

# SUPERFOOD GARDEN SUMMIT

## Day 3 Chat Box Thread

12:58:16 From Kowanda to Everyone:

Hello GYOV!

12:58:37 From Beth Manickas Johnson to Everyone:

Hello from Rhode Island!

12:58:40 From Lauren | GYOV Support Team to Everyone:

🥳 Welcome to Day 3 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/> 🔔🔔

12:58:44 From Lauren | GYOV Support Team to Everyone:

Hello friends!

12:58:49 From Lauren | GYOV Support Team to Everyone:

Welcome back 😊

12:58:54 From Kowanda to Everyone:

I didn't know if I was going to be able to be here. Internet has been sketchy all morning.

12:59:08 From Lauren | GYOV Support Team to Everyone:

Crossing my fingers that your internet holds steady 😊

12:59:12 From Fritt Ro to Everyone:

Mōrena 🤝 from 🇳🇵 Aotearoa / New Zealand.

12:59:28 From Donna King to Everyone:

Hi from Central Florida!

12:59:32 From Rosanna to Everyone:

hello, so glad you all got the chat downloads this year!

13:00:03 From Kowanda to Everyone:

👉 Me, too, Lauren.

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

So glad you like them! We've been trying to provide those since we had so many requests last year ;)

13:00:13 From Bruce Kiviu to Everyone:

Hi from Kenya

13:00:19 From Wanda to Everyone:

Hello from Louisiana

13:00:32 From Beth Manickas Johnson to Everyone:

Yes it will be nice to see all the chats

13:00:35 From Adrienne to Everyone:

Hello from South Africa!

13:00:37 From Karen to Everyone:

Hi from Colorado!

13:00:40 From Helen to Everyone:

# SUPERFOOD GARDEN SUMMIT

does anyone know how long the summit will be on? it's been advertised wrongly in the uk

13:00:47 From Madeleine Heimersson to Everyone:

☺ Hello from Sweden! Excited!

13:00:54 From Lauren | GYOV Support Team to Everyone:

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

13:00:59 From Maureen Shier Burleson to Everyone:

Hello from Northern Ontario, Canada

13:01:02 From Beth Manickas Johnson to Everyone:

Hi Denise ❤️

13:01:10 From jessica toral to Everyone:

Atlanta GA

13:01:13 From Kowanda to Everyone:

ME!

13:01:15 From Beth Manickas Johnson to Everyone:

All days

13:01:17 From steve to Everyone:

Yep

13:01:18 From Lauren | GYOV Support Team to Everyone:

@Helen - we are live July 8-11, 2025 at 10am Pacific each day 😊

13:01:18 From Linda Jorgensen to Everyone:

yes

13:01:19 From Maureen Shier Burleson to Everyone:

Me

13:01:22 From Linda Fischer to Everyone:

me

13:01:25 From Fritt Ro to Everyone:

I've been here all 3 days.

13:01:25 From Justin Lofton to Everyone:

Full moon energies flowing! I've been here...

13:01:29 From Madeleine Heimersson to Everyone:

Madeleine day 3 from Sweden

13:01:32 From Lauren | GYOV Support Team to Everyone:

Wohooo full moon Summit day 3!

13:01:44 From Bruce Kivi to Everyone:

Me

13:01:49 From Justin Lofton to Everyone:

Abundance rising from Nicaragua!

13:01:52 From Noemi jean to Everyone:

good morning from the Philippines

13:01:57 From Kim L to Everyone:

Been here all 3 days

13:01:59 From Fritt Ro to Everyone:

It is 5am on Friday morning here.

# SUPERFOOD GARDEN SUMMIT

13:02:09 From mikki to Host and panelists:

hello from Pennsylvania

13:02:10 From Sophia to Everyone:

Ireland, 6 pm :)

13:02:26 From Bruce Kivi to Everyone:

Kenya 8pm

13:03:08 From Donna King to Everyone:

I missed the first 2 days!

13:03:18 From Adrienne to Everyone:

Yes my first day. Thank you

13:03:35 From Lauren | GYOV Support Team to Everyone:

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

13:04:10 From liddia to Everyone:

hello everyone

13:04:24 From Beth Manickas Johnson to Everyone:

Hi Lauren!

13:04:42 From Lauren | GYOV Support Team to Everyone:

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

13:04:45 From Lauren | GYOV Support Team to Everyone:

Hi Beth!

13:05:29 From Lauren | GYOV Support Team to Everyone:

👤🗣️ Here's the link to ask your garden questions for the next LIVE Q&A coming up in just a short while!! <https://growyourownvegetables.org/garden-questions>

13:05:51 From Yvonne to Everyone:

I love the phrase failing forward. I have dead tomatoe plants and herbs and pepper plants that didn't make it in the garden. I've been traveling and it's been hot, so we'll see lol

13:05:53 From steve to Everyone:

Could you please give an indication of when today's events end?

13:05:56 From Debbie to Everyone:

hello, I'm in Washington state

13:06:05 From Lauren | GYOV Support Team to Everyone:

@Steve - approx. 3 hours

13:06:12 From Fritt Ro to Everyone:

Today's session with Matt Powers is going to be the highlight of the Summit for me. It is the main reason that I came to the Summit.

13:06:16 From Andrea Sharp-Long to Everyone:

hello from Indiana/ Ohio line

13:06:36 From steve to Everyone:

Thank you Lauren

13:06:42 From Jane to Everyone:

Yes from my dad

13:06:46 From Andrea Sharp-Long to Everyone:

# SUPERFOOD GARDEN SUMMIT

can't wait to learn more about fruit trees.

13:06:46 From Lauren | GYOV Support Team to Everyone:

@Fritt - We lovvvvve Matt Powers ;)

13:06:48 From tammy to Everyone:

I was

13:06:50 From Karen to Everyone:

My mom had a great salad garden

13:06:51 From Marieta O. to Everyone:

Yes, from my mother

13:06:56 From Fritt Ro to Everyone:

My grandfather had an amazing garden.

13:07:00 From Yvonne to Everyone:

My Dad still had a garden when he passed at 92

13:07:00 From Sally to Everyone:

My grandfather too!

13:07:02 From Linda Jorgensen to Everyone:

I grew up on a farm in Ohio....we grew LOTS of things!! Harvesting and canning, etc. too!

13:07:03 From Kowanda to Everyone:

We helped our father with the garden when we visited him in the summer.

13:07:08 From Yolanda to Everyone:

me too.. Grandparents.

13:07:15 From Joy Wells to Everyone:

Parents, grandparents, great-grandparents

13:07:24 From Barbara to Host and panelists:

My parents always had a huge garden. We had orchards.

13:07:33 From Ronda to Everyone:

first generation herbalist and gardener...

13:08:09 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/>

13:08:11 From Ann Frisch to Everyone:

We are organizing locally in the Twin Cities, Minnesota. Please send me an email: [afrisch09@gmail.com](mailto:afrisch09@gmail.com)

13:08:41 From Robin Padilla to Everyone:

Hi from Ft.Lauderdale! My dad was a gardener...fresh carrots right under our 3 ft.of winter snow, too! Unfortunately, I wasn't interested in helping in the garden,so learning only NOW!! Never too late....!

13:08:57 From Claudia to Everyone:

and vote with your seedlings!

13:09:04 From Madeleine Heimersson to Everyone:

I have new friends that love nature and growing veggies, so getting back to nature finding my roots...living a healthier Life in the future. Planning to grow more myself.

13:10:07 From Else to Everyone:

# SUPERFOOD GARDEN SUMMIT

Would love to see pictures of your yard Denise..! (need some inspiration re: front yard redo..)

13:10:20 From Lauren | GYOV Support Team to Everyone:

Yess...Denise please share!

13:10:59 From Lauren | GYOV Support Team to Everyone:

👤 I'll be there! Also at the other end of the Support@GrowYourOwnVegetables.Org email

13:11:31 From Karen to Everyone:

Really grateful for the replays, since life goes on...

13:11:36 From Yolanda to Everyone:

I did. omg

13:11:40 From Paddy to Everyone:

I did! Love sitting outside with my morning coffee!

13:11:48 From Beth Manickas Johnson to Host and panelists:

I did too

13:11:56 From Diane Davey to Everyone:

Hi from Ontario, Canada! 🇨🇦

13:11:58 From Andrea Sharp-Long to Everyone:

lots of computers did an update yesterday!

13:11:58 From Yolanda to Everyone:

and I saw new seeds coming up.

13:11:59 From Joy Wells to Everyone:

I watched Rob's presentation, but inside. 😞

13:12:15 From Lauren | GYOV Support Team to Everyone:

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

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

13:12:26 From Joan Ballanger to Everyone:

how many days do I have to watch the replay

13:12:32 From Isa to Everyone:

Do we have to do a new entry every day?

13:12:49 From Fritt Ro to Everyone:

I won an awesome prize yesterday. Thanks so much for that! 🐱

13:12:56 From Lisa K to Everyone:

I love the towers!

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

@Isa - enter as many times as you like!

13:13:18 From Justin Lofton to Everyone:

They are epic!!!

13:13:27 From kat to Everyone:

hello

13:13:28 From Justin Lofton to Everyone:

Great people that make them too

13:13:30 From Kowanda to Everyone:

One of my Master Gardener friends got 2 of the Garden Towers at an estate sale for \$35.

They were new in the box.

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

@Joan - each day's replays are available to watch for 24 hours. So, the Day 2 replays just expired.

13:13:42 From Lauren | GYOV Support Team to Everyone:

WHOA \$35?! Awesome deal!

13:13:49 From Paddy to Everyone:

I have a similar garden tower that I used to use for my herbs, but this year I'm using it for lettuce & it is fabulous!

