



THE JOYFUL GARDENER

ULTIMATE FIELD NOTEBOOK

DAY 1 MAKING THE MOST OF YOUR LOCAL CLIMATE

DAY 2 HEALTHY PLANTS START WITH HEALTHY SOIL

DAY 3 MAKING COMPOST & COMPOST TEAS

DAY 4 SMALL PLOT GROWING & PACKING IN PLANTS

DAY 5 FITTING GARDENING INTO YOUR LIFESTYLE

DAY 6 SIMPLIFYING IRRIGATION SYSTEMS

DAY 7 HARVESTING & PRUNING TO IMPROVE YIELDS

DAY 8 PESTS, DISEASES & WEEDS - SHOW THEM WHO'S BOSS!





Get ready for a Joyful Garden!

My friend had a dream recently where she was being taken to a garden. When she arrived the woman said to her, "Have you heard the olive grove sing?" Confused and skeptical, my friend shook her head. "Oh you must hear the olives sing!" the woman exclaimed and gestured toward the garden. With that, my friend walked into the garden. It was quiet at first, but soon a faint music came into earshot and grew louder and louder until the most magical, mystical music filled the air! The olive grove was indeed singing a wondrous symphony!

I explained to my friend that this was what gardening feels like when you partner with nature. It feels magical and exciting and you feel vitality through your whole being! And you feel vital because you are vital. In fact, studies show that one of the things that people who live to be over 100 years old and have a high quality of life have in common is that they are all gardeners.

But if you don't know how to work WITH mother nature, then your joyful vital garden experience can quickly turn into a nightmare. Before I found the Grow Your Own Vegetables course I spent thousands of hours and dollars trying to grow food! I had BOXES of information on gardening I'd printed and studies to try to help me get the lifestyle I was looking for. But it just wasn't clicking and the idea that 'maybe gardening just wasn't something I could succeed at doing' was making me feel more and more like I should just give up on my dream.

Then I heard about the Grow Your Own Vegetables course. I almost didn't join. I didn't want to waste any more money on something I was failing at. I mean who would!?! But I knew if I didn't give it one last shot, I would look back and regret that I didn't give myself every chance to succeed. And I'm glad I did, because taking the leap, changed the course of my life! The first year I had more harvests than I thought was ever possible. I was singing with nature. And this is what the Joyful Garden Docuseries and the Grow Your Own Vegetables Community is all about: showing you how to partner with nature so that you can get the garden fresh food lifestyle you want for a LIFETIME of health, vitality and joy.

In the next eight days, you're going to learn the system my garden mentor, Stacey Murphy showed me that transformed my years of garden fail into a profitable, successful farm within six months. To start: Discover the Circle of Awesome. You'll return to this circle throughout your garden journey. Welcome to the Joyful Garden Docuseries... let's get this garden party started! - Crystal Meserole, GYOV Team, Garden Support Superhero





DAY 1

THE JOYFUL GARDENER

MAKING THE MOST
OF YOUR LOCAL CLIMATE

8 PART DOCUSERIES



Making the Most of Your Local Climate

Without focusing on your climate first, your garden will feel like an uphill battle, like you're having to fight mother nature and you're always losing. When you get this step right, you realize mother nature is on your side! Because mother nature will do most of the work for you!

3 Key Temperatures

1. _____
2. _____
3. _____

Growing _____ only tell you one thing about your climate.
It only tells you your average _____ temperature.



Even though most annual vegetables need 6-8 hours of FULL sun, most also require a total of 10 hours of daylight for active growth. In many places, there is a period in the winter where there is less than 10 total hours of light called the Persephone Period. During this time, plant growth vitually stops. Do you have a Persephone Period?

CLIMATE NOTES



Making the Most of Your Local Climate

What are your biggest takeaways from Episode 1?



What are your next steps to working with your climate?



What questions do you still have about your climate?



