

Your First Step to Grow **ORGANIC Vegetables**



**A simple technique to turn your garden
dreams into a garden that GROWS!**

BY: STACEY MURPHY



Hello Garden Friend!

Congratulations on taking your first step towards getting the abundant harvest you want!. Growing food can be simple, deeply rewarding for your body, and revitalizing for your spirit.

Luckily, you don't need to be an expert or have tons of free time to be a successful vegetable gardener. Every year, hundreds of people join the Homegrown Revolution and grow tons of food, even in their first garden season.

While there's is a lot of benefit to having garden knowledge and learning the tricks and tips, **all those garden techniques are useless (and overwhelming) without step one: YOU.** This step is all about getting clear on what you value and what you want from your garden.

Even after years of experience, if I skip this step, I'm not happy with the results of my garden. That's because...

YOU are the best fertilizer for your garden.

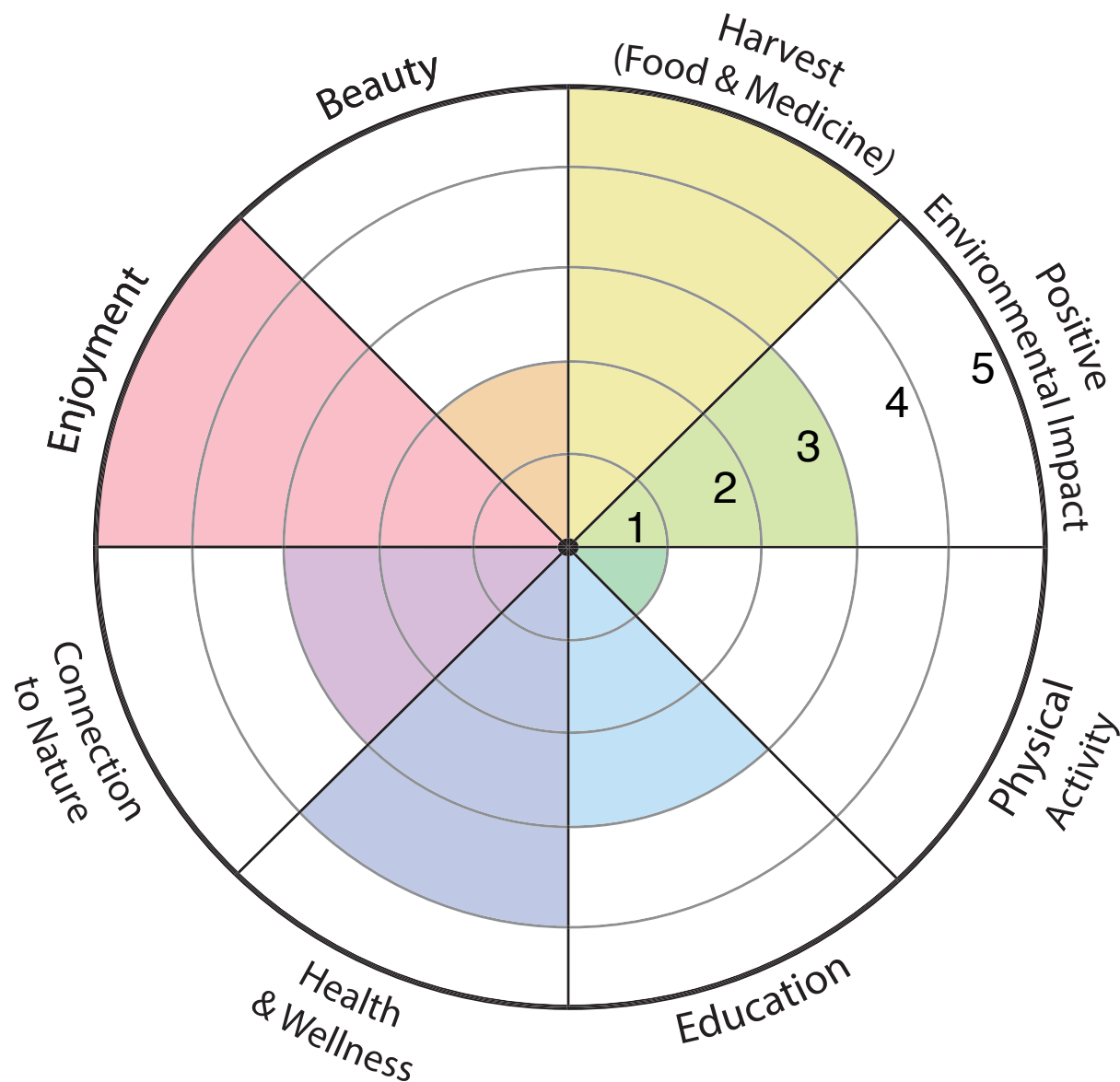
When you set garden goals for yourself each growing season that are based on your values, you are essentially creating a clear vision and a path to get there.

