

# SUPERFOOD GARDEN SUMMIT

## Day 2 Chat Box Thread

12:57:53 From Lauren | GYOV Support Team to Everyone:

🥳 Welcome to Day 2 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/> 🔊

12:58:10 From Kowanda to Everyone:

Hello from Alabama!

12:58:26 From Stacey Murphy to Everyone:

Welcome everyone! Hi from Mount Shasta

12:58:27 From Lauren | GYOV Support Team to Everyone:

Welcome back, Kowanda! 😊

12:58:27 From StPaul AMEChurch to Everyone:

Good Day from Bermuda

12:58:29 From Susan and Garry to Everyone:

Hello from Texas!

12:58:32 From Lauren | GYOV Support Team to Everyone:

Welcome everyone!

12:58:43 From Lauren | GYOV Support Team to Everyone:

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

12:58:45 From Kowanda to Everyone:

Glad to be back!

12:58:55 From Bruce Kivi to Everyone:

Hello

12:59:24 From Lotte to Everyone:

Good evening from Denmark

12:59:26 From Noemi Jean to Everyone:

good morning here from the Philippines

12:59:30 From Fritt Ro to Everyone:

Morena from 🇳🇵 Aotearoa / New Zealand, where it is 5am on Thursday morning now.

12:59:34 From Jen D to Everyone:

Hello from North Texas!

12:59:51 From Cindi A to Everyone:

Hello from Connecticut

12:59:54 From Frederick Musisi Lutaakome to Everyone:

Hello I delighted to attend Fred M Lutaakoke form Semuto Ugand

13:00:08 From Deborah Raskin to Everyone:

hi from Florida

13:00:16 From Marieta O. to Everyone:

Hi from California

# SUPERFOOD GARDEN SUMMIT

13:00:48 From Wanda to Everyone:

Hi from Louisiana

13:01:19 From EUGENE MANDELCORN to Everyone:

We will be training the homeless to raise their own food so they don't need to depend on handouts.

13:01:35 From Tee C. to Everyone:

Hello

13:01:45 From wendell to Everyone:

Wendell from georgia

13:02:43 From Tee C. to Everyone:

ME!!!!

13:02:45 From Lauren | GYOV Support Team to Everyone:



13:02:46 From Stephanie to Everyone:

I do

13:02:49 From Suzanne Danielson to Everyone:

EM that sounds like a good project

13:02:49 From Kowanda to Everyone:

Me!

13:02:52 From Denise Beins to Everyone:

Meeee! It tastes so much better 😊

13:02:52 From Joy Wells to Everyone:

Yes!

13:02:56 From Rebecca Squire to Host and panelists:

Yes

13:02:56 From Maureen Shier Burleson to Everyone:

Want salads every day

13:02:58 From Christopher Toussaint to Everyone:

indeed

13:02:59 From Bruce Kiviui to Everyone:

Fresh!

13:03:01 From Fritt Ro to Everyone:

I love the garden in my imagination!

13:03:03 From Tee C. to Everyone:

100%

13:03:11 From Marieta O. to Everyone:

delightful

13:04:41 From Noemi jean to Everyone:

good morning here from the Philippines

13:04:54 From EUGENE MANDELCORN to Everyone:

Hi Suzanne, Thank you for your comment. We are also building them homes which they will be involved in putting the finishing touches on and picking the furnishings, but first they must grow their food.

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13:05:40 From Mary's iPad to Everyone:

Apologies unable to link adequately. Will catch up on repeat before tomorrow's session.

13:05:53 From Suzanne Danielson to Everyone:

Goals are important

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



13:06:16 From Denise Beins to Everyone:

Yay! Lauren is awesome!

13:06:19 From EUGENE MANDELCORN to Everyone:

Suzanne, we talk about it in the feature "Lee

13:06:22 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!

13:06:35 From Kowanda to Everyone:

I glad you are not a bot, Lauren!

13:06:49 From Lauren | GYOV Support Team to Everyone:

Me too!

13:07:00 From Lauren | GYOV Support Team to Everyone:



Get YOUR questions answered! Submit them here:

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

13:07:03 From Maggi Breckenridge to Everyone:



13:07:22 From Madeleine Heimersson to Everyone:



Hi there joining you from Sweden! Sooo exited!

13:07:42 From Sally to Everyone:

Aloha from Hawaii

13:08:08 From Deborah Ellis to Everyone:

Joining from East Texas. New to this growing zone.

13:08:13 From EUGENE MANDELCORN to Everyone:

Suzanne we talk about it in the movie, "Lee'd The Way" and show it in more detail in "MAKING IT!!!" and "Angel City."

13:08:46 From Rodney Cooper to Everyone:

Hello from Arkansas

13:08:56 From steve to Everyone:

Aphid population is a real problem thus far this year in UK; any tips to deter?

13:09:01 From Justin Lofton to Everyone:

Aho! Thank you!

13:09:12 From Justin Lofton to Everyone:

Nicaragua in the house

13:09:12 From Lauren | GYOV Support Team to Everyone:

Share with your friends: <https://superfoodgardensummit.com>

13:09:45 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/>

# SUPERFOOD GARDEN SUMMIT

13:10:13 From Denise Beins to Everyone:

Sharing this event is like being a pollinator to your community 🐝

13:12:58 From Kowanda to Everyone:

I love that, Denise!

13:13:25 From Kowanda to Everyone:

I've been pollinating. :)

13:13:40 From Denise Beins to Everyone:

Yes you have - thank you!

13:13:41 From Lauren | GYOV Support Team to Everyone:

🙋 That's me!

13:13:51 From Christopher Toussaint to Everyone:

tomato hornworms are the worst

13:13:55 From James Gallardo to Everyone:

I never got a link for the replay yesterday?

13:14:09 From Rita to Everyone:

just watched the replay from yesterday thanks

13:14:14 From Kowanda to Everyone:

I think I could watch the Ocean Robbins interview over and over.

13:14:14 From Deborah Myers to Everyone:

i want to, but couldn't find it

13:14:17 From Rodney Cooper to Everyone:

I saw them last night and this morning.

13:14:19 From Suzanne Danielson to Everyone:

I watched them including the third one that I missed live

13:14:22 From Cheryl Ambrose to Everyone:

Yes, wasn't able to catch it live yesterday

13:14:24 From Kowanda to Everyone:

Whoohoo! Let's go!

13:14:27 From Jen D to Everyone:

I watched live and watched again last night.

13:14:32 From Rodney Cooper to Everyone:

Sure

13:14:33 From Cindi A to Everyone:

Yes

13:14:34 From Lauren | GYOV Support Team to Everyone:

@James - email me at [Support@GrowYourOwnVegetables.Org](mailto:Support@GrowYourOwnVegetables.Org) and I'll make sure you are getting the emails. But you can check for replays on this page:

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

13:14:34 From Bruce Kivi to Everyone:

Ready!

13:14:35 From Deborah Myers to Everyone:



13:14:37 From Joy Wells to Everyone:

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Yes!

13:14:42 From Fritt Ro to Everyone:

I'm ready to get started, and to win prizes!

13:14:43 From Cheryl Ambrose to Everyone:

Of course

13:14:43 From Madeleine Heimersson to Everyone:

I have replied all the sessions from yesterday! Thank you!!! ☺

13:14:43 From Shannon Swiatek to Host and panelists:

Yey!! Prizes!

13:14:46 From Lauren | GYOV Support Team to Everyone:

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

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

13:15:37 From Karen Davidson to Everyone:

I had to miss first class yesterday. looked everywhere for replay. never found it! Would still like to see it!

13:16:35 From Lauren | GYOV Support Team to Everyone:

@Karen - Day 1 replays are expired now ;( But email me at Support@GrowYourOwnVegetables.Org so we can figure it out together

13:16:57 From Sally to Everyone:

Taking copious notes!

13:17:02 From Lauren | GYOV Support Team to Everyone:

🌱 Grab YOUR Event Guide here:

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

13:17:34 From Fritt Ro to Everyone:

I'm entered to win, again.

13:17:44 From Jen D to Everyone:

Love the event guide!

13:17:49 From Lauren | GYOV Support Team to Everyone:

So glad!!

13:18:03 From Deborah Raskin to Everyone:

yes

13:18:08 From Kowanda to Everyone:

I'm interested for future, like when I'm actually producing food.

