



# Green Thumb Essentials

## Welcome to Day 1

09:59:28 From Lauren | GYOV Support to Everyone:

🎉 Welcome to Day 1 of the Green Thumb Essentials Event! 🎉

🎉 Welcome, welcome! 🎉 My name is Lauren and I'm your Support Team Member today. Let me know if you need anything at Support@GrowYourOwnVegetables.Org.

09:59:37 From Kowanda to Everyone:

Hello from Alabama!

09:59:45 From Lauren | GYOV Support to Everyone:

KOWANDA!!!!

09:59:49 From Lauren | GYOV Support to Everyone:

So happy to see you :)

09:59:50 From Stacey to Everyone:

Hello from Cali

10:00:00 From Patrushkha to Everyone:

italy

10:00:08 From Deborah McPherson to Everyone:

Hi from Scottsdale, AZ

10:00:09 From Linda to Everyone:

Hello from Roseburg Oregon

10:00:15 From Lauren | GYOV Support to Everyone:

👩 Where are you joining us from? (North Carolina!)

10:00:16 From Stacey to Everyone:

I was just dreaming about Tuscany

10:00:17 From janetinnes to Everyone:

Scotland

10:00:17 From Mary to Everyone:

Guadalajara Mexico

10:00:18 From Kowanda to Everyone:

Hi GYOV team! Since I was with you last I have completed the Master Gardener's course!

10:00:19 From KimberLee to Everyone:

Ontario Canada

10:00:20 From Paula Thomas to Everyone:

Snohomish, WA

10:00:21 From Janice to Everyone:

Northwest Alabama

10:00:24 From Stacey to Everyone:

Mexico!

10:00:29 From Lorna to Everyone:

California



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10:00:34 From Gruschi to Everyone:  
Quebec , Canada

10:00:37 From Debra Lavender-Bratcher to Everyone:  
West Texas

10:00:38 From Barbara Bryant Toastmaster to Everyone:  
Vernon, British Columbia

10:00:39 From Stacey to Everyone:  
Amazing... welcome everyone

10:00:40 From Lauren | GYOV Support to Everyone:  
Congrats @Kowanda! That's awesome!

10:00:45 From Patrushkha to Everyone:  
It rains a lot in Tuscany

10:00:45 From Wanda to Everyone:  
Hi from Baton Rouge, LA

10:00:46 From Lauren | GYOV Support to Everyone:  
Welcome everyone 😊

10:00:52 From Mario Peter Bird to Everyone:  
Brantford ON, Canada

10:00:58 From Mary to Everyone:  
Uruguay

10:01:00 From Val Tagg to Everyone:  
South Africa!

10:01:04 From Jonie to Everyone:  
Jonie, California

10:01:14 From Max to Everyone:  
Hi from Sunny Sheffield UK

10:01:15 From Kowanda to Everyone:  
Thanks Lauren! It was a fun course and I've made new friends. :)

10:01:18 From Stacy to Everyone:  
Northwestern Minnesota

10:01:22 From Mukti Das to Everyone:  
hi from US Virgin islands

10:01:27 From Lee to Everyone:  
Minnesota

10:01:34 From Sue Juzswik to Everyone:  
michigan

10:01:44 From Stacey to Everyone:  
I'm from Michigan originally

10:01:48 From Stacey to Everyone:  
;)

10:02:06 From Lauren | GYOV Support to Everyone:



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👋👋 Welcome, welcome! 😊 My name is Lauren and I'm your Support Team Member today. Let me know if you need anything at Support@GrowYourOwnVegetables.Org.

10:02:30 From SUSAN ONEILL to Everyone:

Hi from Burlington, Ontario, Canada

10:02:30 From DeziRay to Everyone:

Hi! Happy to be here!

10:02:45 From Kowanda to Everyone:

YES! Everyone should garden!!!!

10:03:49 From Lauren | GYOV Support to Everyone:

👤❓ Do you have gardening questions? Ask them here:

<https://growyourownvegetables.org/green-thumb-questions>

10:04:03 From Lauren | GYOV Support to Everyone:

👤 Howdy, friends 😊

10:04:29 From Janet to Everyone:

1st time

10:04:30 From Kowanda to Everyone:

It's my 2nd year.

10:04:31 From Rita M to Everyone:

I'm a rookie!

10:04:33 From Deborah Ballon to Everyone:

1st time...

10:04:34 From Linda to Everyone:

2 yrs

10:04:39 From Gena Hodges (1) to Everyone:

Good morning from Central California. Been gardening for about four years.

