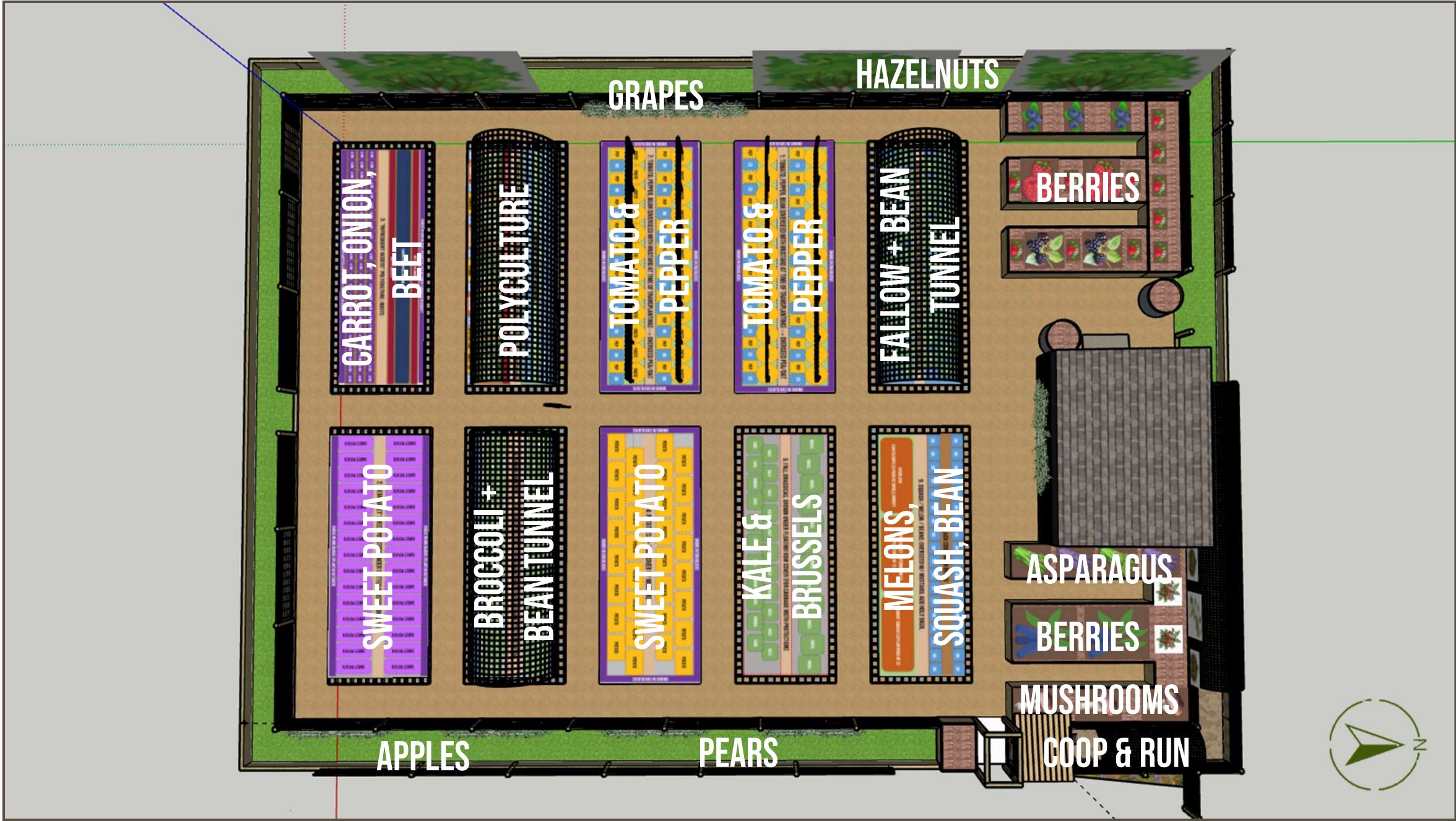
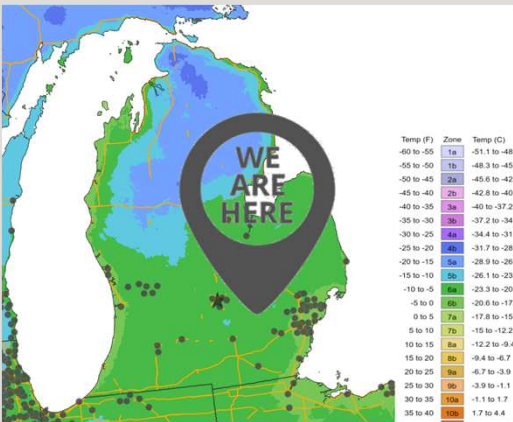


