

Garden to Table



with flavorbyfaith

30 Day Interactive Journal

A woman with dark skin and curly hair, wearing a bright yellow raincoat, is smiling and holding a large basket filled with fresh vegetables. The basket contains green bell peppers, red and yellow cherry tomatoes, green tomatoes, and leafy greens. The background is a lush green lawn.

Hey love let's take some deep breaths and sit down to release your mental in the Garden or the kitchen with savoury quick and easy recipes herbal teas and comfy attire. You deserve all that good aroma, mental release and alone time for self. You constantly serving others but this dedicated time is for you you're going to feel refreshed, rejuvenated and lightweight. Kitchen bliss will allow you to create a positive less tedious mindset towards the presence of kitchen space as well as garden space. Sipping tea and light foot work may follow as forked up goodness hits those buds "mental solitude is your birth right" will get you there. Over the course of 4 weeks, you'll be growing sipping and cheering to leaving all those mental weights everywhere but on your mind. This is your time your moment your stage you earned it you're more than deserving of it. Kitchen & garden space will never feel or be looked at the same for you I guarantee you'll walk away fancy free and smiling at the completion of each session.

[illegible][illegible][illegible]

Write down what you want your garden to look and feel like. What is your dream garden?

[illegible]

What specifically would you like to accomplish in your garden this year? Write it down

[illegible]

[illegible][illegible][illegible]

[illegible][illegible][illegible]



Flowers

Use this chart to keep track of which flower seeds or starters you purchased, or those you're planning to transplant.