13:18:19 From Jan to Everyone:

Q: I saw some white ants/larvae in my cucumber soil when I started transplanting them this morning. I sprinkled some cinnamon powder on the soil and I'll try again tomorrow morning. Any suggestions?

13:18:20 From Shannon Swiatek to Host and panelists:

I have but I don't know how to scale. Only doing some farm shares and used to sell eggs

13:18:34 From Shannon Swiatek to Host and panelists:

I want to get into restaurants!

13:18:43 From Beth Manickas Johnson to Everyone:

Hi All from RI

# SUPERFOOD GARDEN SUMMIT

13:18:50 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!

13:19:13 From Yvonne to Everyone:

Hi from Cleveland, Ohio

13:19:32 From Wendy Gillespie to Everyone:

Hi from New Zealand

13:19:59 From Kowanda to Everyone:

Stacey, were you a CSA as a backyard farmer?

13:20:06 From Fritt Ro to Everyone:

Mōrena Wendy, from Tāmaki Makaurau.

13:20:16 From Beth Manickas Johnson to Everyone:

Will there be prizes today like yesterday 😊

13:20:19 From Andrea Long to Everyone:

Hi from Indiana/Ohio line

13:20:23 From Lauren | GYOV Support Team to Everyone:

Yes prizes today!

13:20:31 From Isa to Everyone:

White ants? Do an image search for termites to make sure that's not what you saw

13:20:33 From Beth Manickas Johnson to Everyone:

Awesome !!

13:20:33 From Lauren | GYOV Support Team to Everyone:

🏆🎁🎉 [ENTER TO WIN PRIZES] Share your biggest takeaway here:  
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13:20:50 From Stacey Murphy to Everyone:

Hi Kowanda, Yes, I had a CSA, you'll hear all about it

13:20:57 From Kowanda to Everyone:

Awesome!

13:21:02 From Kowanda to Everyone:

I'll be taking notes.

13:21:05 From Wendy Gillespie to Everyone:

Kiaora Fritt! Im in Tauranga Moana

13:22:04 From Sophia to Everyone:

Dublin, Ireland :)

13:22:12 From Fritt Ro to Everyone:

@Wendy, I used to live in Katikati & Waihi Beach. Love that part of the country.

13:22:20 From Stacey Murphy to Everyone:

Awesome Shannon, sometimes you only sell one thing to make life easier. Or a couple things. Create the relationships so you know what you CAN sell easily

13:23:40 From Theresa Willis to Everyone:

Will we get the checklist mentioned?

13:23:46 From Kowanda to Everyone:

I think another why is to help your community.

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13:24:14 From Stacey Murphy to Everyone:

Checklist is later in the presentation. You'll see it on the screen

13:24:49 From Steve to Everyone:

Aphid population is a real problem thus far this year in UK; any tips to deter aphids like companion planting?

13:25:04 From Andrea Long to Everyone:

Nice thing about growing and selling food in Indiana is you don't have to collect sales tax to turn in every 3 months. But we have tighter laws on selling produce or other cottage industry.

13:25:21 From Tamara to Everyone:

3wxQaqaQqqAqqAqaAqxqaaaaaAAaaAaaaaqqaAAAQqqqaqqqqqm

13:25:27 From Tamara to Everyone:

.....

13:26:05 From Stacey Murphy to Everyone:

Yes, Andrea, we had no sales tax on our farms which was great! Also set up as CSA agreements for the most part, so not selling at market

13:26:08 From Fritt Ro to Everyone:

@Andrea Long, yes that is my concern too, complying with all of the red tape.

13:26:46 From Wendy Gillespie to Everyone:

I find it best to do it fly under the radar, its not as if you are making millions

13:26:53 From Ann L to Everyone:

Davis, CA

13:26:58 From Stacey Murphy to Everyone:

When you set up a CSA it is a membership, so you have to see what category that falls into in your area

13:27:07 From Denise Beins to Everyone:

I love this! 😊

13:27:10 From Stacey Murphy to Everyone:

Yes, Wendy, I flew WAY under the radar

13:27:19 From Madeleine Heimersson to Everyone:

How do I join the extra bonus- win -event! Can you send me a link! leneheimerssongmail.com

13:27:34 From Stacey Murphy to Everyone:

We had larger farms and farmers market and had to do a bunch of paperwork for those

13:27:40 From Lauren | GYOV Support Team to Everyone:

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

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

13:28:28 From Kowanda to Everyone:

I love that idea!

13:28:38 From Stacey Murphy to Everyone:

Steve, aphid population, do you know if they are cabbage aphids or something else? Those guys are aggressive and I do different things for them as for others

13:28:38 From Beth Manickas Johnson to Everyone:

I love my plants and my garden. So do the critters. I have a woodchuck problem. My husband has trapped 2 and released them 7 miles away in the woods

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13:29:02 From Stacey Murphy to Everyone:

Whoa Beth! That is commitment to kindness. Impressive.

13:29:26 From Isa to Everyone:

Can we get marketing tips for introverts? 😞

13:29:27 From Stacey Murphy to Everyone:

We caught woodchucks with melons in the past

13:29:31 From Beth Manickas Johnson to Everyone:

What can I do to prevent them from visiting ? They wiped out my broccoli, all my lettuce and now my rhubarb plant. All gone !

13:29:59 From Stacey Murphy to Everyone:

Marketing tip for introvert... find an extrovert friend who loves what you are doing and have them host a pot luck and invite the neighborhood for you

13:30:15 From Madeleine Heimersson to Everyone:

🥰!Greeeeaaat to see people from all over the World here! I'm kind of alone in thinking green in Sweden so i need the support from all you green plant path people! 🌱

13:30:25 From Sally to Everyone:

I use floating row covers and they work pretty well against pests

13:30:36 From Stacey Murphy to Everyone:

Introvert tip, create a flier and put it in everyone's mailbox

13:30:59 From Kowanda to Everyone:

Stacey, are you going to tell us about how much produce you would put in to a box for your members?

13:31:25 From Stacey Murphy to Everyone:

Hi Madeleine, love that you are spreading the green in Sweden!

13:31:58 From Stacey Murphy to Everyone:

Yes, Kowanda, I do share it. Just did... lol

13:32:02 From Fritt Ro to Everyone:

CSA (Community Supported Agriculture) sounds like what we would call a "food collective" here.

13:32:08 From Sally to Everyone:

I live in an agricultural area where pretty much everyone grows stuff, so mostly we just do exchanges with the neighbors of what is exploding at the moment

13:32:23 From Stacey Murphy to Everyone:

Typically they got at least 6 veggies each week and 2 herbs, sometimes extras

13:32:39 From Isa to Everyone:

Sally, city folk pay for fresh food!

13:32:45 From steve to Everyone:

Stacey, not sure what type of aphids but they appear to be greyish/white in colour; what can I try since garlic spray and/or soap doesn't help. They got a hold before a small and late show of hoverflies, lady birds (bugs) and wasps. I have tried marigolds but not helpful?

13:33:00 From Stacey Murphy to Everyone:

Yes, Isa, the benefit of being in the city was that people pay well for fresh produce

13:34:20 From Sally to Everyone:

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@isa - we don't have a city here lol - just bigger towns. And LOTS of farmers markets - almost everyone grows stuff day of the week somewhere

13:34:46 From Bruce Kivi to Everyone:

Do you know any shade loving plants, plants that can grow in shade?  
please share

13:36:36 From Stacey Murphy to Everyone:

Yes, Steve, the grayish white ones are cabbage aphids and they are aggressive. A couple of extra things to try... nasturtiums can be a trap crop to attract them away from your food, and throw it away. You can also try a seaweed or fish emulsion spray or compost tea to boost the health of the plant. Aphids are a sign that soil and plants could be healthier.

13:37:08 From Sally to Everyone:

Will you be covering tips for those with disabilities to scale up? (Just thought of a potential way to "sell my expertise"...adaptive gardening...)

13:37:32 From Madeleine Heimersson to Everyone:

🌱 I'm looking for a more direct Contact to nature growing my own food and spreading the knowledge and joy of local Foods to enjoy for everybody. I hope to get gardening knowledges so I can reset my Life from citylife to Naturelife out in the woods and gardening my own food. ALL TIPS are welcomed! ☺

13:37:56 From Denise Beins to Everyone:

I love adaptive gardening @Sally!

