

SUPERFOOD GARDEN SUMMIT

Day 4 Chat Box Thread

12:59:00 From Lauren | GYOV Support Team to Host and panelists:

Make sure to co-host me

12:59:37 From Lauren | GYOV Support Team to Everyone:

🎉 Welcome to Day 4 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/> 🔊🔊

12:59:43 From Kowanda to Everyone:

Hello GYOV Team!

12:59:44 From liddia to Everyone:

hello everyone

12:59:59 From Jan to Everyone:

Happy growing from New Jersey!

13:00:17 From Fritt Ro to Everyone:

Mōrena 🖐️ everybody, from 🇳🇵 Aotearoa / New Zealand.

13:00:17 From Susan and Garry to Everyone:

Hello from Millersview Texas!

13:00:30 From matocco to Everyone:

Hello from Michigan

13:00:35 From Brandon Hantho to Host and panelists:

Hello from the PNW!

13:00:36 From Marieta O. to Everyone:

Hello from California

13:00:45 From jodibaker to Everyone:

Hello from Washington State

13:01:05 From Gardening Renaissance to Everyone:

Hello from Tn

13:01:07 From Lauren | GYOV Support Team to Everyone:

🎉 Welcome to Day 4 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/> 🔊🔊

13:01:18 From iPhone to Everyone:

Good morning from NW Indiana

13:01:34 From Bruce Kivi to Everyone:

Hello from Kenya!

13:01:43 From Lauren | GYOV Support Team to Everyone:

Welcome back!

13:01:44 From Fritt Ro to Everyone:

SUPERFOOD GARDEN SUMMIT

It is 5am on Saturday morning here in Tāmaki Makaurau / Auckland.

13:02:00 From Katheryn B to Everyone:
the screen is black

13:02:16 From Linda G to Everyone:
Good morning from California

13:02:18 From Linda Jorgensen to Everyone:
Arizona!!!

13:02:21 From Christine Jones to Everyone:
Denver

13:02:22 From Kim to Everyone:
my screen is fine

13:02:23 From Madeleine Heimersson to Everyone:
Hello from Sweden day 4, I am a student in Pophams Astro-herbalism program so I am soooo
Excited! 😊

13:02:28 From judi to Everyone:
Texas

13:02:42 From Linda Jorgensen to Everyone:
Let's go!!!

13:02:42 From Dharlyn Gomez's iPhone to Everyone:
Hi! From British Columbia Canada

13:02:52 From Katheryn B to Everyone:
ok well my screen is black, how to fix?

13:02:56 From Lauren | GYOV Support Team to Everyone:
👋 Hey everybody, welcome! We're about to get this party started! 🙌 I'm here to help, so just
let me know if you need anything.

13:03:04 From anna to Host and panelists:
Purchased the 2025 Superfood Garden Summit Presentations but did not attend days 1 and
2. How could I access Transcripts, Pesto for All Seasons Guide, Live Long & Thrive Summit
Package (what is it?), 2024 Food Revolution Summit Package (what is it?) etc?
Thank you.

13:03:15 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>

13:03:19 From RB to Everyone:
Charlotte nc

13:03:38 From iPhone to Everyone:
1st time

13:03:40 From Lauren | GYOV Support Team to Everyone:
@Anna - email me at Support@GrowYourOwnVegetables.org and I'll help you get access to
everything you have purchased 😊

13:03:41 From Paula Mandell to Everyone:
First time from Miami

13:03:57 From Neeta to Everyone:

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Missed the presentation yesterday and hoped to catch the replay, but I didn't get a link for it...

13:04:19 From Lauren | GYOV Support Team to Everyone:

@Neeta - email me at support@Growyourownvegetables.org and I'll help you with that!

13:04:39 From Kowanda to Everyone:

I'm still thinking about Ocean Robbins presentation.

13:05:01 From Katheryn B to Everyone:

screen still black after leaving and rejoining, assistance please

13:05:04 From Fritt Ro to Everyone:

It is not my first day here, but it is my first Summit. This is the 9th Annual Summit, I understand.

13:05:35 From Lauren | GYOV Support Team to Everyone:

Yes it is @Fritt - we're so glad you joined us this year 😊

13:05:39 From Linda Jorgensen to Everyone:

They have all been SOOOOO good! I learned something new in every presentation.

13:05:57 From Madeleine Heimersson to Everyone:

Stace, Ocean and Kami - Thank you!!! 🥰 I connect with nature with my soul!

13:07:21 From Lauren | GYOV Support Team to Katheryn B, host and panelists:

We recommend trying a different device or closing the chat box on your screen. If you're still having troubles, you can try watching live on our Facebook link:

<https://www.facebook.com/share/v/16gncpaL6r/>

13:07:28 From Kowanda to Everyone:

That's awesome! You don't have to mow.

13:08:30 From Suzanne iPh to Everyone:

Aloha everyone. This summit is ABSOLUTELY AMAZING!

13:08:44 From Lauren | GYOV Support Team to Everyone:

Look at that bright purple artichoke!

13:09:01 From Kowanda to Everyone:

I love it!

13:09:29 From Lisa K to Everyone:

I have not seen a real bumble bee in so long

13:09:42 From Fritt Ro to Everyone:

Beautiful purple flowered artichokes.

13:10:13 From Skip Poulsen to Everyone:

how do I get rid of all those chat messages messing up the video. I just want to watch the presentation without the chat

13:10:19 From Kim to Everyone:

Garden and cat pictures

13:10:20 From Linda Jorgensen to Everyone:

Absolutely wonderful!!!

13:10:23 From Tee C. to Everyone:

I have several pictures of my garden!

13:10:33 From Diane Davey to Everyone:

All my pics are flowers, lol

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13:10:56 From SRC to Everyone:

flowers, bees and dogs.

13:11:13 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!

13:12:39 From Fritt Ro to Everyone:

Thank you so much, Denise, Lauren and the team at GYOV for putting on this amazing Summit. 🥰

13:12:51 From Lauren | GYOV Support Team to Everyone:

👤🗣️ Do you have questions for Stacey? Get YOUR questions answered in a special LIVE Q&A Session up next! Submit your questions here:

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

13:12:51 From liddia to Everyone:

my first summit with GYOV was back in 2019

13:13:36 From steve to Everyone:

For fear of sounding like a broken record : I am still receiving mixed messages regarding the use of wood chip/s in the garden. Further clarity sought please? Even AI can't be adequately specific?

13:13:39 From liddia to Everyone:

yes the superfood summit

13:13:56 From liddia to Everyone:

yes i do

13:14:24 From Madeleine Heimersson to Everyone:

I have mostly Pictures of Alchemilla Lady's Mantle, as I'm working with one plant every month and getting to know them in all kind of ways! 🌿

13:14:51 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/>

13:15:24 From Claudia to Everyone:

@Madeleine, Lady's Mantle is a wonderful plant!

13:15:30 From Fritt Ro to Everyone:

Big shoutout and thanks to the sponsors of this event! 🎉

13:15:56 From liddia to Everyone:

because the education is the best and with the best garden educators around the world. im always learning new skills and relearning other skills.

13:16:00 From Kowanda to Everyone:

This is my 3rd summit. I keep coming back because you all are fun and I learn so much every time.

13:16:09 From Lauren | GYOV Support Team to Everyone:

We're so gladdddd!!!

13:16:14 From Madeleine Heimersson to Everyone:

Lady's Mantle have soooo many healing aspects if you get to know it and feel it! 🥰

13:16:52 From iPad (2) to Everyone:

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Just want to learn as much as possible,

13:17:07 From Madeleine Heimersson to Everyone:

Popham is a great teacher! Soooo thankfull and happy to be a student.

13:19:04 From Lauren | GYOV Support Team to Everyone:

Yep we can see it

13:19:52 From Kowanda to Everyone:

Oops. I only selected one and submitted. I would have liked to select a few more.

13:19:56 From Fritt Ro to Everyone:

Sorry, my vote was for all of them, hahaha.

13:20:06 From Kim to Everyone:

me too

13:21:14 From Hannah to Everyone:

Do we have the entire weekend to view Day Four's replay?

13:22:30 From Lauren | GYOV Support Team to Hannah, host and panelists:

Yes! We'll email all those details out after we finish airing live 😊

13:22:35 From Fritt Ro to Everyone:

I love my prize, thanks so much for it!

13:22:39 From Lauren | GYOV Support Team to Everyone:

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

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

13:23:03 From Lauren | GYOV Support Team to Everyone:

🌱 Grab YOUR Event Guide here:

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

13:23:15 From Suzanne iPh to Everyone:

Takeaway— GBOMBS

13:23:26 From Hannah to Everyone:

Thank you, @Lauren!

13:24:12 From Lauren | GYOV Support Team to Everyone:

🌱🌱 Get ready... Sajah Popham is up next! Let's learn about Gardening for Your Digestive Health - and gain practical advice on growing, preparing, and using herbal remedies at home.



13:24:41 From Fritt Ro to Everyone:

GBOMBS was a great acronym to learn about superfoods. Love it!

13:25:50 From Lauren | GYOV Support Team to Everyone:

www.evolutionaryherbalism.com

13:26:28 From Madeleine Heimersson to Everyone:

If you are interested in herbs and healthy living - Evolutionary herbalism is the best Place to be a student! Thank you Popham!

13:26:43 From Lauren | GYOV Support Team to Everyone:

We LOVE Sajah!

13:28:12 From Madeleine Heimersson to Everyone:

😊 yes we LOVE Sajah!

13:28:22 From Erin Morrison to Everyone:

SUPERFOOD GARDEN SUMMIT

I subscribe to his Materia Medica Monthly!

13:29:20 From Kowanda to Everyone:

Pretty sure I can't say that word. lol

13:30:13 From Madeleine Heimersson to Everyone:

I wish I could but maybe later... OH my God I learn sooo much in my Astro-herbalism program! Recommended! Tea-time with Sajah is also great knowledge time!