**Discover what kind of gardener you are and what kind of garden is going to work for you.
Once you do that, you'll find that plants magically grow all around you.**

Over the years, I've noticed that gardeners share eight core values. Let's take a look at these core values and create garden goals that align with those values. Do this every year to naturally cultivate a mindset of success and help you embrace your inner Garden Hero.

Peace & Carrots,
Stacey Murphy

Create Goals for Eight Core Values



Take a moment to reflect on the eight core values in the wheel above.

Use the next page to follow along with this powerful exercise and follow the directions below:

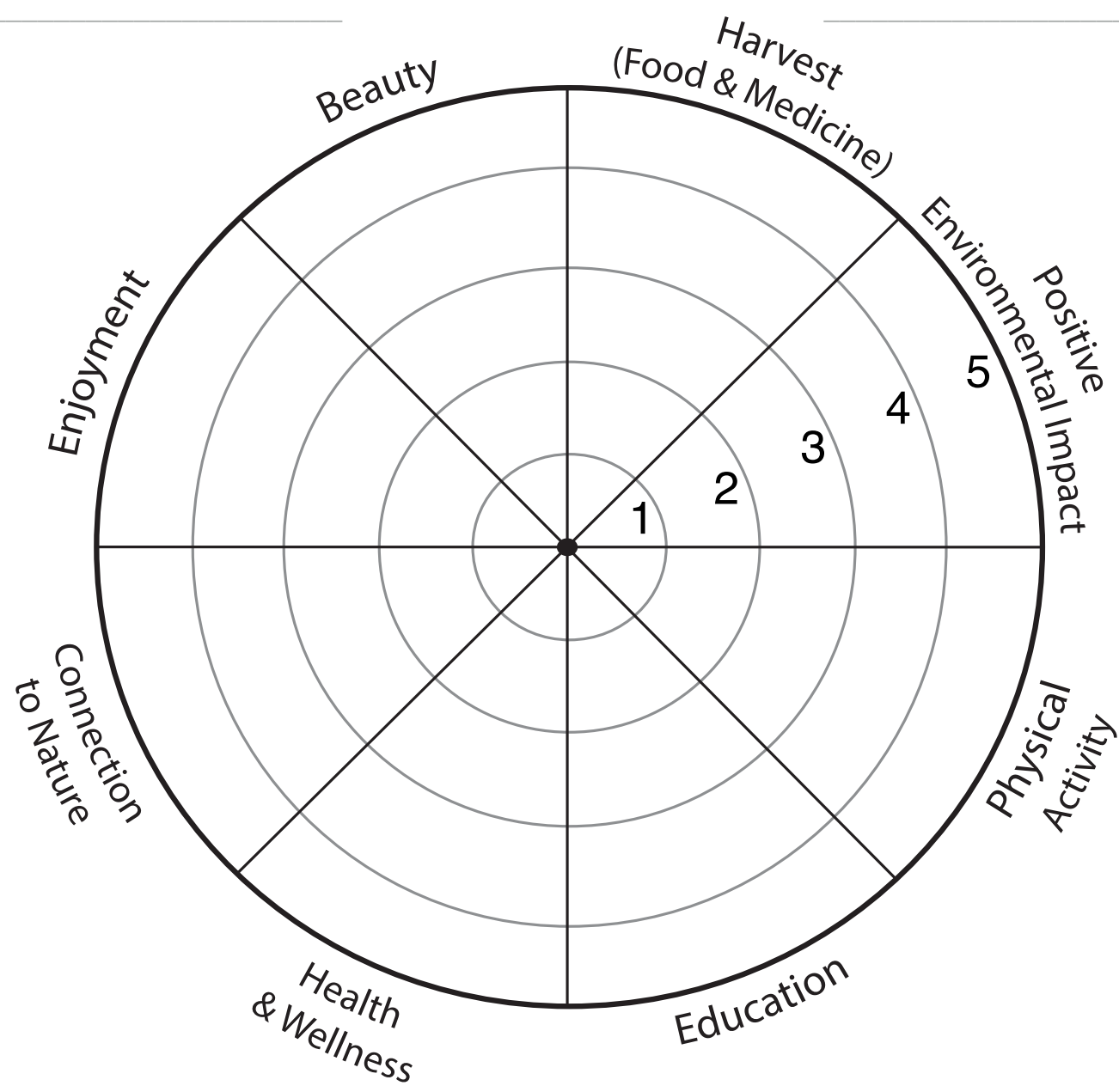
Create at least one garden goal that you can accomplish this growing season for each of the values. Notice that some values feel more important to you than others. Rank each value on a scale of 1-5 (5 being the most important) by shading that “piece of the pie” according to your ranking.

