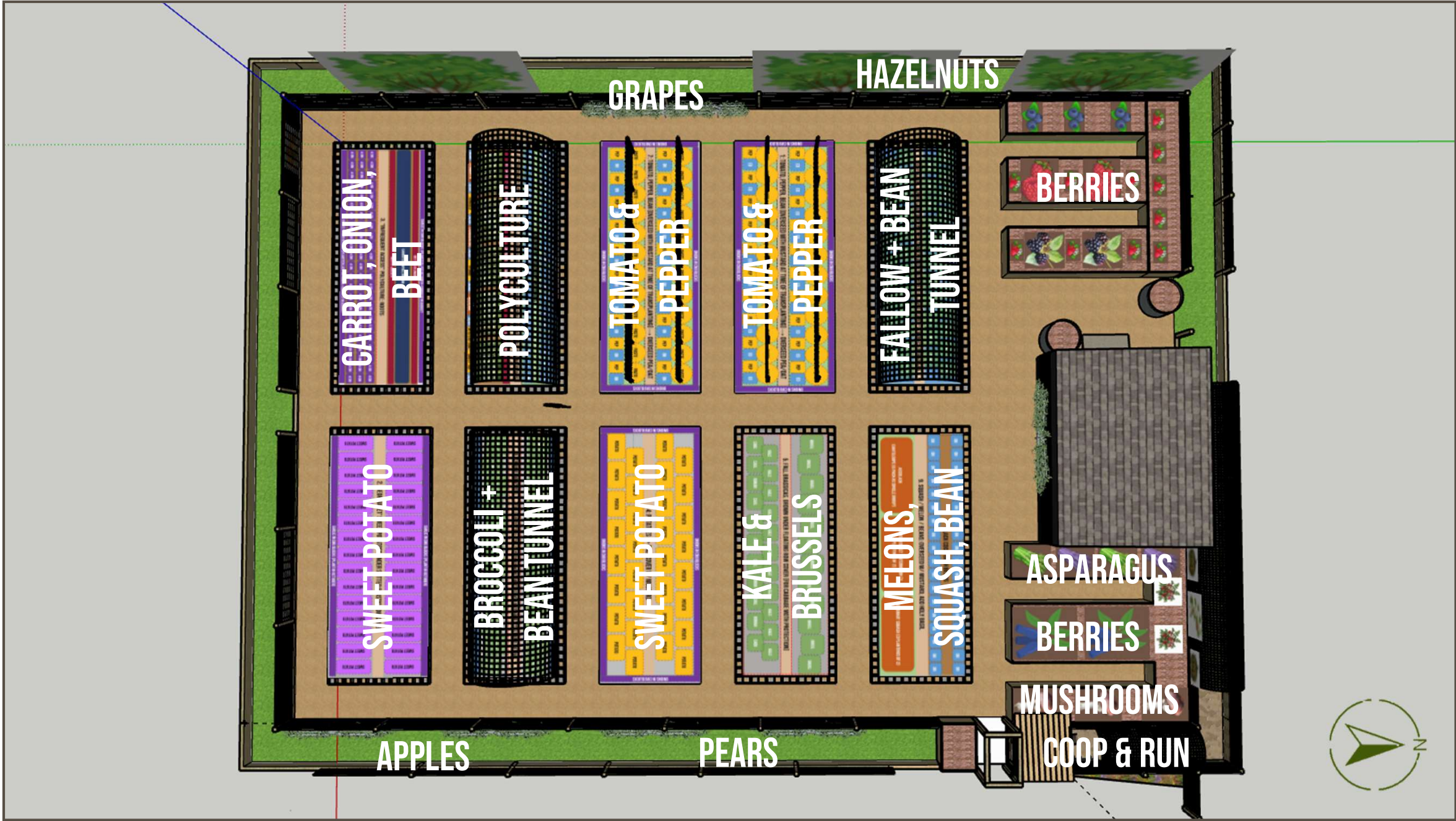
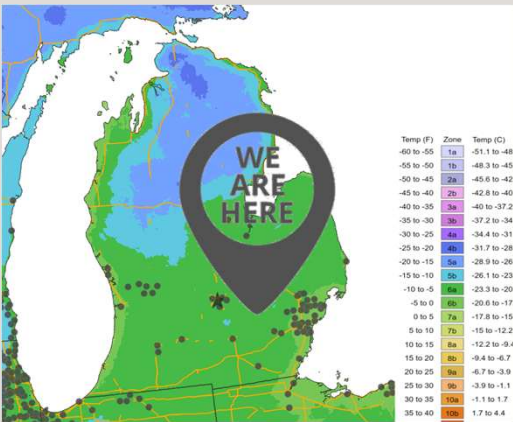


OCTOBER 2025







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
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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
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LAST SPRING FROST

FIRST FALL FROST

PERSEPHONE PERIOD
(GROWTH STOPS)

HOW NOT TO DIE

Dr. Michael Greger

REDUCE:

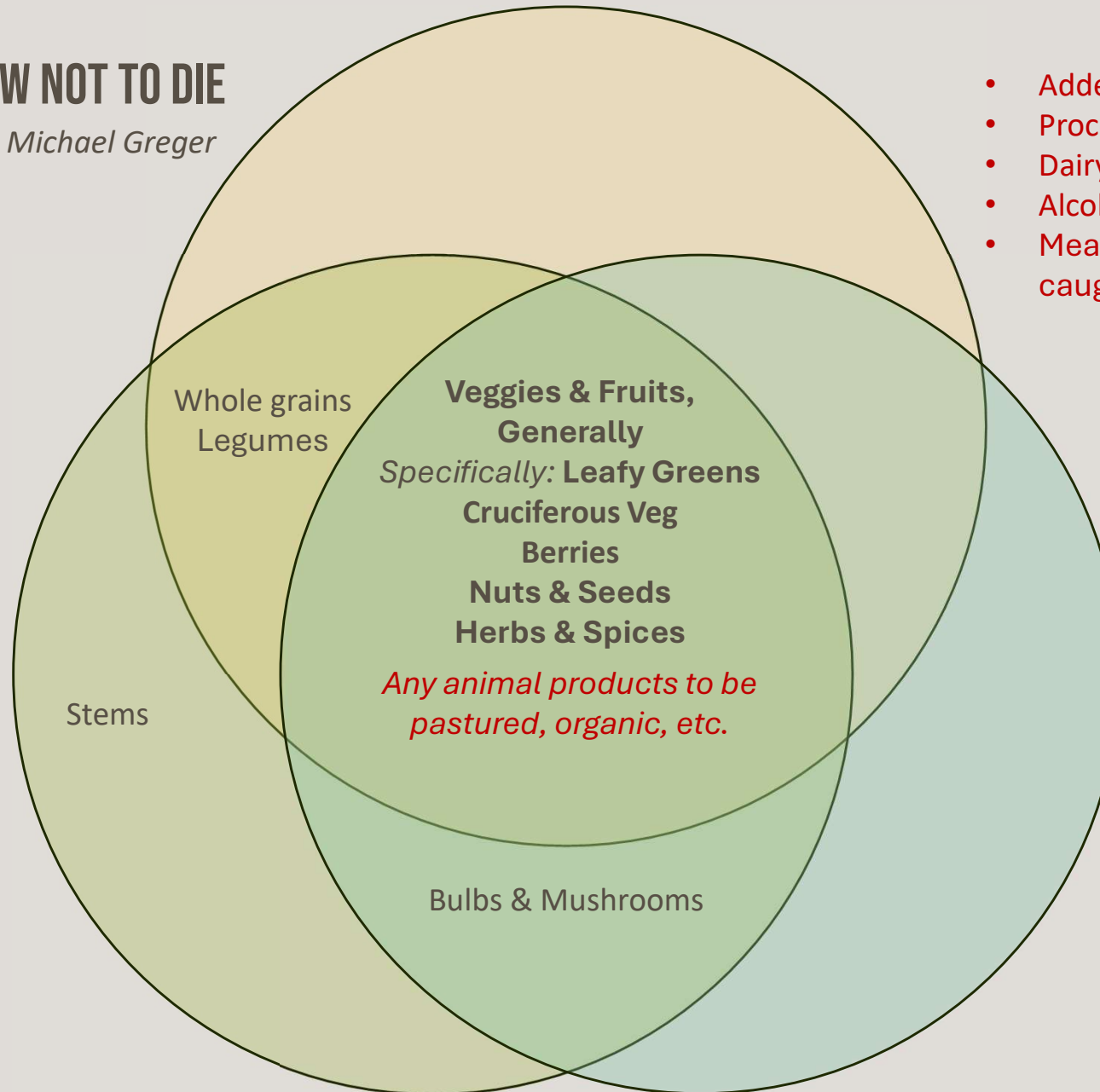
- Added sugars
- Processed foods
- Dairy
- Alcohol
- Meat (buy pasture-raised, wild-caught, organic, etc. if do eat)

