



Feeding yourself just got easier.....

With my helpful guide for growing your groceries.

These tips aren't like the one's found on your everyday garden website. Full of growing how-to's that leave no room for your own style and personality.

Instead, they're an outline for positive results & a cornerstone you can use to build your garden on.

So you can be sure your food is clean and the world is one meal closer to green.

1.



Successful gardeners will tell you that you need to have a plan.

It's the important first step to growing your groceries.

Be realistic about your growing spaces and the time you'll have to devote to them.

A bit of planning now will help make sure you're ready when its time to act. Gardening season waits for no one!



Each food crop has its own planting window and you'll need to know when those are.

2.



Will you start your crops from seed? Or will you visit a garden shop and pick up your favorite plants?

Do your research and plant like a pro. It will pay off BIG!

3.



There's no better way to vote for your future than by choosing heirloom, open pollinated garden seeds and planting them.

It's how you say NO to large seed companies with bad raps. Who's decisions about our food have led us down a dangerous path.

And how you say YES to things like butterflies, birds, clean food & hope.



If you're just getting started in the art of growing food, it helps to keep things simple.

4.

Here's a tip: Choose just a few of your favorite crops & grow them.

This way you'll be able to focus on your garden & avoid overwhelm when things get busy.

Remember, every harvest builds confidence & skill set. And puts groceries on your table!



Soon you'll be experimenting with other crops & adding more ingredients in your life.

5.



Research shows that when you use your mind to imagine a possibility, new brain pathways are formed.

These new pathways can be used to learn new things. Like how to grow your groceries.

So take a class or join a group. And learn about growing food in your own local area. Often the best advice comes from experts in your own growing zone.



It helps to think of your growing bed like a new pet.

6.

Especially when you consider that a tablespoon of rich garden soil contains billions of microscopic life forms.



Feed, water & care for them and they will create a rich environment where vegetable plants thrive.



7. Find out what the locals know about growing food in your area.

They usually know what and when to plant!

Often this knowledge has been passed from one generation to the next. And is based on years of reliable observations.

The why's are not so important. The fact that it works is your key to success!



Adding organic material to your growing spaces feed the soil microbes.

This creates 'party conditions' for the microscopic life forms.

8.



What they leave behind is rich soil perfect for growing plants.

So simplify your garden work load. Throw a party!

9.



Leafy greens are some of the most nutrient dense foods known to man.

When you eat leafy greens you give your body the fuel it needs to function at an optimal level.

Now ask yourself this....

"What would my life be like if I were functioning at an optimal level?"



Food takes water to grow.

Some of us have lots, others little.

10.



Think about how you can use this valuable resource and get the biggest bang for your buck.

The planet and your water bill will thank you!



Who is Tess?

She's got your back when it comes to growing your food.

Whether you're planting in the yard, on the porch, or even up on your roof...

She'll boil things down & give you the essentials...

So you can have the edible spaces you've imagined.

Find more helpful ideas for growing your groceries at tesshoke.com.