”Education and Inspiration”



GARDENS OF HOPE

JOSEPH P CORY FOUNDATION



Nada Cory

From as early on as she could remember, Nada's life involved planting, tending, and harvesting herbs, vegetables, and fruit trees.

She was raised by her maternal grandparents in beautiful Croatia on a farmstead, and there she became an integral part of the land and everything her family practiced; all in the name of wellbeing. Those lessons learned have remained and have given her the gift to create scrumptious meals from the garden's bounty, and to comfort and heal using natural remedies.

Nada is a licensed medical assistant, certified in Healing Dhan Hag Yoga, Reiki, Essential Oils/Raindrop Therapies, Philanthropist, Entrepreneur, and a Dream Builder/Life Mastery Coach.

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Why have a garden?

- Mind – *Or mindfulness*: Decreases stress and anxiety, aids in cognitive learning
- Body – Movement, working in the garden, and most importantly, what we put *into our body*, the quality of food, and nutrition. The *energetics*, or the way energy is redistributed in the physical, chemical and biological processes.
- Spirit – The connection to all things, the positive vibration we get by growing something, being in nature

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Advantages of Florida Gardening

- Gardens can grow in many places and many spaces
- In Florida, everything seems to grow, even when you don't want that; especially plants that like lots of sun, and can go through periods of dryness and rain
- You can garden all year round! Longer growing periods, more sunlight, rain, humidity, lots of native varieties that can withstand the heat, as well as assorted species

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Plants that grow well in Zone 10



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Work with what you have… Your space, your place!

- Container gardens – flowerpots, tires, barrels, tower gardens, etc.; be creative!
- In ground – consider your existing soil
  - sandy, too dense, amend the soil
- Raised bed – Control the content of the soil, and area in which to grow
- Window box, terrace
- Vertical
- Hydroponic tower
- Microgreens!

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Container Gardens

Container Gardens









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Raised Bed Gardens







Raised Bed Gardens

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Tower Gardens (Hydroponics)







Tower Gardens

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All You Need For Success

- Soil
- Containers
- Nutrients
- Water
  - Sprinkler, sprinkle/mist, water bottle, cans
- Exposure
- Patience!

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Planting

- Start with a seed or seedling
  - You can harvest seeds from your vegetables (show with pepper)
  - Preferred, seeds that are organic
- Direct sowing of seeds
  - Rule of thumb, depth is 2-3 times the thickness of seed
  - Watering- Don’t overwater, but keep moist
  - Place in a light source –
    - Natural location or grow lights indoors
  - When seedling is about 2-3 inches high, or the root base gets compacted, move to a location to either transplant or start an adaption process.

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Tending

- Do you know your plant is teaching *you* what you it likes? –
  - Keep a plant journal of successes and failure.
  - Continue good practice – h2O, nutrition, trimming back
- Keeping pests and keeping at bay
  - Natural sprays
  - Companion planting
- There is a solution for everything

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Harvesting

- Herbs for example, like to be trimmed -Some plants continue to grow and give back
  - Pinch back, cut them before they flower.
    - If they go to flower, the energy goes into the seed reproduction and not the growth of the plant

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Addendum
Three additional slides – Enjoy!

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“Seed” Packet Life



GARDENING FUNDAMENTALS

Seed Life Cheat Sheet

VEGETABLES	SHELF LIFE
Asparagus	3 years
Beans	3 years
Beets	3 years
Broccoli	3 years
Brussels sprouts	4 years
Cabbage	4 years
Carrots	3 years
Cauliflower	4 years
Celery	3 years
Chard	3 years
Chicory	4 years
Collards	4 years
Corn	2 years
Cress	5 years
Cucumbers	5 years
Eggplant	4 years
Endive	5 years
Kale	4 years
Kohlrabi	3 years
Leeks	2 years
Lettuce	3 years
Muskmelons	5 years
Okra	2 years
Onions	1 year
Oriental greens	3 years
Parsnips	1 year
Peas	3 years
Peppers	2 years
Radishes	5 years
Rutabagas	4 years
Salsify	1 year
Spinach	3 years
Summer squash	4 years
Tomatoes	5 years
Turnips	4 years
Watermelons	4 years
Winter squash	4 years

HERBS & FLOWERS	SHELF LIFE
Basil	5 years
Chives	2 years
Cilantro	2 years
Fennel	3 years
Oregano	4 years
Parsley	2 years
Sage	4 years
Annual flowers	1 to 3 years
Perennial flowers	2 to 4 years

QUICK TIP

Seeds store best below 40°F with less than 10 percent humidity, tucked inside airtight containers in a dark environment.

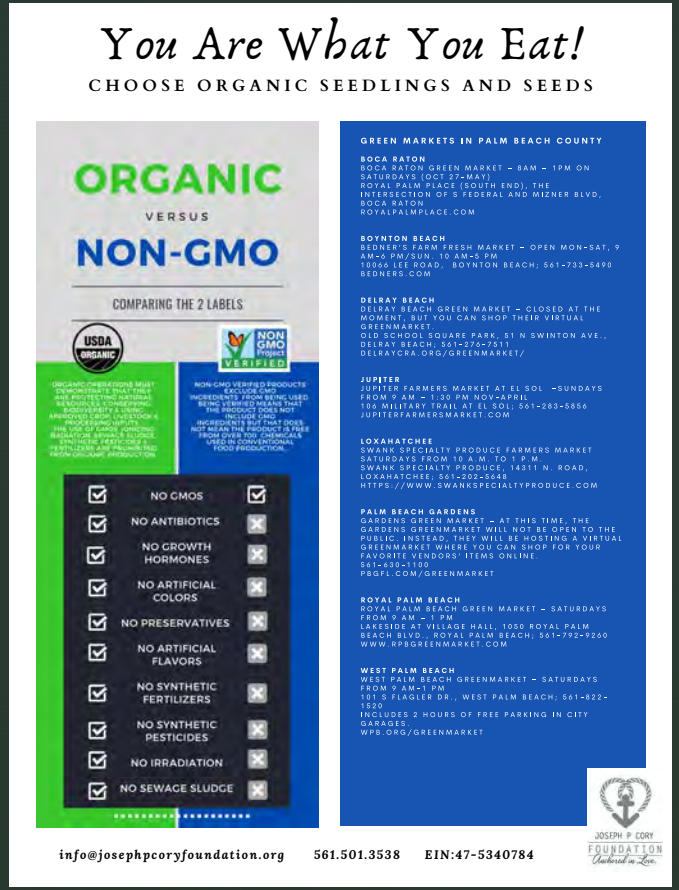
Read the full article at
gardenbetty.com/seed-life

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Organic versus GMO versus Locally Grown (sustainable)

- Organic – no chemicals.
- Non-GMO
- Local (Sustainable)
  - Lesser carbon footprint
  - Green markets
  - Fresher and tastier



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Cooking with your Yield

- Use fresh in salads
- Juice them
- Dehydrate them
- Dry them
- Freeze them
- Can them
- Save the seeds and reuse them again



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