MODIFIED PYRAMID

Ray Cronise, Julieanna Hever

WAHL'S PROTOCOL

Dr. Terry Wahls



Dr. Michael Greger

Dr. Michael Greger

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

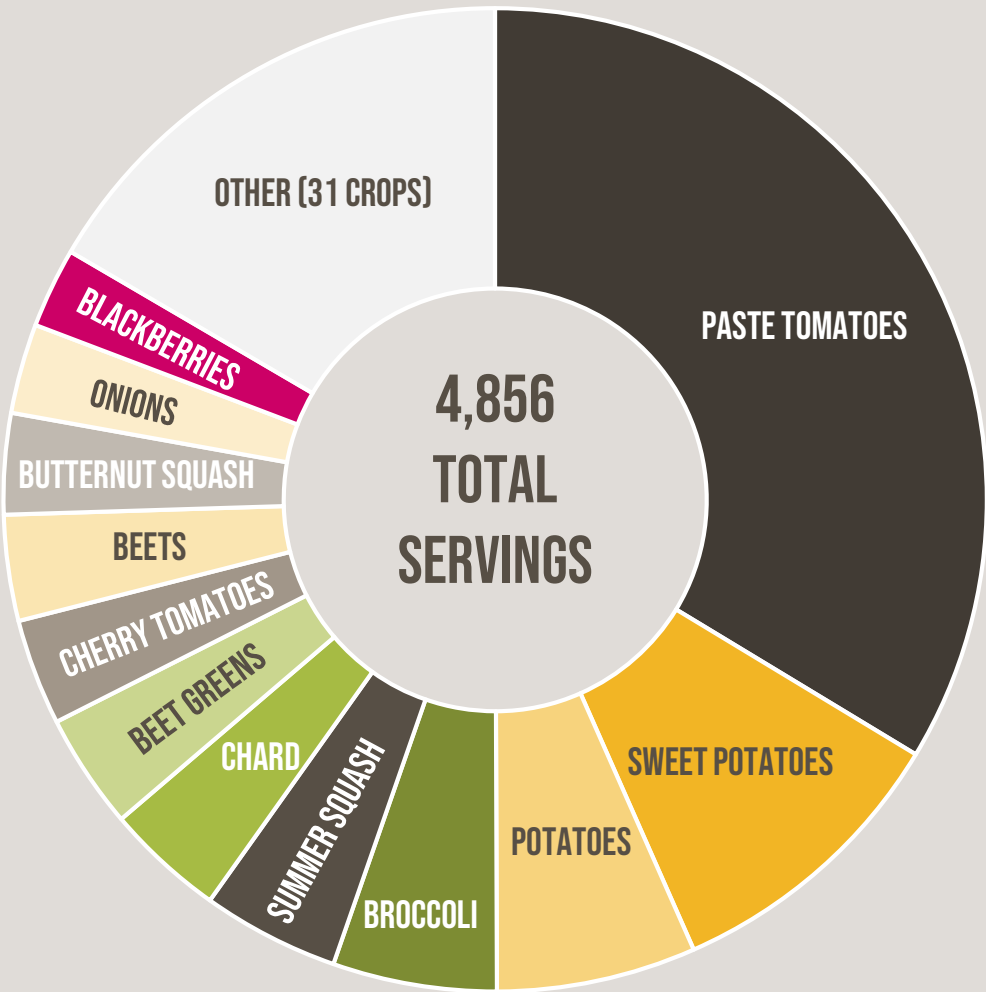
Ray Cronise, Julieanna Hever

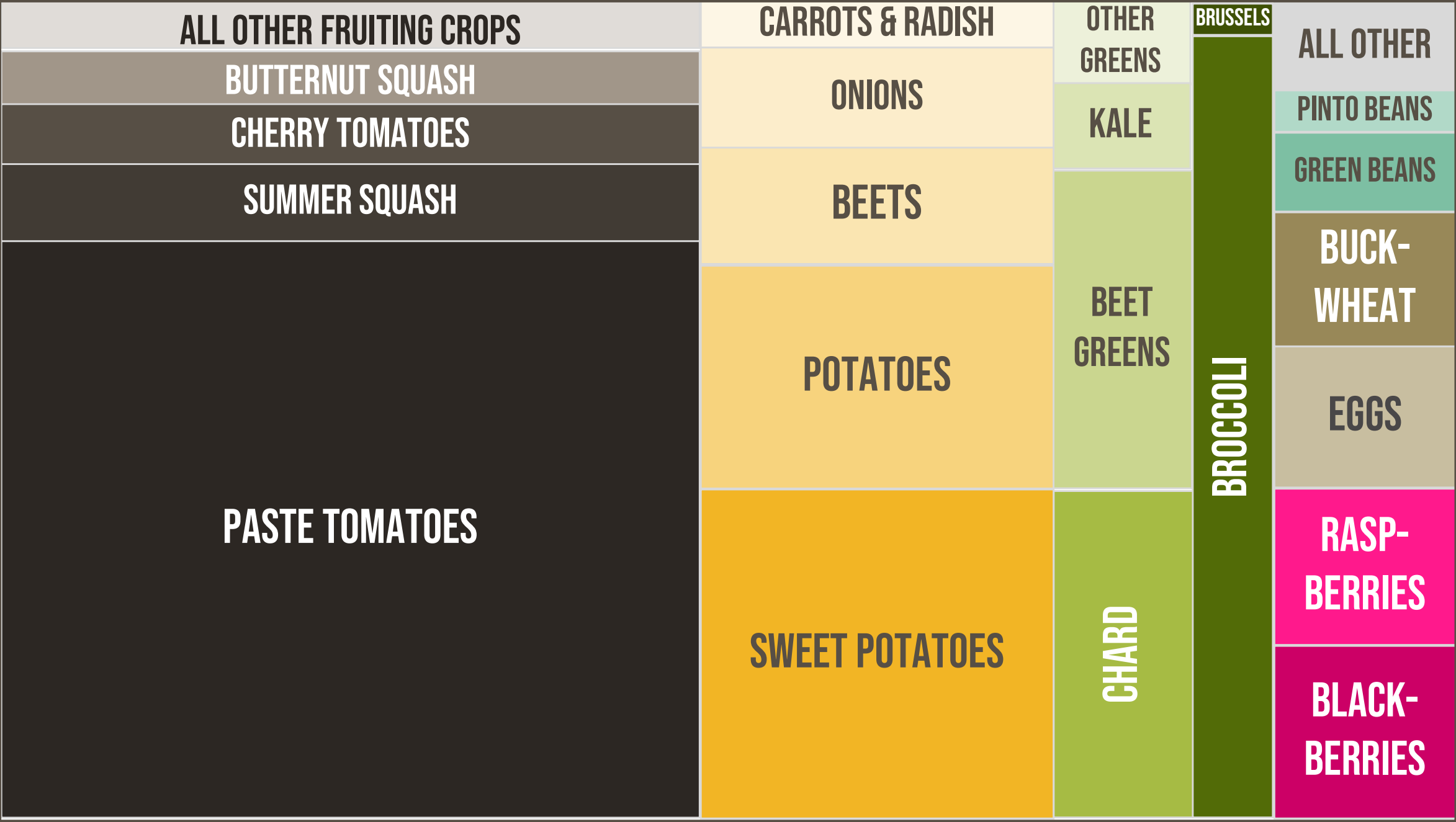
Ray Cronise, Julieanna Hever

Dr. Terry Wahls

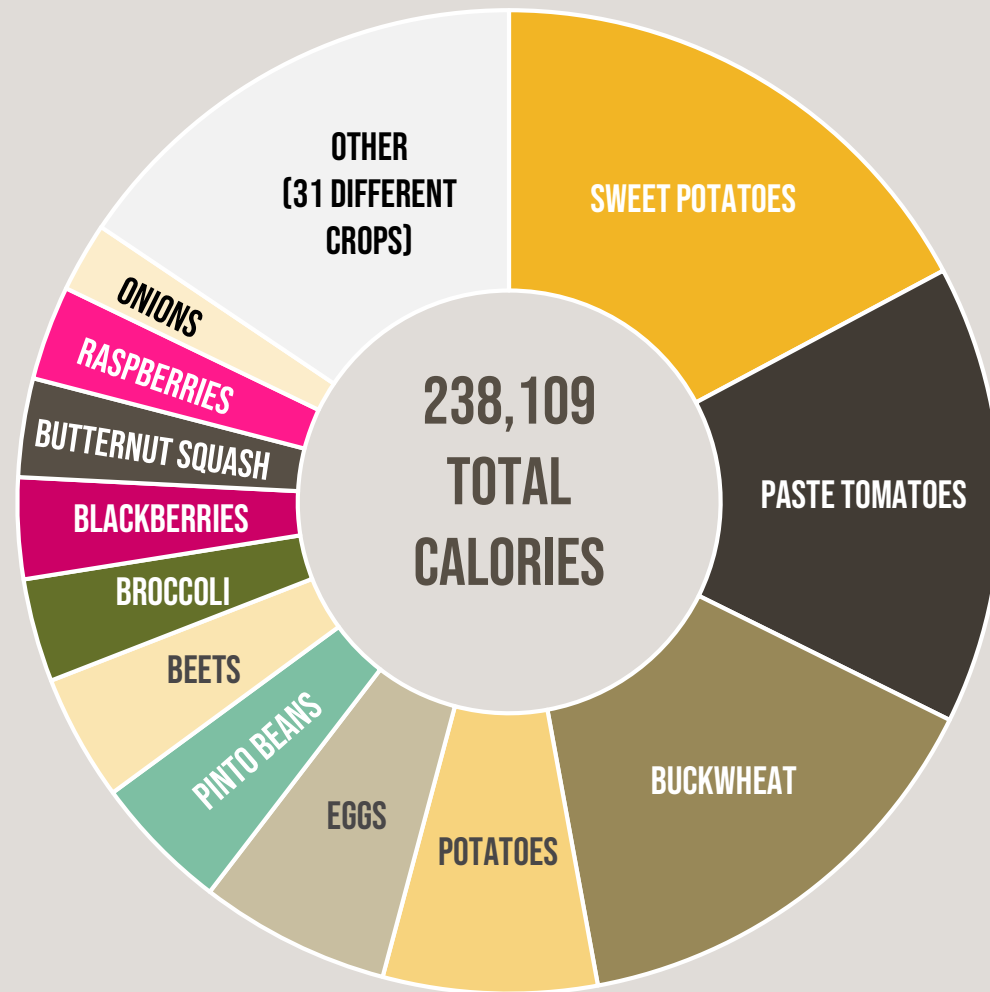
Dr. Terry Wahls