13:33:10 From Kim to Everyone:

It is true. That is what we learned in Anatomy and Physiology,

13:33:44 From Fritt Ro to Everyone:

I see that Sajah teaches about "Astrological Medicines". The local indigenous Māori peoples here in 🇳🇿 Aotearoa / New Zealand have a sacred ancient knowledge called the Maramataka, which follows the natural rhythms of the Earth for planting and harvesting, and for fishing.

13:36:12 From Madeleine Heimersson to Everyone:

Maramataka - old knowledge! Thank you for sharing! I will look into that! New Zealand - I would love to go there!

13:43:18 From Gardening Renaissance to Everyone:

This appears to be a good advanced course for Food is Medicine education/information, yes?

13:43:36 From Fritt Ro to Everyone:

Haha, I love how Sajah doesn't shy away from discussing the other end of superfoods consumption, or as my wife likes to say, "poosandweesandbums", teeheehee.

13:44:19 From Lauren | GYOV Support Team to Everyone:



13:44:26 From Madeleine Heimersson to Everyone:

Food is medicine. Food is Life. Food is health. Food is nature.

13:45:32 From Gardening Renaissance to Everyone:

The Right Food grown the right way — then it is life/health/and good nature.

13:45:41 From Madeleine Heimersson to Everyone:

🤔 living with our bodies ...complicated and funny how we don't want to talk about it!

13:45:47 From Lauren | GYOV Support Team to Jeffrey Pierce, host and panelists:

Hey Jeffrey! We're so happy you're here 😊

13:46:17 From Jeffrey Pierce to Host and panelists:



Me too!

13:47:31 From Ronda to Everyone:

could you mix the fennel with the peppermint to help suppress taste but still get benefits?

13:48:13 From Bruce Kivi to Everyone:

Fennel is superb!

13:49:01 From Steve to Everyone:

I have bloating; is Chinese medicine a useful option?

13:51:05 From JohnmWesigwa to Everyone:

Share the names

13:51:24 From Calina from Houston to Everyone:

is calendula helpful in tea form? I have seen it as salves, tonics, tinctures but I do not hear much about it as a tea

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13:51:50 From Cherie to Everyone:

Yes, tea is awesome.

13:52:48 From Fritt Ro to Everyone:

Important reminder: if you are on prescription medicines, please be sure to check with your doctor / pharmacist before beginning to take any new natural remedies, in case there might be any negative interactions with your existing medication.

13:53:31 From Madeleine Heimersson to Everyone:

In Sweden Calendula is just a beautiful flower - we need to connect to nature!

13:53:33 From Lauren | GYOV Support Team to Everyone:

Good advice, Fritt!

13:53:36 From Jolin to Everyone:

Where to buy high quality herbs like calendula if you are unable to grow them.

13:54:25 From Lauren | GYOV Support Team to Everyone:

Where Sajah buys his medicinal seeds: <https://strictlymedicalseeds.com/>

13:54:29 From betsy to Everyone:

Do you make calendula tea from flowers or leaves or both?

13:54:36 From Madeleine Heimersson to Everyone:

Sophia natura!

13:54:36 From Kennady to Everyone:

i love mountain Rose herbs

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

Yes to Mountain Rose Herbs as well!

13:55:14 From Erin Morrison to Everyone:

Starwest Botanicals and Anima Mundi herbs as well.

13:55:39 From Lauren | GYOV Support Team to Everyone:

Check out Seeds for Generations, Johnny's Seeds, and RareSeeds.com

13:56:28 From Paddy to Host and panelists:

Sadly, I have too much iron (Hemochromatosis) so have to limit my iron intake. Pity as I like artichoke so was interested in its uses. .

is okra (water) similar to how marshmallow root "moisturize" the inside

14:04:08 From Theresa's iPhone to Everyone:

What about dandelion

14:04:19 From Bruce Kivi to Everyone:

Thanks for the herbs list

14:04:28 From Lauren | GYOV Support Team to Everyone:

Whoa, Theresa...you're a psychic!

14:04:55 From Cherie to Everyone:



14:05:25 From steve to Everyone:

why do yanks drop their "h"s?

14:05:40 From Cherie to Everyone:

Not all

14:05:42 From Theresa's iPhone to Everyone:

SUPERFOOD GARDEN SUMMIT

Where can I follow you

14:06:00 From steve to Everyone:
erbs

14:06:05 From Fritt Ro to Everyone:
Haha, 'erbs. 🤔

14:07:17 From Calina from Houston to Everyone:
are dehydrators too "hot" todry herbs

14:07:49 From Karen to Everyone:
I use a food dehydrator on air setting only, no heat. Works great.

14:08:06 From Karen to Everyone:
It has a convection fan.

14:08:10 From steve to Everyone:
I use my all american sun oven

14:09:41 From Madeleine Heimersson to Everyone:
Air dehydrator is great!

14:10:14 From steve to Everyone:
So you are NOT talking about that Prince Charles noneense of micro components?

14:11:42 From Denise Beins to Everyone:
Sarah has the coolest video setup / background 😊

14:11:54 From steve to Everyone:
Does your tincture approach jjust disguise your addiction to alcohol?

14:12:23 From Lauren | GYOV Support Team to Everyone:
👏Thank you, Sajah! 👏Your presentations are always so inspiring!!

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

www.evolutionaryherbalism.com

14:12:32 From Kowanda to Everyone:
So much information to digest!

14:12:51 From Joy Wells to Everyone:
Yes! So informative!

14:12:55 From Linda Jorgensen to Everyone:
Wow! Information "overload" for herbs!!

14:12:59 From Suzanne iPh to Everyone:
Phenomenal

14:13:04 From Madeleine Heimersson to Everyone:
Thank you Sajah! 🌳

14:13:07 From Fritt Ro to Everyone:
Haha, I see what you did there @Kowanda! 😏

14:13:29 From Lauren | GYOV Support Team to Everyone:
🏆🎁🎉[ENTER TO WIN PRIZES] Share your biggest takeaway here:

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

14:13:34 From Stacey Murphy to Host and panelists:
Oooooooo! Me! lol

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14:13:37 From Kim to Everyone:

some people think putting tincture in hot water will make the alcohol evaporate

14:13:40 From Joy Wells to Everyone:

Me!

14:13:46 From Marieta O. to Everyone:

Me!

14:13:46 From Kowanda to Everyone:

Thanks @Fritt. I don't usually come up with puns very quickly.

14:13:48 From Susan to Everyone:

me

14:13:49 From Wanda to Everyone:

me

14:13:50 From Madeleine Heimersson to Everyone:

YES I want the book!

14:13:55 From Gardening Renaissance to Everyone:

We can use it for FiM Initiatives

14:13:57 From Jolin to Everyone:

Me

14:13:58 From Beth to Everyone:

me

14:14:13 From Marieta O. to Everyone:

Thank you!!!

14:14:13 From Kowanda to Everyone:

Congrats Marieta!

14:14:20 From Kennady to Everyone:

congrats!!

14:14:23 From Lauren | GYOV Support Team to Everyone:

🎉🌈🎉 Congratulations to Marieta O., you won!!! Email
support@growyourownvegetables.org to claim your prize! 🎉🌈🎉

14:14:29 From Fritt Ro to Everyone:

Congratulations Marieta!

14:14:31 From Bree to Everyone:

this is an AMAZING book but it isn't for the newbie to herbs. It's a lot of detailed heavy info

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

Didn't Win? You can get Sajah's amazing book HERE:

<https://www.evolutionaryherbalism.com/home/book/>

14:16:30 From Yvonne to Everyone:

I'm excited. I purchased the container garden course :)

14:16:35 From Fritt Ro to Everyone:

I am really looking forward to learning more from my Garden Success Kit. 🥰 Thanks so much for this awesome resource!

14:17:19 From Rubia Mara Lourenco to Everyone:

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Hello everyone

14:17:30 From Lauren | GYOV Support Team to Everyone:

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

14:17:46 From Stacey Murphy to Host and panelists:

Wow.. so much great stuff in there!

14:18:07 From Wabito Alie Koroma to Everyone:

Hello everyone

14:18:29 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>

14:20:50 From Diane Davey to Everyone:

Thanks so much Sajah!!! 🥰

14:21:21 From Diane Davey to Everyone:

Congrats Marietta!!! 🥰🥰

14:22:22 From Sarah G to Everyone:

lovage is another celery like herb, yum!

14:22:44 From Paddy to Host and panelists:

My 1st year growing celery & I'm loving it!

14:24:15 From Jan to Everyone:

I'm growing vegetables in felt container bags and wanted to know if it's okay to have them directly on the grass since that's where the best sun is. The problem is ants!

14:24:20 From Kowanda to Everyone:

I was just going to type that!

14:25:26 From Paddy to Host and panelists:

I planted dill with my zucchini plant (in a container) as I read they were good companion plants but the dill looks to be dying! Should I replant the dill somewhere else or just toss it?

14:25:59 From Angrus Berry to Everyone:

Thanks Stacey for the info

14:26:57 From Marieta O. to Everyone:

My squash plant was eaten up until recently I learned about sprinkling ashes on the squash leaves & it grew back & I harvested my 2nd squash today. Very important to add about 2-3 inches of mulch around it. Ashes got rid of ants too.

14:27:56 From Jeff Pierce, MD to Host and panelists:

Down to earth

14:27:58 From Angrus Berry to Everyone:

Marietta what ash are you referring to?

14:28:32 From Denise Beins to Host and panelists:

Thanks Jeff!

14:28:41 From Elisa Aisenstat to Everyone:

some of my male squash flowers aren't producing pollen. all my zucchini flowers are fine, but not my winter squash

14:28:41 From Jeff Pierce, MD to Host and panelists:

SUPERFOOD GARDEN SUMMIT



14:29:36 From Madeleine Heimersson to Everyone:

Is compost from harvesting and cooking good for regrowing the same plants?