Star the three values that you rank as MOST important. These top three “pieces of the pie” are your priorities this growing season.

After reading the next couple pages about your garden superpowers:

Dive deeper into your top three garden priorities and make sure they are specific, actionable, measurable, and time-specific goals. Print 3 copies of the last page of this ebook and fill it out with your most important goals this season.

Your Values, Your Goals



Cultivating a Mindset of Success

Take a moment to celebrate yourself. Getting clear about goals may be one of the hardest parts of gardening.

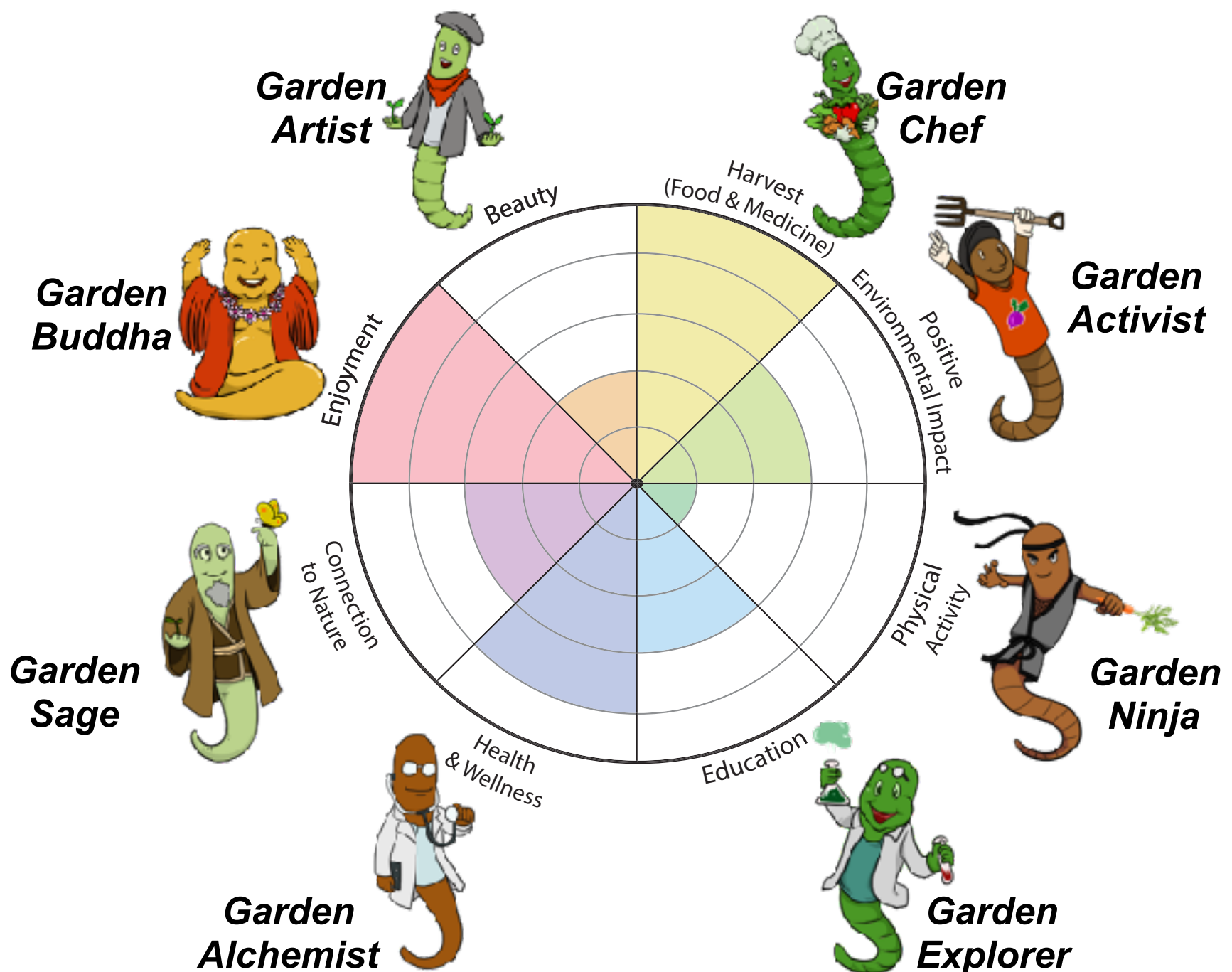
Celebrate... the goals you've created, even if you don't know how to get there.