10:04:40 From Lorna to Everyone:

2nd year

10:04:41 From Lee to Everyone:

4th year

10:04:42 From Jonie to Everyone:

More experienced

10:04:44 From Lauren | GYOV Support to Everyone:

Rookie for life 🐛

10:04:44 From Cheryl to Everyone:

Hi from Virginia! First time grower!!! 😊

10:04:48 From Ronelle/Lioness6271 to Everyone:

👋 hello from Youngstown, Ohio. First time grower here. Looking forward to learning 😊

10:04:50 From Brenda to Everyone:

Nebraska several years

10:04:50 From DeziRay to Everyone:

Still a Rookie!

10:04:53 From Debbie Barnhart, Ontario, Canada to Everyone:



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35 plus years

10:04:54 From Val Tagg to Everyone:

Always need more experience

10:04:54 From Deborah McPherson to Everyone:

years of struggling successes and "growing experiences"

10:04:54 From SUSAN ONEILL to Everyone:

I've tried and failed but with some successes for years

10:04:55 From Paula Thomas to Everyone:

This will be my 2nd year trying. The first time was a total failure.

10:04:57 From Max to Everyone:

Im a lifetime grower but open to learning new ways to

10:04:59 From Blake Foxley to Everyone:

5+

10:05:09 From Barb Crane to Everyone:

Upstate NY 2nd year

10:05:11 From iPhone (5) to Everyone:

Many years, but not successful!!

10:05:11 From Patrushkha to Everyone:

I have had gardens periodically but they're never very productive

10:05:13 From Marilyn to Everyone:

I'm from northern Wyoming and have gardened all my life.

10:05:13 From Gruschi to Everyone:

been gardening many years, but mixed suxcess

10:05:18 From Mukti Das to Everyone:

in zone 12, lots of years, but zone 12 is challenging

10:05:24 From Kowanda to Everyone:

@Paula, my first garden failed, too! Learning experience.

10:05:29 From Wanda to Everyone:

2nd

10:05:33 From Mary to Everyone:

since early childhood, but not always successful

10:05:39 From Deborah McPherson to Everyone:

zone 12?? ugh

10:05:54 From Janet to Everyone:

Don't trust what's in the shops

10:05:59 From Gena Hodges (1) to Everyone:

More flavor, healthier for me

10:06:09 From Paula Thomas to Everyone:

trying to get past childhood hatred of it.

10:06:15 From iPhone (5) to Everyone:

Feeling of accomplishment!

10:06:29 From Max to Everyone:



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I like to get something back from my gardening efforts but I am now whole food plant based so veggies and food that I have grown will be the best for my nourishment

10:06:40 From iPhone (5) to Everyone:

Feel safe with what I grow!

10:06:50 From Wanda to Everyone:

I love growing even though not always successful. Too many items being recalled!

10:06:51 From Sue Juzswik to Everyone:

more healthy and know nothing bad is on it.

10:07:09 From Ronelle/Lioness6271 to Everyone:

I don't eat meat, yet the cost of produce has made my grocery bill skyrocket and I'm on a limited income

10:07:41 From Michael to Host and panelists:

Hi! Just wondering if the chats will be uploaded with the replays for each day?

10:07:44 From Patrushkha to Everyone:

I wish

10:07:54 From Annetta to Everyone:

yes

10:07:56 From Kowanda to Everyone:

It will be when I can harvest something!

10:07:57 From Deborah McPherson to Everyone:

me

10:08:00 From Lorna to Everyone:

Better than store bought

10:08:08 From iPhone (5) to Everyone:

Me!

10:08:09 From bradleyj to Everyone:

Never have but think I should give it a shot! My coworker has a garden at his home, pots and along the side of his house. He grew up on a farm in India. His family were farmers. Its in his blood. He loves watching the plants grow. 😊

10:08:11 From Ruth Sheff-Hebron, NE to Everyone:

Oh, I KNOW mine are!!!

10:08:26 From Barbara Bryant Toastmaster to Everyone:

working on evicting the pigeons from my deck. I used to garden years ago and want to get back to it.

10:08:26 From Stacy to Everyone:

Yes, delicious when fresh picked and warmed by the sun

10:08:33 From iPhone (5) to Everyone:

Me

10:08:44 From Annetta to Everyone:

oooh have to try celery

10:09:43 From Annetta to Everyone:

favorite memory with my dad is gardening together



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10:09:56 From Denise Beins to Michael, host and panelists:

Yes we will grab that for you too 😊

10:10:21 From Deborah McPherson to Everyone:

love to grow, but easily overwhelmed.