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

🌱 Grab YOUR Event Guide here:

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

13:13:56 From Lisa K to Everyone:

They are easy to protect, which is my biggest garden issue.

13:14:05 From Mark P USA to Everyone:

woohoo!! garden tower 🍅🍆🥦🥕🎪🤖 pick me

13:14:26 From Cindy to Everyone:

Tower gardens don't do well growing from seed. I think you need to begin with starts.

13:14:43 From kat to Everyone:

can't wait to hear Nathan!

13:15:25 From Noemi jean to Host and panelists:

can I watch again ms dennise the day 1 half only for free i don't need to pay please

13:15:50 From Lauren | GYOV Support Team to Everyone:

🌱 Get ready...Nathan Crane, from 🌱 Panacea Community, LLC 🌱 is up next with a special presentation on The Top Cancer Fighting Foods Everyone Should Be Growing.

13:16:07 From Lauren | GYOV Support Team to Everyone:

@Noemi - email me at [Support@GrowYourOwnVegetables.Org](mailto:Support@GrowYourOwnVegetables.Org) and we will sort it out together :)

13:16:13 From iPhone to Everyone:

I need tower so much wheelchair in small space

Help me enter please 🙏👉

13:17:09 From Lauren | GYOV Support Team to iPhone, host and panelists:

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

13:17:16 From Beth Manickas Johnson to Host and panelists:

Would love the garden tower 🥦🥬🥕🍅🍆

13:18:42 From Noemi jean to Host and panelists:

thank you mam

13:18:51 From kat to Everyone:

where is the link to enter for prize, please

13:19:52 From anna to Everyone:

How could I get a copy of the chat?

13:20:25 From Lauren | GYOV Support Team to Everyone:

@Anna - we will link it for you on the replay page this evening 😊

# SUPERFOOD GARDEN SUMMIT

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

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

13:20:55 From Lauren | GYOV Support Team to Everyone:

@Anna - if you want Day 1 or Day 2 chat threads, just email me at  
Support@GrowYourOwnVegetables.Org

13:21:15 From anna to Everyone:

Thanks. This is my first day in attendance. Looking forward to the presentations.

13:22:36 From Lauren | GYOV Support Team to Everyone:

Woohoo! So glad you're here 😊

13:24:13 From steve to Everyone:

Good points I don't trust BIG Ag nor BIG pharma or anything BIG!

13:24:20 From Beth Manickas Johnson to Host and panelists:

Stay away from fast food too!

13:25:54 From Beth Manickas Johnson to Host and panelists:

Is it a good idea to grow different vegetables in different locations in the garden each year?

13:26:01 From steve to Everyone:

Although no complaints to your BIG mug (drinking vessel)

13:27:40 From Kowanda to Everyone:

G Bombs: Greens, beans, onions, mushrooms, berries and seeds.

13:27:48 From Lauren | GYOV Support Team to Everyone:



13:28:14 From Sally to Everyone:

Try and eat GBOMBS each day

13:28:36 From Fritt Ro to Everyone:

GBOMBS - Greens, Beans, Onions, Mushrooms, Berries, Seeds.

13:29:31 From Denise Beins to Everyone:

I love that Nathan has a Garden Tower too!

13:29:35 From iPhone to Everyone:

Green peas?

13:30:47 From Denise Beins to Everyone:

Yes - peas too!

13:31:10 From Kowanda to Everyone:

I'm faintly remembering a saying from my childhood about beans being good for the heart and they make you fart. But, I can't really remember it correctly.

13:31:57 From Lauren | GYOV Support Team to Everyone:

Hahah! Kowanda....well...both can be true 😂

13:32:11 From Claudia to Everyone:

does letting garlic sit in lemon juice retain nutrients?

13:32:22 From Noemi jean to Everyone:

my friend has stroke she can't eat anything

13:32:31 From Kim to Everyone:

How about onions in soup?

13:32:32 From steve to Everyone:



# SUPERFOOD GARDEN SUMMIT

The body will adapt to the fibre in legumes and changing the cooking water will reduce flatulence

13:33:06 From Noemi jean to Everyone:

my auntie has breast cancer stage 4

13:33:19 From Claudia to Everyone:

thoughts on using beans' soaking water to complete the cooking process?

13:33:25 From Noemi jean to Everyone:

what can she eat

13:33:47 From Fritt Ro to Everyone:

@Kowanda - Baked beans are good for your heart, Baked beans make you fart, The more you fart the better you feel, Eat baked beans for every meal. 😊

13:34:00 From Lauren | GYOV Support Team to Everyone:

Lol @Fritt! I love that

13:34:02 From leslie turner to Everyone:

My image keeps freezing and then dropping. Is anyone else having this problem? I am only getting about half of what is said.

13:34:02 From Lauren | GYOV Support Team to Everyone:

Thank you

13:34:11 From Kowanda to Everyone:

@Fritt-that's it!

13:34:22 From Lauren | GYOV Support Team to Everyone:

@Leslie - I'm not seeing that on my end. Try leaving the link and coming back to it. Might just be a blip

13:34:38 From Denise Beins to Everyone:

@Kim yes onions In soup is good... but the more raw the onion the more nutrients.

13:34:39 From Deborah Raskin to Everyone:

if you have mold issues allergies etc is it okay to still eat mushrooms ? cooked not raw

13:34:41 From Justin Lofton to Everyone:

There is nothing to "fight". Cancer is not bad. It's your body trying to keep toxins away from your organs. Cancer is from us poisoning our bodies with food, personal products, and lower vibrational emotions.

13:35:10 From Justin Lofton to Everyone:

Not sure why humans need studies to tell them that eating from nature is healthy. Ridiculous.

13:35:29 From Sally to Everyone:

This is the part I have the most difficulty with. I'm more a savory person, not sweet. I like berries, but not as much as some of the other things. Growing them here is difficult, and they are costly

13:35:44 From Kim to Everyone:

how about frozen berries?

13:36:07 From Justin Lofton to Everyone:

frozen berries are fine just not as powerful

13:36:13 From Fresh's iPhone to Everyone:

Hi, love the information, it keeps dropping the zoom. Missing quite a bit. Is there a replay?



# SUPERFOOD GARDEN SUMMIT

13:36:20 From Claudia to Everyone:

have you eaten lovage seeds?

13:36:27 From Justin Lofton to Everyone:

yes - 24 hour replay

13:36:31 From Lauren | GYOV Support Team to Everyone:

@Fresh's iPhone - yes there will be a replay after we finish airing live today

13:36:34 From Lauren | GYOV Support Team to Everyone:

@Justin, thanks 😊

13:36:37 From iPhone (2)Jen to Host and panelists:

Love berries, especially blueberries fresh or frozen!

13:36:44 From Kim to Everyone:

How about sprouted seeds?

13:36:56 From Theresa's iPhone to Everyone:

How about nuts

13:36:59 From Justin Lofton to Everyone:

of course sprouted seeds

13:37:11 From Justin Lofton to Everyone:

nuts are seeds

13:37:23 From iPhone to Everyone:

GBOMBS ❤️

13:38:11 From Sally to Everyone:

They are a bit more affordable but other than baking them into things, or smoothies - not much else to do with them? Can't just snack on them or use them in a fruit salad. Ideas (esp savory ideas)? I really don't like smoothies - I know, I'm weird lol

13:38:26 From Justin Lofton to Everyone:

Never accept a "cancer" diagnoses from a doctor. It just means you need to detox and support your body.

13:38:35 From Andrea Sharp-Long to Everyone:

sorry, I am traveling and my county has a lot of dead zones so I keep losing my zoom.  
looking forward to the fb replay when I get home. :)

13:39:04 From Sally to Everyone:

Can totally relate to the in over my head scenario!

13:39:09 From kat to Everyone:

wow, gonna check out that replay on FB, thanks

13:39:17 From Sally to Everyone:

Learning to grow it slowly

13:39:40 From Isa to Everyone:

Yes sprouted or soaked (1c food, 1T acid like vinegar or lemon juice, and water to cover) nuts , seeds, legumes, AND grains. Not all, but as many as you can. I know someone who ruined his gut with massive amounts of unsoaked beans and grains. By soaking, he was able to heal and get more out of his meals

13:40:35 From Dawn to Everyone:

Isa, how long do you soak? and in frig or on counter?

# SUPERFOOD GARDEN SUMMIT

13:40:56 From Kowanda to Everyone:

I have about 9 acres that I would love to be a permaculture garden.

13:41:45 From Susana to Everyone:

Hi! Thank you for this opportunity!

13:41:47 From Joan Ballanger to Everyone:

why are my tomato flowers drying out and not getting fruit!

13:42:19 From Debbie to Everyone:

Hello from Port Orchard Washington

13:42:41 From Claudia to Everyone:

we can always donate excess to local food pantries 😊

13:43:03 From Fritt Ro to Everyone:

Sorry to disagree with you @Justin Lofton, I have a cousin who died of colon cancer. Whether she accepted the diagnosis or not, it still killed her. Look her up online, Vivian Waller, you'll find Robin Williams messaged her just before she died.

13:43:26 From Kowanda to Everyone:

@Joan it could be because of temperature fluctuations, pollination issues, or nutrient imbalances

13:44:05 From Lauren | GYOV Support Team to Everyone:

👏 Thank you, Nathan! 👏 Amazing info on how to prevent Cancer with whole food medicine!  
:) We appreciate you!

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

<https://info.nathancrane.com/>

13:44:07 From kat to Everyone:

Thanks so much Nathgan

13:44:20 From Noemi jean to Everyone:

that was great

13:44:36 From Kowanda to Everyone:

Awesome conversation. I need to sharpen my pencil before the next presenter!

