:45 From Susan and Garry to Everyone:

# SUPERFOOD GARDEN SUMMIT

so grateful to yall for sharing this info! THANK YOU

13:47:56 From Stacey Murphy to Everyone:

Yes, Kim, I LOVE Johnny's

13:48:06 From Kennady to Everyone:

love the three sisters garden

13:48:08 From Jessica Moseley to Everyone:

Here too, in Vermont, Derek--the temps and the WIND!!! Love staring out the window, deep in thought, and suddenly realize that I'm watching my creativity and hard work, blowing across the field!

13:48:21 From KayKay to Everyone:

Yes, Purple Hull beans are amazing!!

13:48:30 From Stacey Murphy to Everyone:

Awww... Jessica. Nature is so powerful!

13:48:31 From Terri to Everyone:

When beans are done, cut off the plant at the base and leave the roots in the ground to decay - will release nitrogen into the soil and also create spaces in the soil for percolation of water, air, etc.

13:48:37 From Kim to Everyone:

there are string and stringless green beans. you might want to pay attention to that.

13:48:44 From Stacey Murphy to Everyone:

Yes, great tip Terri!

13:49:02 From Stacey Murphy to Everyone:

Kim, I forgot to mention that! Yes, I like the stringless personally

13:49:22 From Gail to Everyone:

You can eat the squash flowers.

13:49:34 From Stacey Murphy to Everyone:

I love living in California... so many fruit trees, I can just wander around the neighborhood and everyone shares their extras

13:49:35 From KayKay to Everyone:

yummy

13:50:03 From Susan and Garry to Everyone:

I tried to grow an avacado tree from a avacado seed here in Texas, I will have to try gain, it did not make it.

13:50:05 From Derek Thille (Winnipeg, MB) to Everyone:

The male squash flowers are earlier than the female ones that will turn into fruit, so they are good to harvest to eat.

13:50:34 From Karla Bouvette to Everyone:

can those 5 vegetables be grown in containers?

13:50:38 From NH to Everyone:

Anne king check your local extension office for what to grow when. Great resources there

13:50:38 From Kathy to Everyone:

# SUPERFOOD GARDEN SUMMIT

Tried all of the brassicas (broccoli, cabbage, cauliflower and brussels sprouts) one year in my raised bed. Had great big plants and NO veggies. Fortunately, I harvested all the leaves, washed, dried and chopped them up then froze. Used in smoothies for several months.

13:50:39 From Stacey Murphy to Everyone:

Sometimes the fruit tree needs to be grafted so that it has both types (there are two) in order for them to fruit

13:50:45 From amy b to Everyone:

I've never had luck sprouting my avocado pits:(

13:50:57 From Sally to Everyone:

Talking to farmers made me realize even the most experienced growers lose plants and have failures. They told me they aren't failures, they're education

13:51:15 From Kim to Everyone:

squash flowers can be stuffed with cheese, lightly battered and fried, super yummy!

13:51:17 From Susan and Garry to Everyone:

yes Sally!

13:51:19 From Stacey Murphy to Everyone:

Avocado tree is what I was talking about needing both types to fruit

13:51:39 From Jessica Moseley to Everyone:

Yes, Stacey, she is! I'm usually so busy running out the door to chase things down so they don't end up in the brook or in the beaver pond, that my frustration is transformed into the next new idea....after, of course, a few f\_\_\_\_, f\_\_\_\_, f\_\_\_\_, I can't believe this!

13:51:50 From Susan and Garry to Everyone:

Thank you stacey, I did not know that! appreciate you

13:51:55 From Marilyn to Everyone:

Zucchini - make flour out of the big ones.

13:51:59 From Vicky to Everyone:

13:51:59 From Stacey Murphy to Everyone:

Absolutely Sally... I have killed so many plants learning over the years.

13:52:00 From Vicky to Everyone:

13:52:00 From Vicky to Everyone:

13:52:05 From Derek Thille (Winnipeg, MB) to Everyone:

Big zucchinis are for chocolate cake 🤪

13:52:14 From Cindy H to Everyone:

Zucchini flour...that sounds interesting

13:52:15 From Stacey Murphy to Everyone:

Yessssss Derek!

13:52:17 From EUGENE MANDELCORN to Everyone:

We are building a self-sufficient off grid community for an upcoming movie. We want to make the connection that will give this community a great way to grow their own food. Maybe we can work together? [firstfeatures@mail.com](mailto:firstfeatures@mail.com)



# SUPERFOOD GARDEN SUMMIT

13:52:26 From Kim to Everyone:

Or dugout canoes

13:52:29 From Stacey Murphy to Everyone:

I also make zucchini fritters

13:52:42 From Kennady to Everyone:

Zucchini bread

13:52:49 From Yvonne to Everyone:

what are spouts

13:52:51 From Stacey Murphy to Everyone:

Kim 🤔

13:53:00 From Kim to Everyone:

I like to grow sprouts in the winter

13:53:01 From Yvonne to Everyone:

YES DEER

13:53:08 From Derek Thille (Winnipeg, MB) to Everyone:

Spain on a Fork (YouTube channel or web site) has done a couple stuffed zucchini recipes that we enjoy.

13:53:13 From Beth Manickas Johnson to Everyone:

Hello from RI Ocean. That is what happened to me. Woodchuck attack !!!

13:53:23 From Cristina to Everyone:

I had avocado tree growing from my compost worm farm!! Got it out gently and is in a pot now... but it will take many years for any avocado 🥑 there!

13:53:25 From Derek Thille (Winnipeg, MB) to Everyone:

Also spiralize large zucchini and they can substitute for pasta.

13:53:28 From Marilyn to Everyone:

Mom used to make sweet and dill pickles out of zucchini.

13:53:38 From Kim to Everyone:

I use row cover to protect my lettuce from deer

13:53:41 From Beth Manickas Johnson to Everyone:

I did have a 4 foot fence. We have set traps

13:53:48 From Stacey Murphy to Everyone:

Sprouts are the baby plants, the seed sprouts a small root. You can grow them on your counter. 7-10 days. And eat them. Incredibly nutritious

13:53:51 From Gail to Everyone:

We plant a few seeds then God multiplies it to give us a garden!

13:54:04 From Beth Manickas Johnson to Everyone:

Deer have eaten my tomatoes for the last 3 years.

13:54:10 From Beth Manickas Johnson to Everyone:

I am so frustrated

13:54:11 From Yvonne to Everyone:

Thanks :)

13:54:15 From Kowanda to Everyone:

I have a deer fence and a critter fence around my garden.



# SUPERFOOD GARDEN SUMMIT

13:54:35 From Derek Thille (Winnipeg, MB) to Everyone:

Rabbits are tasty...especially if they've eaten your lovely organic vegetables 😊

13:54:36 From Claudia to Everyone:

any suggestions for groundhogs?

13:54:37 From Terri to Everyone:

We found out that deer and groundhogs are repelled by Irish Spring soap! We cut it into chunks and put them in net bags (like old onion bags) and hang them on poles, etc., or near the ground, depending.

13:54:42 From amy b to Everyone:

wonder what's best to plant in Kansas right now, with low bug threats?

13:54:44 From Grace to Everyone:

We have squirrels digging hold in our garden beds.

13:54:46 From Yvonne to Everyone:

Can these 5 veggies be grown in pots?

13:54:46 From Joy Wells to Everyone:

I'm a newbie gardener, but have learned a lot from Jill McSheehy, Beginner's Garden-Journey with Jill. She has a podcast, YouTube videos, courses, etc. Lots of great information!

13:54:55 From Kim to Everyone:

lovely recipe called flor de Calabazas soda can use us lots off zucchini flowers to keep over production down and provides a delectable soup.

13:55:01 From Stacey Murphy to Everyone:

Yes, all these 5 can be grown in pots

13:55:08 From Yvonne to Everyone:

Yay

13:55:23 From Lisa K to Everyone:

I had to move most of my garden into raised-beds and containers with chicken wire because of gophers, rats, racoons, rabbits and squirrels.

13:55:51 From Kim to Everyone:

Grow native flowers to attract beneficial insects.

13:55:56 From Yvonne to Everyone:

I'm a beginner. I joined a community garden, bit don't always make it and my things die for lack of water.

13:56:14 From Stacey Murphy to Everyone:

Animals are the trickiest, because it was their habitat before you grew the garden. Fencing is the best way to go to KNOW that you are protecting your food. Groundhogs dig, so you have to dig down a bit to deter them, and deer need HIGH fences... they can jump

13:56:17 From Sally to Everyone:

There's a method where you plant a "sacrificial" garden, away from your food garden, that basically lures the pests away from your food plants

13:56:23 From Claudia to Everyone:

deep water when you can 😊

13:56:28 From Derek Thille (Winnipeg, MB) to Everyone:

# SUPERFOOD GARDEN SUMMIT

@Yvonne - yes, for the most part, but they may need different sized planters.