Day 1: Garden Joy

Taking time to envision what you want is a BIG part of becoming a Joyful Gardener! Below, draw, write, or scrapbook what your ideal garden would look like. If you already have a garden, draw or write down the elements you want to add to your garden. Maybe you want to add a bench or more flowers, or maybe you'd like a butterfly garden! Even if you don't think that what you want is possible, this is a space to dream, not think. Let yourself DREAM... BIG.



DAY 2

THE JOYFUL GARDENER

HEALTHY PLANTS START
WITH HEALTHY SOIL!

8 PART DOCUSERIES





Healthy Plants Start with Healthy SOIL!

The health of your soil makes ALL the difference! If your soil is unhealthy, you will be working so much harder to get the harvest you want! When you know you're working with your climate and your soil is healthy, you will feel like your garden is basically growing all by itself!

Soil Essentials # 1: The _____ material has the largest impact on your soil nutrients and soil texture.

Soil Essentials # 2: Think of soil as _____ & _____ .

Soil Essential #3: _____ is critical to soil health.

Soil Essential #4: Mineral particles are made up of _____ , _____ , & _____ .



Your soil is ALIVE! 1 Tablespoon of soil has more organisms in it than there are people on earth. And while a lot of earth soils have been contaminated, don't despair! Nature is POWERFUL! Earthworms are just one cleaner (+ other benefits too)! One study estimated earthworms consume up to 10% of the top 6" (15cm) of the soil ANNUALLY. Woohoo!

Soil Essential #5: The combination and percentages of the different particles determines your soil _____ .

Soil Essential #6: Soil _____ is the way the particles of your soil are held together.

Soil Essential #7: The nutrient availability in your soil is directly related to _____ .

Soil Essential #8: _____ is the most volatile nutrient. Just because it's in your soil, doesn't mean it's in a form that is available to your plants.



Healthy Plants Start with Healthy SOIL!

What are your biggest takeaways from Episode 2?



What are your next steps towards healthy soil?



What questions do you still have about your soil?



Day 2: Garden Joy

Taking time to envision what you want is a BIG part of becoming a Joyful Gardener! Yesterday, you dreamed BIG and wrote or drew your dream garden or elements you want to add to your existing garden. Now, get more specific. If your goal is to grow more food, list what crops you want more of. If your goal is to grow more flowers to bring in the beneficials, make a list of the type of flowers you want. If you want a new garden bench, what is it made of? Is it curvy with a french style or rustic? Get specific about your dream!



DAY 3

THE JOYFUL GARDENER

MAKING COMPOST
& COMPOST TEAS

8 PART DOCUSERIES



Making Compost & Compost Teas

Compost adds tons of LIFE to your soil! Whether you're making or buying your compost, adding high quality compost to your garden is a MUST. When you add compost to your garden, you are helping replenish the soil from your last crop yield (tenfold if you're also adding compost tea!

Compost Essentials

95% of the composting most gardeners do is _____.

This type of compost has three different phases: _____,
_____ & _____.

A temperature range of _____ & _____ will yield the fastest compost.



A handful of compost has roughly 8 billion living organisms.

Studies have found that there are sometimes up to 10,000 times that amount in the same amount of compost tea... that is INCREDIBLE!

Compost Notes



Making Compost & Compost Teas

What are your biggest takeaways from Episode 3?



What are your next steps to understanding composting?



What questions do you still have about composting?



Day 3: Garden Joy

On Day 1 you dreamed BIG and wrote or drew your dream garden or elements you want to add to your existing garden. On Day 2, you got more specific about your dream. Today, you're going to prioritize. Below, make a list of the major steps to getting your dream garden. It's okay if you don't have all the pieces yet, just list as many of the big steps as you can. For existing gardens, make the same list but for what elements you want to add. So if you want to add a new garden bench, you might make a list of places to shop, yard sales, etc.