When you are gardening and working with nature, there are a lot of things that are out of your control. The one thing that is always within your control is how you feel about your garden. Whenever you feel off-track in your garden throughout the season, return to your goals for inspiration.

A lot of people make the mistake of thinking you have to have a successful garden first, THEN you can be proud. Not so! ***This is an amazing first step... and you're doing it! Celebrate that and be proud. You are already a garden hero who is doing what's important to bring fresh food to your table!***

You're a Garden Hero!

Notice which Garden Heroes below are connected to your highest ranking values. Read the Garden Hero descriptions on the next pages to discover what kind of garden will work for you and your potential garden superpowers.



Your Garden Superpowers

Your garden superpower may stay the same year after year, or you may find it changes. You may feel pulled towards one of these super powers very strongly, or maybe a combination of a few of them. There is no right or wrong way to identify with the superpowers in this exercise. It is designed to shed light on the type of garden that might fit you best and illuminate your unique gifts.

The Garden Chef Super Hero

If you value the *HARVEST* above all else, you are a Garden Chef Super Hero. But you may argue over which is more important: *HOW MUCH* you grow or *HOW IT TASTES*. **Your superpower is packing plants into small spaces and maximizes every square inch of your garden to produce even more food.** You are very determined.

And because you're on a mission, you don't waste any time in the garden. If a garden task does not produce more food, it will probably get ignored. That means your garden may look a bit disheveled and rough around the edges... even though it is totally organized! You most likely grow indoors and outdoors or in a temperate climate so that you can grow food year round.

Your motto is, "Plant twice as much, harvest twice as much."

You have a competitive streak. You challenge yourself to improve each season, so you track your data to motivate yourself. You may even instigate a friendly competition with the neighbors about who can grow the most tomatoes, or the most *delicious* tomatoes. **You like to celebrate by cooking the bounty of the challenge.** Who can make the most delicious salsa? To outsiders, you may seem obsessed with the game, but that's just how you have fun.