13:38:06 From Stacey Murphy to Everyone:

Bruce, shade loving plants aren't typically food plants. But if you have at least 4 hours of sunlight, you can grow some lettuce, spinach, and herbs like parsley, cilantro.

13:38:18 From Fritt Ro to Everyone:

@Sally, I too am disabled, and getting out into my own garden is hard enough, without trying to produce for others.

13:38:49 From Sally to Everyone:

I am getting started with Kratky hydroponics - and hope to scale that to where I can sell/donate greens to the community

13:39:45 From Bruce Kivi to Everyone:

Thanks Stacey, ill give it a go!

13:39:57 From Madeleine Heimersson to Everyone:

Is there less nutrition value in city-grown vegetables? Can I sell them with good feelings?

13:40:15 From Isa to Everyone:

What if you have a hard time and can't fulfill your obligation- eg squash isn't growing in time or squirrels eat all of your weeks' tomatoes

13:40:31 From Stacey Murphy to Everyone:

Madeleine, you can cultivate great soil no matter where you are. I improved the soil everywhere I grew with tons of compost to make sure the food is healthy

13:41:37 From Stacey Murphy to Everyone:

Isa, great question! I had the squash totally fail. Luckily everything else grew like crazy and nobody noticed.

13:41:38 From Steve to Everyone:

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Thanks Stacey; I have been using cattle manure tea diluted with water 1:10?

13:41:40 From Fritt Ro to Everyone:

@Isa, for tips on improving your soil, see Matt Powers' presentation here tomorrow.

13:42:18 From Stacey Murphy to Everyone:

Isa, sometimes you have a big failure like a tornado or a hail storm takes out everything. But that's why it's a CSA, they know they are taking the risk with you and I have found people happy to support in times of acts of nature

13:42:39 From Johanna Derkacz to Everyone:

I wish I could do this vegetable growing however my city doesn't allow vegetable gardening within the "cottage business" allowable businesses.

13:43:45 From Deborah to Everyone:

Where is the best place to get seeds?

13:44:37 From Sally to Everyone:

@deborah I've had the very best luck with Johnny's Selected Seeds - very high germination rates

13:44:48 From Zoom user to Everyone:

@Johanna—Maybe you can petition for a change? In the meantime, maybe start indoors...sprouting, container...and jeep it between your personal network.

13:45:16 From Zoom user to Everyone:

\*keep

13:45:20 From Stacey Murphy to Everyone:

Deborah, I had several favorites over the years. I loved Johnny's as a farmer, and then I loved Baker Creek and High Mowing

13:45:40 From Madeleine Heimersson to Everyone:

So the soil is the healthy certificate? Even if I live in the city right now! Planning to move out on the countryside but I'm not there yet. I do have possibilities to grow a small garden in the cit, and want to spread to joy of local veggies! 🌱 ☺.

13:45:47 From Christopher Toussaint to Everyone:

oops

13:45:48 From Kowanda to Everyone:

I thought it was just me.

13:46:09 From Kowanda to Everyone:

Foxtrot Garden in Brooklyn.

13:46:27 From Tracy Swift to Host and panelists:

You were at the Fox Trot garden again

13:46:33 From Lauren | GYOV Support Team to Everyone:

Get amazing seeds at Seeds for Generations! Jason Matyas is one of our speakers for the Summit. You actually received 10% off just for registering! Find that bonus here:  
<https://superfoodgardensummit.com/bonus/>

13:46:46 From Ila Roy to Everyone:

what is the ideal size growing bed?

13:46:49 From Fritt Ro to Everyone:

Oops! 😊

# SUPERFOOD GARDEN SUMMIT

13:47:20 From Kowanda to Everyone:

Does the local Extension office provide details on a CSA?

13:47:39 From Zoom user to Everyone:



13:48:14 From Isa to Everyone:

Sweet potatoes and pumpkins are “decorative” enough for the front yard

13:48:27 From Fritt Ro to Everyone:

Indemnity, idemnify!

13:48:34 From Suzanne Danielson to Everyone:

potted herbs and some of the other plants are attractive

13:48:41 From Sally to Everyone:

Is a multiple small farm CSA a thing? Like partnering with a couple other small growers to put together a good selection?

13:48:45 From Debbie's iPad to Everyone:

I don't have audio?

13:48:55 From Lauren | GYOV Support Team to Everyone:

Oh Sally I love that idea!

13:48:58 From Isa to Everyone:

And medicinal/edible flowers and herbs in the front

13:49:07 From Lauren | GYOV Support Team to Everyone:

@Debbie - try restarting and then re-joining!

13:49:46 From Sharon Crapo to Everyone:

oregano changed flavor on me!

13:49:52 From Zoom user to Everyone:

Yes, Stacey!

13:50:36 From Sally to Everyone:

I do really well with herbs - never thought of that as a sole product line, but - why not?

13:51:56 From Debbie's iPad to Everyone:

I had an accessory in my device. Now I'm good. Thanks

13:52:33 From Lauren | GYOV Support Team to Everyone:

Just a little side quest!

13:53:09 From Andrea Long to Everyone:

one of my local farmer's market was set up through a church for the community. So paid a one time fee to be under their insurance for it. Last year, a near by hospital sponsored a snap/wic system for so many \$ and this year they doubled the \$ so it is awesome. Very small FM but it's nice.

13:53:28 From Wendy Gillespie to Everyone:

thank you Stacey, so helpful and real

13:53:51 From Sally to Everyone:

I just worked here in Hawaii (with a wonderful coalition of farmers and prepared food producers) to change the cottage food law to be more expansive - took 3 years but it was worth it!

13:54:04 From Sally to Everyone:

# SUPERFOOD GARDEN SUMMIT

It can be done!

13:54:26 From Stacey Murphy to Everyone:

Sally that's awesome! We changed a couple zoning laws in NYC to get larger rooftop farms

13:54:36 From Andrea Long to Everyone:

Love that Sally!

13:54:39 From Stacey Murphy to Everyone:

And yes, it absolutely can be done!

13:54:50 From Zoom user to Everyone:

@Sally — Yes, yes, yes. Wonderful! Thanks for sharing that good news!

13:55:18 From Stacey Murphy to Everyone:

2 hours a week was just harvesting, and I was flying!

13:55:50 From steve to Everyone:

When I see my pest damaged crops I take comfort knowing that my produce is organic. A positive spin always. I use cattle manure; am I really organic?

13:56:30 From Stacey Murphy to Everyone:

I decided I am NEVER growing zucchini or summer squash for a CSA. Pain in the butt!

13:57:24 From Isa to Everyone:

Steve- unless the cows are "organic", no. But "naturally grown" may describe it better, and has no legal meaning so you can't get in trouble there

13:57:27 From Wendy Gillespie to Everyone:

did you need to buy packaging at all?

13:57:46 From Sally to Everyone:

I cannot grow zucchini here. I got some tromboncino squash seeds (from your suggestion, Stacey) and am excited to try them out

13:58:10 From Stacey Murphy to Everyone:

I love your perspective Steve. Yes, all organic food will have some pest pressure. Do you know what the cattle are eating? And if they are receiving hormones or antibiotics. Good to check those details.

13:58:47 From Stacey Murphy to Everyone:

Yes Sally... that's the only one I ever grow now

13:59:12 From Vicky Schneider to Everyone:

How did you divide produce between 6 people if you only had like 4 eggplant that week?

13:59:26 From Sally to Everyone:

I love the dual nature - summer squash that's also a winter squash!

13:59:53 From Zoom user to Host and panelists:

I am growing cherry tomatoes for the first time from seed. I'm concerned as how fast they're growing however I have tiny green tomatoes growing. I've already added some long branches to accommodate more growth but what next? I don't understand trellising 😞

13:59:58 From Stacey Murphy to Everyone:

Wendy, I had the CSA members give me reusable bags for all their produce. I did use rubber bands for bunches of greens and reusable cardboard containers for cherry tomatoes.

14:01:00 From Bree to Everyone:

# SUPERFOOD GARDEN SUMMIT

Were people choosing what they wanted from what you were going to grow, or did you just give a little of everything to all as the season went along?

14:01:10 From Stacey Murphy to Everyone:

Oh boy Zoom user... cherry tomatoes are rapid growers! I like the Florida Weave version of trellising if you want to look that up and see if it makes sense to you

14:01:12 From Wendy Gillespie to Everyone:

@stacey can you run the CSA pick up from a farmers market to double up on effort?