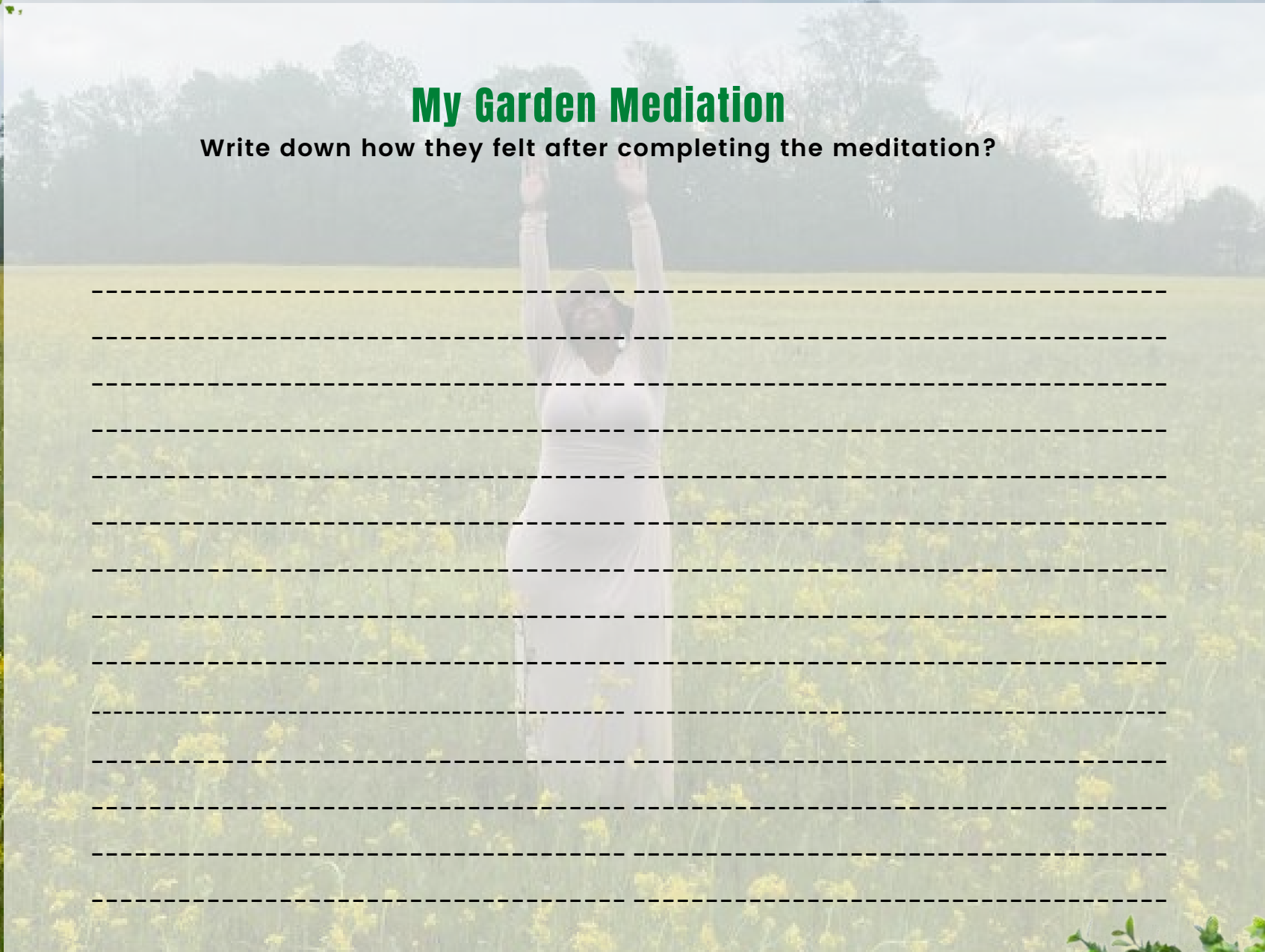
Flower

Place Purchased

Transplanted

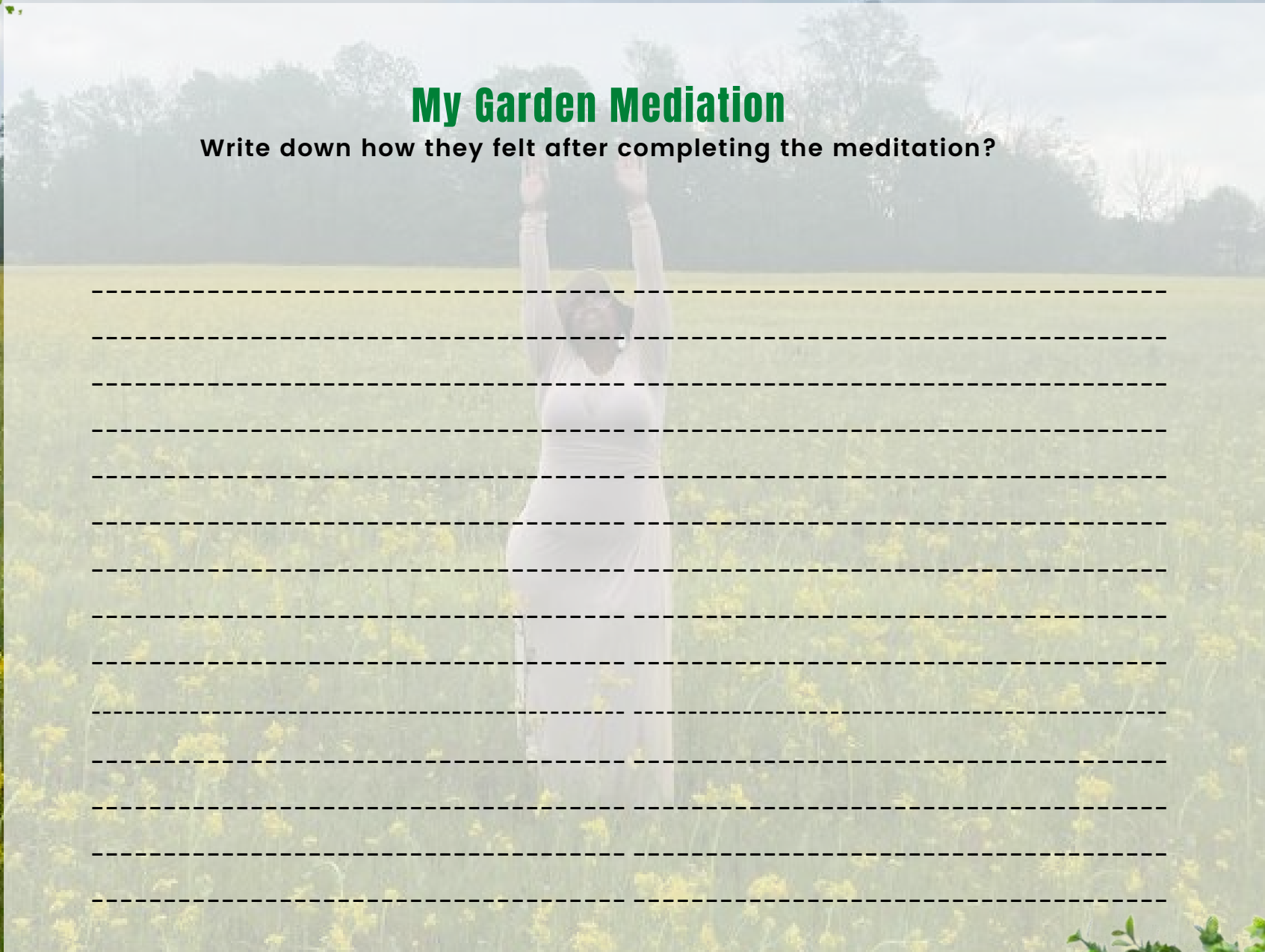
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[illegible]A woman in a white dress is standing in a field of yellow flowers, with her arms raised in a meditative pose. The background shows a line of trees under a cloudy sky. The entire scene is overlaid with a semi-transparent grid of dashed lines for writing.