OCTOBER 2025







175 FROST-FREE DAYS



Week of:

1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	5-Apr	12-Apr	19-Apr	26-Apr	3-May	10-May	17-May	24-May	31-May	7-Jun	14-Jun	21-Jun	28-Jun	5-Jul	12-Jul	19-Jul	26-Jul	2-Aug	9-Aug	16-Aug	23-Aug	30-Aug	6-Sep	13-Sep	20-Sep	27-Sep	4-Oct	11-Oct	18-Oct	25-Oct	1-Nov	8-Nov	15-Nov	22-Nov	29-Nov	6-Dec	13-Dec	20-Dec	27-Dec	3-Jan
-------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	-------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	-------	-------	--------	--------	--------	-------	--------	--------	--------	-------

LAST SPRING FROST

FIRST FALL FROST

PERSEPHONE PERIOD
(GROWTH STOPS)



<10 HRS

280 DAYS WITH 10+ HOURS OF DAYLIGHT (ACTIVE PLANT GROWTH)

Week of:

1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	5-Apr	12-Apr	19-Apr	26-Apr	3-May	10-May	17-May	24-May	31-May	7-Jun	14-Jun	21-Jun	28-Jun	5-Jul	12-Jul	19-Jul	26-Jul	2-Aug	9-Aug	16-Aug	23-Aug	30-Aug	6-Sep	13-Sep	20-Sep	27-Sep	4-Oct	11-Oct	18-Oct	25-Oct	1-Nov	8-Nov	15-Nov	22-Nov	29-Nov	6-Dec	13-Dec	20-Dec	27-Dec	3-Jan
-------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	-------	-------	--------	--------	--------	-------	--------	--------	--------	-------	--------	--------	--------	-------	-------	--------	--------	--------	-------	--------	--------	--------	-------

LAST SPRING FROST

FIRST FALL FROST

PERSEPHONE PERIOD
(GROWTH STOPS)

HOW NOT TO DIE

Dr. Michael Greger

REDUCE:

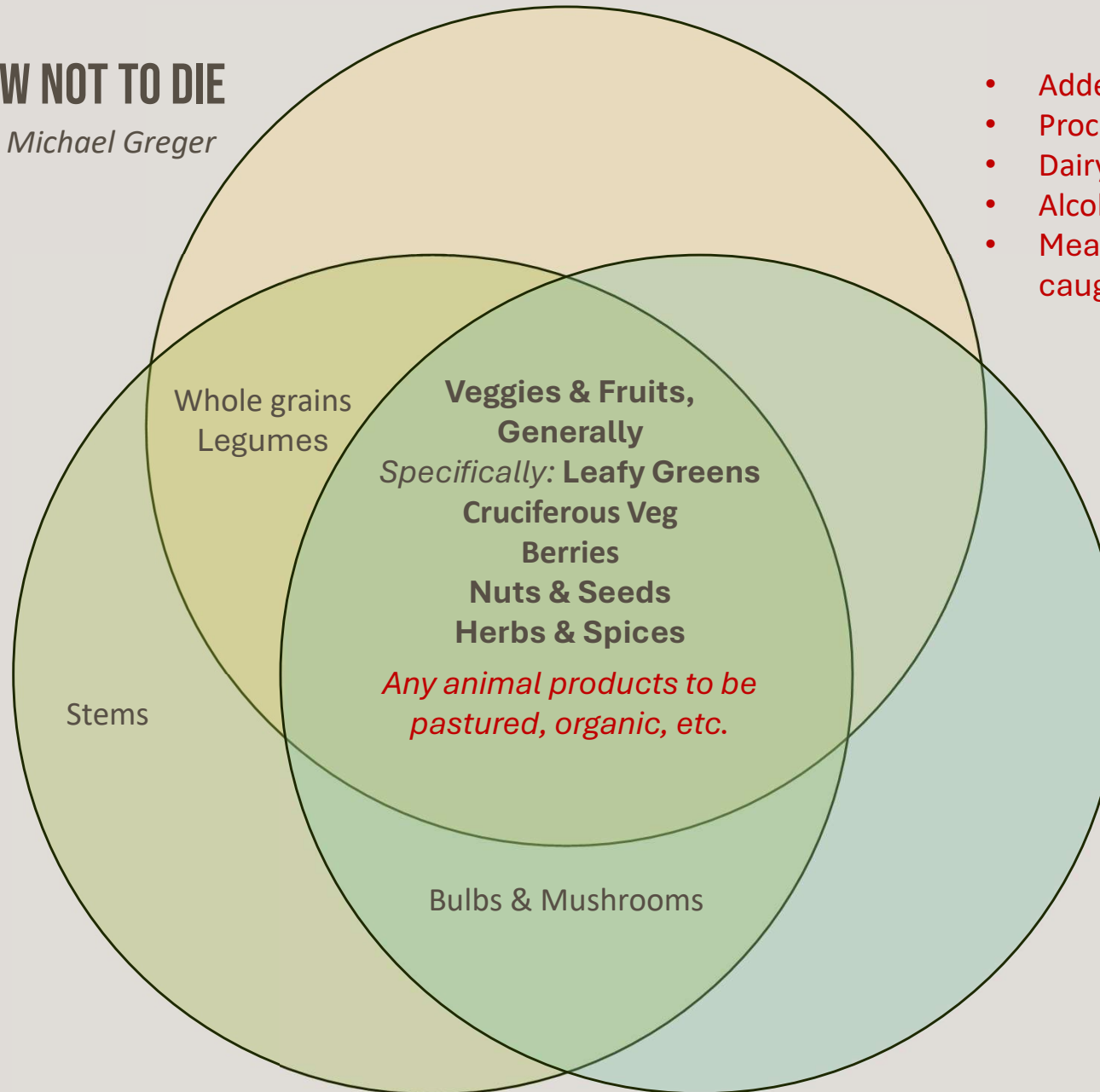
- Added sugars
- Processed foods
- Dairy
- Alcohol
- Meat (buy pasture-raised, wild-caught, organic, etc. if do eat)