DAY 4

THE JOYFUL GARDENER

SMALL PLOT GROWING
& PACKING IN PLANTS

8 PART DOCUSERIES





Small Plot Growing & Packing In Plants

The fact that a bunch of mineral particles, recycled dead matter, sunlight, etc. all partner together in such a way that allow plants to grow from a tiny seed to a giant plant is **MAGICAL**. If you ever feel disconnected from the awesomeness of this, it's time to plant something intentionally. And whether its a plant or reconnecting... it all starts with the seed.

Choosing Crops

Varieties can be VERY dependent on your _____

List the four resources that can help you pick the best varieties for your local climate:

1. _____ 2. _____ 3. _____ 4. _____



Some seeds just aren't viable and some seeds will fail. When you're first starting out, don't feel bad or beat yourself up... it may not be your fault! When you're planning the amount of seeds you'll need for the season, you'll want to account for seeds that fail (germination failure) and crops that fail (field rate failure). Together this can mean up to 30%. If you plan ahead, you can avoid wasting space from failed crops. (HINT: Plant extra, then thin them).

Recommended Crops: 3 Categories for Small Plot Growers

FAST: Radish, Pac Choi, Tatsoi, Japanese Mustards, Lettuce, Cress, Sprouts, Lettuce Mixes

HIGH-YIELD: Basil, Parsley, Callaloo, Cucumbers, Tomatoes (i.e. Sun Gold & Early Girl var.), Eggplant (i.e. Orient Express), Hot Peppers, Chard, Kale, Collards, Summer Squash, Zucchini, Oregano, Mint, Chives, Sage

SMALL: Celery, Leeks, Bunching Onion, Beets, Turnip, Dill, Cilantro, Peppers, Thyme, Garlic



Small Plot Growing & Packing In Plants

What are your biggest takeaways from Episode 4?



What are your next steps to improving your garden plan?



What questions do you still have about your plot & crops?



Day 4: Garden Joy

Now that you've dreamed BIG, got specific, and listed the big steps you know it will take to get there, lets take a little break and go back to dream land! Today's episode was all about small plot growing and packing in the plants. Make a list of what crops you want to grow. What are your favorites? Second favorites? Take some time to imagine growing those crops, imagine them growing beautifully. Take time to imagine harvesting and washing this amazing harvest, the many ways you'll prepare and enjoy the crop. Write down your favorite dishes, favorite preservation methods, even the herbal crafts you might enjoy... and if you're like us, you'll need to print more than one page! ;-)



DAY 5

THE JOYFUL GARDENER

FITTING GARDENING
INTO YOUR LIFESTYLE

8 PART DOCUSERIES



Fitting Gardening into Your Lifestyle

Gardening is a lifestyle habit that you want to integrate into your life so it's just as easy as it is to brush your teeth. But if the tasks aren't set up efficiently and you don't have enough time or it's not enjoyable because it takes too long or the process isn't smooth, then integrating gardening into your lifestyle is going to be much more challenging.

Strategies for More Joy for a LIFETIME of Health & Happiness

1. Create _____ systems like a crop plan
2. Keep a record NOW to give time to your future self
3. Consider all the yields gardening offers and which ones are your priorities: quantity and quality of crop yields, growing specific crops for the joy of it, like those sun kissed tomatoes or delicious peppery nasturtium flowers! The gift of a healthier planet to future generations, the community yield of sharing food or growing together etc.



Pareto's Rule (80/20) & Parkinson's Law = Time Mastery

Pareto in the Garden: The 20% of the work that gets you 80% of the result you want in gardening are: Seeding, Translating, Pruning & Trellising, Health & Fertility, Harvesting, & Recordkeeping.

Parkinson's Law: Schedule those tasks to be completed with short & clear deadlines.

YOUR NOTES



Fitting Gardening into Your Lifestyle

What are your biggest takeaways from Episode 5?



What are your next steps to create a garden lifestyle?



What obstacles do you have fitting gardening into your life?