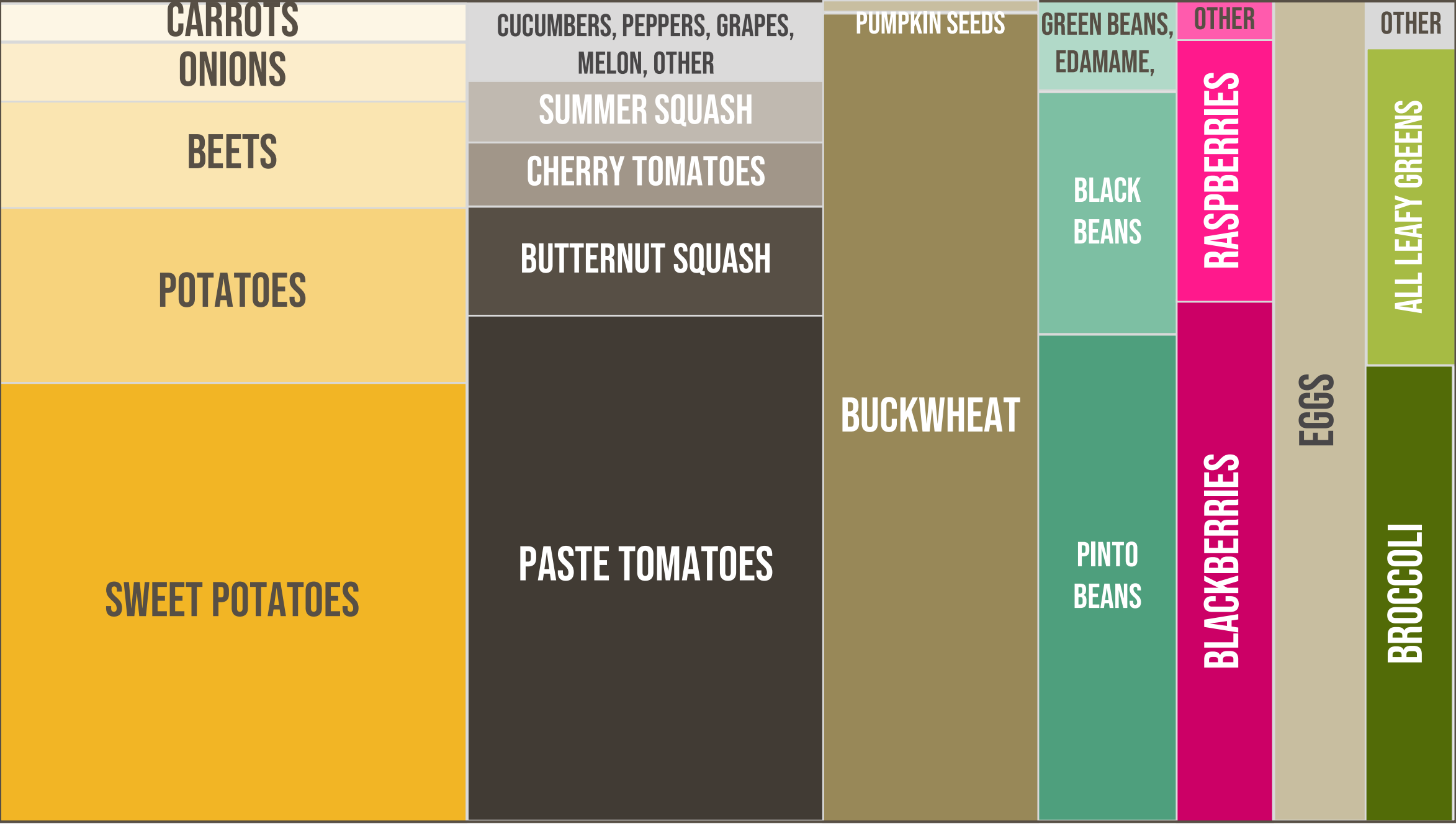
TOTAL SERVINGS AS OF OCTOBER 31



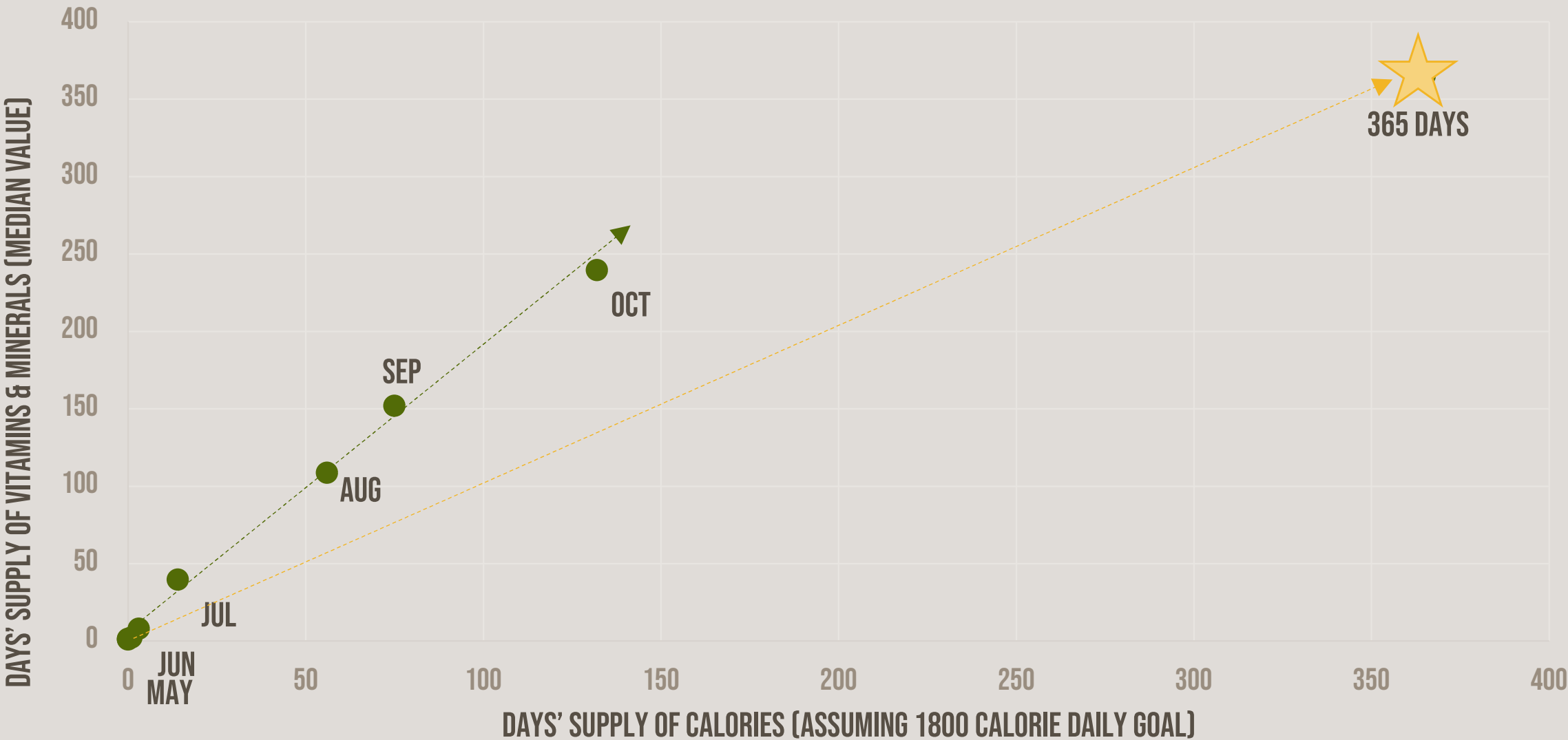


TOTAL CALORIES PRODUCED AS OF OCTOBER 31



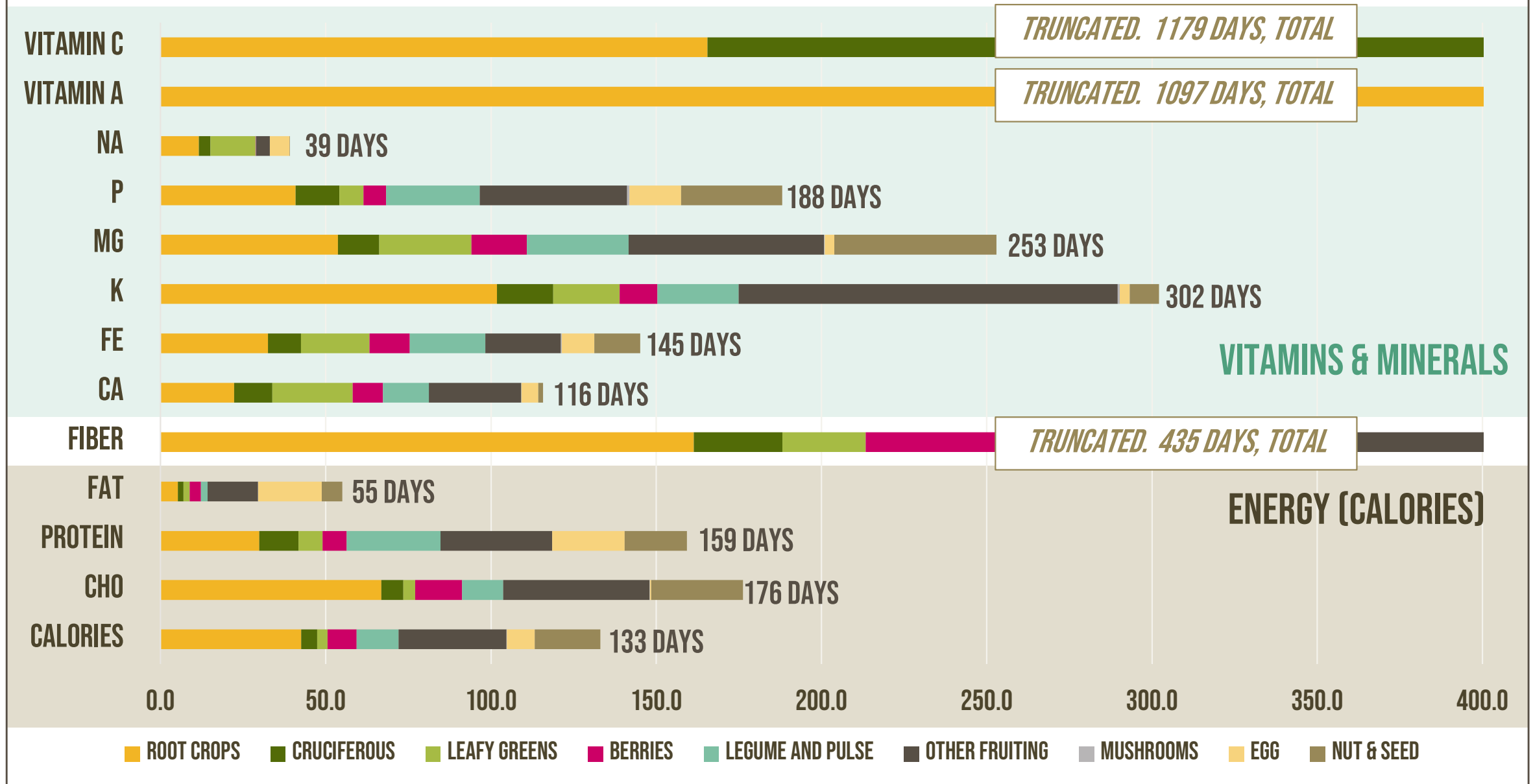


CUMULATIVE DAYS' SUPPLY OF ENERGY& NUTRITION, YEAR TO DATE



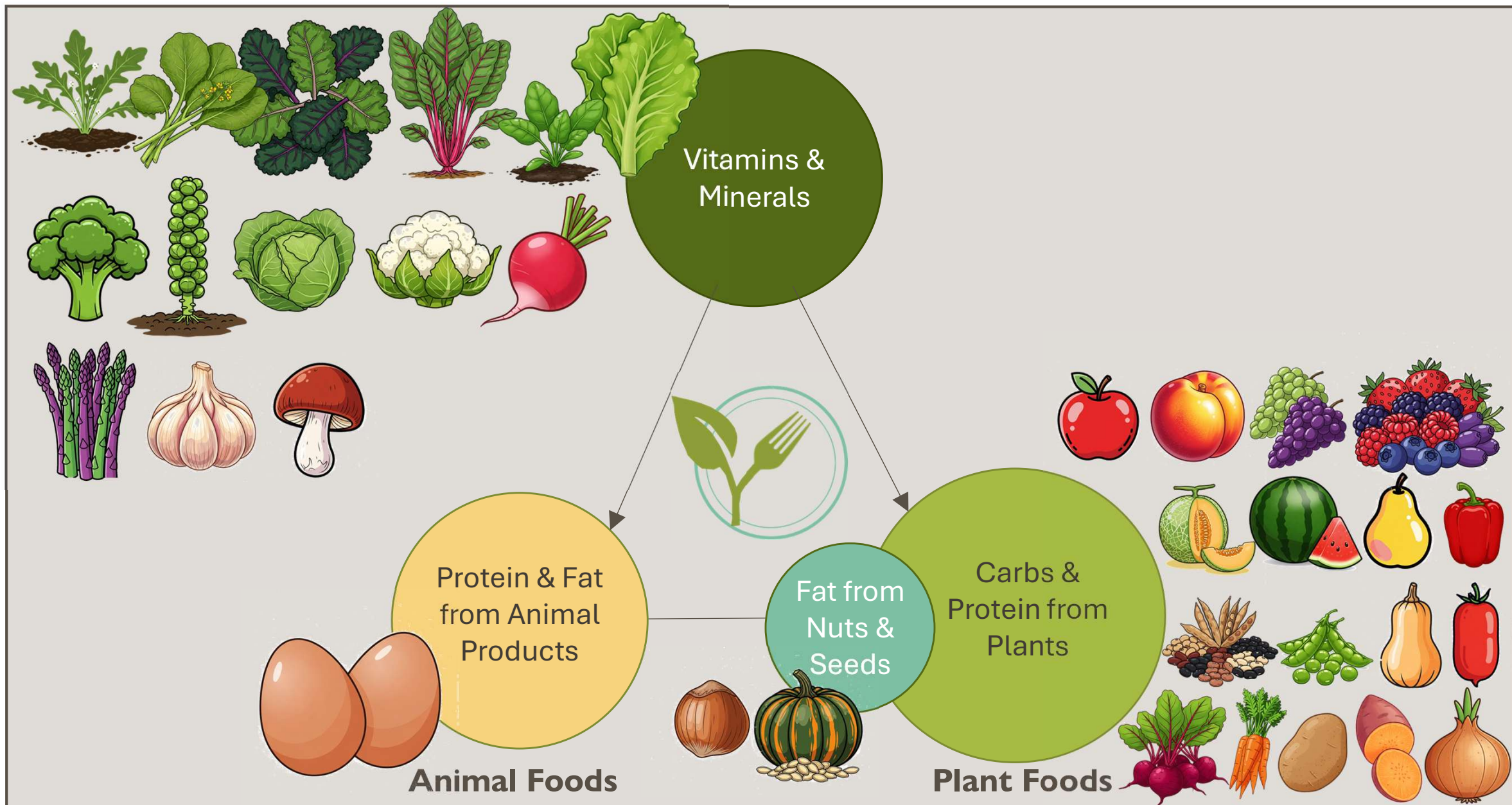
97% OF THE WAY THROUGH OUR ACTIVE GROWING SEASON

"DAYS' SUPPLY" OF NUTRIENTS HARVESTED (YTD: OCT 31, 2025)