14:29:44 From Gardening Renaissance to Everyone:

SOIL treating is imperative upon tackling why your plants are not producing what you believe it should in the time it should. IF you are doing seed over seedlings that are specifically for your zone area is important

14:30:29 From Marieta O. to Everyone:

I use wood ashes from a campfire.

14:30:31 From Kowanda to Everyone:

I would contact the local extension agent.

14:30:47 From Madeleine Heimersson to Everyone:

Is there nutrition variables in growing greens and foresting wild plants?

14:31:20 From Deborah Raskin to Everyone:

what veggies and herbs grow well in the Carabbean Islands please ?

14:31:43 From Angrus Berry to Everyone:

Ok thanks Marieta

14:32:30 From Yvonne to Everyone:

the link for questions won't connect for me.

14:32:32 From Kim to Everyone:

A soil test would be your best bet. Then you will know exactly what amendments to add.

14:32:45 From Lauren | GYOV Support Team to Everyone:

@yvonne - try posting your question here!

14:33:40 From Denise Beins to Host and panelists:

Jeffrey are you able to stay on past noon?

14:34:39 From Madeleine Heimersson to Everyone:

Wild food foresting diversity - Thank you for explaining! 🌿😊 I have the feeling! Science is intuition!

14:35:32 From Yvonne to Everyone:

I purchased triple shredded mulch and I believe it's infected. My plants started getting black spots, I see spots of fungus growing out of the blue. I paid a lot for it to be delivered. How can I salvage it

14:35:33 From Joy Wells to Everyone:

@Lauren| GYOV Support Team Could you please post the link to enter to win prizes again? I accidentally ended the Zoom call and lost that from the chat.

14:36:05 From Joy Wells to Everyone:

I remember eating breadfruit in the Caribbean

14:36:12 From Jeff Pierce, MD to Host and panelists:

Yep, I'm here for the rest of the day.

14:36:20 From Lauren | GYOV Support Team to Everyone:

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

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

14:36:22 From Rubia Mara Lourenco to Everyone:

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Do you think that roots are a powerful ally that can help us better treat certain diseases? How can we access them, for example, when these plants are in pots, for example, with very deep roots that are difficult to access? Thank you

14:36:30 From Denise Beins to Host and panelists:

Thanks!

14:36:48 From Jeff Pierce, MD to Host and panelists:

This might be helpful for the other question: it's the master gardener program in Hawaii:

<https://www.ctahr.hawaii.edu/uhmg/>

14:37:15 From Deborah Raskin to Everyone:

what about herbs

14:37:37 From Valencia, Georgia to Everyone:

Callaloo is a leafy green vegetable, primarily *Amaranthus* spp., widely used in Caribbean cuisine, particularly in Jamaica and Trinidad and Tobago. It's also known as "Jamaican callaloo" or "Caribbean spinach" and is similar to spinach or collard greens. The plant is known for its nutritional value, containing vitamins A and C, calcium, iron, and protein.

14:37:38 From steve to Everyone:

Hey Stacey, the fact that you experiment is useful. Regards. All the best

14:37:49 From Marieta O. to Everyone:

You're welcome Angrus. I took home a gallon of ashes after we went camping in San Jose—they used logs from the forest.

14:37:59 From Wabito Alie Koroma to Everyone:

Thats true. i live in Saint Lucia, and i am growing basil, rosemary and many more

14:38:03 From Madeleine Heimersson to Everyone:

How would I know if the root or the leaves are the best to use?

14:38:29 From Beth Manickas Johnson to Host and panelists:

Do we need to order the book today to get the bonuses?

14:38:33 From steve to Everyone:

Look Stacey you do a great job. Hat off to you

14:38:40 From Madeleine Heimersson to Everyone:

Stacey! 😊

14:38:44 From Wabito Alie Koroma to Everyone:

Yes Callaloo leaves, they are very delicious

14:38:53 From Beth Manickas Johnson to Host and panelists:

Or can we still get the bonuses if purchased in a few weeks ?

14:39:00 From Gardening Renaissance to Everyone:

Stacy what about foods grown in a specific Zone -like 9b, would the veggies grown anywhere on the planet be a good fit for the US grown 9B?

14:39:00 From liddia to Everyone:

the food in 49 days course is awesome and the food preservation course is awesome too

14:39:14 From Susan and Garry to Everyone:

Thank you!

14:39:36 From Marieta O. to Everyone:

SUPERFOOD GARDEN SUMMIT

Thank you, thank you for all your info!

14:39:48 From Suzanne iPh to Everyone:



14:39:50 From Lauren | GYOV Support Team to Everyone:

Thank you, Stacey Murphy! Look what your ripple effect is doing 😊

14:40:05 From Fritt Ro to Everyone:

Thank you to the Superfoods Summit team, for putting on this great event.

14:40:13 From Susan and Garry to Everyone:



14:40:16 From Linda Jorgensen to Everyone:

Great job Team!!!

14:40:23 From Joy Wells to Everyone:

Thank you, Stacey!! ❤️😊

14:40:28 From Lauren | GYOV Support Team to Everyone:

We're not done yet, friends! Still have to see Jeffrey and John's presentation 😊

14:40:37 From mrsogoyal to Everyone:



14:40:57 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>

14:41:10 From Gardening Renaissance to Everyone:

Would be amped to be included in the Harvest Club!!!!

14:41:20 From Fritt Ro to Everyone:

Ooh, I'd like to get the extra 2 months of Harvest Club!

14:41:31 From Laura to Everyone:

THANK YOU!!!

14:41:43 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/>

14:41:45 From Susan and Garry to Everyone:



14:42:05 From Beth to Everyone:

choose me please

14:42:06 From Wanda to Everyone:

me

14:42:11 From holly w to Host and panelists:

Me!

14:42:13 From Laura to Everyone:

me

14:42:13 From Joy Wells to Everyone:

Me!

14:42:14 From Laura to Everyone:

me

SUPERFOOD GARDEN SUMMIT

14:42:16 From RB to Everyone:

meeeeee

14:42:16 From Fritt Ro to Everyone:

Yes please!

14:42:17 From Laura to Everyone:

me

14:42:17 From Yvonne to Everyone:

me

14:42:21 From steve to Everyone:

me

14:42:23 From Tammy Lawhead to Everyone:

Me

14:42:23 From Evelyn Ackermann to Host and panelists:

Evelyn

14:42:24 From Susan and Garry to Everyone:

me 🙏

14:42:26 From Beth Manickas Johnson to Host and panelists:

Can you answer my question please ?

14:42:26 From Robin Padilla to Everyone:

Me

14:42:27 From Beth Manickas Johnson to Host and panelists:

Me

14:42:28 From Lauren | GYOV Support Team to Everyone:

🎉🌈🎉 Congratulations to Barbara D., you won!!! Email
support@growyourownvegetables.org to claim your prize! 🎉🌈🎉

14:42:30 From Kowanda to Everyone:

Congrats Barbara!

14:42:30 From iPad (2) to Everyone:

Me

14:42:37 From liddia to Everyone:

congrats

14:42:40 From Fritt Ro to Everyone:

Congratulations Barbara D

14:42:51 From Susan and Garry to Everyone:

congrats! 😊

14:42:55 From Marieta O. to Everyone:

Congrats Barbara :-)

14:43:05 From Lauren | GYOV Support Team to Everyone:

Join us for Jeffrey Pierce on a presentation on Growing Food to Improve Your Health, and John Kohler talking about Gardening for Life! 🌱

14:43:06 From Kennady to Everyone:

Congrats!!

14:43:30 From Jeff Pierce, MD to Everyone:

SUPERFOOD GARDEN SUMMIT

A pleasure to be here. Thank you!

14:43:41 From Kowanda to Everyone:

Hello Dr. Pierce!

14:43:52 From Jeff Pierce, MD to Everyone:

Hello Kowanda!

14:44:05 From Fritt Ro to Everyone:

Hello Dr Pearce 🙌 I'm in 🇳🇿 Aotearoa / New Zealand.

14:44:31 From Lauren | GYOV Support Team to Everyone:

<http://lifestyletelemedicine.com/>

14:44:41 From Lauren | GYOV Support Team to Everyone:

Connect with Jeffrey here! <http://lifestyletelemedicine.com/>

14:44:56 From Jeff Pierce, MD to Everyone:

Hello Fruit. Such a lovely country you live in.

14:45:03 From Jeff Pierce, MD to Everyone:

Hello Fritt*

14:45:55 From Susan and Garry to Everyone:

Hello Dr Jeff.nice to meet you and hear what you have to say.

14:46:07 From Kowanda to Everyone:

Denise, I love your vase!

14:46:08 From Jeff Pierce, MD to Everyone:

For the folks that were asking questions about building soil in Hawaii, check out this link!

<https://www.ctahr.hawaii.edu/uhmg/>

14:48:10 From Denise Beins to Everyone:

Thank you @Kowanda 😊 Thrift shopping!

14:48:22 From Beth Manickas Johnson to Host and panelists:

Hi Lauren. Can we order the book later and still get the bonuses?

14:48:39 From Lauren | GYOV Support Team to Beth Manickas Johnson, host and panelists:

Hi Beth! Do you mean the Garden Success Kit?

14:49:33 From Denise Beins to Everyone:

You have a beautiful garden, Dr. Jeff!

14:49:43 From Beth Manickas Johnson to Host and panelists:

No I mean the book mentioned earlier and the bonuses you can get after purchasing the book. Is there a time limit ?

14:49:52 From Jeff Pierce, MD to Everyone:

Thank you, Denise. You too! Love the artichoke flowers.

14:50:50 From Gardening Renaissance to Everyone:

Treat vs prevent the challenge of modern medicine

14:50:50 From Karen to Everyone:

I'm so happy to hear this presentation!! Thank you!

14:51:16 From Beth Manickas Johnson to Host and panelists:

Sajah's book Lauren

14:51:24 From Kowanda to Everyone:

Yeah for Lifestyle Medicine!