13:56:35 From Stacey Murphy to Everyone:

Sally, that's a great way to think about it if you have the space to share

13:56:39 From Jessica Moseley to Everyone:

Stacey, your bookcases are great! Love the way the light plays across them

13:56:40 From Gail to Everyone:

The deer would pass by 4 of my neighbors a half mile away, to come eat out of our none GMO, heirloom seed garden.

13:56:55 From Fritt Ro to Everyone:

The 5 superfoods identified in this session, can they all be harvested and consumed at microgreen / sprout stage?

13:56:57 From Stacey Murphy to Everyone:

Gail, your garden must be delicious!

13:57:22 From KayKay to Everyone:

My problem is cats, believe it or not

13:57:25 From Jessica Moseley to Everyone:

Gail, they do know best don't they!?

13:57:44 From Stacey Murphy to Everyone:

Fritt, Kale yes, carrot yes, bean... not recommended, spinach yes

13:57:48 From Stacey Murphy to Everyone:

What was the fifth lol

13:57:50 From Isa to Everyone:

For mammal pressure, first is physical barriers but if they get beyond that, I make a strong tea of cayenne pepper and spray it on the plants every few days. Doesn't hurt plants or pollinators

13:57:51 From Kowanda to Everyone:

unlimited guac!

13:57:52 From Kim to Everyone:

broccoli and kale sprouts a easy and delicious

13:57:55 From Sally to Everyone:

I live in Hawaii and I can't grow mangos or bananas - too high elevation for mangos and too dry for bananas! But I know people who have those, so I can go to the farmers market or trade with friends

13:58:01 From Pamela to Everyone:

I installed a 24" high raised bed this year and the chipmunks r still eating about 80% of my veggies. Any suggestions?

13:58:17 From Sally to Everyone:

I have broccoli sprouts going on the counter right now 😊

13:58:22 From Deborah Raskin to Everyone:

how is gardening in the Virgin Islands, what could I grow besides lemongrass, ginger , turmeric . what veggies grow there ?

13:58:43 From Jessica Moseley to Everyone:

Sally, what do you trade for mangos and bananas?

13:58:48 From Ritu Ruia to Everyone:

# SUPERFOOD GARDEN SUMMIT

Sally can you use shade cloth. I am learner too

13:58:48 From Sally to Everyone:

Farmers work so hard and never really have a day off

13:58:53 From Gail to Everyone:

Yes, Stacey we enjoy our devious food & we share it with others.

13:58:56 From Stacey Murphy to Everyone:

Sally, yes, altitude is a factor! I've been in the mountains in Cali and seeing the differences

13:59:16 From D to Everyone:

tomatoes €0.39 metric pound today at the supermarket

13:59:35 From Elizabeth Caffrey to Everyone:

Absolutely...more respect for the work Farmers do to supply our food.... Our health depends on them 🙏

13:59:36 From Yvonne to Everyone:

I have two baby fawns right now on the side of house. With pots outside, how would I protect plants

13:59:42 From Gail to Everyone:

What do you all think about indoor tower gardens?

14:00:35 From Sally to Everyone:

@Jessica Moseley Right now it's eggplant, lettuce (hydroponic) and peppers - they grow well for me

14:00:38 From Lauren | GYOV Support Team to Everyone:

🌪️ Mind BLOWN! Thanks for a great presentation, Ocean! I'm ready to supercharge my health, how about you?

14:00:41 From Kennady to Everyone:

Loving thissssss!!!

14:00:45 From Jane Ledas to Everyone:

Big thanks to Ocean. Always enlightening and uplifting. Thank you.

14:00:46 From Stacey Murphy to Everyone:

Deborah, the temps are great, the soil could use some help on the Virgin Islands. Yes to turmeric and ginger, kales and more.

14:00:54 From Jessica Moseley to Everyone:

Yvonne, my grandmother always had foil pie pans hanging from posts--they would rattle in the breeze and make the deer shy away from her garden

14:00:58 From D to Everyone:

Yeah Invisiblegardener claimed mice don't eat ppeppers, I can tell you both on the plants and in dried storage they love spicy peppers

14:01:07 From kathie woods to Everyone:

Thanks Ocean !!!! You are amazing.

14:01:12 From Yvonne to Everyone:

Thanks Jessica

14:01:22 From Kowanda to Everyone:

I love this conversation. I've learned so much.

14:01:24 From Isa to Everyone:

# SUPERFOOD GARDEN SUMMIT

Esp if they're already in pots, build a greenhouse/shade house to protect your pots.

14:01:25 From Angela Adkins to Everyone:

Thank you so much Ocean for all you do and I am so sorry for the loss of your father. I have learned so much from the both of you!

14:01:35 From Maureen Shier Burleson to Everyone:

Thank you. This was an amazing presentation.

14:01:36 From Lisa K to Everyone:

Volunteer in a Community Gardens to learn

14:01:39 From Linda Jorgensen to Everyone:

Packed full of tips and encouragement!!!

14:01:39 From MARIA GENOVEVA to Everyone:

so exciting to know all this. so encouraging!! thank you very much 🙌❤️

14:01:46 From Lynn Stuart to Everyone:

Thank you Ocean! You are incredible.

14:01:51 From Katharina to Everyone:

Thanks for the encouragement to grow food

14:01:52 From Lauren | GYOV Support Team to Everyone:

🍅 Want to connect more with Ocean? You can do that here: <https://foodrevolution.org/>

14:01:55 From Gail to Everyone:

Thank you for this webinar

14:02:02 From Lauren | GYOV Support Team to Everyone:

Thank you for joining us, Gail!

14:02:02 From Carolina Tapia to Everyone:

Thank you!

14:02:02 From Sally to Everyone:

@Rita Ruia - I use it! And floating row covers to keep pests at bay

14:02:07 From Kim to Everyone:

soil health is super important.

14:02:19 From Kennady to Everyone:

Thank you so much!

14:02:22 From Lauren | GYOV Support Team to Everyone:

Yes a BIG thank you for Stacey answering so much in the chat! That was amazing!

14:02:30 From Terri to Everyone:

Kim - I strongly second that! It's the foundation.

14:02:50 From Sally to Everyone:

@Kim Soil health is the foundation of everything!

14:02:54 From Claudia to Everyone:



14:03:03 From Grace to Everyone:

Take away from Ocean, 5 super foods, Kale, Broccoli, Carrot, Spinach, and green beans. They are full off minerals and different vitamins.

14:03:05 From D to Everyone:

# SUPERFOOD GARDEN SUMMIT

zoom cha does keep jumping up and down, while typing responsess, at least in the browser version

14:03:06 From Becky to Everyone:

Loved this session!

14:03:19 From Kennady to Everyone:



14:03:22 From T to Everyone:

I talk to my plants and thank them for the harvest!

14:03:23 From Sally to Everyone:

We only get about 6" of rain/yr here - very arid

14:03:25 From Joyce to Everyone:

Soil. Get that right first! Kim, Sally... good deal!

14:03:30 From Kowanda to Everyone:

I feel full!

14:03:36 From Elizabeth Caffrey to Everyone:

We're very lucky to have gardens....sharing this good fortune is a must 🥰

14:03:40 From Emese Viragh to Host and panelists:



14:03:41 From Par's iPad to Everyone:

Bless you too x

14:03:53 From Lauren | GYOV Support Team to Everyone:

📖 Remember to get Ocean's Free Gift! A Guide to Going Plant-Based

<https://gift.foodrevolution.org/plants/> 📖

14:03:58 From Cherie's iPhone to Everyone:

Take Away: I got Kale, Carrots, broccoli, & Green beans. I'll watch replay for 5th veggie. I must've been distracted by something during that one. Great presentation! I love hearing you both speak about health benefits! Love my fruits and veggies, life givers!!!

14:03:58 From Sally to Everyone:

Home gardens are the future of food security

14:03:59 From Kim to Everyone:

T, love that you thank the plants!

14:04:49 From Sally to Everyone:

I found out about this through Food Revolution

14:04:52 From Christine Fichter to Everyone:

Thank you. 💕

14:04:52 From Lauren | GYOV Support Team to Everyone:



[ENTER TO WIN PRIZES] Share your biggest takeaway here:

<https://growyourownvegetables.org/sgs-enter-to-win> 🏆📖🎉

14:05:12 From Lauren | GYOV Support Team to Everyone:

WOWZA that is a HUGE LIST

14:05:31 From Tammy to Everyone:

I am having trouble with the webinar, I have no video only audio

14:05:43 From Kowanda to Everyone:

# SUPERFOOD GARDEN SUMMIT

BRB Dogs need to go out.