14:01:30 From Kim to Everyone:

tromboncino squash are delicious. They are much easier to grow. The vine stems are not hollow like zucchini so not much problem with squash borers.

14:02:07 From Stacey Murphy to Everyone:

Wendy, I'm not sure I understand your question. My CSA members lived on the block, so they just came to the garden and picked it up after work on Tuesdays. I would leave them hanging in the shade

14:03:07 From Wendy Gillespie to Everyone:

@ Stacey I grew and sold fresh flowers at the market, the introduced veggies, but people wouldn't buy them, it was crazy

14:03:24 From Wendy Gillespie to Everyone:

couldn't sell the veggies

14:03:54 From Wendy Gillespie to Everyone:

just gave them away in the end

14:04:07 From Stacey Murphy to Everyone:

Wendy, I have found similar weirdness. We had a fresh flower CSA and none of them bought our veggies. We had two totally different markets.

14:05:13 From Stacey Murphy to Everyone:

Wendy, I have found I need to somehow distinguish how my veggies are different than others that they can buy to get their attention away from the person they are already buying them from

14:05:32 From Wendy Gillespie to Everyone:

@ Stacey my flower farm is rural, so a csa pick up is a bit more difficult, did a pyo on a sunday, that went well

14:05:33 From Denise Beins to Everyone:

Oh I love that!

14:05:34 From steve to Everyone:

Thanks Stacey; I have no idea what the cattle farmer does with his beef; he could be injecting with growth hormones and/or antibiotics. It seems that it is difficult to avoid drugs/pesticides, chlorinated chicken etc. etc. So even home grown produce can be "contaminated" maybe even by chlorinated or fluoridated water or acid rain? I'm loving your presentations BTW

14:05:49 From Isa to Everyone:

We have a bulletin board for local farm services, like csa's, at our feed store

14:06:45 From Stacey Murphy to Everyone:

I just met a woman this week who had made a bunch of Mimosa flower infused vodka. It was amazing.

14:07:01 From Lauren | GYOV Support Team to Everyone:

# SUPERFOOD GARDEN SUMMIT

Happiness tincture!

14:07:22 From Kowanda to Everyone:

Awesome-Happiness tincture. I'm borrowing that.

14:08:12 From Stacey Murphy to Everyone:

Steve, when you start growing food, you realize all the decisions that go into the whole process. It's easy to drive yourself crazy, so you have to choose what you want to focus on for your own health.

14:08:23 From Theresa Willis to Everyone:

I'm interested in hemp.

14:08:49 From Lauren | GYOV Support Team to Everyone:

Support@GrowYourOwnVegetables.Org

14:09:08 From Isa to Everyone:

I saw a documentary on fake farmers at markets; they basically buy bulk from the same places grocery stores do, add a bit of dirt on the zucchini, and upsell the grocery stores! Make sure your customers KNOW you grow your own if you're having trouble with people justifying the price

14:09:18 From Kowanda to Everyone:

That is so cool!

14:10:11 From Beth Manickas Johnson to Everyone:

When we watch the replays or after purchasing this series will we be able to see this presentation with the chat comments too?

14:10:13 From Justin Lofton to Everyone:

Need to stop living in boxes

14:10:22 From Lauren | GYOV Support Team to Everyone:

Dreaming.Ventures

14:10:55 From Beth Manickas Johnson to Host and panelists:

Thank you for responding to my email Lauren !

14:11:22 From Lauren | GYOV Support Team to Everyone:

Stacey.Earth/quantum

14:11:25 From Stacey Murphy to Everyone:

That link will be live later today lol

14:11:28 From Theresa Willis to Everyone:

Thank you Stacey!!

14:11:38 From Kowanda to Everyone:

Thank you, Stacey. Very informative and interesting!

14:11:39 From Tee C. to Everyone:

Thank you!!!!

14:11:40 From Lauren | GYOV Support Team to Everyone:

🎉Wowza, Stacey! That was just awesome!! Anyone else feeling inspired??

14:11:44 From Fritt Ro to Everyone:

Thanks @Stacey.

14:11:54 From Wendy Gillespie to Everyone:

WOW WOW WOW

# SUPERFOOD GARDEN SUMMIT

14:11:58 From Susan Cote to Everyone:

Awesome presentation. thank you!

14:11:59 From Bruce Kivi to Everyone:

Amazing and very creative!

14:12:27 From Debra Carroll to Everyone:

Thank you Stacey.. Wonderful presentation. Love your futuristic ideas.

14:12:27 From Suzanne Danielson to Everyone:

interesting information to think about

14:12:39 From Deborah Raskin to Everyone:

thank you Stacey

14:12:41 From Lauren | GYOV Support Team to Everyone:

Hey Jason!

14:12:41 From Kowanda to Everyone:

Hello Jason!

14:12:46 From Kathy to Everyone:

thank you.. wonderful educational presentation

14:12:50 From kat to Everyone:

hello jason

14:13:03 From Becky to Everyone:

Thanks, Stacey!

14:13:06 From Theresa Willis to Everyone:

God bless technology.

14:13:14 From Elizabeth Caffrey to Everyone:

That's was sooo inspiring , thank you Stacey

14:13:15 From Andrea Long to Everyone:

Wow that was a lot, glad to get to rewatch on fb with captions :)

14:13:17 From Mindy to Everyone:

anyone here from the UK?

14:13:24 From Fritt Ro to Everyone:

Hello @Jason. 🖐️ I'm in 🇳🇵 Aotearoa / New Zealand.

14:14:38 From Elena to Everyone:

love it

14:14:39 From Anna Guest to Everyone:

Yes, I am from Scotland

14:14:58 From Lauren | GYOV Support Team to Everyone:

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

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

14:15:27 From Mindy to Everyone:

my biggest takeaway is to start small and don't be deterred by anyone 😊

14:15:41 From Vicky Schneider to Everyone:

What is the link to ask questions?

14:15:46 From Dennis Fee to Everyone:

Informative zoom, thank you. From Rosarito Beach, Baja.

# SUPERFOOD GARDEN SUMMIT

14:15:53 From Yvonne to Everyone:

well I'm back. I got kicked out and had to restart my laptop

14:16:22 From Lauren | GYOV Support Team to Everyone:

🙋🏻🙄 Get YOUR questions answered! Submit them here:

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

14:17:10 From Debbie's iPad to Everyone:

I love the idea of being knowledgeable in organic gardening. I am just starting with compost and I finally have enough to put in my 2 raised beds! LOL! I've been watching Stacy on her webinars and I'm taking the leap! So thankyou!

14:17:11 From Steffi Silon to Everyone:

The biggest takeaway is how practical and FUN it can be sharing your homegrown produce with others. As Stacey shared, it may be several neighbors, a CSA, one or more restaurants, anything feels possible. I always love listening to Stacey and love dreaming and imagining.

14:17:21 From Lauren | GYOV Support Team to Everyone:

🌱🌿 Be sure to check out Stacey's Grow Your Own Vegetables Course:

<https://growyourownvegetables.org/gyov-special-offer/>

14:18:09 From Kowanda to Everyone:

I had a freshly sharpened pencil at the start of Stacey's presentation. I need to resharpen it because I took so many notes!

14:18:19 From Lauren | GYOV Support Team to Everyone:

Lol Kowanda!

14:18:35 From Lauren | GYOV Support Team to Everyone:

Who's feeling luckyyyyy?

14:18:39 From Lauren | GYOV Support Team to Everyone:

🎉🌈🎉 Congratulations to Rodney C., you won the Grow Your Own Vegetables Course!!!

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

14:18:40 From Kowanda to Everyone:

Congrats Rodney!

14:18:52 From Zoom user to Everyone:

Congrats, Rodney!

14:18:53 From Tee C. to Everyone:

Congratulations!!!

14:18:57 From Fritt Ro to Everyone:

Congratulations Rodney C.

14:19:01 From Lauren | GYOV Support Team to Everyone:

Didn't win? You can grab it for yourself here:

<https://growyourownvegetables.org/gyov-special-offer/>

14:19:20 From Bruce Kiviu to Everyone:

👏 Congrats

14:19:30 From Lauren | GYOV Support Team to Everyone:

Woohoo Q&A time!

14:20:37 From Lauren | GYOV Support Team to Everyone:

# SUPERFOOD GARDEN SUMMIT



Our very own Stacey is going to answer more questions soon! Ask yours here:

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

14:23:51 From Isa to Everyone:

Good point. What are some best selling veg?

