

SUPERFOOD GARDENING

Vitality, Longevity & Nourishment

12 Superfoods Anyone Can Grow

Grow Your Own Vegetables



Empowering Humanity to Thrive



The Superior Six

Why garden fresh foods are **superior**



Nourishment

Superfoods are supercharged with nutrients and help your body prevent and fight chronic diseases… that's where the name comes from! But are you getting the OPTIMAL nutrients?

From the moment your food is harvested, it begins to die and lose precious vitamins, minerals, and phytoactive compounds. There's no time for nutrients to be lost when your food goes directly from your garden to your plate so instead of food that's been sitting in delivery trucks and on grocery shelves for weeks, you can grow your own fresh-picked harvests for SUPERIOR nourishment.

Flavor



The flavor of garden fresh produce is unmatched by depleted store offerings. Studies show a correlation between nutrients and flavor — the higher the nutrient density, the more flavor intensity. There is nothing like a sun-ripened tomato picked at the peak of the day. You can only get that in your garden.

Imagine having access to choose from over 90 varieties of garlic versus the one or two at your grocery store or farmers market. Garden fresh gives you access to thousands more varieties. Discover the explosion of flavor.



Longevity

Eating an abundance of fresh vegetables and herbs is important for enjoying a long, happy life. Gardening takes this to a whole new level for you:

An **outdoor lifestyle** with moderate **physical activity** is linked to longer life with less stress. Gardening is an enjoyable way to accomplish both while receiving that extra serotonin boost from all that Vitamin D.

Did you know that one of the things that most people who live past 100 do is garden? And the quality of that life is so sweet!

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Vitality

All those vital organs of the body need fuel for optimal functioning. Fresh-picked produce is more ALIVE, so it will make YOU more alive as well.

But there's more at stake! According to the Nature of Americans National Report, half of (U.S.) adults report spending five hours or less in nature each week. Parents of children 8 to 12 years old said their kids spend three times as many hours with screens as they do playing outside. The study recommends that spending time outside "is not a dispensable amenity, but rather essential to the health, quality of life, and social well-being of all Americans."

Connect



We all eat. So there is no better way to connect with your loved ones than food. By growing your own, you can enjoy garden-fresh meals together and create priceless memories with your loved ones.

So you can connect more deeply with your loved ones and the community of growers who are growing soil for a better planet. AND… you'll also be connecting with the cycles of nature. By eating seasonally, you might find you sleep better and more aligned with circadian rhythms!



Fun!

Your garden is a diverse wilderness! Seeds magically emerge from the ground, the butterflies and bees flutter around your flowers, the sunshine beams and gives life-energy to everything it touches and the soil is teeming with life!

It's your own nature documentary series right in your back yard creating endless learning, fun, and gratitude for the enchantment of life for the whole family!

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Quick Guide to 12 Homegrown Superfoods

Your first step to a successful Superfood Garden is to choose plants that work for you. Here are the top six criteria for you to consider.

Superfood Plant	Health Benefit	Inside / Outside?	Small Space Growing?	Temps & Climate	Expected Yield	Special Notes
Greens (Kale, etc) 	A, B, C, K Vitamins and cancer-fighting properties	Typically outside with at least six hours of sun. Can be grown indoors under grow lamps.	Yes!	Lots of varieties that tolerate all temperatures from freezing to HOT.	One kale plant will produce 3-5 leaves each week. Similar for collards and chard.	Easiest food to get started growing no matter where you live.
Microgreens 	Antioxidants to help fight off diseases	Typically grown inside. Shoots can be grown without any grow lamps.	Yes! Right on your kitchen counter.	Typical room temperatures; cooler temps will slow growth.	Growing two trays of micro-greens can give you continuous harvest all year round.	FASTEST food… from seed to plate in two weeks (sometimes less!)
Tulsi Basil 	Soothing mood	Typically outside with at least six hours of sun. Can be grown indoors under grow lamps.	Yes!	Temperatures greater than 50° F (10° C) are preferable.	A couple plants can give you a continuous harvest all season long.	Heartier and spicier than Italian basils. Can withstand more heat and less water.
Garlic 	Boosts immunity	Typically outside with at least six hours of sun. Tricky to grow indoors under grow lamps.	Yes!	Different varieties for depending on region. Some need freezing temperatures.	One clove will produce a whole new bulb the next season.	If you have winter, simply plant it in the fall and forget about it for an easy spring harvest.
Tigernuts 	Magnesium, potassium, protein, fiber	Typically outside with at least six hours of sun. Can be grown indoors under grow lamps.	Yes!	Above freezing temperatures.	One plant will provide one pound of tigernuts.	Grows like a weed, literally! May take over in temperate climates with no winter.
Herbs + Flowers 	Medicinal herbs have been used for millennia to treat ALL kinds of pain and illness!	Typically outside with at least six hours of sun. Can be grown indoors under grow lamps.	Yes!	Lots of varieties that tolerate all temperatures from freezing to HOT.	Continuous harvests all season long. Fresh, small amounts are more flavorful than dried.	Sage, Thyme, Rosemary, and Oregano are all easy plants to start with.