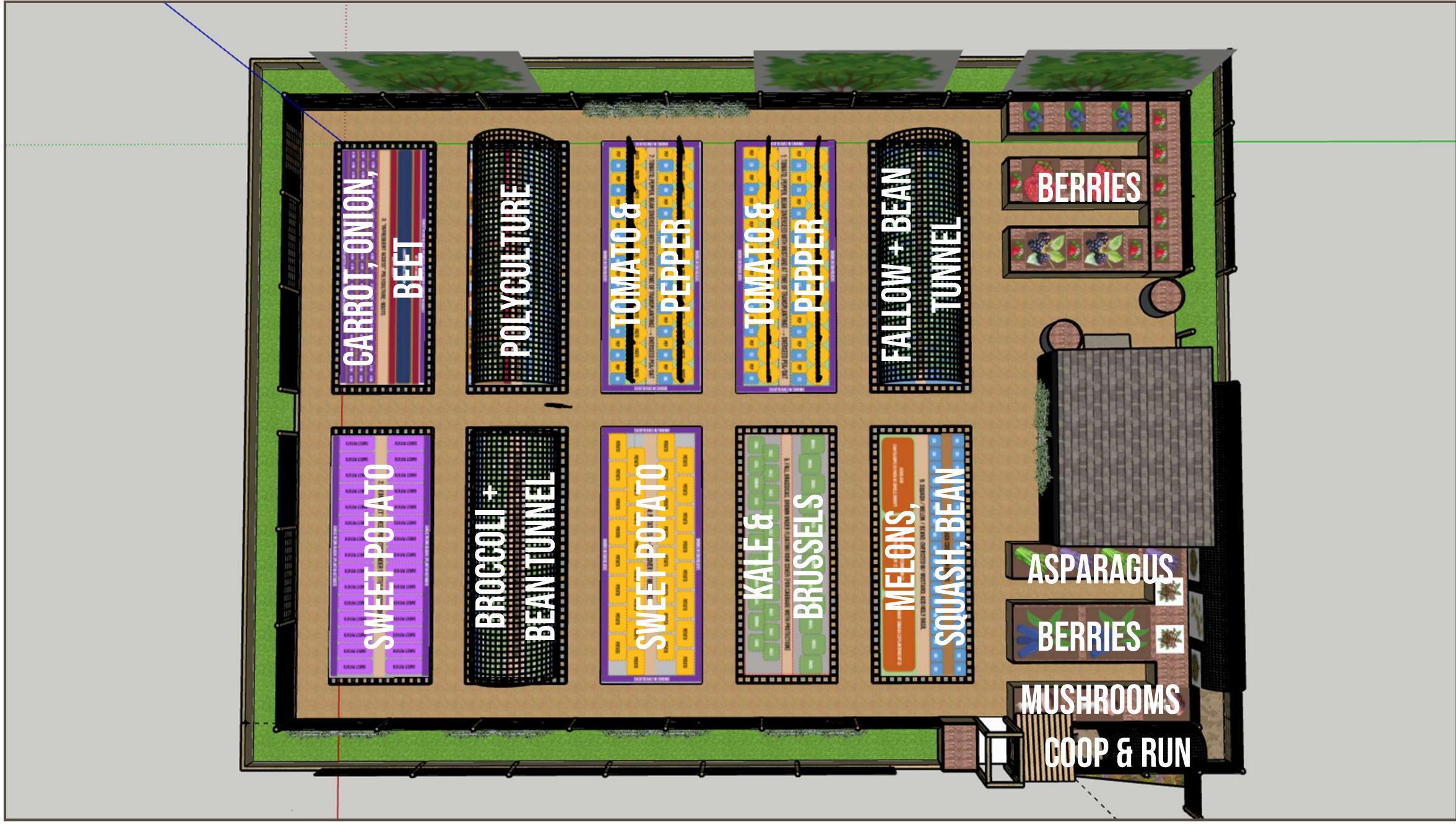


SEPTEMBER 2025





Source: Cronise, Raymond J. et al.. "Oxidative Priority, Meal Frequency, and the Energy Economy of Food and Activity: Implications for Longevity, Obesity, and Cardiometabolic Disease." *Metabolic Syndrome and Related Disorders* (2017).