13:44:37 From liddia to Everyone:

thank you for the great informatrion

13:44:43 From iPhone to Host and panelists:

Excellent presentation

13:44:52 From Diane Davey to Everyone:

Thanks so much Nathan!!! 😊

13:44:57 From Isa to Everyone:

Dawn: check out the Weston Price Foundation website and the cookbook Nourishing Traditions, and Traditional Cooking School website for more on soaking

13:45:08 From Justin Lofton to Everyone:

I like prizes!

13:45:15 From Stephanie to Everyone:

Yeah! Prizes!

13:45:20 From Kim to Everyone:

# SUPERFOOD GARDEN SUMMIT

What is Nathan's website?

13:45:33 From Natasha's iPhone to Everyone:

As a cancer thriver, I really appreciate Nathan Crane. His work gives hope!

13:45:34 From Cheryl Ambrose to Everyone:

Hello from Ohio

13:45:35 From Marilyn to Everyone:

Love prizes!!!

13:45:36 From Dawn to Everyone:

Thanks, Isa

13:45:39 From Michele's iPad to Everyone:

Love this!

13:45:45 From Kowanda to Everyone:

@Kim info.nathancrane.com

13:45:47 From Robin Padilla to Everyone:

thanks Nathan! Love those G=Bombs!! So easy to remember on a daily basis!

13:45:50 From Joan Ballanger to Everyone:

great ideas

13:45:53 From 4 - Mary Lou to Everyone:

Hello from Vermont.

13:45:57 From Becky to Everyone:

Food is awesome!

13:46:03 From kat to Everyone:

having trouble getting closed captions to work

13:46:08 From Ann Metcalfe to Everyone:

Ann Delta BC

13:46:08 From Kowanda to Everyone:

I can't wait for Greg!

13:46:47 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>

13:46:48 From Kim Cole to Everyone:

I recall hearing long ago that onions and garlic were still good nutrition even when cooked. Nathan said not.

13:46:55 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/>

13:47:25 From Ann Metcalfe to Everyone:

I have purple cabbages that are growing leaves and that's it! Are the leaves edible? And why the head isn't growing?

13:48:16 From Meaghan Verdugo to Everyone:

It is getting hot here and I still need to walk to the grocery store. The only thing I am growing right now is potatoes. I still need to buy my greens.

13:48:27 From Meaghan Verdugo to Everyone:

# SUPERFOOD GARDEN SUMMIT

Catch you on the reply!

13:49:18 From Ann Metcalfe to Everyone:

Volunteer potatoes have taken over parts of my garden! That's a win win - food and shade!

13:50:08 From Isa to Everyone:

Kim: onions and garlic ARE still good when cook, however they have some GREAT, but very volatile compounds that are destroyed with heat. Crushed raw garlic is an amazing medicine on its own. And Dr Jones uses raw onion juice to cure ear infection

13:50:48 From Kowanda to Everyone:

I just bought the cookbook "Six Seasons A New Way With Vegetables". Browsing the recipes, it seems like the author, Joshua McFadden, knows about GBOMBS.

13:51:07 From Kim to Everyone:

I do enjoy some minced fresh garlic in my avocado sandwich

13:51:44 From Madeleine Heimersson to Everyone:

Question to everyone: Do veggies lose a lot of nutrition when cooked, stored, canned, frozen...? Is raw always best?

13:51:59 From Lauren | GYOV Support Team to Everyone:

👤👤 Here's the link to ask your garden questions for this LIVE Q&A!!

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

13:52:01 From Lauren | GYOV Support Team to Everyone:

PRIZE TIME

13:52:56 From Kowanda to Everyone:

I have the downloadable copy of that book!

13:53:00 From Linda Jorgensen to Everyone:

This looks great for me to work on my Arizona-clay soil!!!

13:53:04 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>

13:53:13 From Linda Jorgensen to Everyone:

AND.....use of the garden tower!!!!

13:53:36 From Marieta O. to Everyone:

Me!

13:53:41 From Justin Lofton to Everyone:

I love that topic!

13:53:41 From Ning to Everyone:

me

13:53:42 From Lauren | GYOV Support Team to Everyone:

👤👤👤 Congratulations to Liddia Secrist, you won the Regenerative Soil Book!!! Email [support@growyourownvegetables.org](mailto:support@growyourownvegetables.org) to claim your prize! 🎉👤👤

13:53:43 From Isa to Everyone:

Madeleine: it varies from veg to veg. Raw is not always best. Eating raw keeps a lot of vitamins and enzymes intact but some need cooking or fat to shine. Tomatoes, for instance, like being cooked.

13:53:45 From Kowanda to Everyone:

# SUPERFOOD GARDEN SUMMIT

Congrats Lydia!

13:53:46 From Diane Davey to Everyone:  
Me!

13:53:48 From Justin Lofton to Everyone:  
Congrats!

13:53:49 From liddia to Everyone:  
thank you so much

13:53:53 From Joan Ballanger to Everyone:  
the garden tower would be perfect for my husband who has Prkinsons

13:53:54 From Ning to Everyone:  
Congrats!

13:53:56 From anna to Everyone:  
How to enter for the prize drawing?

13:53:57 From Tee C. to Everyone:  
congratulations!!!!

13:54:00 From Sally to Everyone:  
I need that book! Will be getting online to order. Soil is my biggest problem here

13:54:03 From Joan Ballanger to Everyone:  
congrats

13:54:05 From Natasha's iPhone to Everyone:  
Congrats!!

13:54:14 From John to Everyone:  
congratulations

13:54:14 From Marieta O. to Everyone:  
Congrats!!!

13:54:27 From Stephanie to Everyone:  
Congratulations!

13:54:31 From Diane Davey to Everyone:  
Congrats Lydia!!! 🎉🥳

13:54:37 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>

13:54:42 From liddia to Everyone:  
me i have beefsteaks growing

13:54:47 From Joan Ballanger to Everyone:  
had my first one yesterday!

13:54:49 From Justin Lofton to Everyone:  
Tomato heaven here in Nicaragua

13:54:57 From Lori Merrill to Everyone:  
Romas !!!

13:55:02 From Ronda to Everyone:  
cherry toma

13:55:10 From Ronda to Everyone:

# SUPERFOOD GARDEN SUMMIT

tomatoes\*\*

13:55:21 From Jennifer Manitowabi to Everyone:

Early girl

13:55:21 From Donna King to Everyone:

I have Roma's and sweet cherry growing

13:55:26 From Isa to Everyone:

Cherries here. Barely keeping up with the kids, but I did have a couple left to sun dry

13:55:30 From Bruce Kiviui to Everyone:

cherry tomatoes

13:55:38 From Kowanda to Everyone:

I have Roma and Beefsteak growing.

13:55:39 From Debbie to Everyone:

I have early girl and sun gold

13:55:42 From Sally to Everyone:

It's hard to grow tomatoes here, weirdly. And they are less acidic so canning is trickier

13:55:43 From Ronda to Everyone:

salsa, sundried tomatoes in olive oil, pasta sauce, tomato soup

13:55:46 From Joan Ballanger to Everyone:

I make tomato sauce and pizza sauce

13:55:49 From steve to Everyone:

Interesting I had my first tom here in the UK two days ago.

13:55:53 From Lori Merrill to Everyone:

Roast and freeze

13:55:55 From Jennifer Manitowabi to Everyone:

Fried green

13:56:00 From Mary's iPad to Host and panelists:

Relishes, passata and chutneys

13:56:02 From Tee C. to Everyone:

put in salad

13:56:02 From Kowanda to Everyone:

Yummy!

13:56:13 From Jan Egge to Everyone:

ketchup!

13:56:14 From Donna King to Everyone:

can mine for meals

13:56:14 From Karen to Everyone:

saute with peppers and mushrooms for omelette

13:56:15 From Justin Lofton to Everyone:

pico de gallo

13:56:31 From Corine to Everyone:

Quiche

13:56:40 From Terri to Everyone:

# SUPERFOOD GARDEN SUMMIT

Lots of sauce! Dried tomatoes in olive oil. Last year I tried a recipe for curried tomato preserves and I love it!

13:56:42 From Andrea Sharp-Long to Everyone:

dri angry a tomato field right now!

13:56:45 From William Shaw to Everyone:

Canned salsa for the family and cherry for the grandkids!

13:56:51 From Diane Davey to Everyone:

Fermented sounds awesome!

13:56:52 From Debbie to Everyone:

Mostly eat them fresh

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

Chaos abounds

13:56:57 From Kim to Everyone:

roasted tomatoes

13:57:01 From Marieta O. to Everyone:

Basil leaves, squeeze of lemon juice & salt!

13:57:05 From Sally to Everyone:

Just love a good fresh tomato sliced with a touch of sea salt and black pepper

13:57:26 From Justin Lofton to Everyone:

vegan pesto - AMAZING

13:57:26 From Andrea Sharp-Long to Everyone:

driving by a tomato field right now! 🤪

13:57:40 From Candace's iPad (2) to Everyone:

I have lemon drop and Deutsch fleiss tomatoes. We make salsa, tomato sauce, etc.

13:57:45 From Kowanda to Everyone:

Matt is high energy! I love listening to him.

13:58:15 From Lauren | GYOV Support Team to Everyone:

Matt Powers!! Learn all about soil in this presentation of Healthy Foods Need Healthy Soil. 🙌

13:58:28 From Justin Lofton to Everyone:

Wrong screen!!!!

13:58:42 From steve to Everyone:

I believe that Toms are more nutritious when cooked?

13:58:43 From Justin Lofton to Everyone:

We can't see him

13:58:47 From Lori Q to Everyone:

hear Matt, not seen ??

13:58:50 From Yvonne to Everyone:

we don't see him

13:58:53 From Laura to Everyone:

Can't see Matt!

13:58:53 From Lauren | GYOV Support Team to Everyone:

Working on it!