Famous Garden Chef: Martha Stewart, Stacey Murphy



The Garden Activist



If you value *POSITIVE ENVIRONMENTAL IMPACT* most, you are a Garden Activist. You are inspired to **be the change you want to see in the world**. Your decisions are born from a deep desire for real connection, not necessarily what's most convenient. If there are no sustainable compost sources for your garden, you might start a neighborhood composting program for everyone to enjoy.

Your superpower is making the world a better place for all.

Your garden is your lifestyle. So your garden will take the form of whatever will be of service to those around you... yes, including all the wildlife, the waters, the Earth and don't forget yourself! **Your motto is: "This is your world, dig it!"**

You inspire people with your commitment to serve the local and global community. People will come to your garden to see what you're up to and want to replicate it in their own neighborhood. You are generous and love sharing what comes naturally to you.

You can be a little tough on yourself, because there's so much change you'd like to see in the world. So you may benefit from working with others in your community. Together, celebrate the cumulative effect of your actions. You really are making the world a better place for future generations.

Famous Garden Activists: Vandana Shiva, Wendell Berry

Your Garden Superpowers

Two Types of Garden Ninjas

1) If you eliminate any of the hard work or physical demands of your garden, you are a **“Stealth” Garden Ninja**. You always find the right tool or process to make gardening easier.

Whether out of necessity or just because you have other things you’d rather do, you find creative ways to do as little as possible and still benefit from big harvests. **Your motto is “Work smarter, not harder.”**

2) If you use your garden as a training ground to stay fit, you are a **“Warrior” Garden Ninja**. Sure it may be easier to put all those bags of soil in a wheel barrow and roll it over to where you want it. But squatting, lifting, and carrying 30 pound bags of soil repeatedly is the most fun workout you can think of!

Because you like being in motion, you probably find yourself taking immediate action whenever you learn something new. Why wait around. **Your motto is: Just do it**

No matter whether you’re a “Stealth” or a “Warrior” Garden Ninja, **your superpower is moving mountains without breaking a sweat.**

Famous Garden Ninjas: Ruth Stout, Paul Wheaton



The Garden Explorer



If you value EDUCATION above all else, you are a Garden Explorer, and your garden is your laboratory. Whether you are a life-long student or you are a teacher who shares your experiments with others... your curiosity is insatiable. **Your superpower is decoding the mysteries of nature.**

You will go to extreme lengths to sacrifice harvest in the short run to test scenarios and discover what will grow more food in the long run.

You know the power of a good question and you know how to set up a good experiment with controlled variables (as much as possible in nature).

Your motto is “I wonder what would happen if...”

Your garden may look very methodical or it may look like a mad scientist’s laboratory. Either way, you most likely have a lot of gadgets around that you are using to record your data or to test in general. Your garden probably includes combinations of all types of gardens from soil planting beds to containers to vertical walls to aquaponics to something that is uniquely you that you haven’t named quite yet.

While you may not know exactly what to do with all your findings, your experiments are celebrated in the garden community. Because each Garden Explorer builds on the findings of the past.

Famous Garden Explorers: Eliot Coleman, Marjory Wildcraft

Your Garden Superpowers

The Garden Alchemist

If you value HEALTH & WELL-BEING above all else, you are a Garden Alchemist. Garden Alchemists have been known by many names throughout history: health nuts, master herbalists, holistic practitioners, doctors, witches, shamans, healers, even sorcerers. Regardless of the name, **your superpower is feeling young and healthy at any age.**

You are what you eat. Your garden is your homegrown health plan so that you feel strong and clear-headed. As such, it is stocked with all the best preventative care including lots of greens, perennial herbs, flowers and berries.

Your motto is “A kale a day keeps the doctor away” (you choose your veggie)

Two of your favorite health topics are nutrient-density and gut flora. You spend time building more biology in your garden knowing that this is the essence of healthy food. In fact, it's the **ONLY** thing you really do for your garden except harvest. You will grow wherever you can (indoors or outdoors), because growing your own food makes you self-reliant and free. You no longer struggle at the markets wondering how the food was grown.

You feel great, and you want to share the wealth. So you freely give green smoothies, krauts, and herbal remedies to your friends and family as a celebration of health and well-being.