10:11:21 From Annetta to Everyone:

new situation-apartment growing

10:11:35 From Patrushkha to Everyone:

My gardens have a dearth 😞

10:11:53 From Deborah McPherson to Everyone:

watermelon volunteers very competitive!!

10:12:05 From Jacqueline to Everyone:

We don't have a huge garden area, only a modest patio area. Need to know how to plant in a raised bed with the right kind of soil.

10:12:12 From Paula Thomas to Everyone:

Right now, I can't even imagine gardening as "fun"

10:12:50 From Kowanda to Everyone:

I love working in the garden. I stream a radio station and do whatever work I need to do.

10:13:09 From Else to Everyone:

I recently starting harvesting dandelion leaves and flowers from yard after reading how nutritious they are.. Fell in love with them. Just planted tomatoes, chives, + cucumber.. Very interested to also learn about what other 'weeds' are edible and/or medicinal..

10:13:36 From Leon and Peggy to Everyone:

Need to do container gardening due to so many tree roots in garden area. Have not been successful so far. Where can I find information to be successful? Thanks

10:13:42 From Lauren | GYOV Support to Everyone:

@Else - what an awesome adventure you're on 😊

10:13:56 From Jacqueline to Everyone:

How are dandelions edible? Just the leaves or also the flower?

10:14:07 From JoAnn Fox to Everyone:

Just moved to the PNW, on the coast, and am overwhelmed with everything blooming and growing here!

10:14:08 From Lauren | GYOV Support to Everyone:

@Leon & Peggy - I would LOVE to help you with this journey. You can email me at [Support@GrowYourOwnVegetables.Org](mailto:Support@GrowYourOwnVegetables.Org)

10:14:16 From Janice to Everyone:

We had a flower garden and a cherry tree growing up.

10:14:20 From Leon and Peggy to Everyone:

Thanks

10:14:29 From Max to Everyone:

I am working my way through your course that I got as part of a package from Food Revolution Network 2024. It has stuff I never knew, even after a lifetime of growing veggies.

10:14:39 From Lauren | GYOV Support to Everyone:



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That's awesome @Max!

10:14:39 From Michael to Host and panelists:

Thanks, Denise!

10:14:40 From Kowanda to Everyone:

Oh yes! Plants died. But, I'm trying again.

10:14:56 From Lauren | GYOV Support to Everyone:

We always learn from the plants, even if they don't fruit or make it through the season

10:15:14 From Ronelle/Lioness6271 to Everyone:

@Jacqueline - both. My former neighbor made dandelion wine from the flowers and it was the most delicious wine I've ever tasted in my 50+ years.

10:15:46 From Paula Thomas to Everyone:

I'm doing this because our current administration seems to be taking us toward a time when we will need to be totally self-sufficient and gardening will be absolutely necessary.

10:16:33 From Else to Everyone:

@Jacqueline.. All of dandelion is edible.. So far I have just been using the leaves + flowers in cooking or smoothies etc.. Do google on them to see how nutritious they are .. pretty amazing..

10:16:41 From Denise Beins to Everyone:

Who has experienced hearing from your garden/plants?

10:17:27 From Janice to Everyone:

Every year I learn something new

10:18:18 From Else to Everyone:

I am also interested in conditioning soil and what plants need .. When to add things like coffee grounds or what else can be done to enrich soil.. (rather than buy soil from hardware store etc..)

10:18:28 From Rachel to Everyone:

First time sowing only seeds, not starts. No idea how this will work. Wish me luck.

10:19:33 From Patrushkha to Everyone:

Good luck!

10:19:33 From Kowanda to Everyone:

I love it! I want to just be able to sit in my garden through all it's stages and enjoy the garden.

10:20:27 From Lauren | GYOV Support to Everyone:

And you will @Kowanda!

10:20:58 From Denise Beins to Everyone:

What do you want to feel from your garden?

10:21:00 From Lee to Everyone:

Was just pulling some weeds from my garden with bare hand and it feels good touching the weed and sun warming my back

10:21:18 From Cindy Alexis to Everyone:

I want to feel joy, success, and fun this season with my garden

10:21:31 From Kowanda to Everyone:



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I tried liking your comment, @Lauren. Zoom doesn't seem to have that ability, so,   
10:21:46 From Debbie to Everyone:

I want my garden to feel the love from me and the love I receive from them

10:21:53 From Meena Kankani to Everyone:

release all my stess

10:21:56 From Barbara Bryant Toastmaster to Everyone:

I am going to do container gardening. Some things like lettuce and tomatoes I can buy already started.

10:22:06 From Kowanda to Everyone:

Yes, @Lee!