Day 5: Garden Joy

Gardening is about a lot of things: fresh food, beauty, relaxation, connection, peace, joy... the good stuff. Imagine your perfect gardening experience. What does your garden look and feel like? What is possible in your life if you are able to get this? How does your life feel with a garden lifestyle? You're heading to your garden. You get to the entrance. Write down the garden lifestyle you want.



DAY 6

THE JOYFUL GARDENER

SIMPLIFYING
IRRIGATION SYSTEMS

8 PART DOCUSERIES



Simplifying Irrigation Systems

When you get this part right your garden will THRIVE! 90% of your success in keeping your plants alive could be attributed the following guidelines:

1. Retrain the Brain: You don't grow plants, you grow soil. The soil grows the plants. Same with watering: you don't want to water plants. Water the soil.
2. Be the light rain: downpour type watering encourages erosion, compacts soil and splashes soil borne diseases about.
3. Water during the _____ part of the day to minimize evaporation.
4. Water seeds and babies whenever the area is _____ dry.



When your soil is healthy, it will retain an amazing amount of water! Some types of soil organic matter can hold up to 20 times their weight in water! One study found that for every 1% increase in soil organic matter, the available water holding capacity in the soil increased by 3.7 percent... that's amazing!

5. Your garden needs 1/8 - 1/4" (2-5mm) of water per day (This is an average and doesn't mean you want to water every day. In most cases, you want to water less often and more thoroughly. Start with watering more thoroughly making sure your garden gets watered 3-4 times per week depending on your climate).
6. Test your soil moisture BEFORE watering.
7. Always use cold water for irrigation.



Simplifying Irrigation Systems

What are your biggest takeaways from Episode 6?



What are your next steps to improving your water system?



What questions do you still have about watering?



Day 6: Garden Joy

Yesterday you wrote about the garden lifestyle you wanted. Today, you're going to come back to earth for a moment from your dreamland garden to find out where you are now so you can create a plan to get where you want to be. How is your life different now from where you want to be? What specifically is different about it? List every detail that comes to mind that's different. You might be tempted to feel down if you feel far away from your goal. Instead, this is a time to celebrate! To honor yourself for acknowledging what you want, listening to your inner joy, and taking the first steps to getting the life you want. And if you feel you have a long way to go, keep in mind that that also means you have more opportunities, more choices, and more possibilities... woohoo!