SUPERFOOD GARDEN SUMMIT

14:51:48 From Karen to Everyone:

Since going whole food plant based I haven't had to worry about weight gain for even a minute.

14:52:13 From Lauren | GYOV Support Team to Beth Manickas Johnson, host and panelists:

Thank you, Beth! You can purchase that book at any time but it doesn't come with any bonuses. <https://www.evolutionaryherbalism.com/home/book/>

14:52:28 From Jeff Pierce, MD to Everyone:

So great to hear that, Karen.

14:52:30 From Fritt Ro to Everyone:

I have Type 2 Diabetes, Arrhythmia / Cardiovascular Disease, and Autism.

14:52:44 From Denise Beins to Everyone:

Our town has a group of doctors with Lifestyle Medicine that does health / lifestyle talks every Friday night. My husband's favorite choice for date night!

14:53:39 From Deborah Raskin to Everyone:

lucky you

14:53:40 From Jeff Pierce, MD to Everyone:

I love it, Denise.

14:53:44 From Rubia Mara Lourenco to Everyone:



14:53:46 From Jeff Pierce, MD to Everyone:

Thank you for sharing, Fritt.

14:53:57 From Fritt Ro to Everyone:

One thing my medical team tells me often is that I need to eat healthier.

14:54:19 From Kowanda to Everyone:

What are the purple legumes?

14:54:38 From May to Everyone:

@Denise Beins -- where is your town? if we may ask

14:54:39 From Jeff Pierce, MD to Everyone:

They are runner beans. Very pretty, no?

14:54:51 From Kowanda to Everyone:

I'm going to grow those.

14:54:54 From Fritt Ro to Everyone:

That's why I am here, learning about growing my own superfoods.

14:54:55 From Denise Beins to Everyone:

I'm in Eugene, Oregon

14:55:02 From Karen to Everyone:

Love beans. They cook while you are getting other things done!

14:55:04 From John Kohler to Host and panelists:

Good Afternoon everyone

14:55:33 From Denise Beins to Host and panelists:

Thanks for being here John!

14:55:34 From May to Everyone:

Thanks much, Denise

SUPERFOOD GARDEN SUMMIT

14:55:59 From Kim to Everyone:

We have American Hazel trees

14:56:25 From Denise Beins to Host and panelists:

You can change to 'everyone' when ready to chat here with the community.

14:57:01 From Kowanda to Everyone:

G_BOMBS!

14:57:07 From Jeff Pierce, MD to Everyone:

I love how Nathan Crane was talking about this, too!

14:57:09 From Deborah to Everyone:

can we see the daily dozen again please

14:57:37 From Lauren | GYOV Support Team to Everyone:

@Deborah - you can catch it on the replay!

14:57:43 From Jeff Pierce, MD to Everyone:

Here is some more of the daily dozen: <https://nutritionfacts.org/daily-dozen/>

14:57:59 From Fritt Ro to Everyone:

More G-BOMBS! I first learnt that acronym yesterday during the Summit.

14:58:08 From Lauren | GYOV Support Team to Everyone:

Thank you @Jeff!

14:58:23 From Deborah Raskin to Everyone:

If people have allergy or sensitive to mold , candida, is ok to eat mushrooms ? If okay , do they need to be cooked not raw ?

14:58:28 From Denise Beins to Everyone:

Yes, Nathan Crane shared about G-BOMBS also on Wednesday.

14:59:06 From Kim to Everyone:

Chard smells wonderful when they flower.

14:59:12 From Kowanda to Everyone:

I don't think I've ever eaten collards. I live where they grow well and are a staple. Might need to give them a try.

14:59:16 From Jeff Pierce, MD to Everyone:

Hi Deborah, good question. I'd ask your doc about that specifically. It hasn't come up with my patients that I'm aware of.

14:59:43 From Fritt Ro to Everyone:

Gosh, was that two days ago now, @Denise?! How time flies!

14:59:58 From Deborah Raskin to Everyone:

How can I reach you , I am in Florida

15:00:06 From Denise Beins to Everyone:

Right @Fritt!

15:00:31 From Jeff Pierce, MD to Everyone:

Thank you for asking, best would be at lifestyletelemedicine.com

15:00:44 From John Kohler to Everyone:

good afternoon everyone! I

15:00:55 From Jeff Pierce, MD to Everyone:

John Kohler in the house!

SUPERFOOD GARDEN SUMMIT

15:01:04 From Susan and Garry to Everyone:

I love chard. cut it up stems included in a salad or sauteed!

15:01:23 From Kowanda to Everyone:

Hi John!

15:01:27 From Deborah Raskin to Everyone:

thanks

15:01:46 From Fritt Ro to Everyone:

Good morning John 🖐️ It is 7am on Saturday morning here in 🇳🇿 Aotearoa / New Zealand.

15:02:00 From Lauren | GYOV Support Team to Everyone:

Woohoo! Welcome, John Kohler!! Happy to have both you and Jeff Pierce with us. What a treat!

15:02:02 From Jeff Pierce, MD to Everyone:

Mulberries are one of our fav's...

15:02:22 From May to Everyone:

Mulberries are SO sweet ; wonderful!!

15:02:36 From John Kohler to Everyone:

I love mulberries too! Only in season for a short season, so I freeze my extras

15:03:10 From Kim to Everyone:

We grow red currants

15:03:31 From Kowanda to Everyone:

My favorite part of gardening is eating in the garden. 🍷

15:03:40 From Fritt Ro to Everyone:

Ooh, I love Mulberries. My grandfather used to grow a tree in his garden, and my grandmother made Mulberry Jam with them. They aren't common here in 🇳🇿 NZ.

15:03:53 From Jeff Pierce, MD to Everyone:

Currants are popular in Europe, and it was my wife (who is half French) who introduced them to me.

15:05:49 From Kowanda to Everyone:

Gardening is a whole body workout.

15:06:15 From Jeff Pierce, MD to Everyone:

Yes, Kowanda!

15:07:22 From May to Everyone:

Deer love to eat our veggies / tomatoes -- their own buffet table ;)

15:08:34 From Laura to Everyone:

Sorry, Dr. who??? with the snow and gardening in winter???

15:08:48 From John Kohler to Everyone:

my favorite beneficial insects are praying mantis. I saw a baby one yesterday

15:08:50 From Kim to Everyone:

I grow microgreens in the winter. I love kale, broccoli, and sunflower sprouts and shoots.

15:09:09 From John Kohler to Everyone:

I love fava beans to eat. they are SO productive. Im still eating them from my garden

15:09:14 From Lauren | GYOV Support Team to Everyone:

A BABY mantis?! cute!

SUPERFOOD GARDEN SUMMIT

15:09:14 From Jeff Pierce, MD to Everyone:

My friend and coworker Dr. Kim Scheuer. A great lifestyle medicine doc who gardens in Colorado all year round.

15:09:25 From Laura to Everyone:

I have winter just like it! I'd like to look it up and learn from him!

15:09:51 From Laura to Everyone:

Anyone got the name of that doctor?

15:09:52 From May to Everyone:

I love microgreens; thanks Kim -- good idea

15:10:20 From Laura to Everyone:

THANK YOU Dr Jeff!!!

15:10:21 From Kim to Everyone:

I tried growing fava beans for the first time (zone6b) and had a heavy infestation of aphids.

15:10:39 From Fritt Ro to Everyone:

Nice one @Kim, I am planning to have microgreens as one of my four regular "gardens", along with sprout jars, herbs in pots, and the outdoor raised bed.

15:11:15 From Denise Beins to Everyone:

@Kim aphids only get on my faves if I leave them too long - maybe harvest a bit sooner.

15:11:16 From Kim to Everyone:

I like unsweetened apple and pear butter.

15:12:19 From Madeleine Heimersson to Everyone:

Communitygardens ? Is that something that I can look up and join?

15:12:30 From Denise Beins to Everyone:

These photos are beautiful! Making me hungry 😊

15:13:11 From May to Everyone:

Very nice photos, inspiring too; thank youuu, Dr Jeff

15:13:14 From Madeleine Heimersson to Everyone:

Fall a sleep in your garden 🌳😴

15:13:14 From Jeff Pierce, MD to Everyone:

Hi Madeleine, I would do an Internet search for "community garden in ***" and put the name of your city in there and see what comes up.

15:13:35 From Jeff Pierce, MD to Everyone:

I hear you, Denise! And thank you, May.

15:13:44 From Kim to Everyone:

Madeleine, check in your area for community gardens. Your extension service might be helpful.

15:14:02 From Madeleine Heimersson to Everyone:

Thank you for the tip! 🤗

15:14:07 From Kowanda to Everyone:

Thank you Dr. Pierce.

15:14:08 From Fritt Ro to Everyone:

I have started participating in a local community garden. A great place to learn and share.

15:14:23 From Lauren | GYOV Support Team to Everyone:

SUPERFOOD GARDEN SUMMIT

Wowza!!! Thank you Dr. Jeffrey! We're just about to hear from John Kohler, too!

15:14:25 From Joy Wells to Host and panelists:

This is awesome, Dr. Jeffrey!

15:14:38 From Lauren | GYOV Support Team to Everyone:

John and Jeffrey in the house!

15:14:39 From Kim to Everyone:

We also had a macrobiotic cooking group. So nice to chop veggies with friends.

15:14:44 From Kowanda to Everyone:

Sleep in the garden, go out in the morning and garden,

15:14:53 From Susan and Garry to Everyone:

yes! Great info! thank you for sharing your info and time! loved it!

15:14:56 From Fritt Ro to Everyone:

Thank you Dr. Jerrrey. Very interesting.

15:15:18 From Fritt Ro to Everyone:

^Jeffrey

15:15:32 From Grace to Everyone:

This is amazing. Gardening give me something to do and look forward to.

15:15:39 From Else to Everyone:

Wonderful information.. Thank you!!