MODIFIED PYRAMID

Ray Cronise, Julieanna Hever

WAHL'S PROTOCOL

Dr. Terry Wahls



HOW NOT TO DIE

Dr. Michael Greger

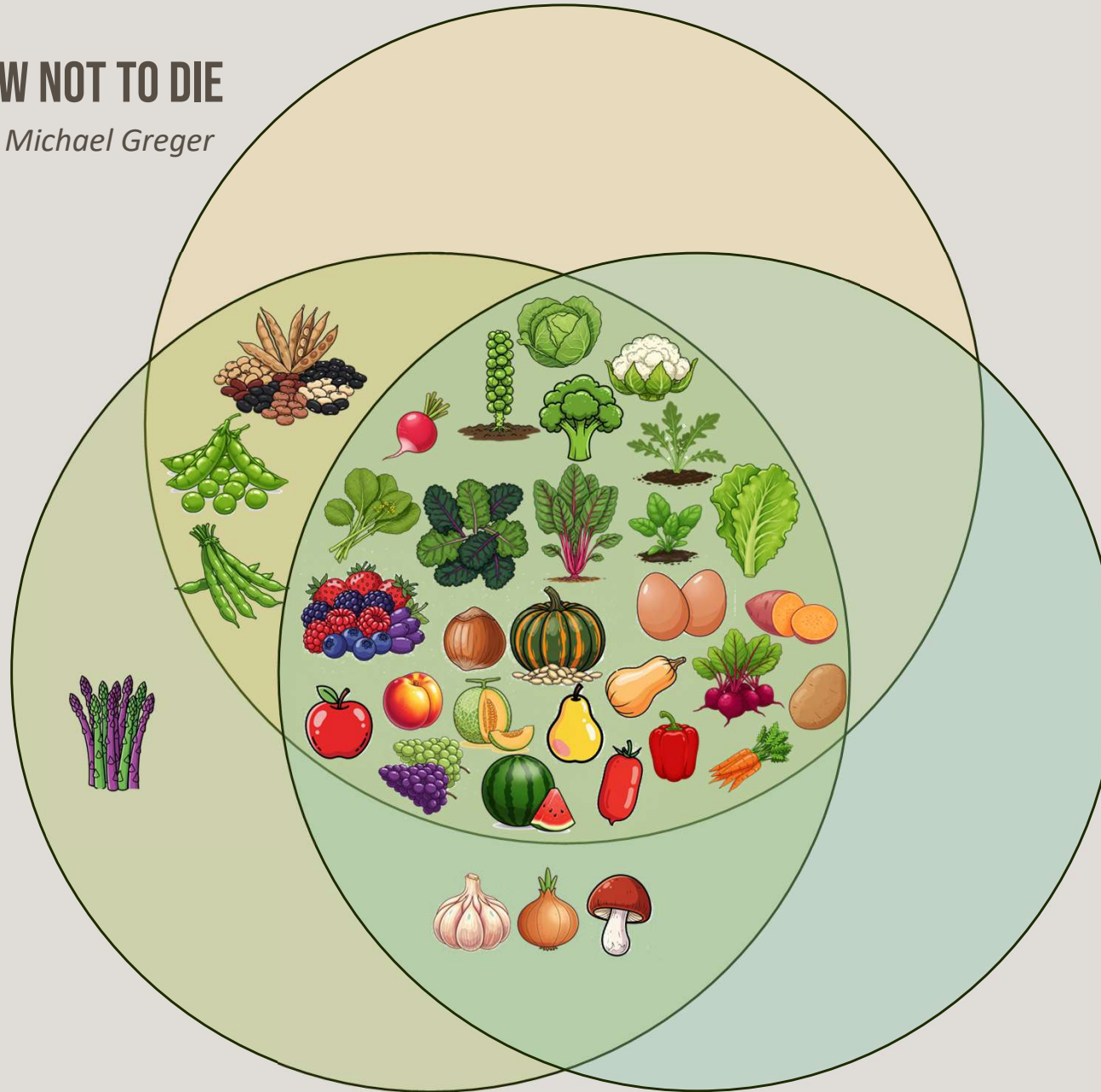
*We do eat meat in
moderation, but I am NOT
producing that, myself*