CARROT, ONION,
BEET

POLYCULTURE

TOMATO &
PEPPER

TOMATO &
PEPPER

FALLOW + BEAN
TUNNEL

BERRIES

SWEET POTATO

BROCCOLI +
BEAN TUNNEL

SWEET POTATO

KALE &
BRUSSELS

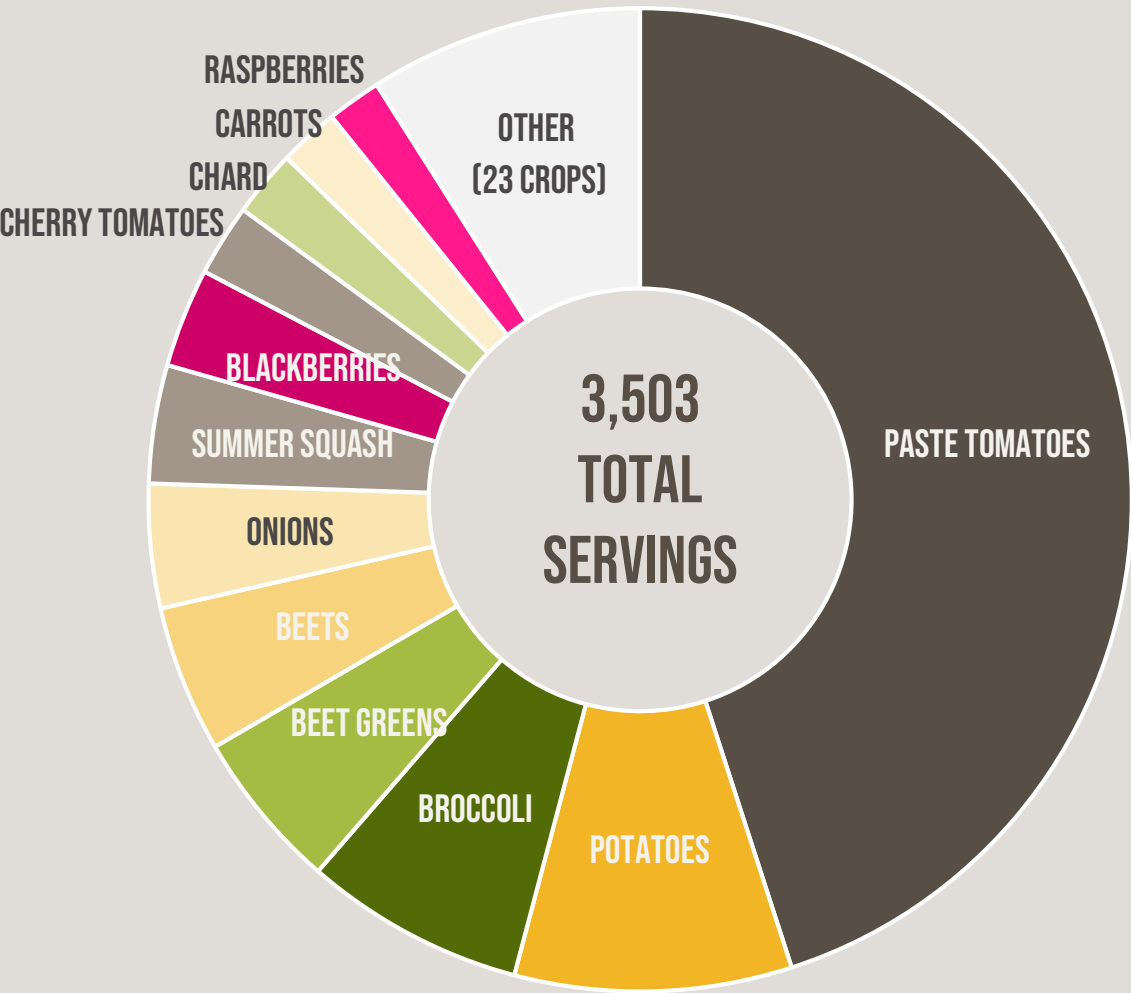
MELONS,
SQUASH, BEAN