14:24:00 From Kim to Everyone:

You can only sell your produce as organic if you have an official certifying organization certify your produce. There is a lot of record keeping involved.

14:24:19 From Esther to Everyone:

Not driving yourself crazy in everything needing to be organic is a piece of advice that I love. It allows me to breathe

14:25:11 From Wendy Gillespie to Everyone:

remember you can eat the flowers of most everything in salads

14:25:30 From Beth Manickas Johnson to Host and panelists:

Is it too late to grow any lettuce now since the woodchucks ate all my plants ?

14:28:41 From Lauren | GYOV Support Team to Everyone:

Container Gardening interest? Email me! [Support@GrowYourOwnVegetables.org](mailto:Support@GrowYourOwnVegetables.org)

14:28:55 From Yvonne to Everyone:

can you put that link here for the container gardening

14:29:02 From wendell to Everyone:

I'm interested in information on modifying containers so they will air prune and not get rootbound. do you have any resources on this?

14:29:22 From Lauren | GYOV Support Team to Yvonne, host and panelists:

Here you go: <https://growyourownvegetables.org/container-gardening-micro-course-special/>

14:29:26 From Sally to Everyone:

I can only do containers and raised beds because my land has no soil (lava rock) - I find it extremely difficult to maintain soil health

14:30:27 From Deborah Raskin to Everyone:

sally where are you with the lava

14:30:59 From Sally to Everyone:

Hawaii

14:31:09 From Blake to Everyone:

Greetings! Could we try to use clay pots or plastic bottles to put water in for irrigation to use in hot summers in Zone 6 in Chicago?

14:31:53 From Wendy Gillespie to Everyone:

to much us eof woodchips does this

14:32:07 From Elena to Everyone:

can you please give a link for gardening course?

14:32:08 From Wendy Gillespie to Everyone:

to much woodchips casues these problems

14:33:15 From Rebecca to Everyone:

Is is too late to plant malbach spinach? Can you do a later plant for fall harvest? Chicago, IL area

14:33:28 From Andrea Long to Everyone:

# SUPERFOOD GARDEN SUMMIT

@Kowanda that depends on your office/staff. But you should be able to get answers from the university that is your extension home, and they may be able to get you more local contacts to find out if your local office can not answer your questions.

14:33:28 From Blake to Everyone:

Another question, could hugelkultur be used to absorb moisture all summer long? Just added another question since I'll have trouble with the question form. Thanks!

14:34:13 From NB26 to Everyone:

Hi. There is a WHOLE LOT to this subject...I keep telling myself that every little bit of knowledge helps to eventually turning those baby steps into confident can-do's!

14:34:19 From Johanna Derkacz to Everyone:

I understand from a permaculture person that if the outer layers of tree bark are included in wood chip type mulch it can create the "hydrophobic" condition for gardens.

14:34:30 From Sally to Everyone:

We have mouflon (wild sheep) here and they are massively destructive to plants

14:34:40 From Beth Manickas Johnson to Host and panelists:

Silly question Lauren but if we win the course in the remaining days here and we pay up front ahead of time for course would we get reimbursed?

14:34:55 From Pam to Everyone:

I have a new 2 feet tall raised bed this summer which I purchased to discourage the chipmunks from eating my veggies. I have marigolds, onions, garlic, basil, and tomatoes in the bed. Any suggestions? Pam from Wisconsin.

14:35:27 From James Gallardo to Everyone:

Never did large scale garden but with three beds my cat always kept rodents, mice, rabbits away!

14:35:29 From Lauren | GYOV Support Team to Host and panelists:

Hi Beth - we could totally talk about that as a possibility or you could perhaps choose a different course to have additional access to :)

14:35:45 From Sally to Everyone:

I build wire caging with hardware cloth for my young trees and use floating row covers

14:36:37 From Fritt Ro to Everyone:

@NB26, yes, I totally agree with that. I am just starting out with gardening, I'm 50+ years old and autistic, and just learning in little steps.

14:36:41 From Andrea Long to Everyone:

@Beth Manickas Johnson on the welcome page for this summit, you should see a download the chat afterwards. I was able to do that yesterday before I even got to watch.

14:36:48 From Paddy to Everyone:

@Blake - I have a container garden & use empty glass wine bottles in my pots for extra water & also made 2 Olla's from terracotta pots which have worked really well when we have mini heat waves

14:37:20 From Sally to Everyone:

There's a Mylar ribbon you can get that flaps in the wind (got it from Amazon) - tie it to stakes near the plants you want to protect

14:37:29 From Blake to Everyone:

# SUPERFOOD GARDEN SUMMIT

Thanks Paddy!

14:37:57 From Madeleine Heimersson to Everyone:

Is there a higher value nutritious and soulness in wild plants than gardening plants? 🌱

14:37:59 From steve to Everyone:

Re CDs; they work for a period but then birds learn and the reflections don't work. Crows and Rooks (Corvids?) are pretty smart

14:38:04 From Kathy to Everyone:

Paddy, what is an Olla?

14:38:38 From Kim to Everyone:

Sage grows on cliff sides, dry & sunny.

14:38:49 From Paddy to Everyone:

@Blake I find glass bottles better to use than plastic for lots of reasons, also since wine bottles have long necks they fit into pots better

14:39:12 From Lauren | GYOV Support Team to Everyone:

Thanks Stacey!

14:39:23 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/>

14:39:26 From Ila Roy to Everyone:

Awesome info, Stacey

14:41:20 From Paddy to Everyone:

@Kathy - Olla's are terracotta containers you bury into the soil, fill with water & cover the top so that the plants can pull water as it needs it. You can buy them but I just made one with smaller unglazed terracotta pot with terracotta saucer used as lid. I cut a cork wine cork to fit the hole in the bottom of the pot so water does not drip thru.

14:43:35 From Anna Guest to Everyone:

ARE all these resources helpful and relevant to us in the UK? Our pests and challenges may be slightly different?!

14:44:02 From Lauren | GYOV Support Team to Everyone:

@Anna Guest - yes! We have gardeners all over the world that have used our resources successfully

14:44:26 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/>

14:44:37 From Lauren | GYOV Support Team to Everyone:

🌱 Get ready...Jason Matyas, from 🌱 Seeds for Generations 🌱 is up next! Learn Two Simple Methods to Grow More Superfoods!

14:44:38 From NB26 to Everyone:

@FR Good on you FR. IT WORKS! At first, I tried to be an overnight master gardener but learned very quickly that "slow and steady" would be my solution. Bon chance!

14:44:49 From Fritt Ro to Everyone:

Hi Jason. 🙌

14:45:12 From steve to Everyone:


# SUPERFOOD GARDEN SUMMIT

Do you have seed banks in the USA?

14:45:13 From Kowanda to Everyone:

My pencil is sharpened! I'm ready to go.

14:45:37 From Lauren | GYOV Support Team to Everyone:

 A special discount for all Summiteers! When you registered for the Superfood Garden Summit you received a special FREE bonus from Jason....10% Discount on Seeds! You can find it with your other FREE bonuses here: <https://superfoodgardensummit.com/bonus/>

14:45:49 From Andrea Long to Everyone:

Hi Jason

14:46:23 From Tee C. to Everyone:

hello

14:47:30 From Heather to Everyone:

Thank you for your service!

14:47:30 From Yvonne to Everyone:

thank you for your service

14:47:47 From Jan Robinson to Everyone:

Thank you for your service

14:47:50 From Beth Manickas Johnson to Host and panelists:

Yes thank you for your service !

14:48:09 From Kathy to Everyone:

Thank you Paddy!

14:49:01 From Joy Wells to Everyone:

What a beautiful family, Jason!

14:49:45 From Jason Matyas to Everyone:

Hi everyone - so happy to be here again!

14:49:54 From Delphinia to Everyone:

Hello, beautiful product for enjoying ty for your share.

14:49:55 From Cindi A to Everyone:

Wow that is amazing!!

14:49:56 From Sally to Everyone:

Aloha!

14:50:10 From gloria white to Everyone:

I see you grow apples. How do you keep them from getting damaged by bugs and fungus?

14:52:20 From Sally to Everyone:

I do my lettuce hydroponically - and I do succession planting with them. But haven't done succession planting in my raised beds

14:52:52 From Jason Matyas to Everyone:

Hi Gloria - there are a number of organic disease and pest control methods you can use in a home orchard. Melissa Norris has a couple of good podcast episodes on her Pioneering Today podcast that I would recommend you listen to for more info.