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Fruit Trees 	The health benefits for fruit trees varies WILDLY depending on the variety.	Typically outside with at least six hours of sun. Dwarf trees could be grown inside a greenhouse.	No. There are dwarf trees, but even those take up some space.	Lots of varieties that tolerate all temperatures from freezing to HOT.	Many fruit trees take a couple years to produce fruit yield.	Know the exact variety and number of “chill hours” plant needs to match your climate.
Ginger 	Boosts immunity	Typically grown outside. Can be grown in containers and brought inside.	Yes!	Temperatures greater than 50° F (10° C) are preferable with humidity & dappled shade.	The longer the growing time, the more yield you will get. Harvest continuously or all at once.	Takes a while to grow, but tender baby ginger is SO worth it!
Turmeric 	Cancer fighting properties	Typically grown outside. Can be grown in containers and brought inside.	Yes!	Temperatures greater than 50° F (10° C) are preferable with humidity & dappled shade.	The longer the growing time, the more yield you will get. Harvest continuously or all at once.	Similar to ginger: Takes a while to grow, but tender baby turmeric is SO worth it!
Sweet Potato 	Most nutrient-packed vegetable	Typically grown outdoors. Could be grown indoors under lights.	For small spaces, grow in container and build trellis for vines to grow vertically.	Temperatures greater than 50° F (10° C) are preferable. Colder and warmer region varieties available.	90 days to harvest: One plant will produce several pounds of sweet potatoes.	One of the easiest plants to grow as long as temps are warm. Vines will spread far and wide.
Blueberries 	Brain booster	Typically grown outdoors. Could be grown inside a greenhouse.	Bush will start small but will ultimately grow large.	Perennial bush that will survive freezing temperatures and keep growing back.	Your first season, you may only get a couple cups of berries, but it will increase rapidly over the years.	Blueberry plants will reward you with lots of fruit when soil is acidic with 4.5 - 5.5 pH.
Elderberries 	Vitamin C and boosts immunity in cold season	Typically grown outdoors. Could be grown inside a greenhouse.	Bush will start small but will ultimately grow large.	Perennial bush that will survive freezing temperatures and keep growing back.	First couple years, cut the flowers as harvest so that plant will grow more berries the next season.	Tiny berries most easily harvested with a comb. Plant a regional variety.

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Superfood Gardening

Take Your Garden Journey to the Next Level!

It's our mission to support new growers all over the globe and inspire them to create successful vegetable and herb gardens for a happier, healthier YOU, and a greener planet.

It's our passion to remove any obstacles standing in your way so you have the opportunity to harvest organic, nutrient dense food for a lifetime of health and wellness.

That's why we created a Garden Summit Success Kit for you. Not only does it have ALL the presentations from the summit, but also includes bonuses to help you continue to THRIVE!

In this summit, you're going to discover the power of superfoods and how they can nourish your mental, physical, and emotional well being..

The Superfood Garden Summit isn't just about eating superfoods for your health, it's about empowering you to grow your own nutrient-dense foods.

And for a limited time, you can get the ENTIRE Garden Success Kit for a special savings of 50%. Garden Summit Succcess Kit here.



✱ Plus more bonuses from expert growers to help you GROW!

We're thrilled and honored to bring you the Superfood Garden Summit.

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