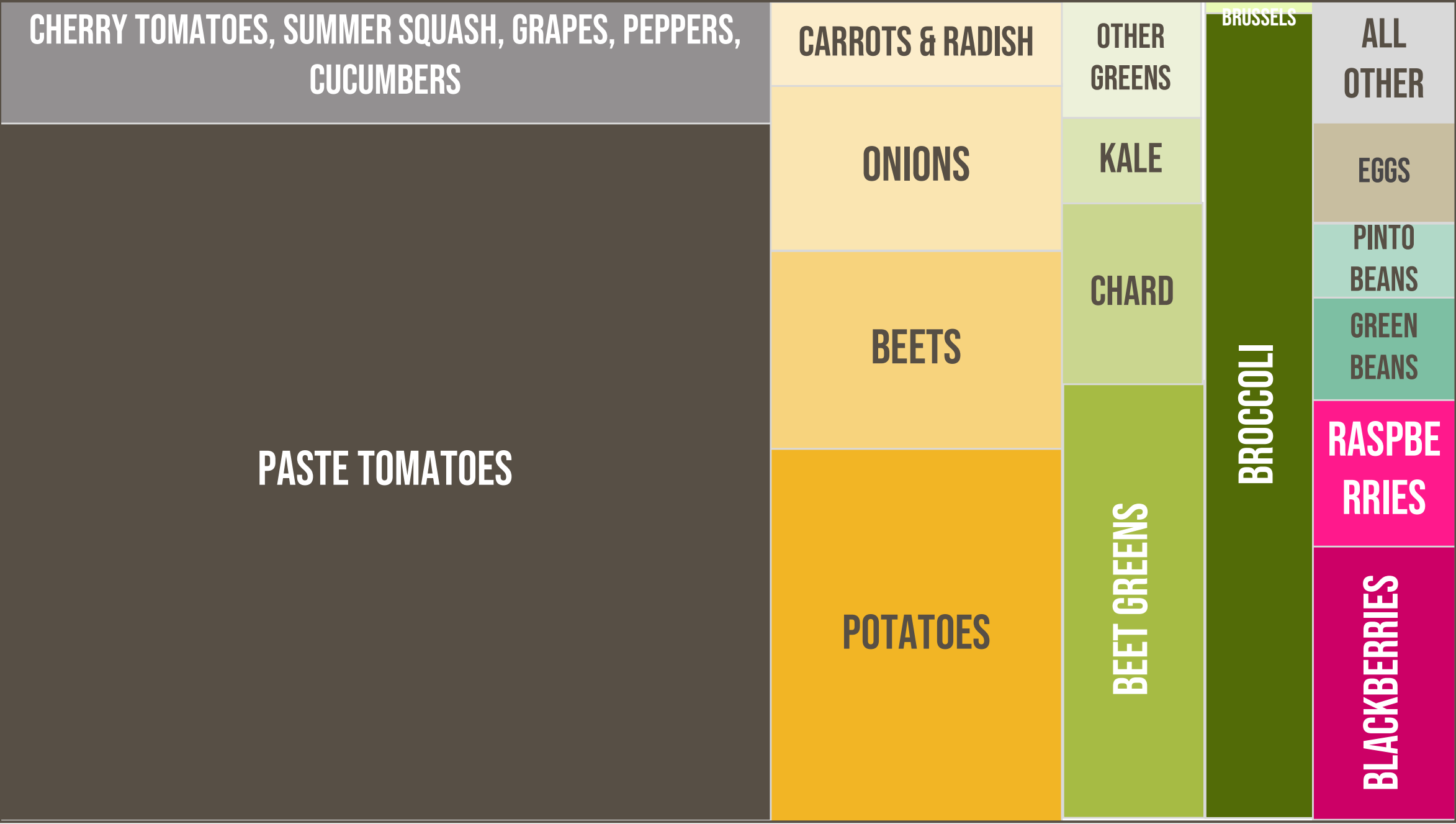
ASPARAGUS

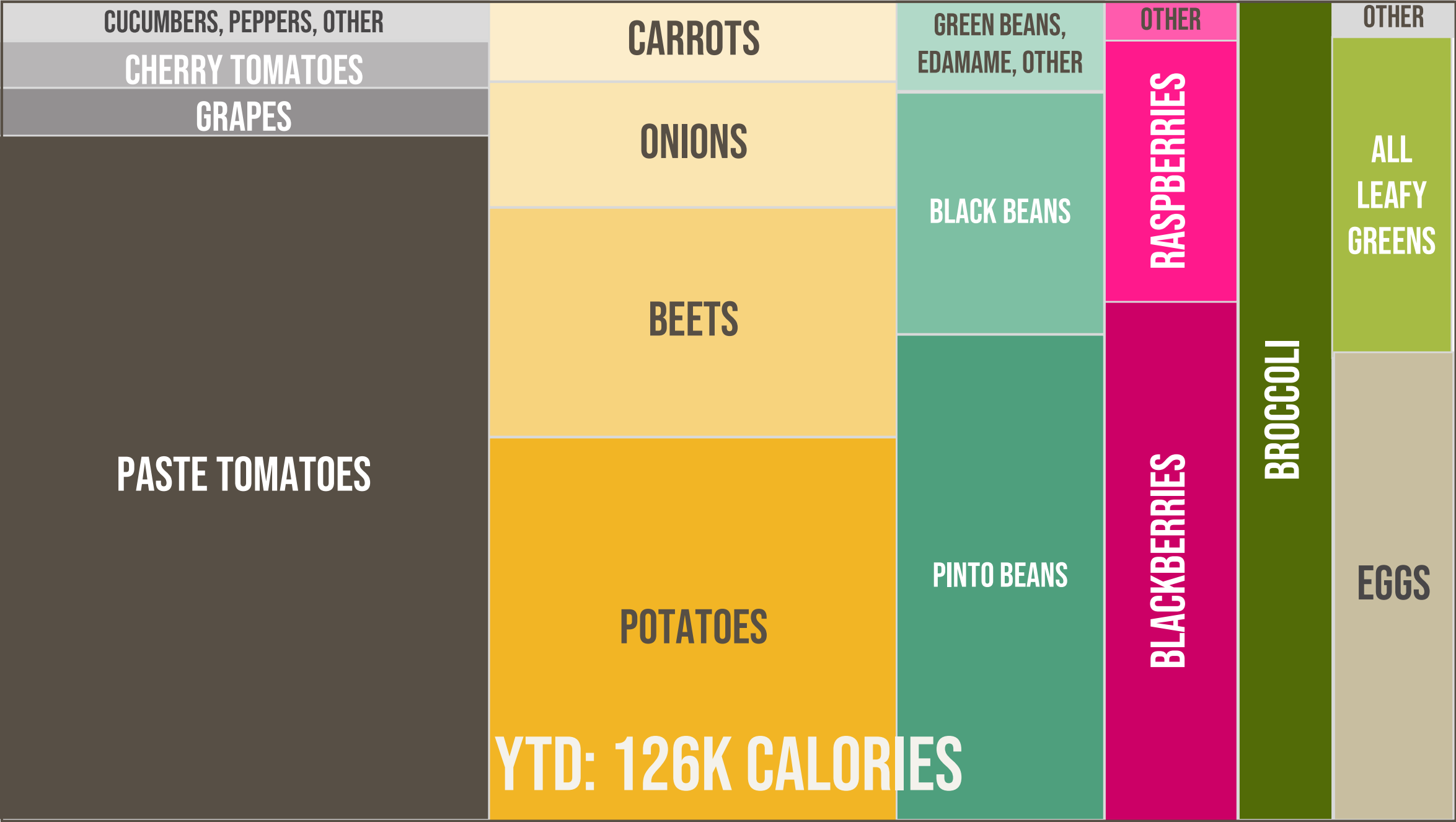
BERRIES

MUSHROOMS
COOP & RUN

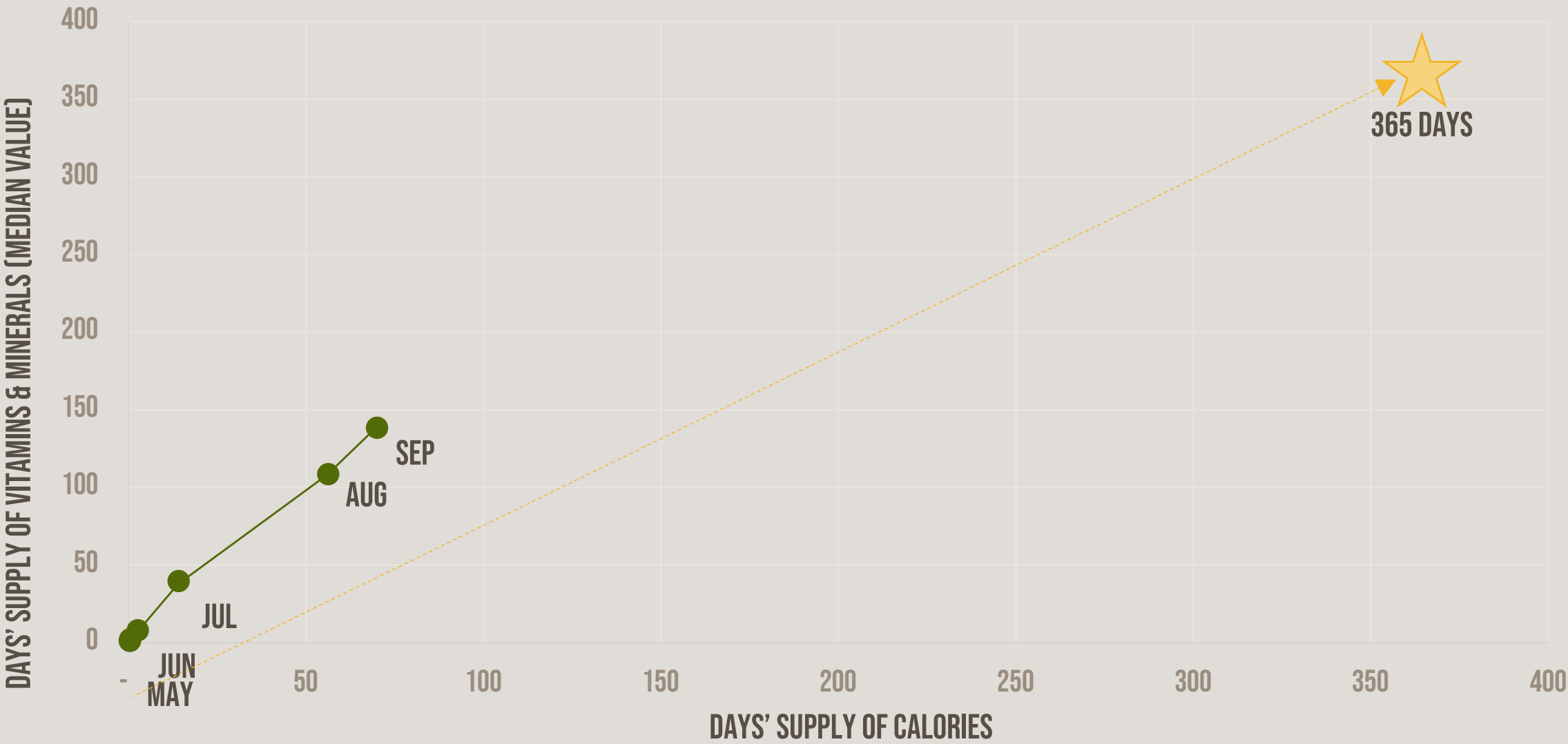
TOTAL SERVINGS AS OF SEPTEMBER 21





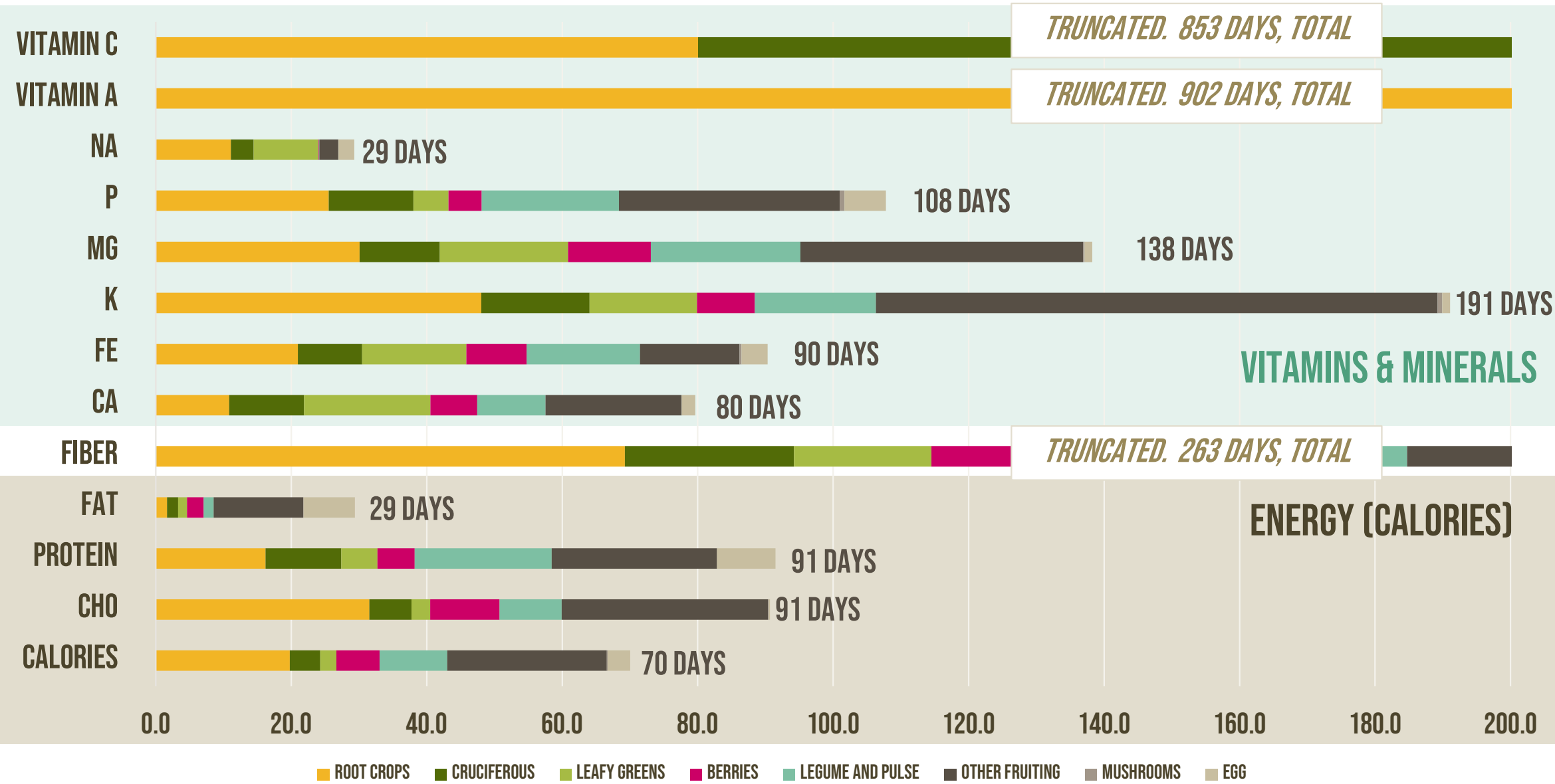