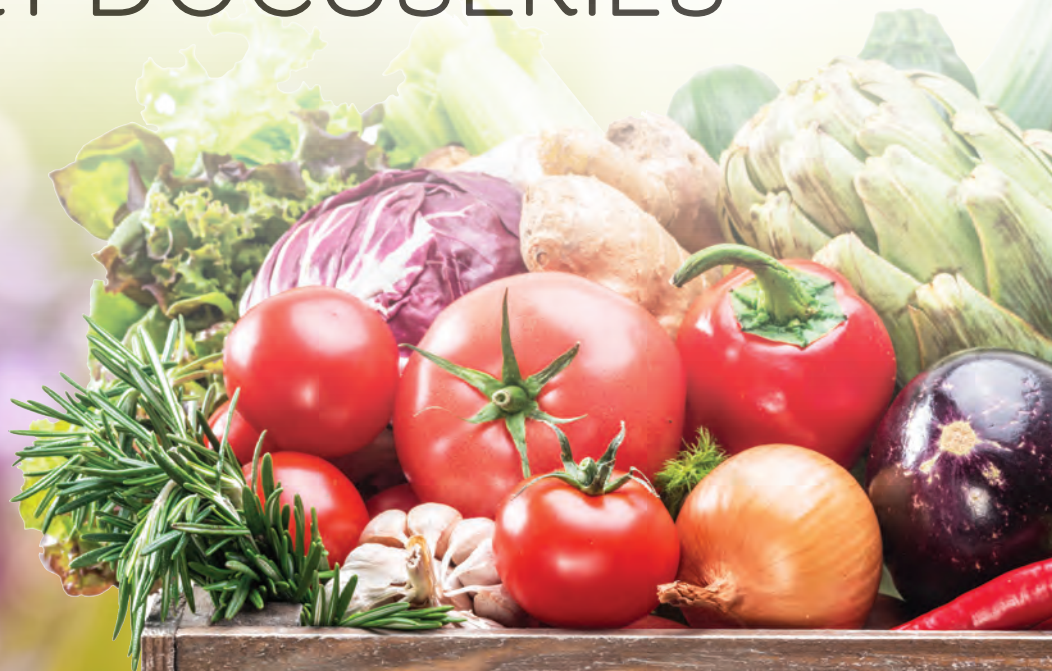


DAY 7

THE JOYFUL GARDENER

HARVESTING & PRUNING
TO IMPROVE YIELDS

8 PART DOCUSERIES





Harvesting & Pruning to Improve Yields

If you leave your harvest on the plant, your plant will give you less harvest. Plus, you'll be increasing your chances of pests and diseases.

When you harvest and prune regularly, you're claiming your harvest BEFORE the pests can... and your plants love it! Removing leaves that don't look as healthy and pruning/harvesting frees your plant up to create new, healthy growth. When you harvest a tomato, the plant then sends that energy to make more tomatoes.

3 Secrets

1. Your _____ is your first line of defense against pests, diseases, & weeds.
2. Systematically create _____, instead of reacting to "problems."
3. _____. You decide if you want to cultivate them or not.



Decide what your pruning and trellising strategy will be beforehand. If you want to trellis until the plants are huge, you're going to be fighting your vegetation, breaking limbs, lowering their immunity and making them more susceptible to pests and diseases.

YOUR NOTES



Harvesting & Pruning to Improve Yields

What are your biggest takeaways from Episode 7?



What are your next steps to improving your harvests.



What questions do you still have about harvesting?



Day 7: Garden Joy

Over the past six days you've been learning about gardening and making space to carve a new, healthier and happier path for yourself. Day 5 you looked at where you want to be and Day 6 you looked at where you are now. Today, we're going to look at what is standing in the way of you getting the fresh food lifestyle and dream garden you want and what you're going to do to remove those obstacles and work around them.

When you look at where you want to be and where you are, what has held you back from accomplish-ing that one thing in the past?



Day 7: Garden Joy

List what you need in order to move forward and break through the barriers that have held you back from getting the garden fresh food life-style you want. This might look like having help from friends or family with the kids a few hours a week, it might be a list of resources you haven't yet found, making space for gardening by shedding something else in your life that isn't serving you or having a garden mentor to help you through all the unknowns and save you time, money and effort. What-ever it is, list what you need to make it happen.