14:53:40 From Fritt Ro to Everyone:

I intend to do succession planting with my microgreen trays and my sprout jars.

14:53:43 From Yvonne to Everyone:

# SUPERFOOD GARDEN SUMMIT

can you plant beets in a container

14:53:47 From johnmwesigwa to Everyone:

How do you deal with the weather with succession planting?

14:53:58 From Paddy to Everyone:

I'm trying succession planting this year with my lettuce

14:54:41 From Hope's iPhone to Everyone:

Really appreciate how helpful  
people are in the chat!!!

14:55:14 From Jason Matyas to Everyone:

Yvonne - yes, you can plant beets in containers, as long as they're big enough. Most of the beet root mass grows above ground, and the taproot grows 3-5 inches below

14:56:32 From steve to Everyone:

Jason, thank you for your service. You mentioned an Army mountain service/division; do you know one of my favourite Americans, Jeff Anderson (?)

14:57:38 From Jason Matyas to Everyone:

Hi Steve - Thanks for your kind words. I served with the 10th Mountain Division, and I know of Jeff, but we didn't serve together. I've been a speaker with him in several preparedness summits in the past

14:58:01 From Yvonne to Everyone:

thanks jason ;)

14:59:26 From Dayani to Everyone:

Will you please talk about how to know when root vegetables are ready to harvest?

15:00:40 From Fritt Ro to Everyone:

My takeaway for today: Jason Matyas advises to change your crop type to avoid the same pests returning. Great advice, thanks!

15:03:49 From Esther to Everyone:

when cilantro or dill go to seed can you leave it in the garden to self seed?

15:03:53 From Kim to Everyone:

I do like to harvest dill seed so allow some to develop seed.

15:05:37 From Paddy to Everyone:

I've had no luck trying to grow radish from seeds, they grew the radish pods on the stems but no actual radishes! Also attracted pests/aphids so I gave up!

15:05:56 From Iren to Everyone:

It tried to use the calculator but it was giving 2023 dates

15:06:01 From Sally to Everyone:

Will the calculator work for those of us who have year-round growing?

15:06:07 From Kowanda to Everyone:

That's so cool and helpful!

15:06:15 From Anna Guest to Everyone:

What is the best soil medium for radishes to grow healthy bulbs?

15:06:16 From Jason Matyas to Everyone:

Dayani - it really depends on the type of root vegetable, but most beets will get to be 2-3" across when mature, and carrots can be harvested at your desired size.

# SUPERFOOD GARDEN SUMMIT

15:06:22 From Fritt Ro to Everyone:

I am going to be using the Seedtime app for my succession planting plans.

15:06:46 From Laura to Everyone:

YES! Season extention!

15:06:48 From steve to Everyone:

Are you a prepper Jason? You appear to have your food supply sorted. Do you ever use a cover crop/vetch green manure? I want a year off in 2026 and am thinking of sowing a winter cover crop rather than leaving bare/barren?

15:07:04 From Paddy to Everyone:

Jason - your planting calculator is fabulous & makes it so easy!

15:07:16 From Dayani to Everyone:

Thank you, Jason!

15:07:47 From Jason Matyas to Everyone:

Esther - Yes, you can leave dill and cilantro to go to seed - if you do, just be sure not to remove too many of the leaves

15:08:30 From Neeta to Everyone:

Does the calculator apply to year-round growing?

15:08:57 From Sally to Everyone:

One of my dill plants went to seed and now I have lots of little volunteer dill plants popping up

15:10:20 From Andrea Long to Everyone:

What is your average snow load for that hoophouse Jason?

15:10:39 From Jason Matyas to Everyone:

Sally - yes, it will work for year round gardening - you would just set your fall frost date to late winter

15:11:15 From Sally to Everyone:

Thank you

15:11:40 From Angela Ruebling to Everyone:

For a fall crop in my area usually you have to plant at least some plants in August when it is super hot. Any tips on keeping plants cool when starting them in late summer. Thanks so much for presentation.

15:12:54 From Deborah Raskin to Everyone:

how do you spell that fabric please

15:13:23 From Deborah Raskin to Everyone:

fabric

15:14:26 From Kim to Everyone:

I kept kale over winter with low tunnels is growing zone 6b. Still beautiful and tasty in the spring.

15:14:53 From Jason Matyas to Everyone:

Deborah - Agribon is the name of the fabric

15:15:33 From Deborah Raskin to Everyone:

thank you

15:15:55 From betsy to Everyone:

# SUPERFOOD GARDEN SUMMIT

I have carrots going to seed in the Texas heat. Can I leave them in the ground to harvest this winter, or are they done for?

15:15:55 From Jason Matyas to Everyone:

Angela - you can start them in trays and keep them in a protected area (like afternoon shade), then transplant them later. You can also use hoops with shade fabric if you have severe sun/heat

15:17:05 From Jason Matyas to Everyone:

Betsy - when plants bolt (start producing flower/seed), the root usually gets tough and woody, so you would want to harvest them as soon as you saw them starting to bolt, or leave them to produce seed

15:17:39 From Sally to Everyone:

Mountain dweller here too - the wind is no joke!

15:18:12 From Jason Matyas to Everyone:

Kim - that's great! Keep growing all year!

15:18:58 From Fritt Ro to Everyone:



15:19:14 From Cindi A to Everyone:

Thanks!

15:19:19 From Lauren | GYOV Support Team to Everyone:

Grab your 10% discount here: <https://seedsforgenerations.com/sgs2025>

15:19:20 From Andrea Long to Everyone:

Thank You Jason

15:19:25 From Tee C. to Everyone:

Thank you Jason, for the excellent information!!!!

15:19:51 From Lauren | GYOV Support Team to Everyone:

👏 Thank you, Jason! 👏 Helpful as always :) We appreciate you!

15:19:54 From Fritt Ro to Everyone:

Thanks Jason. 🙏

15:19:57 From Kowanda to Everyone:

Thank you, Jason!

15:20:06 From Heather to Everyone:

Thank you! That was great!

15:20:09 From Umi to Everyone:

thank you. that was a great presentation. 🙌🙌🙌🙌🙌

15:20:16 From Sally to Everyone:

Awesome info!

15:20:19 From Joy Wells to Everyone:

Yes!

15:20:19 From Dayani to Everyone:

Thank you, Jason!

15:20:25 From Lauren | GYOV Support Team to Everyone:

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

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

# SUPERFOOD GARDEN SUMMIT

15:20:31 From NB26 to Everyone:

Yes indeed. Thank you Jason!

15:20:41 From H-Upon-the-Zoom to Everyone:

Thank you, Jason!

15:20:42 From Rae to Host and panelists:

Thank you

15:20:45 From Rebecca to Everyone:

Thank you for your encouragement...great family

15:20:48 From Rae to Host and panelists:



15:21:06 From Becky to Everyone:

Thank you, Jason

15:21:06 From Hope's iPhone to Everyone:

Excellent & helpful 🧐

15:21:11 From H-Upon-the-Zoom to Everyone:

Thank you, Jason!

15:21:21 From Umi to Everyone:

I appreciate the different methods used to extend the season. 🙏❤️😊

15:21:26 From Skip Poulsen to Everyone:

my take away is straw bail cold frame

15:21:29 From Angrus Berry to Everyone:

Thank you that was great. Very impressive what you and your family are doing.

15:21:41 From Lauren | GYOV Support Team to Everyone:

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

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

15:22:00 From Kathy to Everyone:

Very useful information Jason; thank you!

15:22:03 From Sally to Everyone:

Do you have to put in a takeaway for each presenter or just once a day?

15:22:18 From Kowanda to Everyone:

Congrats Fritt!

15:22:24 From Umi to Everyone:

Jason is from "Seeds for Generations"?

15:22:26 From Lauren | GYOV Support Team to Everyone:

🎉🌈🎉 Congratulations to Fritt Ro, you won the Seeds for Generations - \$50 Gift Certificate!!! Email [support@growyourownvegetables.org](mailto:support@growyourownvegetables.org) to claim your prize! 🎉🌈🎉

15:22:32 From Tee C. to Everyone:

Congratulations!!!!

15:22:32 From Fritt Ro to Everyone:

Wow! Thanks for that.