14:05:48 From Lauren | GYOV Support Team to Everyone:

🤖👯 Today's prize: A Garden Success Kit!!! WAHOO! 🤖👯

🗨️[ENTER TO WIN] Just share your biggest takeaway from the Summit here:

<https://growyourownvegetables.org/sgs-enter-to-win>

14:05:49 From Else to Everyone:

I have been naming my vegetables e.g. tomatoes, cucumber, peppers etc.. This makes it easier to have conversations w/ them.. 😊 (did however not name the chives or green onions..)

14:05:57 From Gail to Everyone:

Yes, our WORDS matter! Speak to the earth, plants & the weather, thanking God for hearing & answering our prayers, our words spoken!

14:06:05 From Barbara to Everyone:

I love Ocean

14:06:10 From Erin to Everyone:

Tammy, I think when you close the chat you'll see video again.

14:06:18 From Kathy to Everyone:

Just got here; had dr appointment earlier

14:06:28 From Teresita Galvizo to Everyone:

Very informative and gave good resources and tips on how to grow your own vegetables. Thank you.

14:06:28 From Heather iPhone Xs to Host and panelists:

My take away is to keep going!

14:06:29 From Lynn Stuart to Everyone:

Where do I submit my entry?

14:06:42 From Lauren | GYOV Support Team to Everyone:

The chat bot is ME on the other end! I'm also on the other end of the [Support@GrowYourOwnVegetables.org](mailto:Support@GrowYourOwnVegetables.org)

14:06:43 From Kristin to Everyone:

Wonderful stuff! Most of all I thank God, the provider and creator of these amazing plants!

14:06:47 From Lauren | GYOV Support Team to Everyone:

🤖👯 Today's prize: A Garden Success Kit!!! WAHOO! 🤖👯

🗨️[ENTER TO WIN] Just share your biggest takeaway from the Summit here:

<https://growyourownvegetables.org/sgs-enter-to-win>

14:06:51 From Karla Bouvette to Host and panelists:

Me!!

14:06:56 From Rosanna to Everyone:

I would love to win!!

14:06:56 From Fritt Ro to Everyone:

I'm keen to win!

# SUPERFOOD GARDEN SUMMIT

14:07:03 From Lauren | GYOV Support Team to Everyone:

🎉🌈🎉 Congratulations to Tina M, you won the Garden Success Kit!!! Email support@growyourownvegetables.org to claim your prize! 🎉🌈🎉

14:07:05 From Stacey Murphy to Everyone:

Congratulations Tina!

14:07:09 From Lisa to Everyone:

LisaLeake here - late due to work - can I make it up?

14:07:12 From Tina Masters to Everyone:

Yes I'm here!!!

14:07:13 From A J to Everyone:

Congratulations, Tina!

14:07:16 From Kim to Everyone:

congrats, Tina!

14:07:17 From Gail to Everyone:

Congratulations, Tina!

14:07:19 From Erin to Everyone:

Yay for Tina !! 🎉

14:07:25 From Fritt Ro to Everyone:

Congratulations Tina M.

14:07:34 From Lauren | GYOV Support Team to Everyone:

👁️🌱👁️ Ready to own the Summit for yourself PLUS amazing bonuses? Grab it with the special event pricing today! 🙌🙌 <https://superfoodgardensummit.com/super/>

14:07:34 From Kennady to Everyone:

congrats!

14:07:35 From Kimberley to Everyone:

i was wondering if its too late for some veg and herbs grown in eastern Oregon, i have small patio and some shade

14:07:36 From Tina Masters to Everyone:

I'm so excited to win!!

14:07:42 From Karla Bouvette to Host and panelists:

Congratulations Tina!!

14:07:42 From Katharina to Everyone:

I admire the way Ocean is involved with growing our food

14:07:43 From Lauren | GYOV Support Team to Everyone:

Wohoo, Tina!

14:07:55 From Tina Randell to Everyone:

Congratulations!!!

14:08:09 From Stacey Murphy to Everyone:

Michael is in the house!

14:08:10 From T to Everyone:

Congratulations Tina!

14:08:16 From Lauren | GYOV Support Team to Everyone:

Yes show us the baby Michael 😊



# SUPERFOOD GARDEN SUMMIT

14:08:26 From Lauren | GYOV Support Team to Everyone:

@Michael - please send us one of your baby pics ;)

14:08:34 From Anne King to Everyone:

Could you put up the slide again that showed an entire sheet of what you can grow?

14:08:38 From Kowanda to Everyone:

Hi Michael!

14:08:38 From kathie woods to Everyone:

hello michael

14:08:45 From Tina Randell to Everyone:

Hello Michael!

14:08:50 From Erin to Everyone:

A few peeps joined recently? The video is available for reply until next presentation tomorrow.

14:08:53 From Mary's iPad to Host and panelists:

Hello

14:08:54 From Lauren | GYOV Support Team to Everyone:

Wohoo! Michael in the house!

14:08:57 From Bruce Kiviu to Everyone:

Hi Michael!

14:09:06 From Lisa to Everyone:

Thank you Erin

14:09:06 From Karla Bouvette to Host and panelists:

Hi Michael!

14:09:22 From Beth Manickas Johnson to Everyone:

I have even bought coyote spray as that is supposed to deter the deer!!


14:09:45 From Lauren | GYOV Support Team to Everyone:

Thank you, Stacey!

14:09:56 From T to Everyone:

Thank you Stacey

14:10:01 From Lauren | GYOV Support Team to Everyone:

 Coming up next with our friend Michael Kilpatrick: Ready to turn your backyard into a paradise of unusual superfruits? Michael Kilpatrick has got you covered with everything that you need to know adding some unique, flavorful, and nutrient-dense fruits to your superfood garden!

14:10:04 From kathie woods to Everyone:

Thanks for your help, Stacey

14:10:06 From Susan and Garry to Everyone:

thank you stacey!

14:10:19 From Yvonne to Everyone:

Thank you Stacey ;)

14:10:20 From D to Everyone:

My new 'Patriot' Blueberry plant had all of its leaves eaten by little caterpillars

14:10:36 From Lauren | GYOV Support Team to Everyone:

 Here's the link to ask your garden questions!

<https://growyourownvegetables.org/garden-questions>

# SUPERFOOD GARDEN SUMMIT

14:10:39 From Kim to Everyone:

thanks stacey

14:10:59 From D to Everyone:

Those carrots are fruits?

14:11:04 From Marilyn to Everyone:

How long does the summit last today?

14:11:11 From Lauren | GYOV Support Team to Everyone:

🍌 Want to connect more with Michael? You can do that here

(<https://www.growingfarmers.com/>) and here ([shop.farmoncentral.com](https://shop.farmoncentral.com))

14:11:18 From Fritt Ro to Everyone:

Kia ora 🤝 Michael, from 🇳🇵 Aotearoa / New Zealand.

14:11:18 From LenaVerbena to Everyone:

My favorite super berry to grow is goji berry!

14:11:26 From Lauren | GYOV Support Team to Everyone:

@Marilyn - about 2 more hours 😊

14:12:17 From Karla Bouvette to Host and panelists:

I'm interested in container gardens. Which type of container is best?

14:12:38 From Marilyn to Everyone:

Just planted some goji berries.

14:12:43 From Derek Thille (Winnipeg, MB) to Everyone:

Here's hoping the issues with the municipality gets resolved easily Michael! So frustrating.

14:13:05 From D to Everyone:

When to take cuttings from *Rubus phoenicolasius* following or prior to harvest? Currently the sticky leave covered compositeberries are growing. Expect first ready late July/early august

14:13:06 From kathie woods to Everyone:

where about in upstate NY.? Lived in Poughkeepsie for many years.

14:13:10 From Juliana's iPhone to Host and panelists:

At the end is there a link to rewatch?

14:13:10 From Suzanne Danielson to Everyone:

aphids caterpillars and beetles don't like their "edibles" lightly coated with lime every so often like strawberries and tomatoes.

14:14:26 From MARIA GENOVEVA to Everyone:

wow so beautiful!!! 😍

14:14:35 From D to Everyone:

lime as in the limejuice or calcium

14:14:36 From Michael Kilpatrick to Host and panelists:

@kathie! We were several hours north in Granville, OH

14:14:43 From Michael Kilpatrick to Host and panelists:

Sorry!!! Granville, NY

14:14:52 From SC Eng to Everyone:

love to grow lavender

14:15:12 From Suzanne Danielson to Everyone:

Ca bought by the bag

# SUPERFOOD GARDEN SUMMIT

14:15:23 From Michael Kilpatrick to Host and panelists:

Lavender can be a challenge!!! It hates wet feet!