15:15:50 From Madeleine Heimersson to Everyone:



15:15:51 From Angrus Berry to Host and panelists:

Dr. Jeff, awesome presentation and pictures. Very inspiring!

15:15:52 From Dayani to Everyone:

The importance of growing the G-Bombs was important to me. I only thought of buying them and now I am motivated to grow them.

15:15:54 From Jeff Pierce, MD to Host and panelists:

Sorry, didn't know if Denise wanted me to have my camera on or off. 😊

15:16:02 From Jeff Pierce, MD to Host and panelists:

Perfect!

15:16:04 From Ning to Everyone:

yes, interested in a fitness routine for gardeners

15:16:31 From Else to Everyone:

Especially like the idea of community connections and support

15:16:56 From Linda Jorgensen to Everyone:

The repetition of GBOMBS was great!

15:17:13 From Beth Manickas Johnson to Host and panelists:

Being in nature and taking the time to enjoy

15:17:23 From Madeleine Heimersson to Everyone:

Nutrition is important but I really need to connect to nature! 🌳 So I need to find the right communities.

15:17:35 From Linda Jorgensen to Everyone:

I will check out the possibility of a community garden near me.

SUPERFOOD GARDEN SUMMIT

15:17:38 From Gail's iPhone to Everyone:

Missed gbombs. What are they

15:18:26 From liddia to Everyone:

a great course

15:18:33 From Fritt Ro to Everyone:

Ooh, that prize sounds amazing!

15:18:42 From Gardening Renaissance to Everyone:

Preservation of FOOD. For MMEEEEEE

15:18:43 From Grace to Everyone:

I just learned and made my first blueberry jam today

15:18:46 From Tammy Lawhead to Everyone:

Yes

15:18:53 From Yvonne to Everyone:

me

15:18:54 From Linda Jorgensen to Everyone:

ME!!!

15:18:57 From Robin Padilla to Everyone:

Tap into early AM sunshine ,to harvest during early cooler temps, & to absorb that early sun & set your circadian rhythm for the day 😊 Love also getting exercise early in the morning,& grounding in the yard ☺ It's a win-win-win, thanks for the class

15:18:59 From Robin Padilla to Everyone:

Me

15:19:03 From Lauren | GYOV Support Team to Everyone:

🎉🌈🎉 Congratulations to Skip Poulson, you won the Preserve and Store the Harvest Course!!! Email support@growyourownvegetables.org to claim your prize! 🎉🌈🎉

If you didn't win, you can grab the course on sale here:

<https://growyourownvegetables.org/preserve-harvest-special/>

15:19:05 From Kowanda to Everyone:

Congrats Skip!

15:19:08 From Deborah Raskin to Everyone:

If someone recommends mushrooms maybe we should know more about how the are and how to prepare them to eat,. I heard not to eat raw mushroomsmumushrooms

15:19:10 From Jeff Pierce, MD to Everyone:

Hi Gail, here is the link to more info on GBOMBS:

https://www.drufuhrman.com/blog/237/g-bombs-the-anti-cancer-foods-that-should-be-in-your-diet-right-now?srsId=AfmBOoqKhmf49BT-aXegxdoAj-8jNaaEwRz9xgfuAOJLon2Xy-TmytB_

15:19:10 From Madeleine Heimersson to Everyone:

WOOF is a Community worldwide to check out if you are not placed on mother Earth but searching...

15:19:13 From Hilda Kathuria to Everyone:

make gardening your lifestyle!

SUPERFOOD GARDEN SUMMIT

15:19:13 From liddia to Everyone:

congrats

15:19:19 From Fritt Ro to Everyone:

Congratulations Skip!

15:19:19 From Susan and Garry to Everyone:

congrats Chip! 😊

15:19:25 From Deborah Raskin to Everyone:

sorry mushrooms

15:19:29 From Susan and Garry to Everyone:

skip

15:19:35 From Lauren | GYOV Support Team to Everyone:

If you didn't win, you can grab the course on sale here:

<https://growyourownvegetables.org/preserve-harvest-special/>

15:20:13 From Kowanda to Everyone:

David the Good!

15:20:25 From Beth Manickas Johnson to Host and panelists:

Awesome. Thank you

15:20:49 From Kowanda to Everyone:

David is about an 1 1/2 hour from me. I'm using his garden plan in my garden.

15:20:51 From Fritt Ro to Everyone:

Wow, I thought today was the bonus day! Another bonus day? Awesome stuff.

15:21:02 From Deborah Raskin to Everyone:

love David the Good

15:21:14 From Joy Wells to Everyone:

Yay for bonus day!! 🎉

15:21:55 From Yvonne to Everyone:

Thanks so much

15:22:03 From Kowanda to Everyone:

I bought David's book "Compost Everything". Love it.

15:22:05 From Fritt Ro to Everyone:

Bring it on!

15:22:26 From Yvonne to Everyone:

Yes, Yay for bonus day

15:22:40 From John Kohler to Everyone:

glad you finally found me

15:23:13 From Gardening Renaissance to Everyone:

JOOOHHNNN KOHLER — he is the most energetic man on how to grow food!! HE is dynamite!! Hold on to your brain, he is goooooddd!! His YouTube Channel!!!!

15:23:16 From Susan and Garry to Everyone:

Dr Furmans bombs was awesome! a must ..

15:23:36 From Jeff Pierce, MD to Everyone:

John is a walking gardening encyclopedia.

15:25:30 From Susan and Garry to Everyone:

SUPERFOOD GARDEN SUMMIT

Ready to hear you John Kohler! 😊

15:26:26 From Denise Beins to Host and panelists:

Jeff - no worries on the video. I would love to bring you and John on after this video. We try to wrap at 1 but today will be until 15 after or so.

15:26:35 From Susan and Garry to Everyone:

how do we follow John Kohler?

15:26:56 From Lauren | GYOV Support Team to Everyone:

Make sure to grab Jeffrey and John's special bonuses for Summit registrants! You can find both on this page: <https://superfoodgardensummit.com/bonus/>

15:27:08 From Denise Beins to Host and panelists:

I'll ask you 2 a couple questions just so people can feel more connected with you.

15:27:11 From Jeff Pierce, MD to Host and panelists:

Sounds great.

15:27:28 From anna to Everyone:

Are they raised beds behind John? Are they metal?

15:27:50 From John Kohler to Everyone:

my raised beds are made from concrete blocks on this side of my garden. no mortar, just stacked.

15:28:03 From John Kohler to Everyone:

the other side of my garden has round plastic raised beds here in las vegas.

15:28:03 From Lauren | GYOV Support Team to Everyone:

Youtube: <https://www.youtube.com/@growingyourgreens>

15:28:14 From John Kohler to Everyone:

metal beds would heat up significantly here in vegas!

15:28:32 From Lauren | GYOV Support Team to Everyone:

IG: <https://www.instagram.com/growingyourgreens/>

15:28:40 From John Kohler to Everyone:

today is 101 degrees here today

15:28:55 From Jeff Pierce, MD to Everyone:

Whoa, that's a hot one, John.

15:29:21 From Kim to Everyone:

90 degrees here in Ohio but super humid.

15:29:22 From anna to Everyone:

Plastic raised beds? Could I use plastic buckets then?

15:29:27 From Jeff Pierce, MD to Everyone:

I recommend everyone to check out John's Instagram account. Pretty shots and lots of good info.

15:30:02 From Sally to Host and panelists:

Yeesh that's hot! I have high desert climate, but temps stay between 60-80 degrees year round

15:30:12 From Fritt Ro to Everyone:

Wow, I want graphs and charts like that for my "autistic gardening" project!

15:30:51 From Jeff Pierce, MD to Everyone:

SUPERFOOD GARDEN SUMMIT

If you want to see more gardening and health posts from me, my Instagram handle is @drjeffpierce

15:31:15 From UtahValley Permaculture to Everyone:

Hi John Kohler, You toured and filmed our Utah Valley Permaculture Classroom Gardens Food Forest in 2019 and 57,000 views on your video later, we are inviting you as our VIP Guest to our 11th Annual Tour N Taste Charity Open House of tours and tasting what you love 37 kinds of berries, fruit, nuts root crops, dark leafy greens and Herbs. Call us soon as you promised to come back for a visit, you can stay at our charity retreat too. 801-808-4424

15:31:52 From Beth Manickas Johnson to Host and panelists:

Hi Lauren. How are you determining who wins a prize. I have entered numerous times just curious

15:32:12 From Lauren | GYOV Support Team to Everyone:

We linked John & Jeffrey's social media and websites to the replay page for everyone as well!

15:32:17 From John Kohler to Everyone:

yes, people grow in plastic buckets.

15:32:27 From UtahValley Permaculture to Everyone:

Oh and everyone write YouTube to reinstate John's Growing Your Greens channel and put the monetization back on he used funds to tour other Food Forests and Gardens with.

15:32:31 From Deborah Raskin to Everyone:

I heard carrots last longer if not washed until you use them, what do you think ?

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

Thank you Dr Jeff!

15:32:56 From Gardening Renaissance to Everyone:

Perennial Veggies !

15:33:01 From UtahValley Permaculture to Everyone:

Our delicious lemon tasting Sorrel is great perennial

15:33:03 From John Kohler to Everyone:

that being said, I find plastic buckets do not have UV additives so they break down in the sun. So I would recommend using HDPE plastic growing pots (available at most nurseries) near me they recycle and sell the used ones for a few dollars each

15:33:15 From Lauren | GYOV Support Team to Beth Manickas Johnson, host and panelists:

Hi Beth! Great question - so all of the entries land on a spreadsheet and each time I pick a winner (a few minutes before Denise announces it live) I will blindly scroll the spreadsheet and then randomly select a name. Then I text that name to Denise so she can announce! Hope that helps 😊 We try to make it as fair as possible.