10:22:12 From Deborah McPherson to Everyone:

Hard to imagine in Phx. in the start of summer. I'd like to have a garden like Stacey's.

Much work ahead!!

10:22:38 From Lorna to Everyone:

I want to feel the warmth of the sun and getting in touch with nature.

10:22:49 From Angrus Berry to Everyone:

I want to feel peace, joy, and success.

10:23:05 From Melody Ballard-Fountila to Everyone:

I just want to be able to grow something bec I did it. I created it with God help

10:23:07 From Paddy to Everyone:

love that being in the garden just makes me feel relax!

10:23:57 From Rachel to Everyone:

I would love to feel accomplished while feeding the family to healthy food

10:24:09 From Paddy to Everyone:

And after a long Canadian winter, being out in the sunshine in the garden is fabulous! 

10:24:33 From Corina to Everyone:

So the garden is my family, to love and nurture then I'm to eat my family. Works for me



10:24:51 From Paula Thomas to Everyone:

The thought of gardening triggers major anxiety. I'd love to find a way to get past that.

Even listening to this is starting that anxious feeling.

10:25:32 From Janice to Everyone:

As a former teacher I did gardening with my kids and kept a small window sill garden in my apartment. Now I have a home and a in-ground garden.

10:25:52 From Annetta to Everyone:

I want to learn plant- so much fun trying to see from child

10:28:35 From Rachel to Everyone:

For anxiety, start small with one container plant and watch how beautiful nature is. Don't overdue it.

10:28:59 From Kowanda to Everyone:

I like that idea, @Rachel.

10:29:47 From Lauren | GYOV Support to Everyone:



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Agreed @Rachel, that is a lovely way to start

10:31:54 From Debra Lavender-Bratcher to Everyone:

will the PowerPoint be available?

10:32:53 From Lauren | GYOV Support to Everyone:

@Debra Lavender-Bratcher - there will be a replay of this video available for one day.

You also have the option to purchase lifetime access to the recordings inside our Garden

Jumpstart System (we'll talk more about that soon or you can email me

Support@GrowYourOwnVegetables.org)

10:33:25 From Debra Lavender-Bratcher to Everyone:

thanks

10:34:31 From Kowanda to Everyone:

Super creaky hips and knees!

10:34:51 From Max to Everyone:

This year for me is landscaping and planning my new garden. I have to overcome an overgrowth of bamboo though!

10:35:16 From Kowanda to Everyone:

WTG, Max. Bamboo is tough to manage.

10:35:23 From Elisa Aisenstat to Everyone:

Save the bamboo to stake your tomatoes!

10:36:35 From Max to Everyone:

Yes, Elisa, I have enough bamboo for the rest of my life. My sister has already taken some. I cut it down last year and dried it out.

10:39:57 From Annetta to Everyone:

yes! my happy space

10:42:02 From barbara coley to Everyone:

I leave my phone in the house and just get to be alone. I play in the dirt and relax I've never worried about the amount of harvest, because its always too much

10:43:53 From Annetta to Everyone:

kearning- try something new to grow

10:44:14 From Jacqueline to Everyone:

Where are these charts to print out?

10:44:37 From almas to Everyone:

can I have recordings. I joined late.

10:45:13 From Lauren | GYOV Support to Everyone:

We will have replays available for one day - but you can also purchase lifetime access to these recordings AND two of our primary gardening courses.

10:45:24 From Else to Everyone:

This is so wonderful.. Thank you so much..

10:45:29 From Annetta to Everyone:

so fun having Stacy live!

10:45:38 From Annetta to Everyone:

thank you!



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10:46:09 From JoAnn Fox to Everyone:

This year is watching and learning the cycles of my new location. Next year will be the doing of it all.

10:46:45 From amy b to Everyone:

they're SOILmates

10:46:51 From Lauren | GYOV Support to Everyone:

SOILmates!

10:47:10 From Debbie to Everyone:

Growing your own garden so you know what you are eating and where it came from!

10:47:13 From Max to Everyone:

My dream garden is completely edible... fruits, veggies, herbs, flowers and seeds :)

10:47:20 From Kowanda to Everyone:



10:48:01 From Lauren | GYOV Support to Everyone:



Grab the Garden Jumpstart System on Special HERE:

<https://growyourownvegetables.org/gte-special/>



PLUS! Get a 2-month bonus into Harvest Club with your purchase!

10:49:00 From Max to Everyone:

OMGosh! Your info on growing seasons blew my mind! It says I can grow all year round with just a little nurturing in the cold months!!!