14:15:43 From NH to Everyone:

I just planted eight Seaberry bushes this past spring!

14:16:02 From D to Everyone:

currants are trees?

14:16:40 From Blake to Everyone:

What about blueberries, blackberries, mulberries and other fruiting plants?

14:16:41 From NH to Everyone:

Currents that I have are large shrubs

14:16:52 From Michael Kilpatrick to Host and panelists:

Currents would probably be considered a large woody shrub

14:16:58 From Kim to Everyone:

praying mantis egg mass

14:17:26 From Fritt Ro to Everyone:

I haven't even heard of many of those plants. Are they all available worldwide, or just in the continental 🇺🇸 USA?

14:17:30 From Michael Kilpatrick to Everyone:

@kathie, we were a few hours north in Granville, NY

14:17:47 From D to Everyone:

so sandy soils required for seaberries?

14:18:01 From Dr. Navarro to Everyone:

what about the desert?

14:18:08 From Kowanda to Everyone:

What does the aronia berry taste like?

14:18:38 From Kim to Everyone:

I have 2 aronia bushes

14:18:45 From nancy to Everyone:

Birds eat our blueberries

14:19:00 From Veronica to Everyone:

Does it have 3x antioxidants of all blueberries? including wild blueberries/

14:19:07 From Yvonne to Everyone:

can it be grown in pots

14:20:02 From Kim to Everyone:

I have a Viking and a native straight variety of aronia bushes

14:20:16 From Vicky to Everyone:

How do you deal with bird control?

14:20:21 From Michael Kilpatrick to Everyone:

You would need a pretty big pot to make those work!

14:20:48 From Kowanda to Everyone:

I love figs.

14:21:24 From Michael Kilpatrick to Everyone:

Vicky, we havne't had too many issues with birds with the Aronia berries.

# SUPERFOOD GARDEN SUMMIT

14:21:29 From Kim to Everyone:

fresh figs are really expensive in the Midwest if you can find them

14:21:31 From carol to Everyone:

Would love to try figs in Central Virginia.

14:21:48 From Nancy Morgan to Everyone:

Here in Texas, our fig tree is huge

14:22:10 From NH to Everyone:

Two feet of straw??

14:22:27 From Zoom user to Host and panelists:

Susceptible to nematodes in Florida

14:22:31 From Kim to Everyone:

When I lived in CA a neighbor had a yellow fig. Really sweet

14:22:54 From Lesha Salner to Everyone:

My fig tree is not growing that well. This is second year and it only gives me 6 figs. I'm in Zone 10A Florida. Any advice how to get more harvest ?

14:23:01 From Paula Monette to Everyone:

My Trees just keep spreading.

14:23:07 From Fritt Ro to Everyone:

From what I understand, here in 🇳🇵 Aotearoa / New Zealand, we are in the equivalent of USDA zone 10b.

14:23:10 From Michael Kilpatrick to Everyone:

We have been picking in the greenhouse for several weeks now!!

14:23:11 From Carol to Everyone:

Here in the Great North Woods of NH we still have snow in the mountains! My garden is growing in spite of...

14:23:11 From Kowanda to Everyone:

Lesha, what is your soil pH?

14:23:43 From Blake to Everyone:

Could Paw-Paws be a super fruit and add to our super food gardens?

14:23:49 From KayKay to Everyone:

definitely

14:23:53 From Michael Kilpatrick to Everyone:

@Carol, that is too much!!

14:24:07 From Tina Randell to Everyone:

I want a paw paw tree!

14:24:27 From Denise Beins to Everyone:

I just planted a fig tree last year. Can't wait for it to start producing!

14:24:39 From Michael Kilpatrick to Everyone:

Pawpaws are great!! We have some in the green house- take a while to bear however.

14:24:53 From Erin to Everyone:

Anyone know if he's talking about sea buckthorn right now?

14:25:14 From Michael Kilpatrick to Everyone:

Yes, seaberry is the same as seabuckthorn.

# SUPERFOOD GARDEN SUMMIT

14:25:18 From Blake to Everyone:

You mean we could plant those in the greenhouse?

14:25:24 From Lisa to Everyone:

this is above my knowledge level = I grow basic garden veggies - love to watch if I can come back to this after afternoon work

14:25:32 From KayKay to Everyone:

Figs are definitely a favorite down South!

14:25:34 From Kim to Everyone:

Scientific nomenclature would be helpful

14:25:47 From Laura to Everyone:

What is the difference between Seaberry and Sea Buck Thorn Berry?

14:27:00 From Michael Kilpatrick to Everyone:

They are the same. Hippophae rhamnoides

14:27:17 From Derek Thille (Winnipeg, MB) to Everyone:

Laura - none...two different names for the same. They are easily hardy to zone 2, perhaps even zone 1.

14:27:49 From Laura to Everyone:

How do you know which is male and which is female? Do the female have thorns and male do not?

14:28:08 From Lauren | GYOV Support Team to Everyone:

👤 Who's already loving all the amazing info from Michael??

14:28:23 From Jessica Moseley to Everyone:

+Laura, your question put a big smile on my face!

14:28:24 From Joy Wells to Everyone:

Me!!

14:28:27 From Marilyn to Everyone:

Me

14:28:33 From Kowanda to Everyone:

Me. Learned about 2 berries I've never heard of!

14:28:33 From Vicky to Everyone:

Me

14:28:42 From Johanna Pino to Everyone:

Great info! Need to go to another meeting 😞

14:28:56 From Susan and Garry to Everyone:



14:29:22 From Fritt Ro to Everyone:



14:29:24 From Derek Thille (Winnipeg, MB) to Everyone:

Laura, there's a video by Sean Dembrowski (YouTube channel name escapes me at the moment) where he shows how to sex sea buckthorn.

14:29:45 From Ona Bass to Everyone:

Gooseberries do well as understory plants in an oak/hickory forest. They love leaf mold.

14:30:00 From Jessica Moseley to Everyone:

# SUPERFOOD GARDEN SUMMIT

I'm growing gooseberries in Vermont that I bought from a Vermont tree farm. Two years in my garden...first two berries this year.

14:30:07 From Laura to Everyone:

THANKS Derek!!! I'll check it out.

14:30:11 From Erin to Everyone:

Loving it! Learned new things about seabuckthorn.

14:30:28 From NH to Everyone:

Honey berries! I have 7. Just starting to get fruit

14:30:29 From Jessica Moseley to Everyone:

Ona Bass, great idea!

14:30:38 From Anke5 to Everyone:

Any info on Mountain Ash berries? (Rowan in Great Britain). Eaten all over Northern and Eastern Europe and Scandinavia but here people think they are poisonous.

14:30:42 From Rita Hay to Everyone:

Is Haskap also known as Honeyberry?

14:30:50 From Michael Kilpatrick to Everyone:

NH, have you been able to sample them yet?

14:30:56 From Derek Thille (Winnipeg, MB) to Everyone:

We have currants, sea buckthorn, aronia berry, gooseberries, and haskap plants growing as well as semi-sweet cherries, and Amelanchier among others growing.

14:31:00 From MARIA GENOVEVA to Everyone:

oh dear. I want to live there my goodness 💕🙏

14:31:17 From Susan and Garry to Everyone:

Will it do well in zone 9? san angelo Tx?

14:31:43 From Michael Kilpatrick to Everyone:

Yes, haskap is known as honeyberry. Latin name: Lonicera caerulea

14:32:08 From Derek Thille (Winnipeg, MB) to Everyone:

A lot of haskap development has gone on at the University of Saskatchewan in Saskatoon (as well as cherries and other prairie hardy fruit).

14:32:21 From Susan and Garry to Everyone:

Thank you!

14:32:26 From Heidi Kramer to Everyone:

Are Haskap deer resistant?

14:32:32 From Derek Thille (Winnipeg, MB) to Everyone:

We haven't had much success with goji...yet.

14:32:42 From Kim to Everyone:

goji is related to tomatoes

14:33:23 From LenaVerbena to Everyone:

Goji have thorns and are hard to kill!

14:33:34 From Michael Kilpatrick to Everyone:

Depends on how hungry the deer are!!

14:34:38 From Jessica Moseley to Everyone:

# SUPERFOOD GARDEN SUMMIT

Kim, my black currant plants smell wonderfully like tomatoes--do gogi too?

14:38:02 From Erin to Everyone:

What was the harvest time for the strawberry annual system? Spring? Totally want to try this method!