My Garden Meditation

Write down how they felt after completing the meditation?

A woman in a white dress is standing in a field of yellow flowers, with her arms raised in a meditative pose. The background shows a line of trees under a cloudy sky. The entire scene is overlaid with a semi-transparent grid of dashed lines for writing.

My Garden Meditation

Write down how they felt after completing the meditation?

4x4 Grid

Use these grids to plot out your whole garden or a square foot garden bed

Plants

1: _____	2: _____	3: _____	4: _____
5: _____	6: _____	7: _____	8: _____
9: _____	10: _____	11: _____	12: _____
13: _____	14: _____	15: _____	16: _____

2x4 Grid

Use these grids to plot out your whole garden or a square foot garden bed

Plants

1: _____	2: _____	3: _____	4: _____
5: _____	6: _____	7: _____	8: _____

9: _____	10: _____	11: _____	12: _____
13: _____	14: _____	15: _____	16: _____

2x3 Grid

Use these grids to plot out your whole garden or a square foot garden bed

Plants

1: _____	2: _____	3: _____
4: _____	5: _____	6: _____
7: _____	8: _____	9: _____
10: _____	11: _____	12: _____

[illegible][illegible][illegible]

Seed

Keep track of when you start your seeds

Plant Name	Maturity	Seed
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Keep track of when you start your seeds, when to harden them off, and when you transplanted them.

[illegible]

[illegible][illegible][illegible]



Spring Checklist

Preparing Your Garden & Plants.

Soil

- Test soil
- Amend soil
- Purchase compost, manure black soil, and/or mulch
- Make dirt mix for potted plants
- Purchase fertilizer

Weed Control

- Work garden and flower beds
- Lay down landscape fabric
- Replenish mulch
- Make time for daily weeding
- -----
- -----

Other

- -----
- -----
- -----
- -----

Supplies

- Assess supplies and replace worn or broken tools
- Clean tools
- Test hoses and repair if needed
- -----
- -----

Plant Care

- Figure out dates to start seeds
- Direct sow seeds
- Harden off started plants
- Transplant started plants
- Add compost to garden
- Divide perennials
- Harvest early Spring crops (Radishes, chives, spinach, etc.)



Weekly Garden Journal

Weather, Lessons, Harvest, & Note

Monday

Weather, Lessons, Harvest, & Note



TUESDAY

Weather, Lessons, Harvest, & Note



Wednesday

Weather, Lessons, Harvest, & Note



Thursday

Weather, Lessons, Harvest, & Note



Friday

Weather, Lessons, Harvest, & Note



Saturday

Weather, Lessons, Harvest, & Note



Sunday

Weather, Lessons, Harvest, & Note



[illegible][illegible][illegible][illegible]

My Plan

Planted After

Fill out the chart of what you'll plant when

Plant	Date Seeded
-----	-----
-----	-----

Planted After Last Risk of Frost

Fill out the chart of what you'll plant when using the information from the previous page

[illegible]

[illegible][illegible][illegible]

[illegible][illegible]

Container Planner

How many, sizes, and what to put in them

Circle if the container is for flowers or vegetables and if it's small, medium, or large. Write out what will go in each container. Print off as many copies as you need.