15:33:55 From anna to Everyone:

Thank you, about plastic containers

15:33:59 From John Kohler to Everyone:

On carrot storage, I recommend keeping them IN ground and only digging up when needed. (chop off top growth) so they don't get woody. This is the BEST way to store carrots IMO, let nature do it.

15:34:30 From Deborah Raskin to Everyone:

thanks

SUPERFOOD GARDEN SUMMIT

15:34:36 From Kim to Everyone:

I use garden-tone along with compost for my vegetable garden

15:34:37 From Sally to Host and panelists:

What was that kind of collard again?

15:34:52 From Beth Manickas Johnson to Host and panelists:

Thank you Lauren

15:34:54 From Karen to Everyone:

Tree collards grow in every garden in Spain!

15:34:56 From John Kohler to Everyone:

would love to visit you again Utah Valley Permaculture! I don't have any trips to UT planned any time soon but If I do will be in contact.

15:35:15 From Fritt Ro to Everyone:

My local nursery has a free plant pot recycling bin which we can contribute to or take from freely.

15:35:37 From Sally to Host and panelists:

I love collards

15:35:40 From John Kohler to Everyone:

These are perennial GREEN tree collards. Dr. Jeff mentioned the PURPLE tree collards, these grow like TREES (my tallest was 12 feet tall!) and grow yearround as a perennial instead of annual like common collards such as Georgia collards.

15:36:15 From Sally to Host and panelists:

Thank you - need to look into that!

15:36:21 From John Kohler to Everyone:

the green variety in general are more heat tolerant than the purple variety, but the purple variety often is said to have better flavor especially in winter when they get more sweet

15:36:47 From Karen to Everyone:

Thank you for the science info.

15:37:23 From May to Everyone:

Chinese chives are super!! so good with tofu!!

15:37:34 From Kim to Everyone:

Are Chinese chives the same as garlic chives?

15:37:40 From Paddy to Host and panelists:

Love Chinese Chives! Grew them last years for 1st time!

15:37:47 From Laura to Everyone:

Question - Denise - do we get the transcript for with the replay?

15:38:05 From Theresa's iPhone to Everyone:

Will Chinese chives grow in Florida

15:38:29 From Dayani to Everyone:

Are all allium Leaves edible: ie: garlic leaves?

15:38:45 From Denise Beins to Everyone:

@Laura - the transcripts are included in the Garden Success Kit. Also the cheat sheets that summarize the transcripts.

15:39:13 From John Kohler to Everyone:

SUPERFOOD GARDEN SUMMIT

Chinese chives are different than garlic chives.

15:39:16 From Kowanda to Everyone:

I missed what this plant is called.

15:39:19 From Laura to Everyone:

Thanks Denise!

15:39:57 From John Kohler to Everyone:

Chinese chives are *Allium tuberosum* originally from china

15:40:05 From Theresa's iPhone to Everyone:

How do you spell the spinach

15:40:56 From John Kohler to Everyone:

yes, common allium plants that are normally eaten such as garlic, onions, shallots , leeks , onions all have greens that are edible although if you eat greens of these they make lower tuber weight

15:40:59 From dziem to Everyone:

My Goggle says Chinese Chives are the same as Garlic Chives. Looks the same also in the photo given .

15:41:07 From John Kohler to Everyone:

longevity spinach is *gynura procumbens*

15:41:24 From anna to Everyone:

Behind John: Irrigation tubing?

15:41:24 From Dayani to Everyone:

Thanks, John!

15:42:05 From Denise Beins to Everyone:

I was noticing that too @Anna

15:42:08 From John Kohler to Everyone:

Yes, I irrigate my garden with drip irrigation to save water

15:42:22 From May to Everyone:

Thanks John for the science name of longevity spinach; wondering what the Chinese name is -- I 'll look it up

15:42:52 From Paddy to Host and panelists:

Wish I could grow my herbs year round,! Not possible in Canada with the cold winter & they don't get enough light indoors or have space to set up area with grow lights.

15:43:04 From Lauren | GYOV Support Team to Everyone:

Graze in your garden!

15:43:25 From John Kohler to Everyone:

In Chinese, longevity spinach is known as 白凤菜 (bái fèng cài). It is also referred to as 平卧菊三七 (píng wò jú sān qī) in some contexts. The name "Bai Bing Cao" (百病草) is also used, which translates to "the grass that heals 100 diseases".

15:44:09 From May to Everyone:

Thank youuuu, John!

15:44:45 From Jeff Pierce, MD to Everyone:

That's cool, John. I'm still growing the one you gave me. Now I need to start harvesting it!

15:45:00 From May to Everyone:

SUPERFOOD GARDEN SUMMIT

Where can you find cuttings for the Longevity Spinach?

15:45:17 From iPhone to Everyone:

Wonderful John Kohler! 🍌

15:45:19 From John Kohler to Everyone:

glad to hear it is doing well. You can break off tips or stems and then root them like tree collards to have more ! pick off all the leaves and eat them!

15:45:28 From Lauren | GYOV Support Team to Everyone:

Chew chew chew!

15:45:36 From May to Everyone:

It's not something I have seen in Chinese grocery store

15:46:02 From John Kohler to Everyone:

longevity spinach plants can be bought from rareseeds.com in spring. Check ebay or etsy many people sell plants or cuttings. I always recommend rooted cuttings for greater success

15:46:03 From UtahValley Permaculture to Everyone:

green power juice extractor doesn't kill nutrients

15:46:49 From May to Everyone:

Thank you, John

15:46:52 From John Kohler to Everyone:

I can say the green power juicer is a good juicer, it works on twin gears and can introduce more oxygen when juicing greens alone, but not so much when you are juicing carrots, which the fiber takes up the space between the gears

15:47:00 From Paddy to Host and panelists:

Is longevity spinach have high iron content like regular spinach?

15:47:43 From Karen to Everyone:

I think you mean air. There is only 16% oxygen in air.

15:47:51 From Sally to Host and panelists:

Where do you find a vacuum carafe?

15:47:57 From Karen to Everyone:

16-21%

15:48:14 From John Kohler to Everyone:

a lot of the summer greens I grow (including longevity) will likely NOT be sold at grocery stores because these plants generally don't do well with traditional industrial agriculture refrigeration. (they don't store well) and wilt fast! That's why even in summer they sell "winter vegetables" that LOVE the cold and thrive.

15:48:30 From Alicia to Everyone:

I love that there are so many graphs and numbers to provide the science side.

15:48:41 From UtahValley Permaculture to Everyone:

love you John for all you know about nutrition. cucumber microgreens and dark leafy greens curly parsley ginger celery makes the best helping gut lining juice. drink right away everyday is my favorite to keep body healthy

15:49:01 From Denise Beins to Host and panelists:

@Sally- check out the resource on the bonus page - John gives several links there.

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

SUPERFOOD GARDEN SUMMIT

15:49:19 From John Kohler to Everyone:

up to 75% of the oxygen removed of the 16% in air :) when vac blending (Depending on specific model)

15:49:51 From Fritt Ro to Everyone:

@Alicia, I'm loving the science and graphs too, being an "autistic gardener", haha.

15:49:55 From Deborah to Everyone:

Where is the link for the Boyd with coupon?

15:50:07 From John Kohler to Everyone:

vacuum carafe - you can make your own if your crafty :)

or buy the VOID lid as I am demonstrating that fits all blendtec and classic vitamix models.

Check show notes/ bonus for more info

15:50:25 From Yvonne to Everyone:

I donated my 20 year old Vitamix and bought a new one. Now I need a Vacuum blender?

15:50:28 From Denise Beins to Everyone:

Grab John's free resource guide on the Bonus page -

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

15:50:55 From May to Everyone:

wow!!

15:51:00 From J to Everyone:

Longevity spinach is Gynura Procumbens (scientific name)

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

Awesome demonstration!

15:51:05 From May to Everyone:

what a big difference in colors

15:51:06 From Kowanda to Everyone:

Color is different too.

15:51:06 From John Kohler to Everyone:

longevity spinach is not related to traditional spinach, all greens have a good amount of minerals (if they are in your soil)

15:51:12 From Else to Everyone:

I have been wondering about using Hydrogen water vs regular water, or ice cubes from hydrogen (H2O type) water in mixes.. (I have an H2O machine from echowater..)

15:52:53 From Yvonne to Everyone:

I don't see the link

15:53:27 From May to Everyone:

Denise sent the link for the bonus; thanks much, Denise

15:54:02 From Lauren | GYOV Support Team to Everyone:

Find John and Jeffrey's awesome bonuses on this page:

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

15:54:58 From UtahValley Permaculture to Everyone:

John's video tour https://youtu.be/9Qajp5UQW5E?si=IBxkX_FwobGKSX6l

15:55:10 From iPhone to Everyone:



SUPERFOOD GARDEN SUMMIT

15:55:26 From May to Everyone:

Thank you Utah Valley...

15:55:55 From Yvonne to Everyone:

Thank you ;)

15:56:09 From Kowanda to Everyone:

Looks delicious!

15:56:20 From Beth Manickas Johnson to Host and panelists:

Hi Lauren. If you try to order the book it states with bonuses for purchasing the Environmentalist Herbalist Just thought I would let you know

15:56:25 From Susan and Garry to Everyone:

YUMMM

15:56:53 From Sally to Host and panelists:

Whoever invents a juicer that's not a pain in the butt to clean takes all my money lol

15:57:22 From John Kohler to Everyone:

the hurom H70 is the juicer you want sally! There is NO scrubbing. Just spray it down. takes me 60 seconds!

15:57:35 From John Kohler to Everyone:

Check the bonus section for more information about the Juicer

15:58:01 From Kowanda to Everyone:

I have a Harvest Right Freeze dryer. I LOVE it!

15:58:44 From Lauren | GYOV Support Team to Beth Manickas Johnson, host and panelists:

Hi Beth - thanks! I see the confusion now, those bonuses are through Sajah's business, not ours. I thought you meant bonuses through us. Thanks for clarifying!