MODIFIED PYRAMID

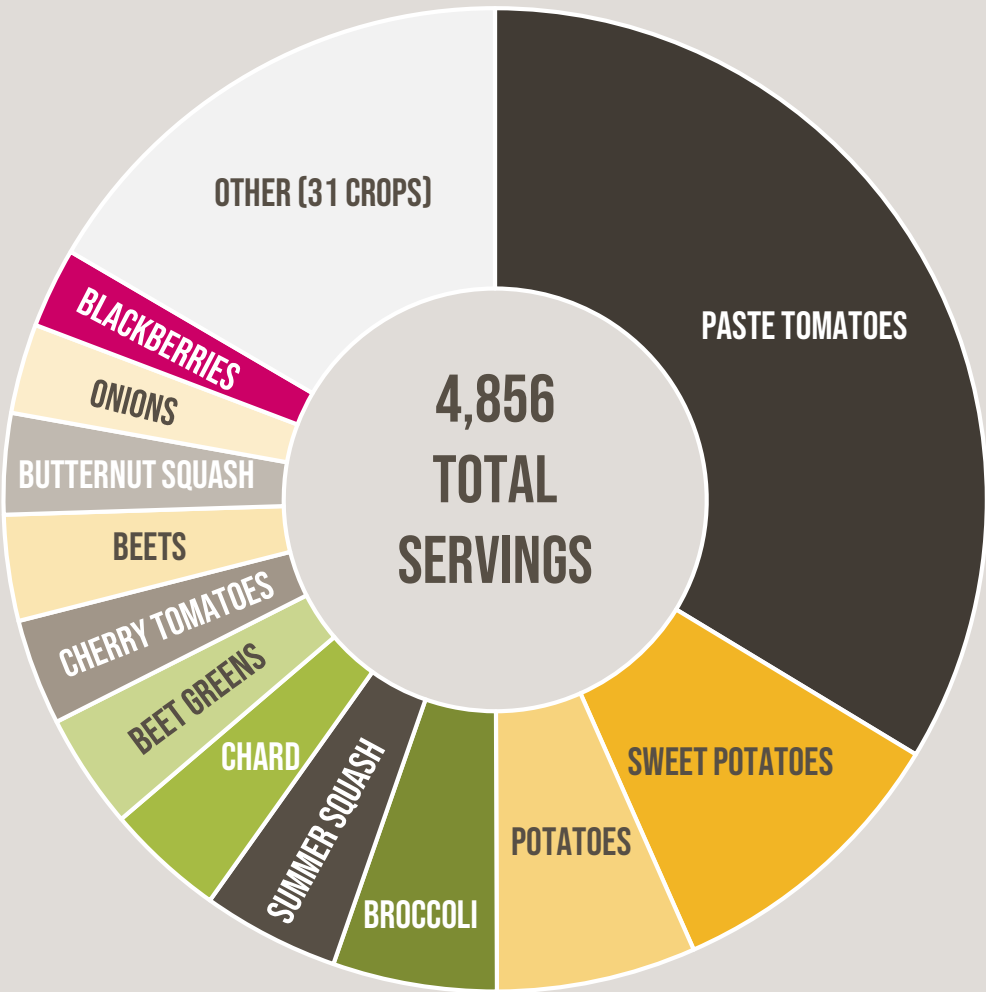
Ray Cronise, Julieanna Hever

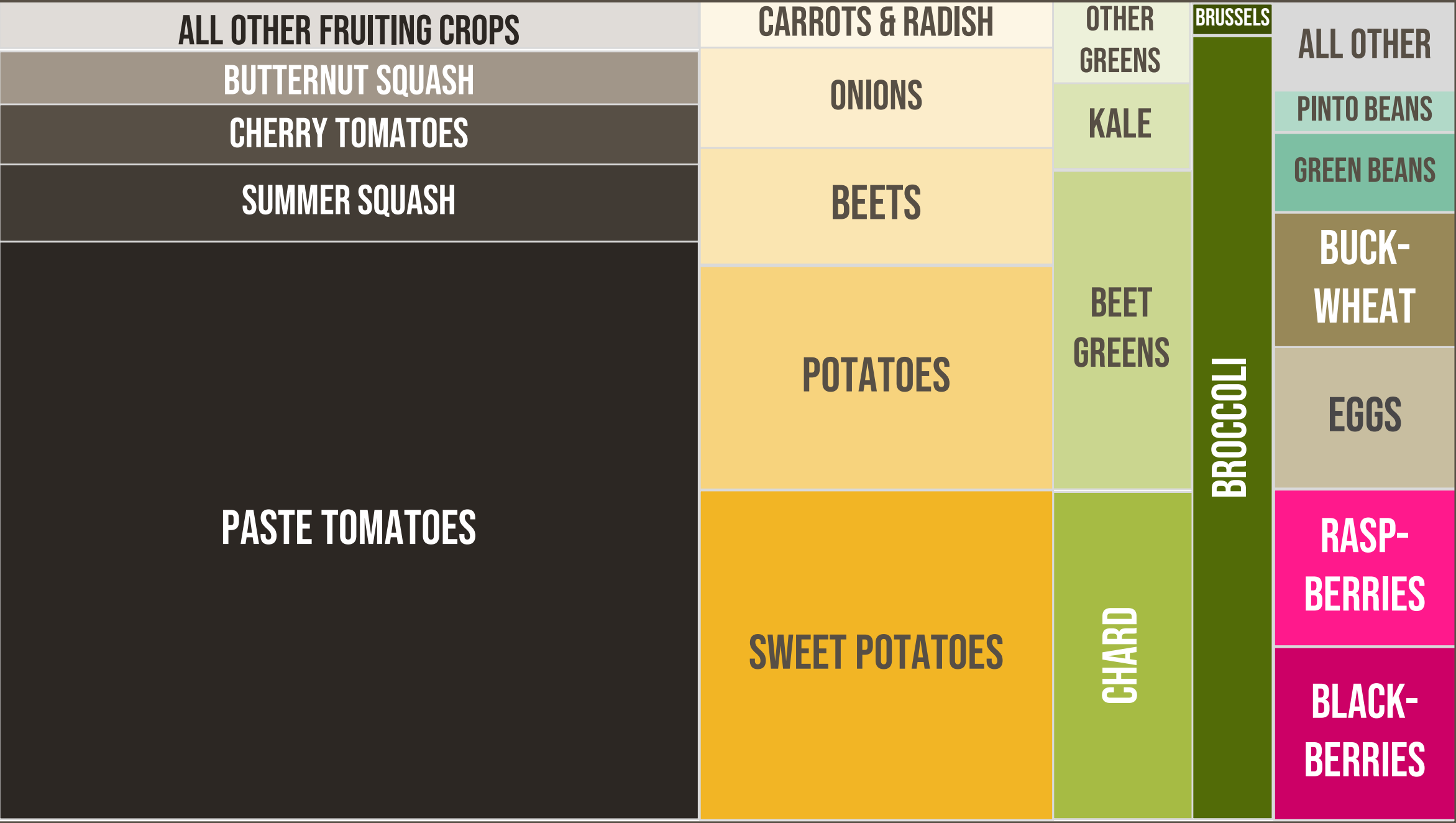