CUMULATIVE DAYS' SUPPLY OF ENERGY& NUTRITION, YEAR TO DATE

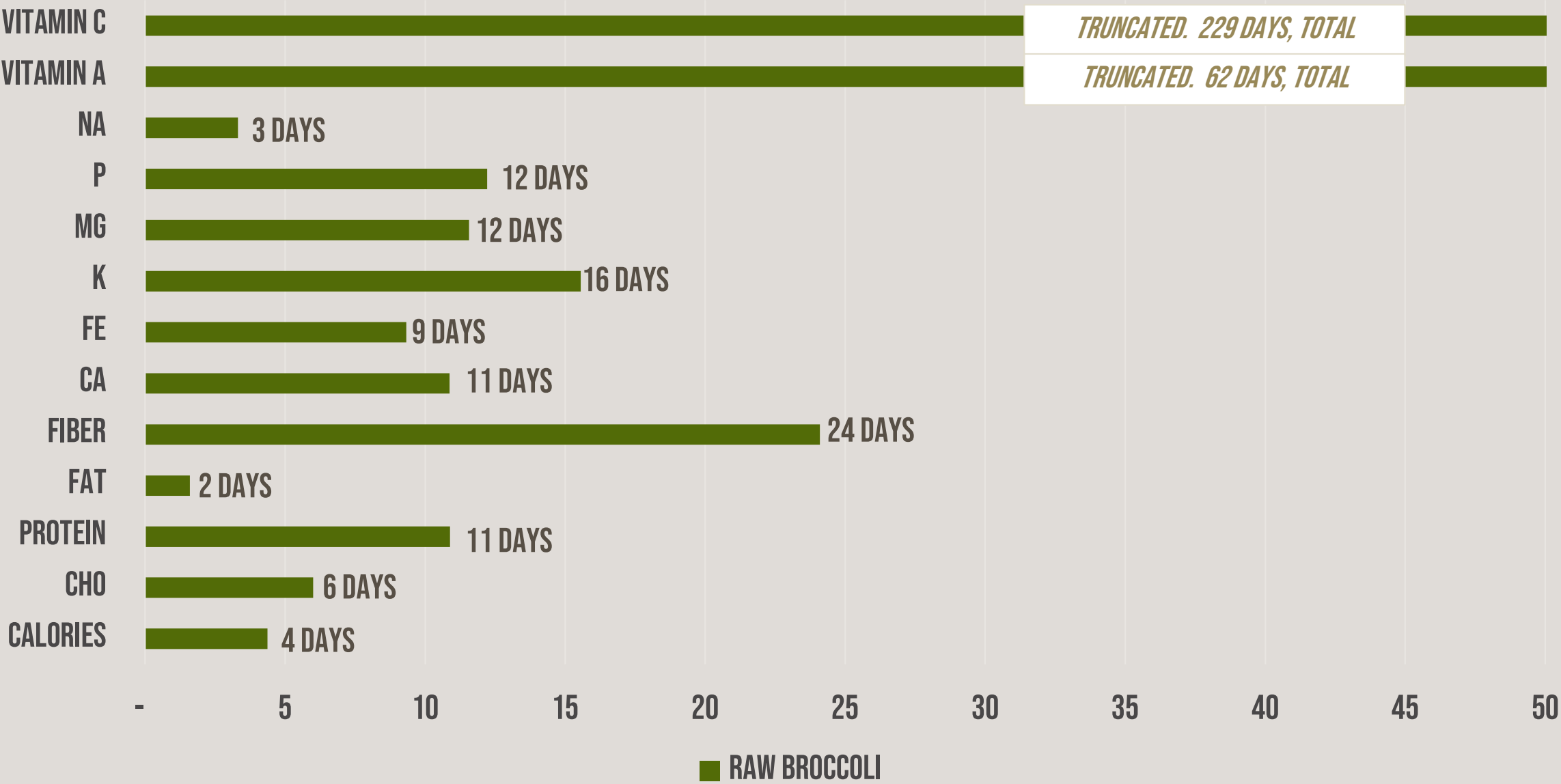


83% OF THE WAY THROUGH OUR ACTIVE GROWING SEASON

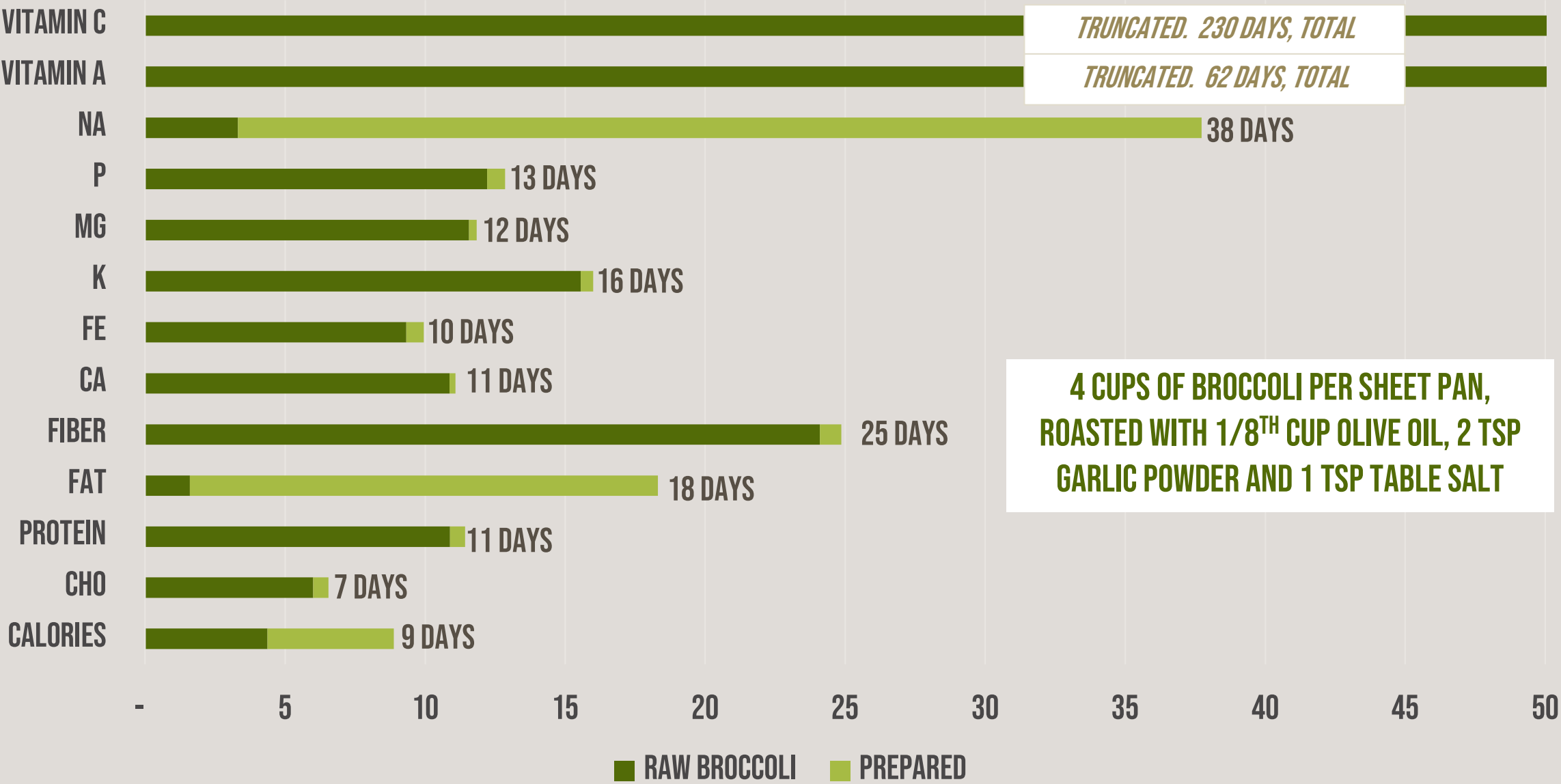
“DAYS’ SUPPLY” OF NUTRIENTS HARVESTED (YTD: SEP 21, 2025)