15:59:17 From Denise Beins to Everyone:

Now my mouth is watering!

15:59:26 From Kowanda to Everyone:

John, have you tried freeze dried tomatoes? Flavor explosion for sure!

15:59:38 From Sally to Host and panelists:

Freeze drying over dehydration? I have a dehydrator and use that for preservation

15:59:45 From Laura to Everyone:

QUESTION - Is the air tight blender's mixing bowl glass or plastic?

16:00:01 From John Kohler to Everyone:

I have freeze dried many tomatoes as well as peppers, as well as leafy greens, cucumbers, zuchinnis, and so many fruits including my mulberries

16:00:19 From Beth Manickas Johnson to Host and panelists:

Oh ok Lauren!

16:00:37 From UtahValley Permaculture to Everyone:

UVPCGG we do grow year ro7nd with sunken attached greenhouse and Mar to Nov in self sustainable Foid Fotest that has no weeds lives on Rain mostly and comes back every year now for 11 years and is 20 degrees cooler when 90s to 100 outside in this desert cold temperate climate. Stay Fresh freeze dryer better than Harvest Right

16:00:41 From Jeff Pierce, MD to Everyone:

Oh man, freeze dried mulberries must rock.

SUPERFOOD GARDEN SUMMIT

16:00:57 From John Kohler to Everyone:

the vacuum blender I showed had a plastic carafe. There is one brand that has a glass carafe called the tribest personal vacuum blender. While the carafe is glass, the blender is not that powerful, but good for simple smoothies or other easy blender tasks

16:01:03 From Beth Manickas Johnson to Everyone:

Thank you for all this information ! Loving it 😊

16:01:19 From Denise Beins to Everyone:

We're running a bit longer today but stick around if you can - Jeff and John will hop on live with us for a few minutes as we wrap up today.

16:01:37 From Laura to Everyone:

THANKS John! This is very helpful!

16:01:38 From May to Everyone:

What's the name of the Freezedryer you recommend, John? Sorry couldn't hear it

16:01:51 From John Kohler to Everyone:

I can tell you I use the BEST equipment and the only one I use and can recommend is the Stay Fresh Freeze Dryer. I have a video link in the bonus that shows why it is best.

16:01:54 From Kim to Everyone:

Will the bonus be included in the replay?

16:01:56 From Denise Beins to Everyone:

And we have another prize going to someone here with us in chat!

16:02:07 From Yvonne to Everyone:

Yay

16:02:11 From Beth Manickas Johnson to Everyone:

Love my Vitamix , Instant Pot and ninja which dehydrates also

16:02:15 From John Kohler to Everyone:

Bonus can be found at <https://superfoodgardensummit.com/bonus/>

16:02:22 From Beth Manickas Johnson to Everyone:

I make smoothies everyday

16:02:24 From Carol M to Everyone:

yay!

16:02:30 From Bonnie to Everyone:

Fabulous talk!

16:02:50 From Ning to Everyone:

Thanks for all the great information about juicing, pressure cooking, vacuum blending, etc.

16:02:58 From Beth Manickas Johnson to Everyone:

Agree Bonnie

16:03:09 From Susan and Garry to Everyone:

so much to learn! I appreciate the info..

16:03:11 From Skip Poulsen to Everyone:

I'd love to be a winner.

16:03:27 From Beth Manickas Johnson to Everyone:

Me too Skip!!

16:03:32 From Yvonne to Everyone:

SUPERFOOD GARDEN SUMMIT

Me too ;)

16:03:39 From May to Everyone:

Me three :))

16:03:52 From Lauren | GYOV Support Team to Everyone:

You can grab your FREE bonuses (just for joining this Summit) on this page:

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

16:03:53 From Fritt Ro to Everyone:

@Skip, I thought I saw your name drawn for a prize.

16:04:02 From Suzanne iPh to Everyone:

Beyond phenomenal! Zillions of notes!

16:04:12 From Susan and Garry to Everyone:



16:04:22 From Yvonne to Everyone:

Thank you so much ;)

16:04:47 From Becky to Everyone:

This has been great! Thanks!

16:04:56 From iPhone to Everyone:



16:04:57 From Yvonne to Everyone:

Gratitude!!!!

16:04:59 From Lauren | GYOV Support Team to Everyone:

@Skip - you DID win a prize! Email Support@GrowYourOwnVegetables.org

16:05:00 From Lauren | GYOV Support Team to Everyone:

👏 Thank you, Jeffrey & John! 👏 Your presentations were SO inspiring!!

16:05:01 From liddia to Everyone:

thank you

16:05:03 From May to Everyone:

Thank youuuuu so much, John and Dr Jeffrey

16:05:10 From Kowanda to Everyone:

John, thank you so much. AMAZING presentation.

16:05:12 From Gardening Renaissance to Everyone:

Told ya!!!

16:05:15 From Yvonne to Everyone:

So Grateful!!!!

16:05:19 From iPhone to Everyone:



16:05:20 From Linda Jorgensen to Everyone:

Sooooo much great info!!!

16:05:22 From Joy Wells to Everyone:

Mind-blowing!

16:05:25 From Lauren | GYOV Support Team to Everyone:

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

16:05:32 From iPhone to Everyone:

SUPERFOOD GARDEN SUMMIT

Thank You

16:05:35 From matocco to Everyone:

OMG I loved that

16:05:44 From Joyce to Everyone:

Is the session recorded

16:05:45 From Linda Jorgensen to Everyone:

The practical "visual" demos were great!!

16:05:46 From May to Everyone:

Denise and Lauren -- You are Phenomenal!! Great Sessions!!!

16:05:51 From Diane Davey to Everyone:

Thanks so much John, Dr. Jeff, Denise, Lauren, Stacey and Team!!! 🥰

16:06:00 From Kowanda to Everyone:

I loved the demos. I loved that he ate in his garden.

16:06:10 From May to Everyone:

Yes, Stacey !! ❤️

16:06:10 From Lori Vitale to Everyone:

Very Interesting

16:06:13 From Beth Manickas Johnson to Host and panelists:

Any more prizes to win ??

16:06:32 From Lauren | GYOV Support Team to Everyone:

ONE more prize to win! Picking from the attendees LIVE with us right now

16:06:48 From Joy Wells to Everyone:

Thank you, Denise, Lauren, and the rest of the team!

16:06:52 From John Kohler to Everyone:

@growingyourgreens on YouTube. Over 1700 free episodes on growing your own food

16:06:57 From Lauren | GYOV Support Team to Everyone:

<https://www.youtube.com/@growingyourgreens>

16:06:57 From Fritt Ro to Everyone:

Yay, I love prizes! 😊

16:07:02 From Yvonne to Everyone:

I'm Motivated

16:07:02 From Ning to Everyone:

pick me :)

16:07:04 From Calina from Houston to Everyone:

will his links be in the chat?

16:07:13 From C to Everyone:

awesome information!

16:07:18 From Lauren | GYOV Support Team to Everyone:

Links are scattered in the chat...but will also be on the replay page

16:07:30 From Beth Manickas Johnson to Host and panelists:

Any more prizes to win Lauren? I have been trying to work so I may have missed

16:07:31 From Yvonne to Everyone:

I purchased the container garden kit

SUPERFOOD GARDEN SUMMIT

16:07:34 From Wanda to Everyone:
Me

16:07:39 From Laura to Everyone:
me please

16:07:41 From Yvonne to Everyone:
Yay

16:07:42 From holly w to Everyone:
Me

16:07:43 From Lauren | GYOV Support Team to Everyone:
ONE MORE GARDEN SUCCESS KIT!!! Choosing live from the attendees with us now.

16:07:46 From Laura to Everyone:
meplease

16:07:46 From Suzanne iPh to Host and panelists:
Me

16:07:49 From Gardening Renaissance to Everyone:
Maybe we can win this one. MMEEEEEEE

16:07:50 From Dharlyn Gomez's iPhone to Everyone:
Me

16:07:52 From Linda Jorgensen to Everyone:
I would love to win a free gift!!!

16:07:53 From Beth Manickas Johnson to Host and panelists:
Would love to win a prize 🏆

16:07:53 From Deborah to Everyone:
me please

16:07:54 From Laura to Everyone:
me please!!!!!!

16:07:56 From Yvonne to Everyone:
Me Please;}

16:07:57 From Ning to Everyone:
me, me, me LOL

16:08:00 From Debbie to Everyone:
maybe me

16:08:04 From Joy Wells to Everyone:
Woohoo! I love giveaways!

16:08:08 From Lauren | GYOV Support Team to Everyone:
Wohooooo Jeffrey and John on the screen!

16:08:09 From Skip Poulsen to Everyone:
me please

16:08:12 From Laura to Everyone:
pick me please!!!!

16:08:20 From Carol M to Everyone:
everyone is so encouraging! I'm a newbie and appreciate this!

16:08:32 From Karen to Everyone:

SUPERFOOD GARDEN SUMMIT

This summit is SO awesome. Thanks to everyone!

16:08:33 From Gardening Renaissance to Everyone:

Jeff & John you guys rocked it!!!!!!

16:08:37 From Lauren | GYOV Support Team to Skip Poulsen, host and panelists:

@Skip - you won a prize earlier today! Email Support@GrowYourOwnVegetables.org to claim it

16:08:44 From Calina from Houston to Everyone:

This has been great. I am excited about tomorrow bonus

16:09:03 From Beth Manickas Johnson to Host and panelists:

Listening and working at the same time ... 😊

16:09:12 From Cindy to Everyone:

So loved this! Thank you All!!!!

16:09:25 From Beth Manickas Johnson to Host and panelists:

Juicing is great. Thanks for reminding us

16:09:31 From Fritt Ro to Everyone:

I agree, @Carol M. I am new to gardening, and this Summit has been an awesome way to start off my journey.

16:09:40 From Joy Wells to Everyone:

Thank you Jeff and John! Y'all were both great!