13:58:54 From Justin Lofton to Everyone:



# SUPERFOOD GARDEN SUMMIT

hear him

13:59:13 From Lauren | GYOV Support Team to Everyone:

There he is

13:59:14 From Justin Lofton to Everyone:

Yes

13:59:25 From liddia to Everyone:

yayyy it works

13:59:26 From Cheryl Ambrose to Everyone:

I thought, well that's interesting! Haha! Technology!

13:59:39 From liddia to Everyone:

i have all the summits excepts one

13:59:59 From Laura to Everyone:

THANKS Denise; now I can see Matt.

14:04:35 From iPhone to Everyone:

THANKS FOR GREAT LARGE FONTS!

14:04:45 From Matt Powers to Everyone:

Thank you for being here!

14:04:53 From Denise Beins to Everyone:

Matt is in the chat!!

14:04:59 From Kowanda to Everyone:

Hi Matt!

14:05:13 From Laura to Everyone:

Welcome Matt!!!

14:05:15 From Lauren | GYOV Support Team to Everyone:

Wohoo, Matt in the Chat!

14:05:20 From H-Upon-the-Zoom to Everyone:

Yay, Matt!

14:05:54 From Fritt Ro to Everyone:

Kia ora 🖐️ Matt, from 🇳🇵 Aotearoa / New Zealand.

14:06:07 From Matt Powers to Everyone:

Hi Everyone!! Happy to be here!! 😊 😊 😊

14:06:18 From Ann Metcalfe to Everyone:

What a great opportunity for your students!

14:06:37 From Beth Manickas Johnson to Host and panelists:

Hi Matt

14:06:49 From liddia to Everyone:

matt thank you so much

14:07:07 From Denise Beins to Everyone:

Matt was probably the best school teacher.

14:07:26 From Beth Manickas Johnson to Host and panelists:

Thank you for your dedication

14:08:28 From Beth Manickas Johnson to Host and panelists:

Thank you for your expertise and dedication !

# SUPERFOOD GARDEN SUMMIT

14:08:43 From steve to Everyone:

fascinating Matt. We also have to switch on (enable) the genes do we not? So our environment as well influences how our bodies take-up nutrients?

14:09:07 From Stephanie to Everyone:

This is fantastic! Congratulations on your important and successful mission!

14:09:23 From Justin Lofton to Everyone:

Aho! Together we rise!

14:09:28 From Beth Manickas Johnson to Everyone:

Thank you for your dedication and expertise

14:11:00 From Laura to Everyone:

@Steve - YES! You got it. Our environment influences how our bodies take up nutrients.

14:14:59 From Kowanda to Everyone:

EM is applied to the plants? Do you add it to the water?

14:15:18 From Matt Powers to Everyone:

Yes the environment influences how our genes are expressing so it's all in a mix of influence

14:15:31 From Matt Powers to Everyone:

But I could control food and soil

14:16:10 From Matt Powers to Everyone:

EM is added 3 tbsps per gallon

14:16:17 From Matt Powers to Everyone:

Every 1-4 weeks

14:16:21 From Derek Thille (Winnipeg, MB) to Everyone:

Interesting thinking on the day/night cycle. The farther north you go, the longer the summer days are (now - opposite calendar and direction in southern hemisphere). Here (approaching 50 degrees north), our days are about 16 hours and 8 for night, but near the equator, it stays 12 hours each year-round.

14:16:28 From Kowanda to Everyone:

Thanks, Matt!

14:16:51 From Justin Lofton to Everyone:

Let me know if you guys want someone to talk about electroculture.

14:17:00 From Matt Powers to Everyone:

And those ratios of time change over the year as well Derek

14:17:11 From Justin Lofton to Everyone:

I've been using it for 3 years now

14:17:14 From Matt Powers to Everyone:

Plants dial into that natural clock system

14:17:19 From Justin Lofton to Everyone:

It's incredible

14:17:22 From Derek Thille (Winnipeg, MB) to Everyone:



14:17:49 From Sally to Everyone:

Soil is my biggest issue. I have to container garden/raised beds because I have no soil (lava rock), arid, windy, at elevation - dries out and becomes hydrophobic and depleted so quickly.

# SUPERFOOD GARDEN SUMMIT

Can't seem to win this battle. Trying a dripping irrigation system next (an expense but not sure what more to do)

14:18:02 From Matt Powers to Everyone:

Once the R-Soil Database is up and live we'll have everything playing out in real time with real sites

14:18:09 From Matt Powers to Everyone:

So all the biodynamic, electroculture, etc.

14:18:14 From Diane Davey to Everyone:

OMG!!! Matt is my new HERO!!! Fascinating stuff! Coolest teacher EVER!!! 😊

14:18:16 From Matt Powers to Everyone:

They all can just show their work before and after

14:18:24 From Matt Powers to Everyone:

In conjunction with their actions

14:18:39 From Derek Thille (Winnipeg, MB) to Everyone:

Yeah, we have around 8 hour days near the winter solstice, but no plants are actively growing at that time of year.

14:18:41 From Justin Lofton to Everyone:

I grow in a lot of 5 gallon buckets and 20 gallon containers. Works great!

14:18:42 From Matt Powers to Everyone:

It'll allow for everyone to see what really works and why because we'll have biology included finally

14:18:58 From liddia to Host and panelists:

do i need to do anything for my prize?

14:19:00 From Jim Flach USCGA #1249045 to Everyone:

Are concerned that teas go anaerobic

14:19:52 From Matt Powers to Everyone:

No - I test everything

14:19:54 From D to Everyone:

So how was the first presentation?

14:20:00 From Matt Powers to Everyone:

I have a microscope and I do DNA testing

14:20:11 From Jim Flach USCGA #1249045 to Everyone:

Can we know at home

14:20:39 From Matt Powers to Everyone:

With compost teas - overwhelmingly the research is showing fresh extracts are best

14:20:54 From Matt Powers to Everyone:

So there's no much chance of a good compost making an anaerobic tea in 45 min

14:20:55 From liddia to Host and panelists:

ok thank you so much

14:21:19 From Denise Beins to Host and panelists:

@liddia email support@growyourownvegetables.org and Lauren will get your info to Matt for your Regenerative Soil book!

14:21:22 From Jim Flach USCGA #1249045 to Everyone:

# SUPERFOOD GARDEN SUMMIT

thank you

14:21:26 From Matt Powers to Everyone:

It's then about making and recognizing good compost which has microscope and macro hallmarks of quality

14:21:45 From Matt Powers to Everyone:

Congratulations Liddia!!

14:22:01 From liddia to Host and panelists:

matt thank you

14:22:01 From Matt Powers to Everyone:

450 million years

14:22:06 From Matt Powers to Everyone:

That's how old AMF is

14:22:17 From Matt Powers to Everyone:

We found it in fossilized roots

14:22:42 From Justin Lofton to Everyone:

Matt, playing with electroculture yet?

14:23:20 From Matt Powers to Everyone:

Sally: what is your SOM%? What biology is present?

14:23:45 From Fritt Ro to Everyone:

@Matt, I have found a Bokashi bin I started about 4-5 years ago, been left anaerobic sealed. Is the contents and tea still going to be usefull?

14:23:55 From Denise Beins to Everyone:

@Justin - Stacey is! 😊 She's looking for a garden space to run experiments in.

14:24:22 From Justin Lofton to Everyone:

Beautiful. Gamechanger!

14:24:58 From H-Upon-the-Zoom to Everyone:

Yes, Matt! Microbiota to Microbiota!

14:25:27 From Matt Powers to Everyone:

I like microbes that generate energy and I like leveraging plant, soil, and microbe cycles to reach peak genetic expression and nutritional density. I look forward to seeing more research done on the variables involved in electroculture. Raising the conductivity is what chemical ag did and they stripped the soil of nutrients, so I'd like to see more information in terms of holistic testing and I'd like to see how this could be applied and proven at scale.

14:26:02 From Gail B from VA to Everyone:

I've got to get that book

14:26:03 From Sally to Everyone:

@matt - I don't know the answers to those questions - how would I find out?

14:26:03 From Matt Powers to Everyone:

5 year old bokashi - could be ok but I'd want to examine it closely.

14:26:24 From Kim to Everyone:

Missed the book you just mentioned.

14:26:36 From Matt Powers to Everyone:

SOM = Soil Organic Matter %

# SUPERFOOD GARDEN SUMMIT

14:27:11 From Matt Powers to Everyone:

If you lack SOM you will easily have hydrophobic soils. I would get an M3 soil test on your soil which is the standard so it should be possible to get for you where you are at

14:27:16 From Gail B from VA to Everyone:

No minerals in our soil, no minerals in our foods

14:27:23 From Matt Powers to Everyone:

University extension centers can do the testing

14:27:31 From Matt Powers to Everyone:

Exactly Gail

14:27:56 From Matt Powers to Everyone:

And glyphosate is a mineral chelator and does the same thing in plants - locking out nutrition from building up

14:28:29 From Justin Lofton to Everyone:

Already has been proven. Do your research. Its about sending subtle electrons into the soil to stimulate lifecycles while also creating a torus field of energy to protect the energy of the plant(s) above the ground as well.

14:28:41 From Fritt Ro to Everyone:

@Matt, thanks, I am getting the bokashi put under a microscope soon.

14:28:51 From Matt Powers to Everyone:

Regenerative Soil - the book on-sale & free shipping:

<https://www.thepermaculturestudent.com/shop/regenerative-soil>

14:29:01 From Sally to Everyone:

Ah - I try to add organic matter. Using bagged soils I get at the garden center and I add compost (also purchased because all compost attempts here have been failures), and added some peat and vermiculite

14:29:13 From Justin Lofton to Everyone:

I find that everyone is stuck in chemistry, yet chemistry is simply the effect of energy, frequency, and vibrations causation.