Famous Garden Alchemists: Norman W. Walker, Michelle Obama



The Garden Sage



If you value CONNECTION TO NATURE above all else, you are a Garden Sage. You prefer to experience your garden directly rather than read books. **Your superpower is knowing intuitively what your garden wants even with your eyes closed.** You have adopted the pace of nature and her secret is patience (Emerson).

The way your garden looks may even surprise you, because you often let nature take the lead. You appreciate what she has done for you.

No boxes, containers or straight lines for you! Most likely your garden looks wild, yet it is a perfectly balanced eco-system. You welcome all plants, insects, fungi and animals, even “pests” by other people's standards.

Your motto is “Nature knows no difference between weeds and flowers.”

As a Garden Sage, you may plan very begrudgingly. You know there can be benefits to the process of planning, but nature doesn't always go according to plan, right?

You journal in your garden, drawing and studying what's there. You are so connected to the wisdom of plants that you are not affected by plants like poison ivy and stinging nettles as others are.

You are at peace when you feel in flow with nature around you. Just being outside calms your mind.

Famous Garden Sages: Rudolph Steiner,

Your Garden Superpowers

The Garden Buddha

If you value ENJOYMENT above all else, you are a Garden Buddha. You often wander around your garden like it's your day off or just sit and enjoy with a fresh cup of tea. The garden is a source of peace and joy. **Your superpower is being lost in a sea of gratitude for every moment.**



You're contagious! People want to spend time with you in your garden. When people ask you about your garden, they can expect a story with a metaphor that applies to life in general. Because learning is forgetting: and your garden helps you forget a little more each day ;)

Your motto is: "Make watering your seeds of happiness a daily practice."

Your garden may take any form because you are grateful for your connection to the plants in your life. It's not about what things look like, but how they feel.

By now, you're probably not even reading these words... just giggling and smiling with a twinkle in your eye. Because every moment is such a joy. Nobody needs to tell you to celebrate, it's your nature.

Famous Garden Buddhas:

The Garden Artist



If you value BEAUTY above all else, you are a Garden Artist. Your garden is your canvas, and it is a gift for the world. You design a gorgeous palette of colors and textures with vegetables, herbs and flowers. You aren't necessarily concerned with companion planting so much as delighting people's five senses.

While you enjoy the harvest, your garden is really about creating an ever-changing masterpiece. **Your superpower is lifting people's spirits with garden flair.**

You typically prefer container gardens as they provide height and depth as well as additional pops of color. But if you choose to garden in the ground, you'll take advantage of winding paths, secret nooks, and surprising sculptures, framed for effect.

Your motto is "Beauty expands the soul"

Visitors to your garden often walk away with a bouquet of food, flowers and herbs just as beautiful as the original garden. Life is too short to NOT share some beauty along with that bounty! Your garden is an otherworldly experience that inspires people to bring beauty and creativity into all parts of their life.

Famous Garden Artist: Monet

Garden Goal: Deep Dive

Ready to transform what you’ve discovered in this guide book into goals and habits for a successful vegetable and herb garden that is uniquely YOU?

For your highest ranking Garden Values: Dive deeper into your definition of garden success. Break your garden goal down into manage-able steps. Name a date for this goal. If you are creating a new habit in your garden, it helps to track your progress so you can see how you are doing incorporating that habit into your lifestyle. Most importantly, write down WHY this goal is important to you. What is motivating you to accomplish this goal? Remember to infuse your superpowers into your goals as much as you like.

Outcome Goal ☐

Habit Goal ☐

Spring ☐

Summer ☐

Autumn ☐

Winter ☐

What you want: _____

When You Want It: _____

Why you want it: _____

Steps to take to get you there:

☐

☐

_____☐

☐

_____☐☐

When building a habit, what will REMIND you to take action? Associate your new habit with something you already do so you remember to do this new habit, too:

You’re ready to begin. Activate your daily garden practice: _____

Completion % Goal: _____

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
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96	97	98	99	100	% Completed: _____				REMEMBER: FUN is better than perfect!									