



Lecture 1

Why grow your own food & US Zones.

Why should we grow our own food

It's more healthy!

1. Teaching the children how to grow, and where their food comes from will invite them to eat healthy more often.

It's more sustainable

2. When you walk out your door to grab some produce, it doesn't add anything to your carbon footprint!
3. You're reducing emissions!

There is more variety!

4. When you grow at home, you have access to many more neat varieties of fruits and vegetables.

FRESH!

5. You can eat food at its optimal flavor and ripeness!

What does a garden need?

Just three things! (Maybe four...)

6. Sun, Water, Soil (and maybe a little love!)

When do you grow food?

Two groups

7. **Warm season** crops are anything that fruit (tomatoes, peppers, watermelon...)
 - a. These love warm & long days!
8. **Cool season** crops are leafy, cruciferous or root veggies (lettuce, broccoli, carrots)
 - a. These love cool temps and shorter days.

Hardiness Zone Map

Zones 1-10

9. These zones are based on how cold your winters are
 10. This map helps you to know when to plant what crops
 11. Refer to the back of most seed packets to learn more about when to plant in your zone.
 12. Sunset zones are put together depending on micro-climates
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