15:22:33 From Yvonne to Everyone:

Congratulations

15:22:33 From Jason Matyas to Everyone:

# SUPERFOOD GARDEN SUMMIT

Thanks for the great questions and comments, folks! It was an honor to be here with you!

15:22:38 From Hope's iPhone to Everyone:

Low tunnel with shad fabric for us in FL with hot climate

15:22:41 From Yvonne to Everyone:

Thank you Jason

15:22:44 From H-Upon-the-Zoom to Everyone:

Congrats!

15:22:54 From Lauren | GYOV Support Team to Everyone:

Thank you Jason!

15:22:55 From Lauren | GYOV Support Team to Everyone:

📺 A special discount for all Summiteers! When you registered for the Superfood Garden Summit you received a special FREE bonus from Jason....10% Discount on Seeds! You can find it with your other FREE bonuses here: <https://superfoodgardensummit.com/bonus/>

15:24:21 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/>

15:24:43 From Rob Herring to Everyone:

Hi everyone! Pleasure to be here! :) I love this event every year!

15:24:55 From Lauren | GYOV Support Team to Everyone:

Wohoo! Rob Herring is in the chat!

15:25:05 From Lauren | GYOV Support Team to Everyone:

🌱 Get ready...Rob Herring, from 🌱 Earth Conscious Life 🌱 is up next with a special presentation of how We Are Nature.

15:25:06 From Kowanda to Everyone:

Hi Rob!

15:25:08 From Fritt Ro to Everyone:

It will be interesting to see if I can import these \$50 worth of seeds from "Seeds for Generations" in the 🇺🇸 USA to here in 🇳🇿 Aotearoa / New Zealand. Awesome prize though!!!

15:25:12 From Sally to Everyone:

Aloha Rob!

15:25:13 From Tee C. to Everyone:

hello Rob

15:25:17 From Patricia Strother to Everyone:

hello Rob

15:25:17 From patty sechi to Everyone:

Hi Rob from Staunton VA

15:25:23 From Dorothy to Everyone:

hi Robert!!!

15:25:41 From Laura to Everyone:

Hi Rob! Welcome!

15:25:44 From Yvonne to Everyone:

Hi Rob

15:25:50 From Lauren | GYOV Support Team to Fritt Ro, host and panelists:

# SUPERFOOD GARDEN SUMMIT

Hi Fritt! I'm sorry...I don't think they can ship to your country 😞 Email me at Support@GrowYourOwnVegetables.org and we'll figure the prize out together!

15:25:52 From Umi to Everyone:

hi Rob!! 🙋

15:25:57 From H-Upon-the-Zoom to Everyone:



15:26:29 From Umi to Everyone:

sadly that's so true. 😞

15:26:40 From Yvonne to Everyone:

;(

15:27:12 From Yvonne to Everyone:

Yes

15:29:49 From Mercedes to Everyone:

Will the grounding effects transfer through the wood of a deck, for instance?

15:29:55 From Umi to Everyone:

Recently, I started researching "grounding" and concrete if poured without a barrier directly over the earth/soil can also help. But, it's better/more effective if the concrete is wet .

15:30:14 From Yvonne to Everyone:

YES!!!

15:30:32 From Mercedes to Everyone:

Thanks!

15:30:36 From Rob Herring to Everyone:

Cut wood is unfortunately not conductive, so it would not transfer grounding to your body.

15:30:58 From Umi to Everyone:

@Mercedes, as long as the wood is not sealed. also for the concrete I mentioned above.

15:31:11 From Rob Herring to Everyone:

But yes, unsealed concrete is conductive!

15:31:41 From Mercedes to Everyone:

Thanks!

15:32:01 From Umi to Everyone:

yep, that's what I meant no barrier on either side. 👍

15:32:40 From Andrea Long to Everyone:

And drying your bedding outdoors, you always sleep better that first night or two with the fresh bedding.

15:32:51 From Anna Guest to Everyone:

What is Rob's surname?

15:33:01 From Umi to Everyone:

ooohhh, good info Andrea!! 🙏

15:33:03 From Anna Guest to Everyone:

Does he have a website

15:33:05 From Rob Herring to Everyone:

Rob Herring

15:33:06 From Mercedes to Everyone:

# SUPERFOOD GARDEN SUMMIT

Thanks, I stepped a way to grab my lunch. 😊

15:33:15 From Rob Herring to Everyone:

[www.EarthConsciousLife.org](http://www.EarthConsciousLife.org)

15:33:24 From Anna Guest to Everyone:

Thank yo

15:33:25 From Umi to Everyone:

thanks!

15:34:01 From Fritt Ro to Everyone:

@Lauren, thank you, email sent.

15:34:04 From Kowanda to Everyone:

I wake up usually around 4 am. I'm up hours before the sun.

15:34:29 From Rob Herring to Everyone:

Yes, drying bedding outdoors is a great disinfectant as well. Many cultures know this intuitively. Sunlight directly on it especially. 😊

15:35:14 From Umi to Everyone:

omg, this is the 2nd time I'm hearing this advice TODAY!! 🧑 OKAY!! I get it! I'll do it. 🙏😊👍

15:36:25 From Yvonne to Everyone:

This guy is the truth. I get daily emails from earth conscious, great info. This is exciting to see him in person outside daily emails

15:36:51 From Paddy to Everyone:

After long cold winters in Canada, as soon as warmer weather arrives, I take advantage of starting the day sitting outside in my backyard on my patio swing with my coffee.... and with a glass of wine at the end of the day 😊

15:37:10 From Jessica to Everyone:

@Kowando, I'm often up before the sun too. I make sure to open my curtains to let the natural light into my space as the sun gradually rises.

15:37:24 From Umi to Everyone:

I know this intuitively but just been lazy lately. I'm motivated to take better care of my temple. I have access to all he's saying. so, I have no excuse. 😊

15:38:12 From Kowanda to Everyone:

I love hearing the birds in the morning and the frogs in the evening.

15:38:19 From Umi to Everyone:

I live in Costa Rica... the sun shines on my face and wakes me up in the morning. ☀️

15:38:20 From Rob Herring to Everyone:

Paddy, I live in Northern Montana, so I totally relate to that! After winter, I am desperately craving that sunlight, and once it arrives my wife and I spend as many mornings as possible doing our coffee on the back deck soaking it up!

15:38:22 From Lauren | GYOV Support Team to Everyone:

🌱🌱 Want to connect more with Rob? You can do that here:

<https://www.earthconsciouslife.org/>

15:39:01 From Rob Herring to Everyone:

Thank you so much Yvonne. Grateful you joined us today. 😊

15:39:11 From Umi to Everyone:

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thank you. 🙏❤️🙏

15:39:37 From Yvonne to Everyone:

My pleasure :)

15:39:50 From johnmwesigwa to Everyone:

Sunrise affects our cortisol levels in the morning

15:41:32 From Umi to Everyone:

I watched Andrew Huberman before this seminar and he's saying the same thing.

15:41:40 From Debra Carroll to Everyone:

+My take away from Rob is to reconnect with nature by touching the earth (grounding) walking in the forest or park (resetting calmness) listening to nature and just being outside in the sun all rebalance us and enhance natural healing.

15:42:16 From Fritt Ro to Everyone:

I am currently enrolled in a short course about the microbiology of soil, here in 🇳🇿 Aotearoa / New Zealand. I have lots to learn!

15:42:18 From Hope's iPhone to Everyone:



15:42:27 From Lauren | GYOV Support Team to Everyone:

Check out Rob's Need to Grow film here:

<https://growyourownvegetables.org/TheNeedtoGrowFilm>

15:42:34 From Denise Beins to Everyone:

11 hours a day!!

15:42:35 From Rob Herring to Everyone:

I love that Debra. If this inspires you to be outside even a bit more, I will be honored.

15:43:22 From Andrea Long to Everyone:

Love the idea of going outside for a bit first thing in the morning (after I potty though ;) ) Been trying to change my intake of all things to improve me. Balance.

15:43:46 From Umi to Everyone:

I was walking barefoot in the jungle and a thorn cut/tore my toe. I continued to walk in the grass, dirt & mud... only 20 min later, I rinsed my feet in the river . . . And, my toe was no longer bleeding and the cut has healed. I couldn't see it nor feel any pain. 🙌

15:44:48 From Debra Carroll to Everyone:

Rob what you share goes along with something I teach which is the 8 Laws of Health: Good nutrition, getting out in the open air, drinking pure water, sunlight for Vitamin D, rest and relaxation to restore our body and mind, moderation in all things, and most of all trust in the divine creator.