14:38:23 From Michael Kilpatrick to Host and panelists:

Yes early spring usually- about 10 days before regular matted row.

14:38:38 From Michael Kilpatrick to Everyone:

Yes early spring usually- about 10 days before regular matted row.

14:39:16 From Erin to Everyone:

Awesome, thank you.

14:39:46 From Kim to Everyone:

I use Sluggo in my lettuce and escarole bed

14:39:58 From Jan Egge to Everyone:

Contact info to order strawberries?

14:40:12 From Joan 2 to Everyone:

Do you have a replay of the garden for working people?

14:40:51 From Lesha Salner to Everyone:

Does it grow like blackberry?

14:40:55 From NH to Everyone:

I am afraid to use my elderberries. I can't find any definitive answers on how long to cook or how much heat to remove toxins

14:40:58 From UtahValley Permaculture to Everyone:

20 degrees cooler, amazing cleans air, keeps moisture even in the desert.

14:41:32 From UtahValley Permaculture to Everyone:

Steam juice elderberries Black Sambucha Negra which are Native along with blue here in Utah then can with a little honey.

14:41:40 From Michael Kilpatrick to Everyone:

@NH, what type do you have?

14:42:37 From Kim to Everyone:

Flowers smell wonderful;

14:42:46 From Susan and Garry to Everyone:

are they posionus to cows and sheep?

14:43:02 From D to Everyone:

yes 24 hour replay

14:44:34 From Lauren | GYOV Support Team to Everyone:

🌱Want to connect more with Michael? You can do that here (<https://www.growingfarmers.com/>) and here ([shop.farmoncentral.com](https://shop.farmoncentral.com))

14:44:53 From Vicky to Everyone:

Found the Superfood Summit through Michael's facebook page and emails

14:44:56 From Kowanda to Everyone:

Awesome!

14:45:09 From Lauren | GYOV Support Team to Everyone:

🙌Thank you, Michael! That presentation will surely change the lives of many growers!



# SUPERFOOD GARDEN SUMMIT

🌿 Want to connect more with Michael? You can do that here (<https://www.growingfarmers.com/>) and here ([shop.farmoncentral.com](https://shop.farmoncentral.com))

14:45:16 From Claudia to Everyone:  
aronia?

14:45:39 From kathie woods to Everyone:  
Thanks, Michael!

14:45:40 From Tina Randell to Everyone:  
So many different kinds of berries! want to try them all!

14:45:40 From Susan and Garry to Everyone:  
Thank you Michael! much appreciated.

14:45:46 From Kowanda to Everyone:  
Elderberry and Gogi berry. I'm in zone 8b. So, I can't grow several of the berries he talked about.

14:45:47 From Lauren | GYOV Support Team to Everyone:  
Thank you so much @Michael!

14:45:50 From Lori Q to Everyone:  
Interesting about the different elderberries! 😊

14:45:55 From Kennady to Everyone:  
Thank you

14:46:02 From Diana to Everyone:  
I would love to try growing figs! 💕

14:46:06 From Lauren | GYOV Support Team to Everyone:  
🙋🏻🙋🏻 Do you have questions for Michael? Get YOUR questions answered in a special LIVE Q&A Session! Submit your questions here:  
<https://growyourownvegetables.org/garden-questions>

14:46:12 From Kim K to Everyone:  
gooseberries are of interest as I live in a heavily wooded area and full sun is hard.

14:46:15 From Joy Wells to Everyone:  
Amazing presentation!

14:46:16 From Lisa K to Everyone:  
Great presentation!

14:46:22 From Terri to Everyone:  
Claudia - Aronia is the genus name for Black Chokeberry - often just called Aronia.

14:46:46 From Amy Sando to Everyone:  
Can I grow strawberries in hanging baskets

14:46:48 From Desiree's iPhone to Host and panelists:  
Love the sea berry - live in South Africa and never heard of it.

14:46:56 From Lauren | GYOV Support Team to Everyone:  
🙋🏻🙋🏻 Do you have questions for Michael? Get YOUR questions answered in a special LIVE Q&A Session! Submit your questions here:  
<https://growyourownvegetables.org/garden-questions>

# SUPERFOOD GARDEN SUMMIT

14:46:56 From Erin to Everyone:

Someone asked about if replay is available. They said it is, until the next day begins!

14:46:58 From Natasha Sumner to Everyone:

if goji berries are drought tolerant does that mean they don't grow well in areas with lots of rain?

14:47:01 From Kim K to Everyone:

great presentation, well organized, liked the combo of text and photos

14:47:01 From Lauren | GYOV Support Team to Everyone:

🌱 Want to connect more with Michael? You can do that here (<https://www.growingfarmers.com/>) and here ([shop.farmoncentral.com](http://shop.farmoncentral.com))

14:47:10 From Sally to Everyone:

Do you ship to Hawaii?

14:47:30 From Jessica Moseley to Everyone:

Q. for Michael: I'm in Vermont, zone 5, and have my gooseberries planted in full sun. Should I move them into my woodland?

14:47:35 From Theresa A. to Host and panelists:

I'm extremely allergic to all parts of the strawberry, so not those. Otherwise, I am excited to try the figs, gooseberries and elderberries.

14:47:44 From Cristina to Host and panelists:

I managed to grown 3 fig trees from cuttings of wonderful trees, they had quality figs... can you talk about why mine are not growing much or producing figs

14:48:07 From NH to Everyone:

I have York, Adams, black lace

14:48:17 From Lauren | GYOV Support Team to Everyone:

🔴 Make sure your "TO" option is set to EVERYONE...or else we can't see what you're chatting!

14:48:32 From UtahValley Permaculture to Everyone:

My 12 yr old Seabuckthorn berries prefer full sun.

14:49:49 From Fritt Ro to Everyone:

Most fruit normally grow on trees or bushes, so probably not suitable for harvesting at microgreen stage.

14:50:05 From NH to Everyone:

Also a laced up elderberry

14:50:11 From Kim to Everyone:

You can dry elderberry flowers for tea. It is a diaphoric which makes you sweat to break a fever.

14:50:11 From UtahValley Permaculture to Everyone:

When you grow in a Natural Food Forest with all living species of all living things, Nature balances out and you kill nothing and get no diseases, no pest problems.

14:50:20 From Cristina to Everyone:

I managed to grown 3 fig trees from cutting of good "mother" trees ... mine are not growing much and not making figs...can you give some tips? Live figs!!!

14:50:52 From Bonnie to Everyone:

# SUPERFOOD GARDEN SUMMIT

Question - my Myer lemon tree flowers - and little baby lemons appear and then they fall off! Doesn't seem to matter if the plant is indoors or outdoors. The lime tree has no problem and I get limes. What do I need to do? Thanks!

14:51:01 From Wendy Gillespie to Everyone:

Hi from New Zealand

14:51:10 From Beth Manickas Johnson to Everyone:

Hi Michael

What is the best solution for getting rid of woodchucks ? Deer ?

14:51:19 From UtahValley Permaculture to Everyone:

Food Forest, we have proliferant 3 varieties of Fig trees, need sun, well draining living soil, with nitrogen fixers, mineral accululators.

14:51:58 From Fritt Ro to Everyone:

Hey Wendy Gillespie, kia ora e hoa! I'm in Tāmaki Makaurau / Auckland.

14:52:03 From Blake to Everyone:

Is there still time to plant tomatoes and peppers in zone 6?

14:52:14 From Kim to Everyone:

mulch your tomato plants once they are established

14:52:23 From Beth Manickas Johnson to Everyone:

What is the best way to maintain a hibiscus plant that is over 5 years old. It is getting so big and not sure how long I can keep in a pot

14:53:09 From Melissa to Everyone:

I have watermelons in NE Texas that seem healthy & have lots of male flowers but aren't producing female flowers. How do I encourage fruiting?

14:53:32 From NH to Everyone:

Why do you mean by sample the elderberries?

14:54:12 From Blake to Everyone:

Another question. I wanna find out if we can use clay pots or plastic bottles for water irrigation to help plants thrive in difficult summer conditions.

14:54:35 From Stephanie Hart to Everyone:

I am in Zone 8, my fig trees produce a lot of fruit, but the figs are small and many times they don't rippen.. Any suggestions

14:54:38 From Gail to Everyone:

show you use shredded paper in the garden?

14:55:11 From Gail to Everyone:

Gail in VA

14:55:25 From Derek Thille (Winnipeg, MB) to Everyone:

Greg Peterson may be the best person to answer for Phoenix growing conditions.

14:55:48 From Lisa K to Everyone:

York

14:56:21 From Lisa K to Everyone:

I have tried both York and Ranch, the York did great but the Ranch did not grow at all.