WAHL'S PROTOCOL

Dr. Terry Wahls

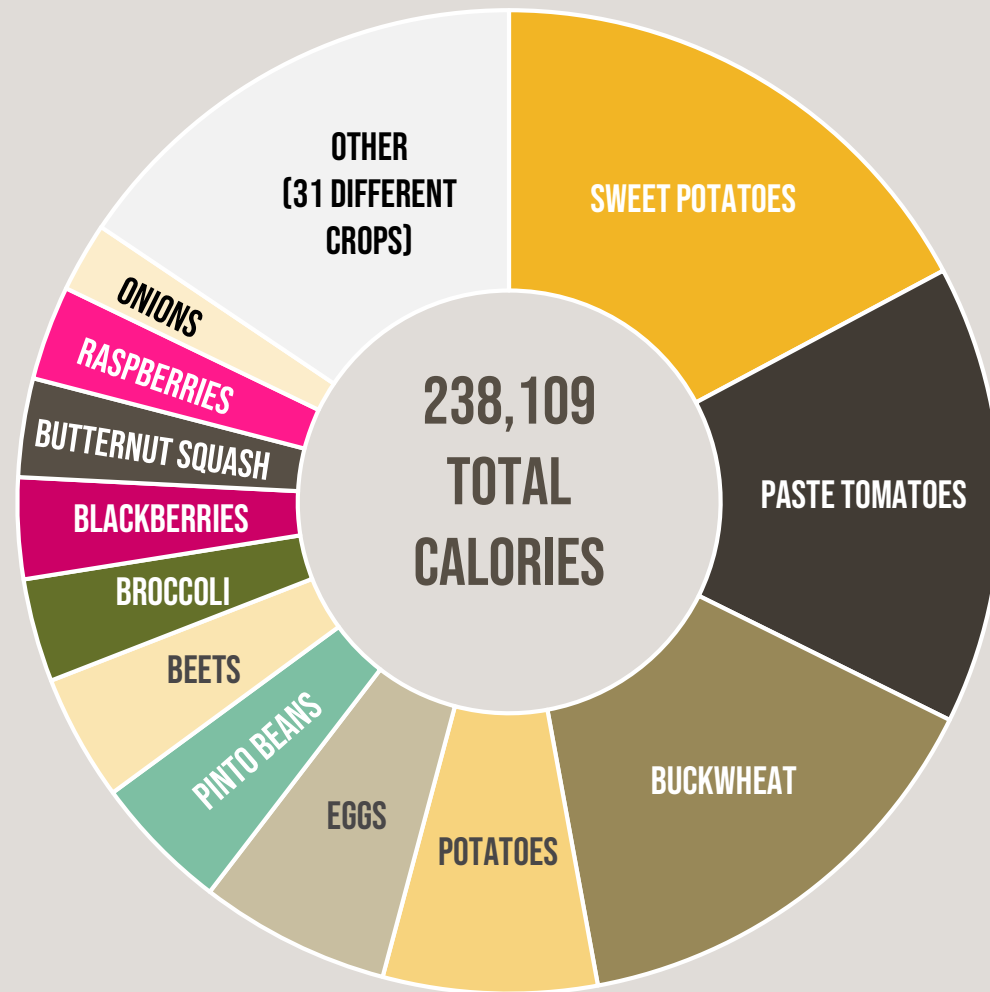


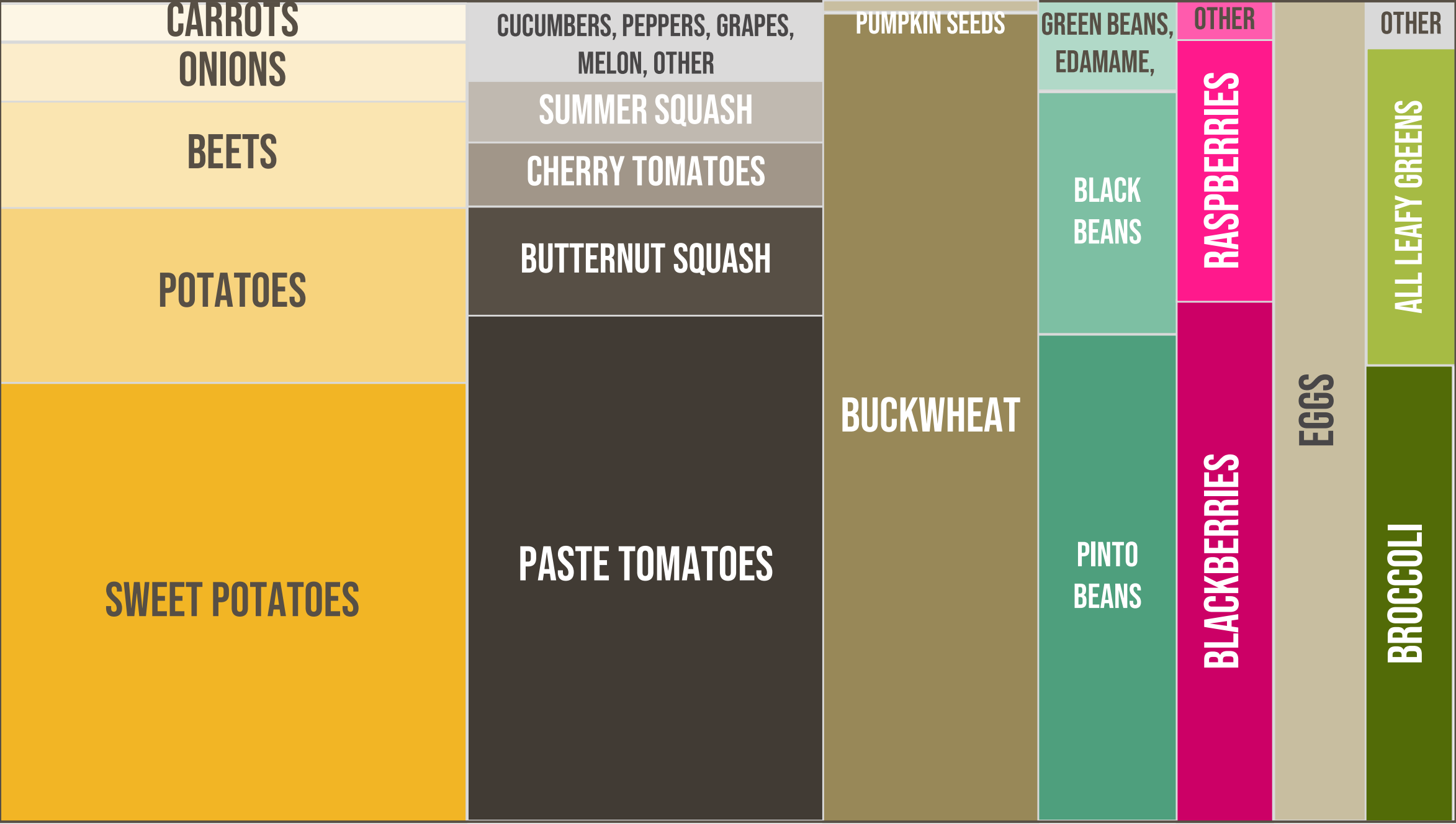
TOTAL SERVINGS AS OF OCTOBER 31