Flower/Vegetable
SMALL/MEDIUM/LARGE

Flower/Vegetable
SMALL/MEDIUM/LARGE

Flower/Vegetable
SMALL/MEDIUM/LARGE

[illegible][illegible][illegible]

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[illegible][illegible]

[illegible][illegible]

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[illegible][illegible][illegible][illegible]

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Flower/Vegetable
SMALL/MEDIUM/LARGE

Flower/Vegetable
SMALL/MEDIUM/LARGE

Summer Checklist

Keeping up with your Garden.

EVERYDAY

- Water containers
- Water garden (if very hot)
- Pick weeds
- Walk around and observe changes in the garden
- Check for pests

Once a Week

- Fertilize with miracle grow or compost tea
- Have a longer weeding session
- -----
- -----
- -----
- -----

Other

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Every 2-3 Days

- Water (if weather is cooler)
- Pick flowers for indoors
- Check for vegetables to harvest
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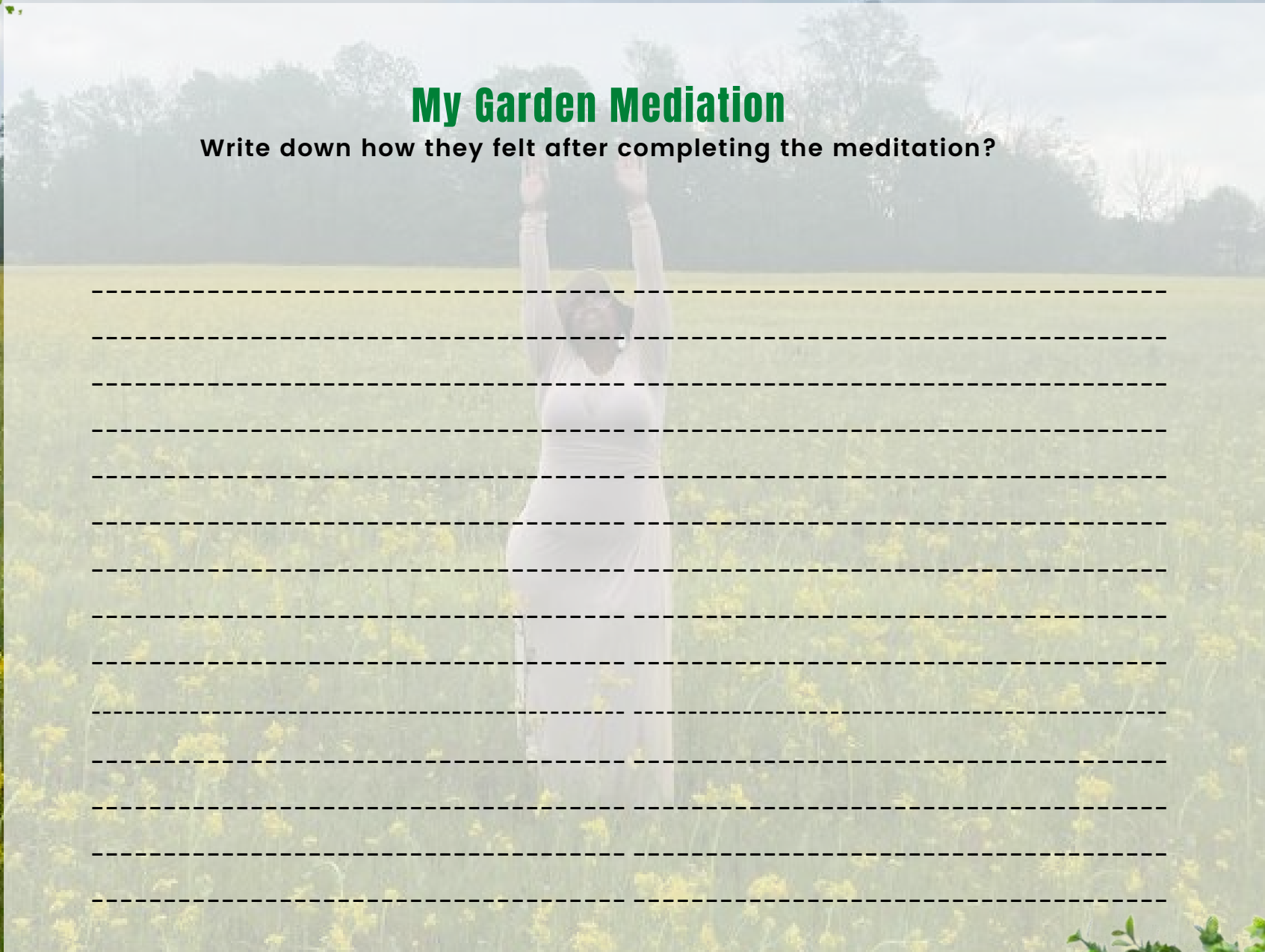
Once a Month