14:56:45 From Derek Thille (Winnipeg, MB) to Everyone:

# SUPERFOOD GARDEN SUMMIT

@Blake, what you are describing is known as "olla" where you bury a clay vessel in the garden, fill it with water, and it will slowly seep out (unfinished clay).

14:56:55 From Lisa K to Everyone:

I got my at Seedtime.

14:57:05 From Michael Kilpatrick to Everyone:

<https://shop.farmoncentral.com/blogs/around-the-farm/which-elderberry-should-i-grow>

14:58:49 From Gail to Everyone:

How long should freshly munched tree limbs sit before you add it to the garden? Gail from VA

14:59:34 From Derek Thille (Winnipeg, MB) to Everyone:

Incredible Seeds in Nova Scotia, Canada sells seeds of a variety of fruits and nuts including sea buckthorn.

15:01:59 From Lauren | GYOV Support Team to Everyone:

🙋🏻 Here's the link to ask your garden questions!

<https://growyourownvegetables.org/garden-questions>

15:02:01 From Cathy to Everyone:

It is called Sea Buckthorn in South Africa, you can google for suppliers, such as Berries for Africa etc.

15:02:02 From Fritt Ro to Everyone:

I'm looking forward to Matt Powers' presentation tomorrow about soil health.

15:02:03 From Lauren | GYOV Support Team to Everyone:

🙋🏻 Here's the link to ask your garden questions!

<https://growyourownvegetables.org/garden-questions>

15:02:36 From Sally to Everyone:

Which of these fruits would do well at elevation 2700 ft?

15:02:44 From UtahValley Permaculture to Everyone:

Denise Denise here and I can't find the questions, could you read my question above?

15:03:21 From Kim to Everyone:

your local extension service will have reliable info on pruning

15:04:47 From UtahValley Permaculture to Everyone:

Where is Q n A tab? I am 65 and not familiar with Zoom.

15:04:53 From Yvonne to Everyone:

what zone is Cleveland, Ohio

15:05:18 From Jane to Everyone:

In houst

15:05:21 From Lauren | GYOV Support Team to Everyone:

🙋🏻 Here's the link to ask your garden questions!

<https://growyourownvegetables.org/garden-questions>

15:05:37 From Lauren | GYOV Support Team to UtahValley Permaculture, host and panelists:

Try this link to ask questions: <https://growyourownvegetables.org/garden-questions>

15:06:52 From Jane to Everyone:

In Zone 9b, Houston, I grew pears, goji berries, elderberries, figs, Gulf apple, crab apples, They did very well

# SUPERFOOD GARDEN SUMMIT

15:07:08 From Kim to Everyone:

Folks, test your soil for lead

15:08:08 From Blake to Everyone:

Having trouble submitting my question into the form. Is there still time to plant tomatoes or peppers in zone six in Chicago?

15:08:18 From Fritt Ro to Everyone:

I have seen / heard several times here today about an "extension". This is obviously an 🇺🇸 Americentric concept. What does it mean?

15:08:47 From Kim to Everyone:

You can hand pollinate using a fine artist's paint brush

15:08:51 From jodibaker to Everyone:

What type of soil do you recommend for potted figs

15:08:59 From Lauren | GYOV Support Team to Everyone:

@Fritt - there are Extension / Cooperatives in other countries as well!

15:09:47 From Lauren | GYOV Support Team to Fritt Ro, host and panelists:

"The vast majority of counties in the United States have their own extension office. In addition to doing research and teaching on a number of agriculturally relevant topics, extension offices also exist to provide location-specific advice, insight and information to citizens in their community. They can address questions and concerns on topics such as soil composition, gardening, pest control and native landscaping. Some even go so far as to educate the public on food safety, health and nutrition, and resource conservation."

15:10:04 From Beth Manickas Johnson to Everyone:

How often should your soil be tested? Every year?

15:10:05 From Tina Randell to Everyone:

I have a plum tree in Zone 7. It has grown well and produced plums but they fall off by the time they are acorn size. Help!

15:10:09 From Derek Thille (Winnipeg, MB) to Everyone:

@Fritt, it's a government office that helps with agricultural issues. You don't necessarily find them in the big cities. A university that has an agriculture or horticulture program can also provide help.

15:10:33 From Zoom user to Everyone:

@Fritt [https://en.wikipedia.org/wiki/Agricultural\\_extension](https://en.wikipedia.org/wiki/Agricultural_extension)

15:10:39 From Nancy to Everyone:

Late joining, hello from Nevada

15:11:37 From Gail to Everyone:

What soil brand do you recommend for planting in pots? Gail in VA

15:11:40 From Derek Thille (Winnipeg, MB) to Everyone:

@Tina - fruit drop can be a stress response. Heat or lack of water may be typical suspects, but it could be more subtle.

15:12:15 From Fritt Ro to Everyone:

Thanks for the explanation, @Lauren. I guess for us here in 🇳🇿 Aotearoa / New Zealand that would be a function of the DSIR / AgResearch or MAF.

15:12:36 From Tina Randell to Everyone:

# SUPERFOOD GARDEN SUMMIT

Thank you so much!

15:13:00 From Beth Manickas Johnson to Everyone:

Thank you ! I think I can take to my local u overbite for that !

15:13:10 From Beth Manickas Johnson to Everyone:

University

15:13:35 From Beth Manickas Johnson to Everyone:

Thank you !!

15:13:38 From Kowanda to Everyone:

Thank you Michael! I really enjoyed your presentation.

15:13:39 From Lauren | GYOV Support Team to Everyone:

Thank you SO much Michael!

15:13:55 From Lisa K to Everyone:

It was so great!!!!

15:13:56 From Lauren | GYOV Support Team to Everyone:

🌱 Want to connect more with Michael? You can do that here (<https://www.growingfarmers.com/>) and here ([shop.farmoncentral.com](https://shop.farmoncentral.com))

15:13:56 From Veronica to Everyone:

Thank you! Learned so much!

15:13:58 From Susan to Everyone:

Thank You!

15:13:58 From Beth Manickas Johnson to Everyone:

Yay Michael !! Appreciate all the information!

15:14:00 From Shawn to Everyone:

Thank you! Very informative.

15:14:01 From Zoom user to Everyone:

Thank you!

15:14:04 From T to Everyone:

Thank you!

15:14:04 From Katharina to Everyone:

Thank you for all the information

15:14:05 From Fritt Ro to Everyone:

Awesome, thanks Michael.

15:14:10 From Laura to Everyone:

THANK YOU Michael!!!!

15:14:12 From Jan Egge to Everyone:

absolutely amazing and helpful!!! THANK YOU!!!

15:14:14 From Joy Wells to Everyone:

This was so much amazing info! Thank you, Michael!

15:14:23 From Mark to Everyone:

you have to explain that woodchips should natural woodchips. we call them arborists woodchips. they come right out of the chipper. store bought are not always natural.

15:14:26 From Angrus Berry to Everyone:

thanks that was great!

# SUPERFOOD GARDEN SUMMIT

15:14:33 From Angelica to Host and panelists:



15:14:34 From Mark to Everyone:

thank you

15:14:40 From Lisa Boe-Sims to Everyone:

Thank you

15:14:41 From Maureen Shier Burleson to Everyone:

thanks

15:14:50 From User to Everyone:

Thank You!!

15:14:56 From Angelica to Everyone:



15:14:58 From Bruce Kivi to Everyone:

Thank you!

15:14:59 From Lauren | GYOV Support Team to Everyone:



Here's the link to ask your garden questions!

<https://growyourownvegetables.org/garden-questions>

15:15:03 From Lori Q to Everyone:

Thank you Michael!! ❤️

15:15:17 From Beth Manickas Johnson to Everyone:

Perfect!

15:15:23 From Lauren | GYOV Support Team to Everyone:



[ENTER TO WIN PRIZES] Share your biggest takeaway here:

<https://growyourownvegetables.org/sgs-enter-to-win> 🏆🎁🎉

15:15:32 From Fritt Ro to Everyone:

A prize? Yes please!

15:15:53 From MARIA GENOVEVA to Everyone:

this is so good info! 🙌

15:16:07 From Joy Wells to Everyone:

Should we just enter once per day?

15:16:12 From Lauren | GYOV Support Team to Everyone:

Enter as many times as you like!

15:16:31 From Lauren | GYOV Support Team to Everyone:



Congratulations to Susana Ditter, you won the Garden Success Kit!!! Email

[support@growyourownvegetables.org](mailto:support@growyourownvegetables.org) to claim your prize! 🎉🌈🎉

15:16:32 From Kowanda to Everyone:

Congrats Susanna!