16:09:56 From May to Everyone:

Dr Jeffrey and John -- Deep, deep Gratitude!! for your GREAT presentations

16:10:49 From Beth Manickas Johnson to Host and panelists:

Would be grateful to win 🙏

16:11:07 From Jeff Pierce, MD to Everyone:

Thanks, folks

16:11:27 From Gardening Renaissance to Everyone:

Preservation of the food is real serious!!!

16:11:29 From Susan and Garry to Everyone:

we thank you! 😊

16:11:56 From Fritt Ro to Everyone:

My diabetes dietitian recommends that I should "eat my colours", so finding a range of colourful fresh fruit & vege.

16:12:18 From Jeff Pierce, MD to Everyone:

That sounds like good advice, Fritt

16:12:21 From Yvonne to Everyone:

Thank you ;)

16:12:46 From Else to Everyone:

Very awesome! Much appreciated!!

16:13:12 From Kowanda to Everyone:

It depends. 🤔

16:13:16 From Susan and Garry to Everyone:

I never heard of longevity spinach until now...I will try it!

16:13:43 From Deborah to Everyone:

SUPERFOOD GARDEN SUMMIT

Are the fruit trees bought from Baker Seed?

16:14:26 From UtahValley Permaculture to Everyone:

jihnwhenxanlgetcuttigs of your TurkishMunerry tree here ar UVPCGG? 801 808 4424

16:14:29 From May to Everyone:

Me neither and I am originally from SE Asia... (Sigh!!) too urbanized....

16:14:46 From Yvonne to Everyone:

Yay I love Avocadoe

16:15:07 From Susan and Garry to Everyone:

try try again..and try some more! never give up..

16:15:08 From UtahValley Permaculture to Everyone:

sorry John when can we get cuttings of Turkish mulberries

16:15:26 From Ning to Everyone:

Wow! that would be amazing to get mangoes to fruit in NorCal!

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

Heck yes, wildcard gardening ;)

16:15:38 From May to Everyone:

love mangoes

16:16:50 From Yvonne to Everyone:

I've never seen the leaves

16:16:54 From Lauren | GYOV Support Team to Everyone:

Woooo a surprise exploration with John!

16:16:54 From Kowanda to Everyone:

I'm trying sweet potatoes this year. My dogs love them dehydrated.

16:17:07 From Lauren | GYOV Support Team to Everyone:

Gorgeous wall of food :)

16:17:25 From Sally to Host and panelists:

I thought potato greens and vines were poisonous???

16:17:37 From Kowanda to Everyone:

I love it.

16:17:51 From J to Everyone:

I also grow longevity spinach in pots indoors year round! It does well and I can snip a few leaves to put in smoothies. Easy to propagate from cuttings also!

16:17:52 From May to Everyone:

Water spinach is GREAT

16:17:56 From May to Everyone:

tasty

16:17:59 From Dayani to Everyone:

What's the sweet potato variety, please?

16:18:24 From Calina from Houston to Everyone:

love his enthusiasm when he shows his garden, or anybody's garden for that matter! He is like that on his channel

16:18:35 From Ning to Everyone:

what an amazing garden!

SUPERFOOD GARDEN SUMMIT

16:18:35 From Jeff Pierce, MD to Everyone:

Yes, don't eat regular potato foliage, but sweet potato foliage is fine

16:18:35 From UtahValley Permaculture to Everyone:

How much is your water bill John. Ours on 1/4 acre was \$50 last month at UVPCGG

16:18:36 From Yvonne to Everyone:

Thanks for sharing

16:18:50 From Bobbie Peeler to Everyone:

What is code for 10% off seed for generations?

16:18:51 From Susan and Garry to Everyone:

puts a smile on your face

16:19:09 From Lauren | GYOV Support Team to Everyone:

@Bobbie - you can find that information on our bonus page:

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

16:19:16 From Sally to Everyone:

Surprised about eating potato leaves - thought they were poisonous?

16:19:30 From Yvonne to Everyone:

Yes thank you ;)

16:19:34 From Paddy to Host and panelists:

John needs to do another session just to give us full tour of his beautiful garden 🥰

16:19:45 From Lauren | GYOV Support Team to Everyone:

Good idea, Paddy!

16:20:25 From Laura to Everyone:

Did he say NANINI?

16:20:31 From Beth Manickas Johnson to Everyone:

Thanks for the wealth of information

16:20:42 From Lauren | GYOV Support Team to Everyone:

This was so special!

16:20:47 From liddia to Everyone:

thank you so much

16:20:48 From Dayani to Everyone:

Thank you! Amazing!!

16:20:50 From Lauren | GYOV Support Team to Everyone:

DEFINITELY a fan favorite.

16:20:56 From Dawn to Everyone:

Lots of info! Love the foods for ever !!

16:20:59 From Ning to Everyone:

Thanks much!

16:21:00 From Joy Wells to Everyone:

Yes, great finale!

16:21:00 From liddia to Everyone:

for the wonderful knowledge

16:21:06 From Angrus Berry to Host and panelists:

EXCELLENT THANK YOU!

SUPERFOOD GARDEN SUMMIT

16:21:11 From Fritt Ro to Everyone:

We grow Sweet Potatoes here in 🇳🇿 Aotearoa / New Zealand, and they are often cooked traditionally in an underground umu called a Hāngi.

16:21:18 From Yvonne to Everyone:

Thank You

16:21:22 From Diane Davey to Everyone:

Thanks again!!! Awesome presentations!!! 🥰

16:21:49 From Linda Jorgensen to Everyone:

So encouraging for stepping out and trying things!!!

16:21:55 From Angela Willerton to Everyone:

I haven't commented before but these four days have been awesome

16:21:56 From Grace to Everyone:

John's a vegan, and eating all well nutrient, his skins looks so great. :) Thank you so much

16:21:57 From Yvonne to Everyone:

I Need IT

16:21:59 From johnmwesigwa to Everyone:

I am not sure if I paid for the summit? How do I find out? I don't want to pay twice

16:22:06 From Lauren | GYOV Support Team to Everyone:

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

16:22:13 From Kowanda to Everyone:

Congrats Lorryanne!

16:22:18 From Lauren | GYOV Support Team to johnmwesigwa, host and panelists:

Email us for help: Support@GrowYourOwnVegetables.org

16:22:23 From Ning to Everyone:

Congrats!

16:22:23 From Yvonne to Everyone:

Congratulations

16:22:28 From Kowanda to Everyone:

Thank you GYOV! I love learning from you all.

16:22:28 From Susan and Garry to Everyone:

congrats!

16:22:30 From Joyce to Everyone:

Congratulation Laureanne

16:22:31 From Debbie to Everyone:

congratulations 🎉👏

16:22:31 From Fritt Ro to Everyone:

Congratulations Lorryanne! 🥰🎉

16:22:32 From Lauren | GYOV Support Team to Everyone:

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

16:22:33 From May to Everyone:

Congrats Lorryanne

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16:22:34 From UtahValley Permaculture to Everyone:

https://youtu.be/9Qajp5UQW5E?si=IBxkX_FwobGKSX6I

16:22:36 From John Kohler to Everyone:

I have tours every season on my YouTube gardening channel @growingyourgreens for those who are interested

16:22:45 From Calina from Houston to Everyone:

this has been so great

16:22:48 From Lauren | GYOV Support Team to Everyone:

Cool, John! Thank you!

16:22:53 From Susan and Garry to Everyone:

yes!!

16:23:02 From Diane Davey to Everyone:

Congrats LorrieAnne!!! 🥳

16:23:06 From Lauren | GYOV Support Team to Everyone:

🥳 Thank you SO much for joining us for the 9th Annual Superfood Garden Summit! What a blast!!

👁️ Watch the Replays Here: <https://superfoodgardensummit.com/replay/> 👁️

🙏 Thanks for joining us for the Summit! You guys Rock! 🎸

Day 4 has been a blast, Make sure you catch the bonus presentations on the replay page! 🙌

16:23:20 From Yvonne to Everyone:

This is my first time watching

16:23:22 From Laura to Everyone:

THANK YOU all!!!!

16:23:34 From Dayani to Everyone:

Thank you!

16:23:38 From Ning to Everyone:

Kudos one and all!

16:23:43 From May to Everyone:

Thank youuuu so very much, the entire GYOV team!!

16:23:45 From Joyce to Everyone:

Thank you. Looking forward to next time

16:23:46 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/>

16:23:49 From John Kohler to Everyone:

Ipomoea batatas, Treasure Island™ Manihi is the purple leaf sweet potato variety that I grow up the wall

16:23:51 From liddia to Everyone:

please buy tyhe lot

SUPERFOOD GARDEN SUMMIT

16:23:56 From liddia to Everyone:

buy

16:24:34 From Jeff Pierce, MD to Everyone:

That's a really impressive wall of sweet potatoes, man.

16:24:36 From Laura to Everyone:

WOW!!!! THANK YOU for the bonus surprise!!!!

16:24:57 From Paddy to Host and panelists:

Thanks again for putting together another fabulous summit! Brilliant presentations & sessions! Looking forward to watching bonus session tomorrow 🥰

16:25:08 From Susan and Garry to Everyone:

yes it was Jeff..amazing!

16:25:22 From Beth Manickas Johnson to Host and panelists:

This will be received by email ?

16:25:23 From Fritt Ro to Everyone:

Awesome event! 🥰

16:25:26 From Else to Everyone:

Thank you all VERY VERY MUCH!

16:25:38 From John Kohler to Everyone:

Thank you everyone

16:25:39 From Yvonne to Everyone:

Thank You ;)

16:25:48 From John Kohler to Everyone:

amazing event!

16:26:14 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/>

16:26:22 From Beth Manickas Johnson to Host and panelists:

Bonus by email tomorrow????

16:26:23 From Fritt Ro to Everyone:

Thanks to the team, presenters, and sponsors!