10:49:24 From Lauren | GYOV Support to Everyone:

LOVE that Max!

10:49:49 From Max to Everyone:

I have been growing for 50 years too!!!

10:50:53 From Max to Everyone:

Every day is a school day

10:51:54 From Annetta to Everyone:

wow

10:52:15 From Lauren | GYOV Support to Everyone:



The Garden Jumpstart System includes:



Recordings from this LIVE Event



The entire Garden Freedom Series Course



The complete Fresh Food Essentials Course



LIVE Q&A Sessions to get your questions answered



Two Months Bonus into Harvest Club



On Special during this event HERE

<https://growyourownvegetables.org/gte-special/>

10:53:51 From Lauren | GYOV Support to Everyone:



Do you have gardening questions? Ask them here:

<https://growyourownvegetables.org/green-thumb-questions>



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10:54:41 From Patricia jones to Everyone:

What was special cost?

10:55:18 From Lauren | GYOV Support to Everyone:

60% off (\$97 USD)

10:56:53 From L S. to Everyone:

Hi all! I jumped on the call late and am not sure if you've already covered this but I wanted to know if you'll cover options for folks that have small spaces?

10:57:53 From Lauren | GYOV Support to Everyone:

@L S. - we haven't covered that today, but I'd be happy to help you more! Just email me at [Support@GrowYourOwnVegetables.Org](mailto:Support@GrowYourOwnVegetables.Org)

10:58:50 From L S. to Everyone:

Will your course be in video format showing us step by step processes?

11:00:09 From L S. to Everyone:

Thank you for clarifying :)

11:00:26 From Max to Everyone:

I have aphids on my acer! They have just moved to the one rose I have, I am waiting for the ladybirds and hover flys  to catch up with them lol

11:01:59 From Else to Everyone:

I was reading that chives can repel aphids.. So maybe having chives nearby could help..?

11:03:27 From Denver Hayes to Everyone:

I need more information on mulching my garden?

11:04:18 From Alan Crawford to Everyone:

If my peach tree has peach leaf curl, will it get it every year? Can the fruits still be eaten?

11:05:51 From Lauren | GYOV Support to Everyone:

  Do you have gardening questions? Ask them here:

<https://growyourownvegetables.org/green-thumb-questions>

11:06:29 From Max to Everyone:

42 is the meaning of life... Hitchhikers Guide to the Galaxy 

11:06:37 From Lauren | GYOV Support to Everyone:

EXACTLY!

11:07:29 From Annetta to Everyone:

love that - mind reset

11:07:29 From Max to Everyone:



11:07:47 From Lauren | GYOV Support to Everyone:

 Spread the Green Thumb love by sharing this FREE LIVE Event on your favorite social media platforms! <https://growyourownvegetables.org/green-thumb-essentials/>



11:07:57 From Lauren | GYOV Support to Everyone:



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❗ Can't catch every day? No worries! The Garden Jumpstart System gives you all-access to savor every moment at your convenience.

<https://growyourownvegetables.org/gte-special/> 🎥🌟

11:08:53 From Lauren | GYOV Support to Everyone:

🎉 A HUGE THANK YOU for joining us for the Green Thumb Essentials Day 1! We're so grateful for the work that you do creating a happier, healthier planet and inspiring people everywhere.

11:08:54 From Debra Lavender-Bratcher to Everyone:

This has been very informative I look forward to attending the other sessions. Thank you.

11:08:56 From Kowanda to Everyone:

See you all tomorrow!

11:09:16 From Paddy to Everyone:

Love your webinars! Always learn so much & perfectly timed as I am just starting to plan & plant!

11:09:32 From Deborah McPherson to Everyone:

can't find button link to order the Garden Jumpstart.

11:09:41 From Max to Everyone:

Thank you so much to you all, great job and will see you all agin tomorrow. ☺️

11:09:45 From Annetta to Everyone:

thank you 😊

11:09:46 From Rachel to Everyone:

Thanks for all the information from everyone!

11:09:48 From Lauren | GYOV Support to Everyone:

🍅🥕🌽🍇🍇 Grab the Garden Jumpstart System on Special HERE:

<https://growyourownvegetables.org/gte-special/>

11:09:52 From Val Tagg to Everyone:

Thanks so much and really enjoyed todys session!

11:10:05 From Tanja Eleonora to Everyone:

Thank you so much from Sweden

11:10:05 From DeziRay to Everyone:

Fantastic!

11:10:06 From Cindy to Everyone:

Thank you!

11:10:13 From DeziRay to Everyone:

Plant~tastic!

11:10:17 From Else to Everyone:

Thank you!