15:16:44 From T to Everyone:

Congratulations!!!!

15:16:46 From Beth Manickas Johnson to Everyone:

Awesome!

15:16:55 From Susana to Everyone:

THANK YOU



# SUPERFOOD GARDEN SUMMIT

15:16:56 From Susan to Everyone:

Congrats!

15:17:03 From Lorryanne to Everyone:

Congratulations Suzanna 😊

15:17:06 From Beth Manickas Johnson to Everyone:

Will you be giving more kits away??

15:17:24 From Susan Thorpe to Host and panelists:

Congratulations 🎉

15:17:34 From Lauren | GYOV Support Team to Everyone:

Didn't win? You can grab it for yourself here: <https://superfoodgardensummit.com/super/>

15:17:52 From Lauren | GYOV Support Team to Everyone:

We pick prize winners randomly for ALL of the entries for the ENTIRE Summit

15:20:17 From Lauren | GYOV Support Team to Everyone:

👁️🌱👁️ LIFETIME ACCESS to the Summit PLUS 2 FREE months of Harvest Club!! Grab it with the special event pricing today! 🙌 <https://superfoodgardensummit.com/super/>

15:20:28 From Kowanda to Everyone:

Hi Kami!

15:20:43 From Paula Monette to Everyone:

Congratulations Susana.

15:20:51 From Lauren | GYOV Support Team to Everyone:

🌱🌱 Get ready for our dear friend, Kami McBride!! Let's dive into the world of Herbal Green Smoothies for Your Vitality with Kami McBride, who's talking all about how to craft the perfect smoothie to support your health!

15:21:09 From Lauren | GYOV Support Team to Everyone:

🌱 Grab YOUR Event Guide here:

<https://growyourownvegetables.org/SGS-2025-Event-Guide>

15:21:16 From MARIA GENOVEVA to Everyone:

🥰 thank you

15:21:53 From Kami McBride to Everyone:

Hi!!! Glad to be here, love everything so far on this summit.

15:22:56 From Lauren | GYOV Support Team to Everyone:

🌱🌱 Want to connect more with Kami? You can do that here: <https://kamimcbride.com/>

15:23:09 From Lauren | GYOV Support Team to Everyone:

🏆🎁🎉 [ENTER TO WIN PRIZES] Share your biggest takeaway here:  
<https://growyourownvegetables.org/sgs-enter-to-win> 🏆🎁🎉

🥳🥳 Today's prize: The Herbal Kitchen from Kami McBride!!! WAHOO! 🥳🥳

15:23:13 From Kowanda to Everyone:

The Herbal Kitchen is such a great book!

15:23:19 From Yvonne to Everyone:

Hi Kami

15:23:25 From Heather to Everyone:

Wow! Would love to win that book!

# SUPERFOOD GARDEN SUMMIT

15:23:26 From Umi to Everyone:

Hi Kami!!

15:23:30 From Fritt Ro to Everyone:

Kia ora @Kami 🖐️ I'm from 🇳🇿 Aotearoa / New Zealand.

15:23:47 From Susan Thorpe to Host and panelists:

Nice to meet you Kami. 😊

15:24:39 From Blake to Everyone:

Again! I wanna find out if we could use clay pots or plastic bottles for water irrigation for hot Midwest summers?

15:25:22 From Deborah Raskin to Everyone:

hi Kami love your book

15:25:34 From Cindy H to Everyone:

How do we get our names in to win prizes? Fill out that form? It looks as if that is best filled out after watching the full day's sessions.

15:26:43 From Michele Bellinger to Host and panelists:

Could you address cancer fighting smoothies?

15:27:05 From Fritt Ro to Everyone:

@Cingy H, I agree, it was confusing to me too. I found the link to enter yesterday, before the Summit even started, hahaha.

15:27:36 From UtahValley Permaculture to Everyone:

Yes please where is the link to enter?

15:27:40 From kathie woods to Everyone:

Hi KLove my banana in my smoothie.

15:28:21 From Joy Wells to Everyone:

I love to use frozen blueberries—is that bad?

15:28:37 From Zoom user to Everyone:

@UtahValley: It's totally individual...based on your microbiome, time of day, immune level...so many things...

15:28:42 From Fritt Ro to Everyone:

@UtahValley Permaculture, scroll up in the chat.

15:28:52 From Kami McBride to Everyone:

I talk about why you want to stay away from frozen to reduce coldness.

15:29:34 From Kami McBride to Everyone:

Ice cold reduces digestive capacity.

15:30:20 From Blake to Everyone:

Could we add plant base milk or juice for depth in a smoothie?

15:30:46 From Kim to Everyone:

Are those sunflower sprouts?

15:31:07 From Kami McBride to Everyone:

Yes those are sunflower sprouts

15:31:43 From Kami McBride to Everyone:

Juice is high sugar, I am focusing on reducing sugar which is needed for so many. If people are drinking smoothies daily, that is too much juice.

# SUPERFOOD GARDEN SUMMIT

15:32:17 From Kami McBride to Everyone:

You can use a plant based milk. I am all about finding ways to get more herbs in, so that is why I use herbal tea.

15:34:16 From Derek Thille (Winnipeg, MB) to Everyone:

Carrot tops could go nicely too.

15:34:17 From Lucy to Everyone:

Herbal tea is a great idea!

15:34:39 From kathie woods to Everyone:

link for entering for book?

15:35:08 From Susan and Garry to Everyone:

can we get the recipe?

15:36:54 From Lauren | GYOV Support Team to Everyone:

🏆🎁🎉 [ENTER TO WIN PRIZES] Share your biggest takeaway here:

<https://growyourownvegetables.org/sgs-enter-to-win> 🏆🎁🎉

🎉🎊 Today's prize: The Herbal Kitchen from Kami McBride!!! WAHOO! 🎉🎊

15:36:56 From Kami McBride to Everyone:

Recipe comes up on side of video throughout the video

15:38:00 From Cindy H to Everyone:

That form seems to be more for after watching all the workshops. Lol

15:38:22 From UtahValley Permaculture to Everyone:

Amen, one of best Herbal, Juicing experts I have seen in 40 years.!!!

15:38:22 From Becky to Everyone:

Do they need to be fresh or can they be dried...

15:38:28 From Kim to Everyone:

The sound has cut out

15:38:30 From Kowanda to Everyone:

Kami, where do you get your seaweed from?

15:38:47 From Susan and Garry to Everyone:

thank you!

15:39:05 From Michele Bellinger to Host and panelists:

How about purslane added?

15:39:34 From Kami McBride to Everyone:

Herbs can be fresh or dried, but you are adding herbal powder already in the recipe. Fresh herbs are all about getting enzymes.

15:39:53 From UtahValley Permaculture to Everyone:

Sound is your computer, see " Audio Settings in Left hand bottom corner

15:39:54 From Blake to Everyone:

Could we also add nuts in there?

15:39:57 From Kami McBride to Everyone:

Absolutely, purslane can be one of the fresh herbs, or part of the vegetable component

15:39:58 From Lauren | GYOV Support Team to Cindy H, host and panelists:

# SUPERFOOD GARDEN SUMMIT

You can also enter to win with what you're excited about for the upcoming presentations or how you feel they may speak to your life / garden.

15:40:51 From UtahValley Permaculture to Everyone:

Love the avocado as your good fat.

15:41:18 From Becky to Everyone:

Thank you Kami

15:41:23 From UtahValley Permaculture to Everyone:

Peanuts have high yeast content and feeds your bad flora in your gut, but Almond butter and Walnut better

15:42:58 From Claudia to Everyone:

how long can this be refrigerated?

15:43:12 From Kami McBride to Everyone:

I drink my smoothies after making them.

15:44:04 From Kami McBride to Everyone:

You have blended your vegetables, which increases the oxidation process, so the sooner you drink it to time of making is better.

15:44:17 From Patricia to Everyone:

Peanuts have mold

15:45:07 From Lauren | GYOV Support Team to Everyone:

Sounds like this will be a fun thing to experiment with!

15:45:08 From Kim to Everyone:

That looks really yummy

15:45:13 From Kami McBride to Everyone:

I talk about how peanuts have mold. I don't recommend peanut butter. You can put in soaked nuts or the easiest to digest nut butter is sesame (tahini)

15:45:20 From Kowanda to Everyone:

The smoothie is such a good green color.

15:45:25 From Kami McBride to Everyone:

Great way to drink your garden!

15:45:45 From Kim to Everyone:

I have a KitchenAid blender. Will that work for an herbal smoothie?

15:45:56 From Kami McBride to Everyone:

Yes, any blender will work

15:46:01 From Kim to Everyone:

The sound is cutting out again.