14:29:13 From Lauren | GYOV Support Team to Everyone:

Thank you for sharing that link, Matt!

14:29:15 From Claudia to Everyone:

how to eliminate excess phosphate that doesn't involve washing off a field?

14:29:37 From Sally to Everyone:

I'm very new to gardening and picked probably the worst climate/area to do it in lol

14:30:12 From Sally to Everyone:

I need to pull the soil out of my beds and redo it - what should I focus on?

14:30:25 From Matt Powers to Everyone:

Adding electrons is "reduction" - I cover soil REDOX in my book and it includes the first Eh/Ph charts for soil ever: <https://www.thepermaculturestudent.com/shop/regenerative-soil>

14:30:25 From Kowanda to Everyone:

Thank you, Matt. Interesting and informative, as always!

14:30:28 From Annetta to Everyone:

Thank you Matt

# SUPERFOOD GARDEN SUMMIT

14:30:35 From Lauren | GYOV Support Team to Everyone:

🥰🌱 Thank you, Matt! That presentation is so mind-expanding!! Anyone else? 🥰

14:30:38 From Lauren | GYOV Support Team to Everyone:

BEST TEACHER EVER

14:30:43 From Diane Davey to Everyone:

Thanks so much Matt!!! 🥰

14:30:48 From Noemi jean to Everyone:

more science

14:30:59 From Lauren | GYOV Support Team to Everyone:

WOOO MATT IN THE HOUSE - look at all these hearts and such 😊

14:31:04 From Margaret Orci to Everyone:

Thank you for the great information Matt.

14:31:07 From Lauren | GYOV Support Team to Everyone:

Get Matt's Book: <https://www.thepermaculturestudent.com/shop/regenerative-soil>

14:31:10 From Yvonne to Everyone:

Thank you

14:31:37 From Candace's iPad (2) to Everyone:

What are your thoughts on Biochar?

14:31:38 From Lauren | GYOV Support Team to Everyone:

Awww...I love that. "Enthusiasm is the antidote to uncertainty"

14:31:45 From Fritt Ro to Everyone:

That was awesome, Matt. Thanks, I'll be watching the replay over and over to learn everything I can from it.

14:32:42 From Lauren | GYOV Support Team to Everyone:

I love when Matt Powers and Greg Peterson are on the same Summit day - they both bring such incredible energy and love.

14:32:55 From Sally to Everyone:

Yes so much info I'm going to watch the replay - maybe more than once

14:33:07 From Justin Lofton to Everyone:

100%

14:33:16 From Noemi jean to Host and panelists:

can I excuse myself today ms dennise I have to go mam i have to work mam can I watch the replay later

14:33:53 From Lauren | GYOV Support Team to Noemi jean, host and panelists:

Yes! Replays will be on this page: <https://superfoodgardensummit.com/replay/>

14:34:00 From liddia to Host and panelists:

i sent in the email. please let me know if you do not get it

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

This is really great advice.

14:34:28 From Claudia to Everyone:

and paint what we grow 🥰

14:34:29 From Lauren | GYOV Support Team to liddia, host and panelists:

I'll keep an eye out! Might be responding after we finish airing live 😊

# SUPERFOOD GARDEN SUMMIT

14:34:37 From Noemi jean to Everyone:

the topic today is really amazing and Informative

14:34:56 From Lauren | GYOV Support Team to Everyone:

Oooooooo questions with MATT

14:34:58 From Justin Lofton to Everyone:

Super helpful brother!

14:34:59 From Joan Ballanger to Everyone:

Lots of info...

14:35:04 From Diane Davey to Everyone:

Best Wishes and luck to your wife!!! 🍀

14:35:26 From liddia to Everyone:

i understand

14:35:31 From Beth Manickas Johnson to Everyone:

Is a good to rotate the placement of your plants in the garden each year ?

14:35:40 From William Shaw to Everyone:

Thanks Matt from a fellow musician and gardener!

14:35:43 From D to Everyone:

Grass grows everywhere even on asphalt!

14:35:44 From Greg Peterson - Urban Farm Podcast to Everyone:

SOM = the biggest thing we can do to build healthy soil!!!

14:35:50 From Derek Thille (Winnipeg, MB) to Everyone:

Yup...developers create urban monoculture deserts.

14:35:56 From Justin Lofton to Everyone:

Yes of course @Beth

14:36:12 From Yvonne to Everyone:

is it ok to add veggie pulp from juicing to soil

14:36:53 From Justin Lofton to Everyone:

sand is made up of crystals and silica - energy, frequency, and vibrations

14:37:10 From D to Everyone:

Leughton Morrisson would add that Silt is plant/organic material, not inorganic mterial purely classified by size

14:37:21 From Justin Lofton to Everyone:

better to compost that @yvonne

14:37:27 From D to Everyone:

You have been on his stream on YT

14:37:27 From Lauren | GYOV Support Team to Everyone:

Are you all seeing this? Matt is on the screen and Greg is in the chat! What a gift!

14:37:33 From Derek Thille (Winnipeg, MB) to Everyone:

Yvonne, that is organic matter, so yes, but it may be valuable to compost it rather than just dumping a pile on / in the soil.

14:38:06 From Yvonne to Everyone:

Thanks Derek

14:38:17 From Justin Lofton to Everyone:



# SUPERFOOD GARDEN SUMMIT

gotta mix “greens” and “browns” at Yvonne

14:38:43 From Joan Ballanger to Everyone:

Should I be tilling in the compost to my garden. Or just plant in it?

14:38:54 From Justin Lofton to Everyone:

activated biochar is what you want so it doesn't suck the nutrients from your soil

14:39:06 From Yvonne to Everyone:

Ok thanks Justin

14:39:18 From D to Everyone:

Fill lava voids with sphagnum peatmoss, and grow in there is the tip we keep getting on these stream chats from Gregg McAllister a long term breeder/grower in Hawaii.

14:39:27 From Justin Lofton to Everyone:

activated biochar + basalt + electroculture = WOW!!!

14:40:14 From Justin Lofton to Everyone:

harmonic balance 😊

14:40:28 From D to Everyone:

So the EM's PH comes from the Lacto Bacillus?

14:40:53 From Derek Thille (Winnipeg, MB) to Everyone:

Potash is potassium chloride, KCl.

14:41:00 From Sally to Everyone:

Good soil seems like a big old science project!

14:41:22 From D to Everyone:

NPK=Kalium

14:41:38 From D to Everyone:

P=Phosphor not Potassium;-)

14:42:48 From Sally to Everyone:

Thanks @D - going to look into Gregg McAllister

14:43:14 From Annetta to Everyone:

I am in an apartment and can only container garden, what is the best thing for me to boost my microbes?

14:43:57 From D to Everyone:

He is pretty private, but pop's up in some of the live streams covering cannabis breeding

14:44:21 From Sally to Everyone:

Soil in containers vs soil in the ground - is the difference addressed in the book?

14:44:23 From Derek Thille (Winnipeg, MB) to Everyone:

<https://natural-resources.canada.ca/minerals-mining/mining-data-statistics-analysis/minerals-metals-facts/potash-facts> - the K of NPK is potassium, which primarily comes from potash, a salt mined...mostly in Saskatchewan

14:44:39 From H-Upon-the-Zoom to Host and panelists:

What about mycelia bioremediation? Have you remediated by mushrooms alone?

14:44:45 From D to Everyone:

Famous for being one of the people that bred the Northern Lights line(s)

14:44:48 From Sally to Everyone:

# SUPERFOOD GARDEN SUMMIT

Soil in containers vs the ground addressed in the book?

14:45:35 From Ronda to Everyone:

I do that during the fall and winter months before the ground is frozen

14:47:31 From Madeleine Heimersson to Everyone:

I cook my weeds and compost only maybe 2% and give it back to my soil, am I on the right track?

14:50:19 From Lauren | GYOV Support Team to Everyone:

Grab the book: <http://growyourownvegetables.org/PowersBook>

14:50:28 From Lauren | GYOV Support Team to Everyone:

GREG! GREG! GREG! GREG!

14:50:37 From Kowanda to Everyone:

Hi Greg!

14:50:49 From Laura to Everyone:

Hi Greg!

14:51:00 From Diane Davey to Everyone:

Thanks so much again, Matt!!! 🥰

14:51:03 From Joan Ballanger to Everyone:

hi greg

14:51:04 From H-Upon-the-Zoom to Everyone:

Time to have him back!

14:51:28 From Derek Thille (Winnipeg, MB) to Everyone:

Community is powerful.

14:51:45 From Erin to Everyone:

👋 Greg!!

14:51:45 From Laura to Everyone:

Many, many THANKS Matt!!!!

14:51:46 From Susan to Everyone:

thank you Matt!

14:51:58 From Claudia to Everyone:

thank you all!

14:52:03 From Deborah Raskin to Everyone:

Hi Greg , Deborah in central Florida

14:52:09 From Joan Ballanger to Everyone:

thanks matt so much info

14:52:50 From Justin Lofton to Everyone:

Different energy and vibrations in various areas.

14:52:56 From Fritt Ro to Everyone:

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

14:53:00 From iPhone to Host and panelists:

Hi Greg I'm in Cypress TX , how can I start ? Permaculture

14:53:07 From iPhone to Host and panelists:

Garden

14:53:14 From Derek Thille (Winnipeg, MB) to Everyone:

# SUPERFOOD GARDEN SUMMIT

"It depends" is a universally valid response. Unfortunately, we've become something of a microwave society that wants an instant response that is cut and dried.

14:53:36 From Derek Thille (Winnipeg, MB) to Everyone:

Headed on a road trip soon to Concord, NC.


