

# Growing Your Greens

VOL 1 WHY I GROW MY OWN FOOD AND WHY YOU SHOULD TOO!



JOHN KOHLER



## Six Reasons Why I Grow an Edible Food Garden

Have you ever thought of starting your own Edible Food Garden but weren't quite sure if it would be worth your time and money? Well, if that's the case... then this booklet is perfect for you. Herein, I will be discussing the main reasons for why I personally grow my own food and why you should too!

### 1) The Taste

Unfortunately, not everyone cares about the health aspects of growing your own food, but I think one thing that everyone will agree on is the fact that taste is of utmost importance. After all, who wants to eat something that tastes unpleasant?



When you grow your own foods, you get to decide exactly when to pick them. If you've ever tasted both a home-grown tomato and a store-bought one, you already know just how much better the former tastes. It's not even close!

This is due to many things, but first and foremost is the lack of refrigeration. When you can pick your own produce as needed for cooking and eating, you no longer have to store it in the fridge. Having produce that was picked over a week ago is bad enough for the taste, but when it's kept in refrigerated storage, it loses even more of its natural, fresh flavor.

As I always say, "Freshest is the bestest!"

### 2) To Save the Planet

Lots of petrochemicals and greenhouse gases are generated growing food commercially, let alone storing and transporting it afterwards. Oil, diesel, refrigeration, electricity from fossil fuels, and more are all used in the process of getting that produce from the farm to the store, where's it kept in cooling displays under bright lights until you purchase it and bring it home.

Eliminating these unnecessary carbon emissions by growing your own edible garden is not only a very smart choice for you and your family, but it will also help save our planet. Compared to industrial farming, growing your own crops has a very minimal impact on the environment.

### **3) For Its Health Benefits**

There is no healthier food on this planet than food that YOU grow yourself, whether it is in your backyard, front yard, food forest or anything else.

The ability to hand-pick your food fresh and bring it inside right before cooking or eating it is a huge deal. Research has shown that produce loses up to 50% of some of its phytonutrients within 24 hours of being picked. Because commercially grown food is kept on display in stores and has to be shipped across the world, by the time it arrives on your plate, it can have already lost a good percentage of its health benefits.

When you can control how your food is grown, there is a much higher quality in what is produced. In addition, you know exactly what is going into the soil. Thanks to this, there is no longer any reason to worry about pesticides or harmful fertilizers being in the food you eat.



To increase the health benefits of your food garden even further, I recommend using organic compost and rock dust to provide the plants with more minerals as they grow. This will allow them to become much stronger and healthier... and you'll notice the difference for sure, in both how it tastes and how much healthier you feel after consuming it.

Also, you have to take into consideration how much better you'll feel being out in the sun working on your garden. Exercise is not coveted nearly as much as it should be, so this added benefit only helps make the idea of growing your own food even more enticing.

### **4) It Saves You Money**

Have you been to the market lately? When there are shortages in production or fuel prices are on the rise, so too are the costs of purchasing 'fresh' produce. Because of this, you will sometimes pay much more for your food than it is actually worth.

Growing your own edible garden alleviates this problem entirely. You no longer have to pay for transportation, pesticide use, or market storage... you simply buy what you need to start and maintain your garden and never look back. Say goodbye to weekly or monthly produce costs!

In addition, every organic thing that goes into the earth eventually breaks down, allowing the nutrients and soil to be reused for the next season of crops; thus creating an endless cycle of healthier yields.

## 5) Pride in Growership!

Back in college, I remember learning how to fix my car. It was hard work, but putting in my first transmission felt great. Driving the car afterwards and knowing that it was operating so well because of the effort and time I invested into it was such an incredible feeling; one that I've never forgotten, and one that has carried over into my gardening.

Nowadays, I take great pride in my produce and my gardening habits. You get an amazing sense of accomplishment when you reap the benefits of all you sowed. Not only will the idea of gardening expand in your heart as the seasons come and go, but your self-esteem and confidence may even benefit from it as well.

Seeing what your love and nurturing can create is something few people get to experience when it comes to food in today's busy, fast-paced world.

## 6) For the Kids and Our Future

Children are the seeds of our future. If you were to walk up to a random kid nowadays and ask where food comes from, you'd probably get a fast food restaurant or a grocery store as your answer. It's a shame, but this is the reality that we're facing.



In today's society, far too many kids think that food comes from a package. Shouldn't they know that it comes from mother earth instead?

Well, why don't we try to change that misconception? That is exactly why I'm hoping to be at the forefront of a movement that aims to shift that train of thought in most people, especially children.

If you grow your own and welcome others to learn and do the same, a loving, caring community can be created; and when a community can come together to do great things, the entire world benefits from it.

And always remember... the tastiest, healthiest food on earth is that which you grow yourself.