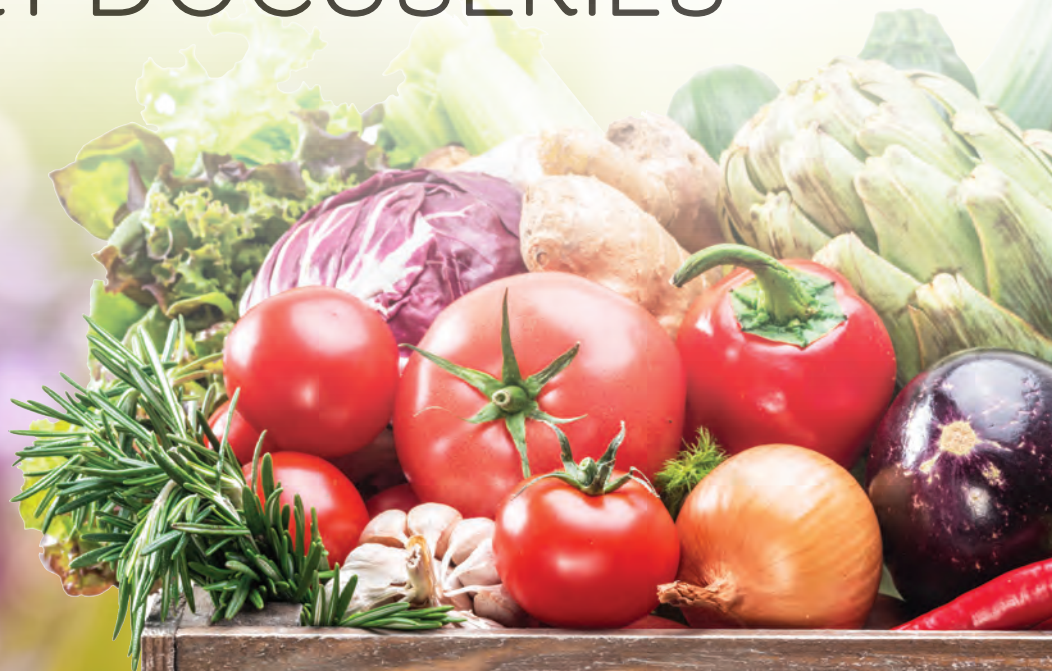


DAY 8

THE JOYFUL GARDENER

PESTS, DISEASES & WEEDS
SHOW THEM WHO'S BOSS!

8 PART DOCUSERIES





Pests, Diseases & Weeds: Show them who's boss!

Pests, diseases and weeds are all vital parts of the ecosystem. Without the pests, there would be no beneficials! So eliminating these creatures is not necessarily the goal you want. Not only will you be exhausted by the end of the season, you will cause more work for yourself in the long run because your beneficials won't stick around if there's no food. So the goal is management and prevention.

The 5 Step Process for Prevention & Management

1. What is it you are trying to eliminate from your garden?
2. What does the pest, disease, or weed WANT out of your garden specifically? What does it want OVER TIME?
3. Describe the problem in different ways from the perspective of the pest, disease, or weed.
4. Where can you interrupt the life cycle and have the most impact?
5. How can you incorporate WEEKLY HABIT into your garden system to prevent future problems?



Create a balanced ecosystem that supports your garden: According to research, over 95% of insect species found in gardens are beneficial or benign. So investigate before you annihilate!

When you practice the tools and strategies in the first seven episodes of the Joyful Garden Docuseries, you are already using 42 different strategies that reduce pests, diseases, and weeds. Woot!



Pests, Diseases & Weeds: Show them who's boss!

What are your biggest takeaways from Episode 8?



**What are your next steps to
managment & prevention?**

What questions do you have about pests, diseases & weeds?



Day 8: Garden Joy

Over the last seven days you have really focused on honing in on your garden dreams and your vision for a fresh food lifestyle. You've dreamed, evaluated what you want, where you are now and what is standing in the way. Today is last day of the docuseries and the last day of your old lifestyle habits. Today is the first day towards getting the garden fresh food lifestyle you want. Today, you're going to decide what are you willing to learn or do differently to make your dreams happen this year. Below, write what you are going to do differently, what you're willing to give up to get what you listed you needed on the Day 7 of the Garden Joy practice to make more space for the lifestyle you want.



Extra Note Sheet



Your Next Steps

Before you go and take the next step towards the garden fresh food lifestyle you want, there are a few last notes to share. These tips above all others will help you along the way:

Overwhelm is **NORMAL**.

It is very common, especially when you're just starting out to feel overwhelmed. Anytime you feel overwhelm, focus in on just the very next step and deliberately ignore all the other steps that need done.

Join a garden community of like-minded individuals. When you have the support of like-minded people and surround yourself with people who have the same goals, you are more likely to **THRIVE** through challenges.

You can join the **Grow Your Own Vegetables Garden Community here.**

Thank you for joining us for the Joyful Gardener Docuseries! It is an honor to be a part of your garden journey.

Find everything you need to get a garden that **GROWS** in the Grow Your Own Vegetables online course. **Click here to learn more.**