14:53:41 From Lauren | GYOV Support Team to Everyone:

Things DO want to grow here

14:53:54 From Donna King to Everyone:

Asheville is where I was born!

14:54:46 From Lauren | GYOV Support Team to Everyone:

 Do you have questions for Greg? Get YOUR questions answered in a special LIVE Q&A Session up after this next presentation! Submit your questions here:

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

14:56:23 From Claudia to Everyone:

does your reference to cedar include eastern red cedar which is a juniper ;)

14:56:33 From Derek Thille (Winnipeg, MB) to Everyone:

Wheaton Labs (perhaps Paul Wheaton for YouTube channel) has done a lot of work on hügelkultur.

14:56:44 From Diane Davey to Everyone:

Permaculture is my ultimate goal...

14:57:10 From Derek Thille (Winnipeg, MB) to Everyone:

Honey locust is a nitrogen fixer

14:57:10 From H-Upon-the-Zoom to Everyone:

Yes, @Derek...permies.com

14:57:23 From Isa to Everyone:

You can also add manure or other greens on top of wood chips, we well, and let it all set over winter before planting with green manure. Till that in for your first crops in spring.

14:57:31 From D to Everyone:

poplar here was omnipresent till the disease came and killed many/most

14:57:44 From Isa to Everyone:



14:58:06 From Derek Thille (Winnipeg, MB) to Everyone:

We spent a week at Wheaton Labs in Montana in September...that was fun.

14:58:34 From Isa to Everyone:

What is the smallest pot you can put a small (under 10' tall) apple tree in?


14:59:16 From Gail B from VA to Everyone:

Do you grow mushrooms in logs, and if yes, what type of wood?

14:59:29 From H-Upon-the-Zoom to Everyone:

Nice! @Derek. Posted any pics on permies?

15:00:56 From Isa to Everyone:

With a long growing season, can you force dormancy in early apple trees by stripping the leaves for a second crop? I have heard great success for mulberries 

15:00:57 From Derek Thille (Winnipeg, MB) to Everyone:

Yes - <https://permies.com/t/268013/SEPSeptember-Remember>

# SUPERFOOD GARDEN SUMMIT

15:01:19 From Erin to Everyone:

Can we please get the giveaway link? Thank you!

15:01:57 From H-Upon-the-Zoom to Everyone:

@Derek, thanks! Just followed you...

15:02:22 From Derek Thille (Winnipeg, MB) to Everyone:

Uh oh 🙄🌀

15:03:16 From Lauren | GYOV Support Team to Everyone:

Make a gorgeous bridal head piece for your trees!

15:03:20 From steve to Everyone:

Is Greg going to present or just answer questions?

15:03:30 From Lauren | GYOV Support Team to Everyone:

We'll be airing Greg's presentation!

15:04:41 From Derek Thille (Winnipeg, MB) to Everyone:

We have a lot more issue with birds and small fruit / berries than bigger tree fruit. We share our semi-sweet cherries with robins in particular...I do wish they'd start at the top of the shrub where I can't reach as easily.

15:06:42 From Lauren | GYOV Support Team to Everyone:

Can Greg say that link one more time?

15:06:54 From Lauren | GYOV Support Team to Everyone:

Planting Calendars!

15:07:17 From Lauren | GYOV Support Team to Everyone:

Thanks!

15:07:52 From Jeanne Guerin-Daley to Everyone:

thank you for the info

15:07:52 From Diane Davey to Everyone:

Thanks so much Greg!!! 🥰

15:08:03 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/>

15:08:04 From Derek Thille (Winnipeg, MB) to Everyone:

The Old Farmer's Almanac has some calendar info including average frost dates by zip/postal code.

15:08:17 From Linda Jorgensen to Everyone:

I'm the Linda in Phoenix - THANK YOU...I will be in touch!

15:08:24 From Greg Peterson - Urban Farm Podcast to Everyone:

Phoenix planting calendar - <http://plantingcalendar.org>

15:08:41 From Kowanda to Everyone:

I love the live guests!

15:08:52 From Rutl to Everyone:

thanks

15:09:03 From Lauren | GYOV Support Team to Everyone:

Me too, Kowanda!

15:09:12 From Lauren | GYOV Support Team to Everyone:

# SUPERFOOD GARDEN SUMMIT

Greg and Matt are my faves ;)

15:09:23 From Greg Peterson - Urban Farm Podcast to Everyone:

Ahhh thanks

15:10:03 From Linda Jorgensen to Everyone:

Never heard of permaculture until this series!

15:10:09 From Greg Peterson - Urban Farm Podcast to Everyone:

Who is new to Permaculture?

15:10:21 From iPhone (2)Jen to Host and panelists:

I am new

15:10:25 From Derek Thille (Winnipeg, MB) to Everyone:

I completed my permaculture design certificate in spring 2023.

15:10:48 From Sally to Everyone:

Familiar with permaculture but not currently doing it because I'm on lava rock

15:11:25 From Greg Peterson - Urban Farm Podcast to Everyone:

@Derek- AWESOME

15:12:05 From Isa to Everyone:

That mural is the absolute best

15:12:30 From Kowanda to Everyone:

I observed for 3years before I started doing anything on my property.

15:12:37 From Greg Peterson - Urban Farm Podcast to Everyone:

ISA - my late mom painted that just before she passed

15:12:37 From Derek Thille (Winnipeg, MB) to Everyone:

I love that - "Nature always bats last" - Toby Hemenway - it's interesting how quickly nature will take over a disturbed site when allowed to do so.

15:12:54 From Isa to Everyone:

She did a beautiful job!

15:13:21 From liddia to Host and panelists:

lauren thank you i received your email

15:14:16 From Kowanda to Everyone:

Oh, I did that, too!

15:14:25 From Justin Lofton to Everyone:

Sun and moon move along the firmament. We are NOT on a spinning ball. Please wake up!

15:14:40 From Denise Beins to Everyone:

Love this - I take pictures to look back where the sun was in a certain season.

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

Sun Surveyor Lite is an app that allows you to look at the solar path for your location for a given date.

15:16:19 From Derek Thille (Winnipeg, MB) to Everyone:

We have to keep working on maintaining those degenerative systems because nature always bats last 🤪

15:16:48 From H-Upon-the-Zoom to Everyone:

Have been following permaculture for at least a decade...have purchased courses (though have yet to complete a PDC—circumstances) and supported kickstarter campaigns around the

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topic. Most of my fiction writing features a permaculturist as protagonist or mentions a real figure like Bill Molison or sprinkles in precepts found in the framework...could go on and on because it's so integrated into my day-to-day. Thanks for sharing it widely... Oh, yes, love that textbook!

15:17:28 From Derek Thille (Winnipeg, MB) to Everyone:

Cool H

15:18:01 From Greg Peterson - Urban Farm Podcast to Everyone:

H - u are a writer - what are some titles?

15:18:23 From Claudia to Everyone:

thank you for putting 'care for the earth' first ()

15:18:41 From Greg Peterson - Urban Farm Podcast to Everyone:

Claudia - RIGHT!!!!!!

15:19:59 From Erin to Everyone:

Yes, care for the earth!! Woohoo! 🙌❤️🌍

15:20:19 From Lauren | GYOV Support Team to Everyone:

Love the sign recycling 😊

15:20:45 From Greg Peterson - Urban Farm Podcast to Everyone:

The only good use for old political signs!!!

15:20:49 From Derek Thille (Winnipeg, MB) to Everyone:

There's an actual use for political signs? 🤔

15:20:52 From H-Upon-the-Zoom to Everyone:

An unpublished author. Private writer... But I have started submitting to writing contests...and hope to start a permaculture retreat and author atelier of sorts...and, also, possibly, may publish one day soon.

15:21:03 From Isa to Everyone:

I use old, abandoned politician signs for my rabbits to pee on 😂

15:21:18 From Lauren | GYOV Support Team to Everyone:

LOL, Isa! That is genius

15:21:54 From Isa to Everyone:

They line the wall so I don't get urine on the brick

15:21:54 From Erin to Everyone:

That sun surveyor site Derek mentioned sounds neat!

15:22:37 From Erin to Everyone:

Isa, 😂 brilliant

15:23:11 From Derek Thille (Winnipeg, MB) to Everyone:

@Erin, it can be really useful to help to analyze shade and where the sunlight will hit at different times of the year.

15:23:29 From D to Everyone:

Swamp cooler not easily swamped out in (Coastal ) North Carolina

15:23:48 From Greg Peterson - Urban Farm Podcast to Everyone:

D - OH YEAH no evap here!!!

15:24:36 From H-Upon-the-Zoom to Everyone:

@Isa Hilarious! Definition of upcycling!

15:25:44 From Derek Thille (Winnipeg, MB) to Everyone:

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Flow is related to edge as well - flow of water, wind, sunlight, wildlife, etc. We can use things like those citrus trees to create a new edge that has different characteristics.

15:26:28 From Greg Peterson - Urban Farm Podcast to Everyone:

YES Derek!!!

15:29:05 From steve to Everyone:

Greg, with so many trees on your property do you have sufficient water?

15:29:05 From Derek Thille (Winnipeg, MB) to Everyone:

How big is that property? It's incredible how much density of food plants can be nurtured.

15:29:26 From Greg Peterson - Urban Farm Podcast to Everyone:

Derek - 1/4 acre

15:29:43 From Greg Peterson - Urban Farm Podcast to Everyone:

IN THE DESERT!

15:30:08 From H-Upon-the-Zoom to Everyone:

Wow, @Greg!!!!

15:30:51 From Derek Thille (Winnipeg, MB) to Everyone:

Thanks. Our second property is a permaculture project - total is just over 7 acres. We use about 1/4 acre for garden space. Slow and small solutions is something of a nemesis for me...I need to learn more patience.