## And Some Reasons Why Others Grow an Edible Food Garden

*This section is comprised of comments left by viewers and friends of GrowingYourOwnGreens*

Reason #7: I have four children and I know without question that gardening is making me a better father in many ways. Thanks for the knowledge.

Richard Young

You have inspired many positive changes for our family. We love your videos and thank you for sharing all of them. We have a container garden we started this last season because of your encouragement! The kids really enjoy planting, touching, and watching all the veggies as they watch them grow with each day. They actually eat a lot more now and really enjoy it as well. We are always searching for new crops to try. Thanks again for all you do!

Dewayne Bradshaw

I live in an urban area and a few years back I decided to grow food in my front yard. This year, I plan to grow food all the way to the curb. People always end up stopping by to admire my garden. I have found that I usually have to tell people that it is ok to pick and taste my produce. We even had a neighbor post a sign on an apple tree saying it was fine to pick so others would know that. Food can and should be grown everywhere; all the trees the city plants should be fruit bearing, but why aren't they? Scarcity is only created by industry.

Swoop1111

Honestly, I started my garden after I saw yours and thought it was an awesome, cheap idea. Not long after, however, it became something quite different. I suffer from stress, anxiety, and depression... but gardening became a way to cope with it. Now, it's becoming a way to communicate with my neighbors, to eat healthy, and to save for our cold winters. My entire front and back yard is a garden. My neighbors go for walks and chit chat to other neighbors in front of my house, admiring the crops. I am always proud when someone says they walk by my house every year just to see what's new and what I have growing. I started with one deep freezer to stock away the food I grew, but now I'm using three freezers, two refrigerators, and a whole lot of storage for everything I can.

Melissa Strong

We have started growing our own veggies due to recent health concerns. We used to eat out a lot and processed foods. Hidden health devastating culprits were quietly breaking my body down until I ended up in the hospital, MRIs, CT scans. Since then, I have been eating raw, fresh fruits and veggies. Then learned of all the GMO and heavy pesticides... so I simply grow what I need daily. My husband and I grow gardens all seasons now; on our land, back patio, inside or anywhere else we can! It's definitely much cheaper too! =)

Deana Tankersley

I use gardening for all these reasons PLUS some other great benefits. To us, gardening is a family project. I share with my daughter all I know and we learn the rest together. We share gardening time and learn to cook what we grow. Gardening is a stress reducer, a physical activity, and a neat way to challenge ourselves. Most of all, gardening is something I can share with my daughter that she will be able to use for a lifetime.

BuddyClubGardening

Reason #7: We need the outdoor activity; something to make us connect with nature. It's not only physically good for us to walk outside daily, but it has great emotional and mental benefits too.

Vivian's DIY Projects

Here are some extra reasons for why I grow my own. Number 5 would be the sheer pleasure of gardening and being able to say 'I grew that.' And Number 6 is the joy of giving fresh food to others. It might even be greater than having it for yourself, because people are always truly delighted to be given home-grown produce. When I plan my garden each year, I make sure I grow about twice as much as I need so that I am able to share.

Brendan

Totally agree with you on all the reasons for growing your own, but I'd add another... Because it's fun!

Ronnie & Minh

I grow my own food because my job is hard and I want a Zen zone... someplace where I can just be quiet old me. Plus, I could grow three-hundred types of corn if I wanted to instead of just the one or two types that are typically available in stores. That goes for almost all other produce as well; you get much more variety when you grow your own.

Optical Riot

I garden to hold onto the knowledge of how to grow my own food so if there is ever a food shortage I can teach others how to make their own 'victory garden.'

Kimberly Jackson

I grow fruits and veggies because it's fun, it's good physical and mental exercise, it connects me to my roots (my parents were huge gardeners), and through my garden, I can share the skills of gardening with others, especially kids in my urban neighborhood who are fascinated to learn about where food comes from.

Janet Fox

## About the Author

In 1995, John Kohler began his gardening journey when he almost lost his life to spinal meningitis, according to his doctor. This caused him to shift his diet, focusing mostly on fruits and vegetables to heal from the complement immune deficiency.

The focus of his research since has been obtaining the highest level of health for himself. He determined fifteen years ago that in order to do this, he needed to grow his own food to provide the highest quality and widest diversity. After all, the agriculture industry was designed to maximize profits, not to maximize nutritional quality of the food that it produces.

John started teaching gardening online in 2009 via his channel on Youtube.com. Now the most popular garden teacher online, he is followed by over 350,000 people. To aid in their gardening efforts, new videos are released every 3 to 4 days. The main goal is to help inspire and teach others how to properly grow their own food.

This passion has led to the creation of over 1,200 gardening videos that have been watched over 50 million times. You can watch these videos free online 24 hours a day, 7 days a week at: [www.GrowingYourGreens.com](http://www.GrowingYourGreens.com)