- Fertilize shrubs and fruit trees
- Take pictures of your garden
- Make note of your favourite recipes that use your produce
- Plant succession plantings
- Plant fall/winter garden

[illegible]The background image shows a person standing in a vast field filled with bright yellow wildflowers under a clear sky. The person has their arms raised straight up towards the top of the frame. Overlaid on the left side of the page are several horizontal dashed lines intended as writing space.

My Garden Meditation

Write down how they felt after completing the meditation?

A woman in a white dress is standing in a field of yellow flowers, with her arms raised in a meditative pose. The background shows a line of trees under a cloudy sky. The entire scene is overlaid with a semi-transparent grid of dashed lines for writing.

My Garden Meditation

Write down how they felt after completing the meditation?



Garden Budget Tracker

How many, sizes, and what to put in them

Circle if the container is for flowers or vegetables and if it's small, medium, or large. Write out what will go in each container. Print off as many copies as you need.

Item

Planned

Actual

Seeds

Plants

Dirt

Mulch

Tools

Watering

Fertilizer

Containers

Raised Bed

TOTAL



Shopping List

Plants & Seeds

Budget

Actual

[illegible]

Supplies

[illegible]



Daily Journal

[illegible][illegible][illegible]

Daily Journal

Date: _____

[illegible]



PEST TRACKER

Planted After Last Risk of Frost

Fill out the chart of what you'll plant when using the information from the previous page

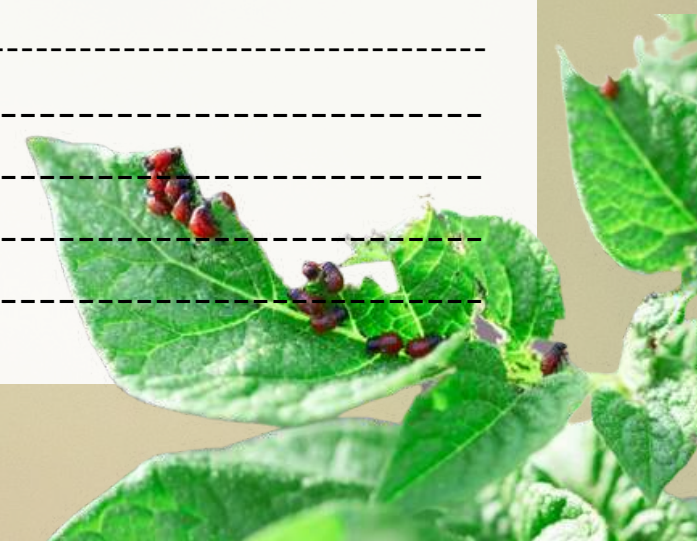
Vegetable

Pest

Remedy Tried

Result

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Autumn Checklist

Harvest the fruits of your labour

Soil

- Work up garden soil when harvest is finished
- Purchase compost, manure black soil, and/or mulch on sale
- Clean up planters

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Weed Control

- Work garden and flower beds
- Replenish mulch
- Do one final weeding
- Cover tender shrubs

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- -----
- -----

Other

- -----
- -----
- -----
- -----

Supplies

- Assess supplies and replace worn or broken tools
- Clean tools
- Buy seasonal items on sale

- -----
- -----

Harvest

- Keep an eye on frost at night
- Cover tomatoes and squash if risk of frost
- Harvest plants (even if green) before final frost
- Add protection to fall/winter crops
- Divide perennials
- Can and freeze produce



[illegible]

Note how much you planted, how much you harvested, and how much you'll plant next year

[illegible]

Success

A collage of various fruits and vegetables, including apples, pears, grapes, and leafy greens, arranged in a circular pattern. The items are scattered across the top half of the image, with some overlapping. The colors are vibrant, showing reds, yellows, greens, and purples. The bottom half of the image is a solid dark blue color.



A worksheet for practicing writing the letter 't'. It features a large 't' in the top left corner. Below it are several rows of dashed lines for tracing and writing practice. The background is white.



This image shows a single page of white paper with ten horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

[illegible]



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