15:31:50 From Derek Thille (Winnipeg, MB) to Everyone:

Sustainability = "less bad"

15:32:08 From Linda Jorgensen to Everyone:

I surely did!!!!

15:32:13 From Kowanda to Everyone:

I did. It was awesome~!

15:32:13 From Lauren | GYOV Support Team to Everyone:

🌱 Wowza....that presentation was PACKED with amazing information! Who's feeling inspired?

🌱 Want to connect more with Greg? You can do that here: <https://www.urbanfarm.org/>

15:32:24 From Lucy to Everyone:

I love Greg's perspective!!

15:32:33 From Amy's iPhone to Host and panelists:

I can't hear anything

15:32:38 From Lauren | GYOV Support Team to Everyone:

Your mom was so talented!

15:32:54 From Lauren | GYOV Support Team to Everyone:

@Amy's iPhone - you might have to close and reopen the link for Zoom to reconnect

15:33:59 From steve to Everyone:

Bear proof? In the desert?

15:34:00 From Derek Thille (Winnipeg, MB) to Everyone:

Particularly if you're in the desert, the Urban Farm does regular "Tree Chat" calls that are valuable.



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15:34:12 From Lauren | GYOV Support Team to Everyone:

@Steve - Greg lives in Asheville, NC now - he moved!

15:34:16 From Diane Davey to Everyone:

Love your Mom's mural! Sorry for your loss. 😞

15:34:39 From Lauren | GYOV Support Team to Everyone:

Yep...waiting on the rain to hit us down here in Hendo ;)

15:35:04 From Sally to Everyone:

Send some rain our way lol - we're in a drought

15:35:09 From Derek Thille (Winnipeg, MB) to Everyone:

Rain would be nice...we've been a bit dry here.

15:35:09 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: Garden Tower 2!!! WAHOO! 🎉👏

15:35:21 From Rebecca Tabacco to Everyone:

Love garden towers!!

15:35:40 From Lauren | GYOV Support Team to Everyone:

👤🤔 Here's the link to ask your garden questions for this LIVE Q&A!!  
<https://growyourownvegetables.org/garden-questions>

15:36:03 From Isa to Everyone:

Yes!

15:36:05 From Marieta O. to Everyone:

Would love to try growing kale on the tower.

15:36:06 From liddia to Everyone:

yes

15:36:11 From Kowanda to Everyone:

I'm loving the Q&A!

15:36:23 From stephanie sanders to Everyone:

always challenged by bugs and still keeping it organic

15:36:55 From liddia to Everyone:

i always ;pve the vip kits

15:37:01 From Lauren | GYOV Support Team to Everyone:

Thank you for the kind words, Greg 😊

15:37:01 From Deborah Raskin to Everyone:

Greg you are the best

15:37:03 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/>

15:37:06 From liddia to Everyone:

love

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

This is how we can help gardeners for years to come!

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15:37:31 From Beth Manickas Johnson to Host and panelists:

Yes please

15:37:37 From Kim to Everyone:

Will Greg's earlier Q&A be part of the replay?

15:37:47 From Ning to Everyone:

yes interested for sure

15:37:48 From jeanne to Everyone:

we have insane amount of ants in Mediterranean climate in Albania that are eating ALL the peaches. is there some way to keep them off the trees without poison/

15:37:49 From Beth Manickas Johnson to Everyone:

Yes please

15:37:58 From Lauren | GYOV Support Team to Everyone:

Yep it will be part of the replay!

15:38:10 From Susan Musty to Everyone:

Always interested in more on permaculture.

15:38:17 From Marieta O. to Everyone:

Yes, on permaculture!

15:38:17 From Linda Jorgensen to Everyone:

Great Q & A time with Greg starting off the session!

15:38:29 From Lauren | GYOV Support Team to Everyone:

These LIVE replays (between presentation videos) will be available inside the Garden Success Kit as well 😊

15:39:05 From liddia to Everyone:

thank you so much

15:39:26 From Lebo Diteko -UNTMIS to Everyone:

Where can we get more information on permaculture from Greg or his recommendations

15:39:31 From stephanie sanders to Everyone:

Love the concept of the permaculture, I live in California. We have to be careful with water.

15:40:06 From Donna King to Everyone:

My grandparents had several cherry trees in Asheville, loved sitting at the top to eat them all!

15:41:28 From Dawn to Everyone:

I put it three cherry trees (a tart and two sweet) for a roadside tree line. It was bare root but expected to fruit the next season possibly. It has been 6 years and no fruit and next to no flowering :(

15:41:36 From Lauren | GYOV Support Team to Everyone:

Now he's an Appalachian ;)

15:41:39 From Derek Thille (Winnipeg, MB) to Everyone:

@Lebo - you may want to check the Permaculture Institute of North America (pina.in if I recall). You can also just search something like permaculture near me as well as the Urban Farm link above.

15:42:01 From Lebo Diteko -UNTMIS to Host and panelists:

Thank you

15:42:03 From Lauren | GYOV Support Team to Everyone:

# SUPERFOOD GARDEN SUMMIT

I bet the deer were very happy :)

15:42:05 From Lucy to Everyone:

Three years here, too. Still observing. Also yes, moving things I planeted already.

15:43:59 From H-Upon-the-Zoom to Everyone:

Might want to blanch broccoli, kale, and other cruciferous veggies...

15:44:03 From Derek Thille (Winnipeg, MB) to Everyone:

Water - Access - Structures is the order of operations I was taught in my PDC.

15:44:08 From Gail B from VA to Everyone:

What's the shelf life of your dehydrated foods?

15:44:14 From Kim to Everyone:

We have a well established Permaculture group in Cincinnati and a newer group at Antioch College in Yellow Springs.

15:44:21 From Lucy to Everyone:

What to do with lots and lots of sticks/twigs? In neighborhood, so need low noise solution.

15:44:57 From H-Upon-the-Zoom to Everyone:

As well as peppers...chilis (blanching) and other nightshades (even tomatoes). But just blanching, not cooking, necessarily.

15:45:36 From Gail B from VA to Everyone:

Do you have a professional dehydrator? What type do you have?

15:45:38 From Diane Davey to Everyone:

Thanks so much!!! 😊

15:46:05 From Isa to Everyone:

Lucy- can you whittle? You can turn a profit making crochet hooks and the like

15:46:43 From H-Upon-the-Zoom to Host and panelists:

If you're into building or passive energy, you could check out solar dehydrator plans on permies.com.

15:46:45 From Derek Thille (Winnipeg, MB) to Everyone:

It's on my list to build a solar dehydrator that takes advantage of the sun.

15:47:52 From Lucy to Everyone:

Isa, haha, thanks. I am crocheting as I watch this!

15:47:53 From Derek Thille (Winnipeg, MB) to Everyone:

I've heard it said it takes 9-10 kCal of petroleum energy for every kCal in the grocery stores.

15:47:57 From Isa to Everyone:

Gail- you don't neeeeed a professional dehydrator. I dehydrate fruit in trays outside in the summer, oven at low temp for jerky, and herbs and small veg can be hung to dry, as with "leather britches" and herb bundles.

But if you have extra money to toss at it, Excalibur is great

15:47:59 From Larry to Everyone:

Larry in Phoenix. Greg, I am starting to remedy bare soil with a layer of chips. You mentioned that was a mistake. What should I do instead?

15:48:56 From Derek Thille (Winnipeg, MB) to Everyone:

Eating in season can also reduce energy consumption.

15:49:20 From Steve to Everyone:

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Doesn't wood chip extract N from soil?

15:49:33 From Madeleine Heimersson to Everyone:

How important is the soil? when growing your own garden? I put eggshells and coffee in my soil to improve it, but can I grow good garden foods in soil that is not up for it? Do I need to be out in the countryside? Right now I live in the city.

15:49:41 From Derek Thille (Winnipeg, MB) to Everyone:

Only at the contact layer very thin.

15:49:51 From H-Upon-the-Zoom to Everyone:

Oh, @Derek, ha! I just sent this, but I mistakenly sent to 'Hosts' instead of 'Everyone':

'If you're into building or passive energy, you could check out solar dehydrator plans on permies.com.

15:50:19 From Derek Thille (Winnipeg, MB) to Everyone:



15:50:30 From Lauren | GYOV Support Team to Everyone:

@everyone looking for a good dehydrator, here's one Stacey loves: <https://amzn.to/303DtLs>

15:50:43 From Susan Musty to Everyone:

what are you doing with the jumping worms? the woody mulch is helping them multiply.

15:50:57 From iPhone (34) to Everyone:

In Vegas there is a place where I bought mulch/compost and it has been a great amendment to my raised beds. They hold water better and I add nitrogen with chicken compost. I threw in some red wigglers and am blessed with great growth and fruits.

15:51:07 From Gail B from VA to Everyone:

My states road maintenance workers will bring the mulch for free and put it in a pile for you

15:51:23 From Derek Thille (Winnipeg, MB) to Everyone:

Yes Lauren - we have a small Excalibur. Someday I'd like to get this one.

15:51:47 From Andrea Sharp-Long to Everyone:

ideas to keep deer off fruit trees. spiral fencing around a tree; 5 feet or less away from another fence or barrier; laying piping down on the ground side by side (several) alternate white and black to mimic cattle grates; double fencing with a strong wire or fishing line so that you have two sets of these just 16" apart and at variable heights so that as they walk at night to your garden they experience something rubbing and grabbing at their legs so they want to get away.

15:51:59 From iPhone (34) to Everyone:

How do you store dehydrated food? Food saver vacuum sealed?

15:52:19 From Kowanda to Everyone:

I have one of those. It's awesome!

