

THE FIVE SECRETS TO
**GROW YOUR OWN
ORGANIC FOOD**

BY CRAIG HUBBARD





GROWING FOOD FOR LIFE

THIS SHORT EBOOK WILL TEACH YOU THE 5 CORE SECRETS TO STARTING YOUR OWN FOOD GARDEN. START HARVESTING THE FRESHEST AND MOST NUTRIENT RICH PRODUCE TODAY.

PLANTING SEEDS FOR CHANGE

GROWING YOUR OWN ORGANIC FOOD IS THE NUMBER ONE WAY TO TAKE CONTROL OF YOUR HEALTH AND THE HEALTH OF THE PLANET.

THIS SHORT GUIDE WILL HAVE YOU GROWING FOOD IN NO TIME AND WILL HELP CREATE A REGENERATIVE WAY OF LIVING THAT NOURISHES YOU, YOUR FAMILY AND THE EARTH FOR GENERATIONS TO COME.

THE FIVE SECRETS
TO GROW YOUR OWN ORGANIC FOOD

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Healthy Soil = Healthy Plants

Why is soil important?

Soil is the building block for life. Good soil health is essential for success in our organic garden. We grow our food by feeding the soil. The soil in turn then feeds the plants.

Living soil is made of

- Organic Matter (mulch & compost)
- water & air
- Microorganisms

Feeding the soil

Our favourite soil food is compost, seaweed liquid and Basalt rock dust then we cover it with a mulch layer to protect it.

**"To forget how to dig the earth and to tend the soil is to forget ourselves."
— Mahatma Gandhi**

Since the beginnings of human civilization, seeds have been revered for their gift of life

Two Key Pillars Choosing the plants for your garden should be based on two key pillars:

- Space, method and environmental conditions.
- Your specific needs and wishes when it comes to what to grow.

Annual or Perennial Plants?

One of the big decisions that new growers will need to make is whether to grow annual crops, perennial plants, or a mixture of both.

Annual plants are those which are sown fresh each year, while perennial plants will come back or remain year after year.

Seed Germination

Seeds need certain things in order to germinate effectively. They need:

- The right temperatures.
- Water
- Oxygen
- To be viable.



“There is a seed inside of every tree and a tree inside of every seed.” — Matshona Dhliwayo

In a home composting system, we create an environment in which aerobic decomposition takes place so that our food scraps and garden wastes are incorporated into the healthy soil by micro-organisms and other creatures in healthy soil.
Compost Ingredients

For effective decomposition to take place in aerobic conditions, we need:

Carbon Rich Materials (brown), Nitrogen Rich Materials (Green), Micro-organisms, Oxygen, Moisture (water), The Right Temperatures (40-55 deg Celsius).

Microorganisms

Composts are largely about keeping the micro-organisms functioning and creating healthy living ecosystems of compost micro-organisms in the system. It is always important to remember that we rely on these microscopic creatures to decompose materials. Without them, the processes we need simply will not take place.



**“Compost is the lifeblood of regenerative food growing”
— Craig Hubbard**

The Compost Method

Using a compost bin add layer of carbon (hay, mulch, straw, saw dust etc) and then each time you add your Nitrogen layer (veggie scraps, manure, green materials etc) cover with more carbon. The rule of thumb is adding twice the volume of carbon rich material to nitrogen rich material to achieve the right ratio. It is crucial to ensure there is good air flow and moisture levels.

**“In one drop of water are found all the secrets of all the oceans.”
— Kahlil Gibran**



Water is the essential element that brings life to our planet. Our plants, our ecosystems, our very lives depend upon it.

Water is Transformational

The transformational properties of this element are clear. A seed stored for years will, when exposed to water, begin to germinate and sprout. Water in the soil is essential for photosynthesis which creates oxygen for us to breathe.

Water for each plant As a

gardener, understanding the water needs of the different plants you try to grow, throughout the different seasons and at different times in their growth is crucial.

Many pests, diseases and physiological problems are caused by watering incorrectly. Watering too much, and watering too little, are the root causes of most garden issues.

Making Best Use of Every Drop

Drip irrigation is the most efficient form of irrigation system as it delivers water close to the roots. This involves using a pipe that slowly drip feeds water to the soil around your plants. Drip irrigation is about targeted delivery of water to plant roots a little at a time.

Understanding your gardening year is crucial in order to know when you should plant your crops and will also give you valuable information about when you should harvest various plants.

Plan for Abundant Harvests

when planning your garden, consider when various annual and perennial plants will be harvested. Through careful consideration you can create integrated and holistic plans that consider your own needs, and the needs of your plants and soil.

There is more to Harvest than meets the eye

Harvesting may sometimes feel obvious – not something that requires much gardening knowledge. But as

you spend more time in your garden, you will soon find that there are many tricks related to when and how to harvest each crop.

Harvest More than food

Remember too those edible harvests only account for part of what a garden can provide. Your food producing garden should also provide a range of intangible yields for you and your family: good health and wellbeing, happiness... You need to make sure you 'harvest' these things too – making the most of and cherishing your garden.



"Don't judge each day by the harvest you reap but by the seeds that you plant." —Robert Louis Stevenson

Planting Seeds for Change



THANKS FOR READING THIS INTRODUCTORY GUIDE
TO LEARNING THE SECRETS OF GROWING YOUR
OWN ORGANIC FOOD GARDEN.

IF YOU WOULD LIKE TO GO DEEPER ON THE JOURNEY,
SCHEDULE A CALL WITH CRAIG.

"HOW TO GROW YOUR OWN ORGANIC
FOOD GARDEN: ON ANY SIZE SPACE, IN
LESS THAN 30MINS A WEEK, WITHOUT
ANY PRIOR EXPERIENCE."

WITH CRAIG HUBBARD FOUNDER AT SHAMBHALA FARM
AND THE 12 WEEK FOOD GROWING COURSE