15:46:10 From Pat to Everyone:

Can you show the recipe again?

15:46:12 From Lauren | GYOV Support Team to Everyone:

👏 Thank you, Kami! 👏 I think it's safe to say that we are all feeling more inspired than ever!

15:46:19 From Cindy H to Everyone:

Great presentation

15:46:24 From Heather to Everyone:

Loved this presentation!

# SUPERFOOD GARDEN SUMMIT

15:46:27 From Kami McBride to Everyone:

Got extra veggies coming on! Drink them!

15:46:28 From Kowanda to Everyone:

I wish I could have been in her herbal kitchen while she was making it.

15:46:29 From kathie woods to Everyone:

Thanks so much Kami

15:46:31 From MARIA GENOVEVA to Everyone:





15:46:31 From Yvonne to Everyone:

thank you ;)

15:46:33 From Lauren | GYOV Support Team to Everyone:



Want to connect more with Kami? You can do that here: <https://kamimcbride.com/>

 Important! Kami is giving all Summiteers a FREE guide to chili oil! You can get that here: <https://herbalhealingarts.com/chili-oil> 

15:46:38 From Fritt Ro to Everyone:

Thanks @Kami, that looked delicious.

15:46:39 From Susan Thorpe to Host and panelists:

Thanks Kami.. 

15:46:40 From Joy Wells to Everyone:

Ugh, I'm having connection issues. Great presentation!

15:46:59 From T to Everyone:

Thank you!

15:47:01 From Kami McBride to Everyone:

Great being here! Love all the wisdom today!

15:47:03 From Jenny Lynn to Everyone:

Thanks Kami! So much great information!

15:47:08 From Susan and Garry to Everyone:

I loved it! Thank you

15:47:12 From Cindy H to Everyone:

Would love to win the book!!!!

15:47:19 From Jan Egge to Everyone:

I would love that book!!!

15:47:24 From Gena Beam to Everyone:

would love to win

15:47:25 From Stephanie Hart to Everyone:

I drink a smoothie everyday, but I n see ver thought to add

15:47:27 From Kami McBride to Everyone:

Good luck on winning your copy of The Herbal Kitchen!

15:47:30 From Carlin to Everyone:

Love the idea of adding the herbs

15:47:32 From Susan and Garry to Everyone:

# SUPERFOOD GARDEN SUMMIT

i do I do! ❤️

15:47:38 From Kowanda to Everyone:

I bought her book and took it to my Mothers and she saw it had teas in it and she bought herself one.

15:47:38 From kathie woods to Everyone:

super hoping my name is pulled for book

15:47:40 From Nancy to Everyone:

Yes, I would love to win the book

15:48:00 From Stephanie Hart to Everyone:

I enjoy a smoothie daily

15:48:04 From iPhone1 to Host and panelists:

Yes book looks great

15:48:06 From Lauren | GYOV Support Team to Everyone:

🏆🎁🎉 [ENTER TO WIN PRIZES] Share your biggest takeaway here:

<https://growyourownvegetables.org/sgs-enter-to-win> 🏆🎁🎉

15:48:08 From Erin to Everyone:

Am definitely going to throw some lemon balm in my smoothies now!

15:48:18 From Cindy H to Everyone:

Just looking on Amazon...today it is \$31.10

15:48:23 From Cindi to Everyone:

I would read that cover to cover. maybe I'll win!

15:48:26 From Kami McBride to Everyone:

Yes, lemon balm is great in smoothies. More herbs!

15:48:27 From Lauren | GYOV Support Team to Everyone:

Enter as MANY times as you like! We pull winners randomly from ALL of the entries throughout the ENTIRE event!!

15:48:37 From cheryl hudson to Everyone:

I am ready to make this herbal green smoothie. Thanks

15:49:10 From Lauren | GYOV Support Team to Everyone:

🎁 Did you know?? 🎁 When you purchase the Garden Success Kit you gain access to Kami's "Pesto for All Seasons" eBook along with her amazing presentation to look back on whenever you need! Grab your Kit AND Kami's bonus here:

<https://superfoodgardensummit.com/super/>

15:49:13 From Derek Thille (Winnipeg, MB) to Everyone:

We've made pesto with carrot tops.

15:49:14 From Cathy to Everyone:

I love the recipes, and have learned a lot from this, thank you.

15:49:19 From Sherri Clixby to Everyone:

I'd like that book!

15:49:34 From Janneane M to Everyone:

Radish greens pesto is my favorite!

15:49:36 From Lauren | GYOV Support Team to Everyone:

# SUPERFOOD GARDEN SUMMIT

🎉🌈🎉 Congratulations to Grace Tang, you won the The Herbal Kitchen from Kami McBride!!! Email [support@growyourownvegetables.org](mailto:support@growyourownvegetables.org) to claim your prize! 🎉🌈🎉

15:49:36 From Stephanie Hart to Everyone:

Great idea to use herbs instead so much fruit. Great presentation

15:49:38 From Kowanda to Everyone:

Congrats Grace!

15:49:44 From Kami McBride to Everyone:

Woo hoo, congratulations Grace!

15:49:45 From Lauren | GYOV Support Team to Everyone:

📖 Get Kami's Amazing Book The Herbal Kitchen Here:

<http://kamimcbride.com/theherbalkitchen/> 📖

15:49:52 From T to Everyone:

Congratulations Grace!

15:49:56 From Fritt Ro to Everyone:

Congratulations Grace!

15:49:57 From Grace to Everyone:

Thank you :)

15:49:58 From Gail to Everyone:

Congrats Grace

15:50:17 From Kami McBride to Everyone:

There is an entire chapter on herbal smoothies in The Herbal Kitchen!

15:50:19 From Jenny Lynn to Everyone:

Congratulations! Drink your veggies!

15:50:27 From Meliss to Everyone:

thank you so much!

15:50:31 From User to Everyone:

thank you!!

15:50:33 From Teresita Galvizo to Everyone:

Thank you.

15:50:41 From Meliss to Everyone:

Congratulations Grace!!

15:50:42 From Yvonne to Everyone:

Thank you

15:50:44 From Kowanda to Everyone:

It's been a great day of learning. I can't wait for tomorrow's line up.

15:50:44 From MARIA GENOVEVA to Everyone:

this has been so good. I got to go to work though. thank you so much to everyone! 🥰👏

15:50:49 From Lauren | GYOV Support Team to Everyone:

👁️🌱👁️ OWN the Summit for yourself PLUS amazing bonuses! Grab it with the special event pricing today! 🙌 <https://superfoodgardensummit.com/super/>

15:50:57 From Mary's iPad to Host and panelists:

Thanks to everyone for today's presentations and ideas.. much appreciated.

15:51:00 From Elizabeth Caffrey to Everyone:



# SUPERFOOD GARDEN SUMMIT

Thank You All....very interesting.

15:51:27 From Meliss to Everyone:

I can't wait to rewatch!

15:51:36 From Grace to Everyone:

Where do I send the email for the book? Thanks

15:51:45 From Gail to Everyone:

yes, \$\$\$ income

15:51:52 From Lauren | GYOV Support Team to Grace, host and panelists:

Support@GrowYourOwnVegetables.org

15:52:09 From Lauren | GYOV Support Team to Everyone:

🥳 Thank you SO much for joining us for Day 1 of the Superfood Garden Summit! What a blast!!

👋 Looking forward to seeing you all tomorrow at 10am PT / 1pm ET!! Find all the details here: <https://superfoodgardensummit.com/live-event/>

15:52:29 From Grace to Everyone:

Thank you Lauren

15:52:32 From T to Everyone:

Awesome!!!! Thank you everyone!!!!

15:52:38 From Janneane M to Everyone:

Thanks to the entire team! No small feat

15:52:45 From Lauren | GYOV Support Team to Everyone:

Thanks 😊

15:52:47 From Lorryanne to Everyone:

Thank you 😊😊❤️

15:52:48 From Kami McBride to Everyone:

Love everyone over at GROV!

15:52:54 From Linda Fischer to Everyone:

Thank you! Very informative

15:52:57 From Laura to Everyone:

THANK YOU Denise!!!! Have a blessed day.

15:53:00 From Erin to Everyone:

Thank you, everyone! What a wonderful community 🌱❤️

15:53:05 From Lauren | GYOV Support Team to Everyone:

👁️🌱👁️ LIFETIME ACCESS to the Summit PLUS 2 FREE months of Harvest Club!! Grab it with the special event pricing today! 🙌 <https://superfoodgardensummit.com/super/>

15:53:05 From Bruce Kivi to Everyone:

Thank you

15:53:06 From Gail to Everyone:

Thank you, everyone, for sharing vital info