15:52:27 From Lisa K to Everyone:

I have one of those and I love it

15:52:35 From Sally to Everyone:

I have one of those and I use it a lot for dry goods

15:52:36 From Isa to Everyone:

I have 5yr old dehydrated food in airtight containers in a dark pantry. They're juuuust starting to taste off.

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15:52:40 From Lucy to Everyone:

I learned to dehydrate mustard greens and carrot tops from Stacy at an earlier superfood summit.

15:52:48 From Steve to Everyone:

Yes Greg; think of an oxygen absorber

15:53:03 From Donna King to Everyone:

Yes vacuum sealer

15:53:08 From Kowanda to Everyone:

I store my dehydrated and freeze dried food in mason jars.

15:53:46 From Paddy to Everyone:

I store everything in glass jars!

15:53:47 From iPhone (34) to Everyone:

Any place to look for good buys on mason jars?

15:54:14 From Kowanda to Everyone:

@iPhone, check out estate sales and thrift stores.

15:54:18 From Greg Peterson - Urban Farm Podcast to Everyone:

OH I have a HUGE jar collection!!!

15:54:22 From Donna King to Everyone:

Azure standard

15:54:28 From Laura to Everyone:

@Andea - we did put on top of the fence (tight along the top of the fence) long strips of green plastic or maybe black would work also from the garbage bag. It works beautiful.

15:54:33 From Lauren | GYOV Support Team to Everyone:

I often find mason jars at thrift stores and yard sales for cheap! Just check for cracks.

15:54:38 From Derek Thille (Winnipeg, MB) to Everyone:

Canning season is starting here soon...I just saw a display in store. Sometimes garage / yard sales.

15:54:39 From Greg Peterson - Urban Farm Podcast to Everyone:

OH I LOVE AZURE Standard

15:54:40 From Lori to Host and panelists:

That's so cool

15:54:44 From Laura to Everyone:

Keeps the deer and moose away.

15:54:58 From Donna King to Everyone:

Me too!

15:55:19 From Heather to Everyone:

I DO!!

15:55:20 From iPhone (34) to Everyone:

Me!

15:55:23 From Diane Davey to Everyone:

ME!

15:55:25 From Dawn to Everyone:

Me Too!!

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15:55:27 From Jeanne Guerin-Daley to Everyone:

sound awesome

15:55:27 From Rebecca Tabacco to Everyone:

Me!

15:55:27 From Charley Rose to Everyone:

I do

15:55:28 From william-trieb to Everyone:

Me

15:55:29 From johnmwesigwa to Everyone:

me too

15:55:30 From Laura to Everyone:

me too



15:55:32 From Bruce Kivi to Everyone:

me

15:55:33 From Rita to Everyone:

me too

15:55:34 From Lauren | GYOV Support Team to Everyone:

 Congratulations to Lori Q., you won the Garden Tower 2!!! Email support@growyourownvegetables.org to claim your prize! 

Didn't win? ALL SUMMITEERS can Save \$50 on the Garden Tower with the special bonus on this page:

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

15:55:35 From Debbie to Host and panelists:

Yes

15:55:36 From Kowanda to Everyone:

Congrats Laurie!

15:55:40 From iPhone (34) to Everyone:

Congrats!

15:55:42 From Ning to Everyone:

Congrats, Laurie!

15:55:43 From Dawn to Everyone:

Congrats Laurie

15:55:45 From Ministerio Soupet to Everyone:

How do we enter to win?

15:55:45 From Madeleine Heimersson to Everyone:

So vacuum sealer in plastic is no good? That's what today's society recommended. But.....?

15:55:58 From H-Upon-the-Zoom to Everyone:

Congrats, Laurie!

15:56:00 From Diane Davey to Everyone:

Congrats Lori!!! 

15:56:06 From Gail B from VA to Everyone:

Congratulations, Lori on the garden tower

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15:56:10 From Lori Q to Everyone:

❤️ Thank you!! 😊

15:56:14 From Lauren | GYOV Support Team to Everyone:

Didn't win? ALL SUMMITEERS can Save \$50 on the Garden Tower with this special code:  
GYOV50 <https://growyourownvegetables.org/gardentower2> 🙌🙌🙌

15:56:22 From H-Upon-the-Zoom to Everyone:

\*Lori

15:56:33 From Erin to Everyone:

Yay for Lori!! 🎉

15:56:50 From Madeleine Heimersson to Everyone:

🥳 Congrats!

15:56:54 From Ministerio Soupet to Host and panelists:

How do we enter to win?

15:56:55 From steve to Everyone:

Greg,

15:56:58 From Kowanda to Everyone:

BRB. Have to take the dogs out.

15:57:03 From Lauren | GYOV Support Team to Ministerio Soupet, host and panelists:

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

15:57:26 From steve to Everyone:

Could you please clarify regarding use of wood chips?

15:57:33 From Annetta to Everyone:

Thank you Greg!

15:57:39 From Yvonne to Everyone:

omg my keys got stuck sorry

15:57:44 From Derek Thille (Winnipeg, MB) to Everyone:

Just set wood chips on top - don't bury them.

15:58:03 From Madeleine Heimersson to Everyone:

😊 Thank you all!

15:58:22 From Laura to Everyone:

THANK YOU all!

15:58:31 From Erin to Everyone:

What an amazing day with everyone 😊 Thank you all!!

15:59:14 From Ning to Everyone:

Thank you all for all the great information!

15:59:25 From steve to Everyone:

Greg, Could you please clarify regarding use of wood chips?

16:00:27 From Lauren | GYOV Support Team to Everyone:

<https://www.urbanfarm.org/fruit-tree-program/>

16:00:46 From iPhone (34) to Everyone:

Awesome!

16:00:52 From Diane Davey to Everyone:



# SUPERFOOD GARDEN SUMMIT

WOW!!! That's amazing!!!

16:01:25 From Sally to Everyone:

What should I use for mulch on my garden beds?

16:01:40 From Dawn to Everyone:

Can you suggest how to get are cherries to fruit? they were bare root 3 to 4 year old cherry trees when we planted atleast 5 yrs ago.

16:04:57 From steve to Everyone:

Sorry am I being obtuse? Don't add wood chip to soil but to paths and then over time I will have great growing medium? What am I missing?

16:05:04 From Kowanda to Everyone:

That is awesome!

16:05:20 From Dawn to Everyone:

Do you ever use Rabbit poop? I hear it is cold compost, ready to use.

16:06:00 From Kowanda to Everyone:

I planted cherry trees that were for my zone. However, we don't get enough chill hours.

16:06:11 From Kowanda to Everyone:

So, no cherries.

16:06:29 From Kim to Everyone:

Your extension service can recommend varieties for you area.

16:06:45 From Kowanda to Everyone:

Lesson learned.

16:06:52 From Lauren | GYOV Support Team to Everyone:

Sorry, Kowanda 😞

16:07:12 From Kowanda to Everyone:

I'm sorry, too. We love cherries.

16:07:17 From Erin to Everyone:

What is an extension service?

16:07:51 From Erin to Everyone:

also, no wood chips, but add a layer of mulch? what is the difference?

16:08:09 From Kowanda to Everyone:

The extension office is a federal program run out of a State University.

16:08:28 From Deborah Raskin to Everyone:

in central Florida I grow Barbados cherries , not sweet but high in vitamin C

16:09:11 From Erin to Everyone:

Ahhh, about the chips/mulch! Thank you

16:09:18 From Isa to Everyone:

Wood chips from chip drop also tends to contain leaves, which is an N to the woody C

16:09:22 From Kowanda to Everyone:

You can search "local extension office and your State" to find the office in your states.

16:09:35 From Dawn to Everyone:

Thank you for all the good info!

16:09:46 From Laura to Everyone:

THNAK YOU Greg; I learned a lot.

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16:09:50 From Lauren | GYOV Support Team to Everyone:

Western North Carolina has a LOT of mulch coming our way in the near future.

16:09:58 From Derek Thille (Winnipeg, MB) to Everyone:

Mulch is effectively a soil cover - it can be (ideally) organic material like wood chips, straw, grass clippings, etc. They have different characteristics.

16:10:11 From Kowanda to Everyone:

Thank you GYOV, Greg, Matt and Nathan. I love learning from you all!

16:10:32 From Kim to Everyone:

I have also added spent coffee grounds

16:10:35 From steve to Everyone:

Yes please Greg. To exercise my positive learning : On unfertile soil.

NOOOOOOOOOOOOOOOOOOOOOOO don't go

16:10:35 From liddia to Everyone:

thank you so much

16:10:44 From Lauren | GYOV Support Team to Everyone:

We LOVE when Greg comes on LIVE with us! Did you all have fun?

16:10:44 From H-Upon-the-Zoom to Everyone:

Thank you, Greg! All!

16:10:48 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/>

16:11:01 From Lauren | GYOV Support Team to Everyone:

Thank you thank you thank you, Greg!

16:11:04 From Lauren | GYOV Support Team to Everyone:

GardenChat.Org

16:11:07 From Lauren | GYOV Support Team to Everyone:

SeedChat.org

16:11:15 From Lauren | GYOV Support Team to Everyone:

We'll make sure those links are on the replay page too;) )

16:11:24 From Bruce Kiviui to Everyone:

Many thanks

very grateful

16:11:27 From Lori Q to Everyone:

Thank you Greg! Great info!! ❤️😊

16:11:34 From Deborah Raskin to Everyone:

thank you Gtrg

16:11:34 From Lauren | GYOV Support Team to Everyone:

🎉 Thank you SO much for joining us for Day 3 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/>

16:11:36 From Diane Davey to Everyone:

# SUPERFOOD GARDEN SUMMIT

Thanks so much Greg!!! 🥰

16:11:38 From Erin to Everyone:

wonderful about those chats!! thanks Greg!