15:45:02 From Renee to Everyone:

Could someone also provide a link to watch Farmacy of Light, please?

15:45:29 From Denise Beins to Everyone:

Rob - what's your input on grounding mats?

15:45:38 From Kowanda to Everyone:

Thank you, Rob. Very interesting. You are so calming.

15:45:44 From UtahValley Permaculture to Everyone:

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Why are we not teaching about growing with Nature, Permaculture. Just watch now 11 yrs old but Michael yesterday removed this comment and charity teaching how to put back health for us, all living creatures and planet. Nature is our live support system.

[https://youtu.be/cyrM\\_DViC0k?si=vVGApaEQnEdH-UaM](https://youtu.be/cyrM_DViC0k?si=vVGApaEQnEdH-UaM)

15:45:48 From Michael to Everyone:

He's an excellent presenter

15:45:48 From Lauren | GYOV Support Team to Everyone:

👏 Thank you, Rob! 🙌 Inspiring as always :) We appreciate you!

🌱 Want to connect more with Rob? You can do that here:

<https://www.earthconsciouslife.org/>

Need to Grow Film: <https://growyourownvegetables.org/TheNeedtoGrowFilm>

15:45:55 From Suzanne iPh to Everyone:

AWESOME!!!!!!

15:46:16 From Elizabeth Caffrey to Everyone:

We Are Nature..... 🧡

15:46:16 From Justin Lofton to Everyone:

Gardening of the mind!

15:46:19 From Umi to Everyone:

rhythms of the body = rhythms of the earth. 🧡 I need to set my alarms not to do this but to check my phone only at certain times of the day. thanks Rob for this important reminder.



15:46:49 From Angrus Berry to Everyone:

Great, informative, calming.

15:46:53 From Marie to Everyone:

My take away is "we are nature" I love this!

15:46:53 From UtahValley Permaculture to Everyone:

John Kohler filmed our classroom Food Forest 2020

<https://youtu.be/RwgvFEq5Tu4?si=TaepLINLmXtWVMDK>

15:47:19 From Rob Herring to Everyone:

Farmacy of Light is in film festivals right now, but should be widely available in the coming 6 months or so. <https://www.farmacyoflightdoc.com/>

15:47:32 From H-Upon-the-Zoom to Everyone:

Love this, Rob! Thank you so much!

15:47:37 From Lauren | GYOV Support Team to Everyone:

Thank you for sharing that link, Rob! We'll make sure it is on the replay page as well :)

15:47:40 From Paddy to Everyone:

Always feel more relaxed when I start the day just sitting outside with no distractions, just enjoying the silence

15:47:45 From Rob Herring to Everyone:

Pleasure to be here Denise!! Thanks so much for all you do to inspire more gardeners and a better world!

# SUPERFOOD GARDEN SUMMIT

15:47:46 From Skip Poulsen to Everyone:

mu take away today. I am Nature. Every step of the way.

15:48:02 From Lauren | GYOV Support Team to Everyone:

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

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

15:48:10 From Laura to Everyone:

So relaxing! THANK YOU Rob!

15:48:20 From Sally to Everyone:

Do we have to enter for each talk?

15:48:23 From Suzanne Danielson to Everyone:

Thanks everybody!

15:48:47 From Joella to Everyone:

thank you

15:49:00 From UtahValley Permaculture to Everyone:

Please Rob contact me you are teaching truth and science as we have scientists, nutritionists, herbalists teacht our permaculturedesignschool.org .org means we are a charity not a business helping families learn how to grow food sustainably while saving the planet.

15:49:01 From Kowanda to Everyone:

Congrats Calina!

15:49:11 From Lauren | GYOV Support Team to Everyone:

🎉🌈🎉 Congratulations to Calina K, you won the Seeds for Generations - \$50 Gift Certificate!!! Email [support@growyourownvegetables.org](mailto:support@growyourownvegetables.org) to claim your prize! 🎉🌈🎉

15:49:13 From Calina from Houston to Everyone:

ahhhhhhhhhhhhhhh!!!!!!

15:49:18 From Fritt Ro to Everyone:

Thanks so much, glad to see the prize going to someone who can use it! 🥳

15:49:49 From Rae to Host and panelists:

I love grounding, I always feel so much better after spending time outdoors.

15:50:01 From Ardie to Host and panelists:

Where do we enter to win?

15:50:08 From Kowanda to Everyone:

Yum!

15:50:14 From Joella to Everyone:

yes

15:50:21 From Lauren | GYOV Support Team to Everyone:

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

15:50:36 From Andrea Long to Everyone:

What's the salt for?

15:51:02 From Kowanda to Everyone:

Congrats Judy!

15:51:03 From Lauren | GYOV Support Team to Everyone:

# SUPERFOOD GARDEN SUMMIT

🎉🌈🎉 Congratulations to Judy Wright, you won the Mushroom Box!!! Email support@growyourownvegetables.org to claim your prize! 🎉🌈🎉

15:51:12 From Beth Manickas Johnson to Host and panelists:

Congratulations

15:51:14 From H-Upon-the-Zoom to Everyone:

Congrats!

15:51:28 From Lauren | GYOV Support Team to Everyone:

Get your own Mushroom Box here:

<https://www.floridapureseasalt.com/shop/the-mushroom-box-lzgzh>

15:51:40 From Kowanda to Everyone:

It's been a great day!

15:51:43 From Fritt Ro to Everyone:

Congratulations Judy Wright. 🎉

15:51:59 From Suzanne iPh to Everyone:

Loving all of this!!

15:52:13 From Mercedes to Everyone:

Any thoughts on grounding mats? I might have overlooked the reply...

15:52:19 From Laura to Everyone:

THANK YOU Denise!!!

15:52:31 From Virginia to Everyone:

Thank you so much!!im learning a lot.

15:52:32 From Lauren | GYOV Support Team to Everyone:

Catch the replays here: <https://superfoodgardensummit.com/replay/>

15:52:39 From Linda Jorgensen to Everyone:

Great ideas, and things to think about to make our lives better - and healthier!! Thank you all!! (Phoenix, AZ)

15:52:48 From Lauren | GYOV Support Team to Everyone:

🥰 Thank you SO much for joining us for Day 2 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/>

15:53:00 From Suzanne Danielson to Everyone:

or <https://growyourownvegetables.org/> we can just watch again

15:53:05 From H-Upon-the-Zoom to Everyone:

Yay, Matt Powers!!!!

15:53:11 From Beth Manickas Johnson to Host and panelists:

Will I see the chat in the replay

15:53:14 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/>

15:53:20 From Lauren | GYOV Support Team to Everyone:

Yes we will share the chat thread as a PDF 😊

# SUPERFOOD GARDEN SUMMIT

15:53:23 From Yvonne to Everyone:

Thanks so much for all your knowlwdge Rob!! Everyone go subscribe to his email :)

15:53:40 From Fritt Ro to Everyone:

Yes I'm particularly looking forward to Matt Powers' presentation tomorrow.

15:54:04 From Kowanda to Everyone:

See you all tomorrow!

15:54:29 From Lauren | GYOV Support Team to Everyone:

🙋🏻🙄 Do you have questions? Ask them here:

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

15:55:02 From Fritt Ro to Everyone:

Ka kite ano, apopo. See you tomorrow! 🙌

15:55:02 From Lauren | GYOV Support Team to Everyone:

🥳 Thank you SO much for joining us for Day 2 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/>

15:55:14 From Becky to Everyone:

thanks!

15:55:23 From Dayani to Everyone:

Thank you!

15:55:24 From Lucy to Everyone:

Thank you so much for this great intro!

15:55:29 From Michael to Everyone:

Thanks

15:55:36 From Linda Gregory to Everyone:

This has been amazing so far!! Thanks so much!!!

15:55:47 From Lauren | GYOV Support Team to Everyone:

So glad you're enjoying it!

15:55:56 From Suzanne iPh to Everyone:

Awesome job. Thanks 🙏

15:56:04 From Calina from Houston to Everyone:

been so great! We can rewatch through a link?

15:56:08 From Beth Manickas Johnson to Host and panelists:

Thank you !!!

15:56:19 From Jacqueline Campbell to Everyone:

Thanks Much!