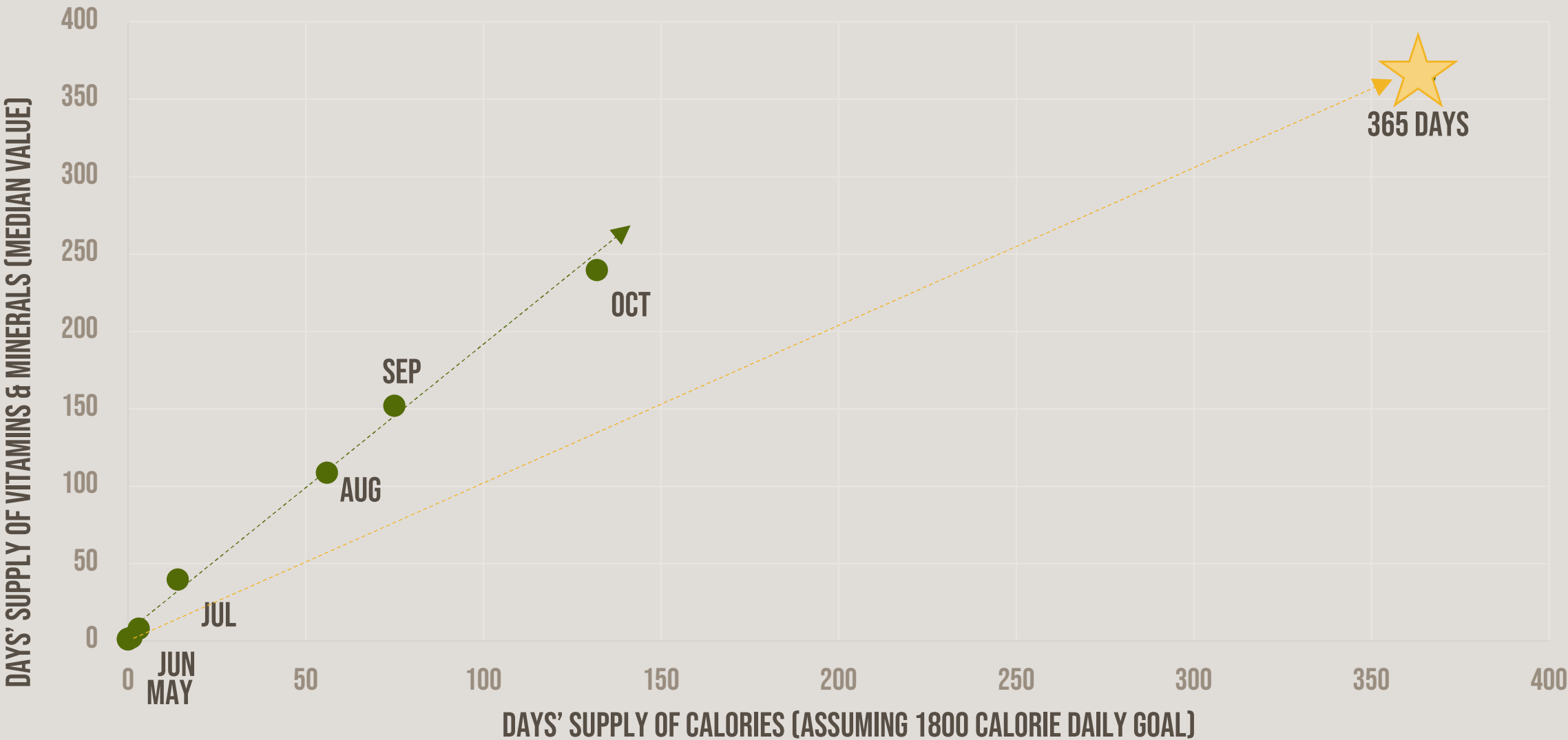


TOTAL CALORIES PRODUCED AS OF OCTOBER 31





CUMULATIVE DAYS' SUPPLY OF ENERGY& NUTRITION, YEAR TO DATE



97% OF THE WAY THROUGH OUR ACTIVE GROWING SEASON

“DAYS’ SUPPLY” OF NUTRIENTS HARVESTED (YTD: OCT 31, 2025)