BROCCOLI NUTRITION: RAW VERSUS PREPARED

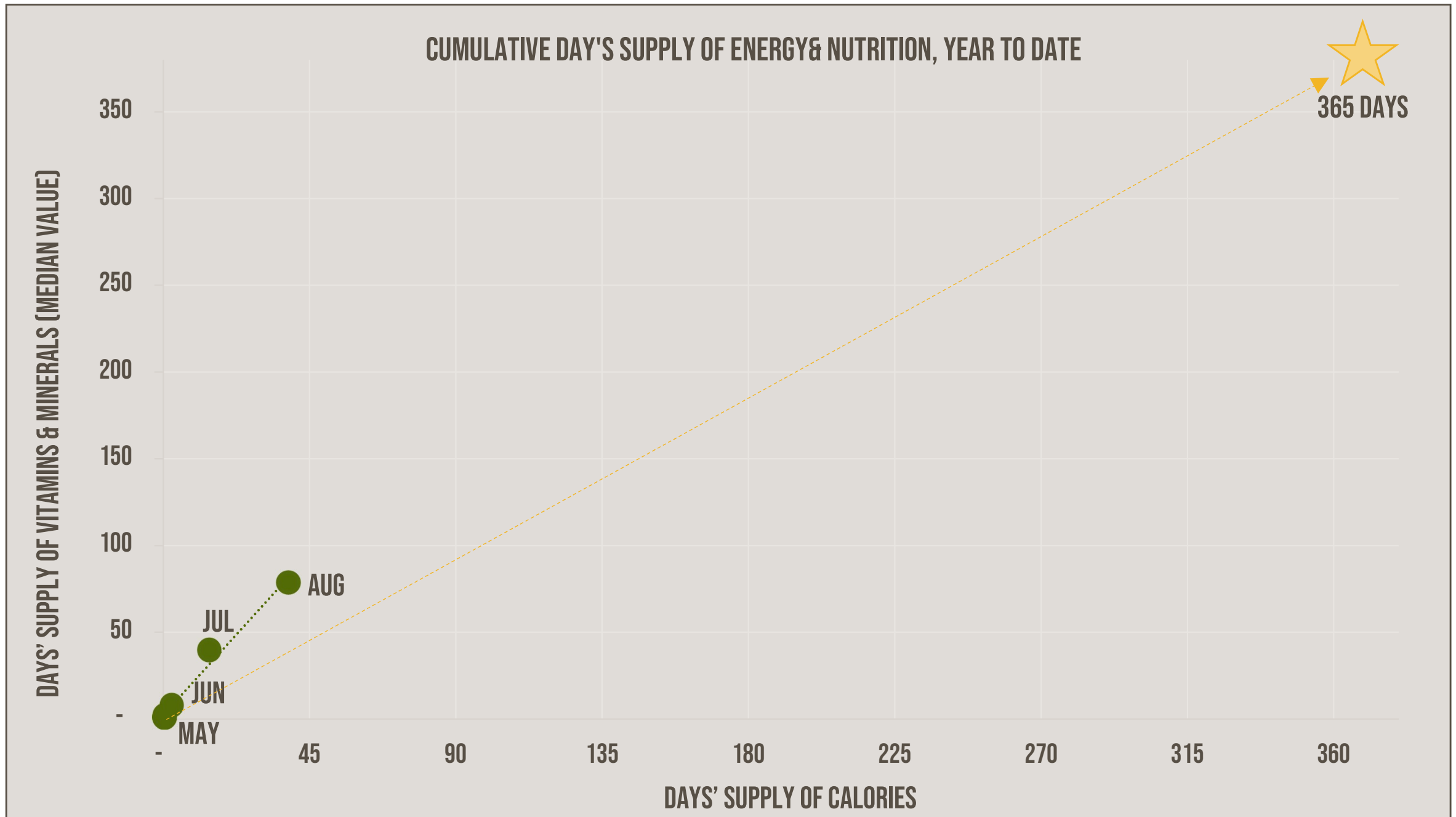


BROCCOLI NUTRITION: RAW VERSUS PREPARED

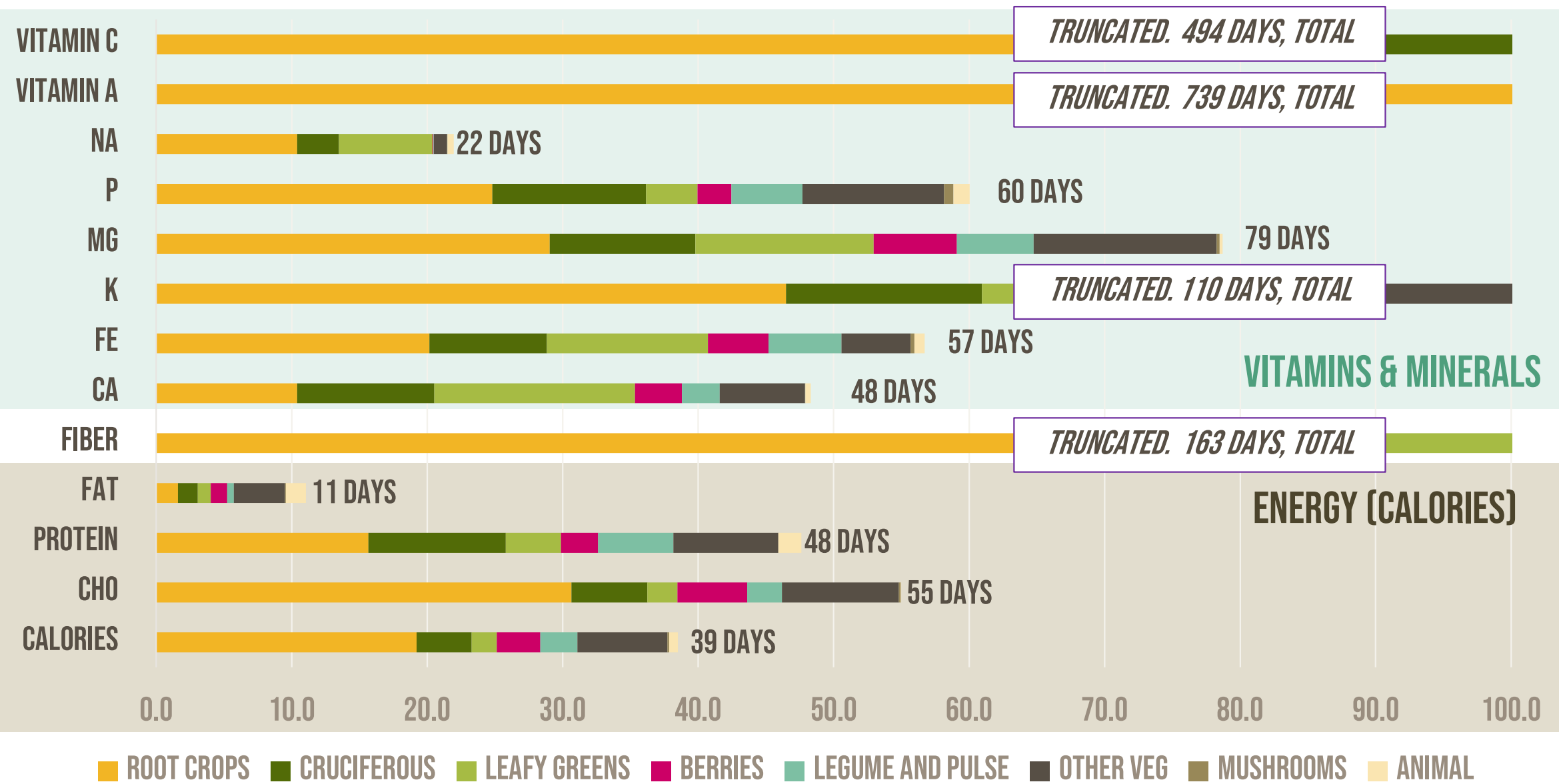


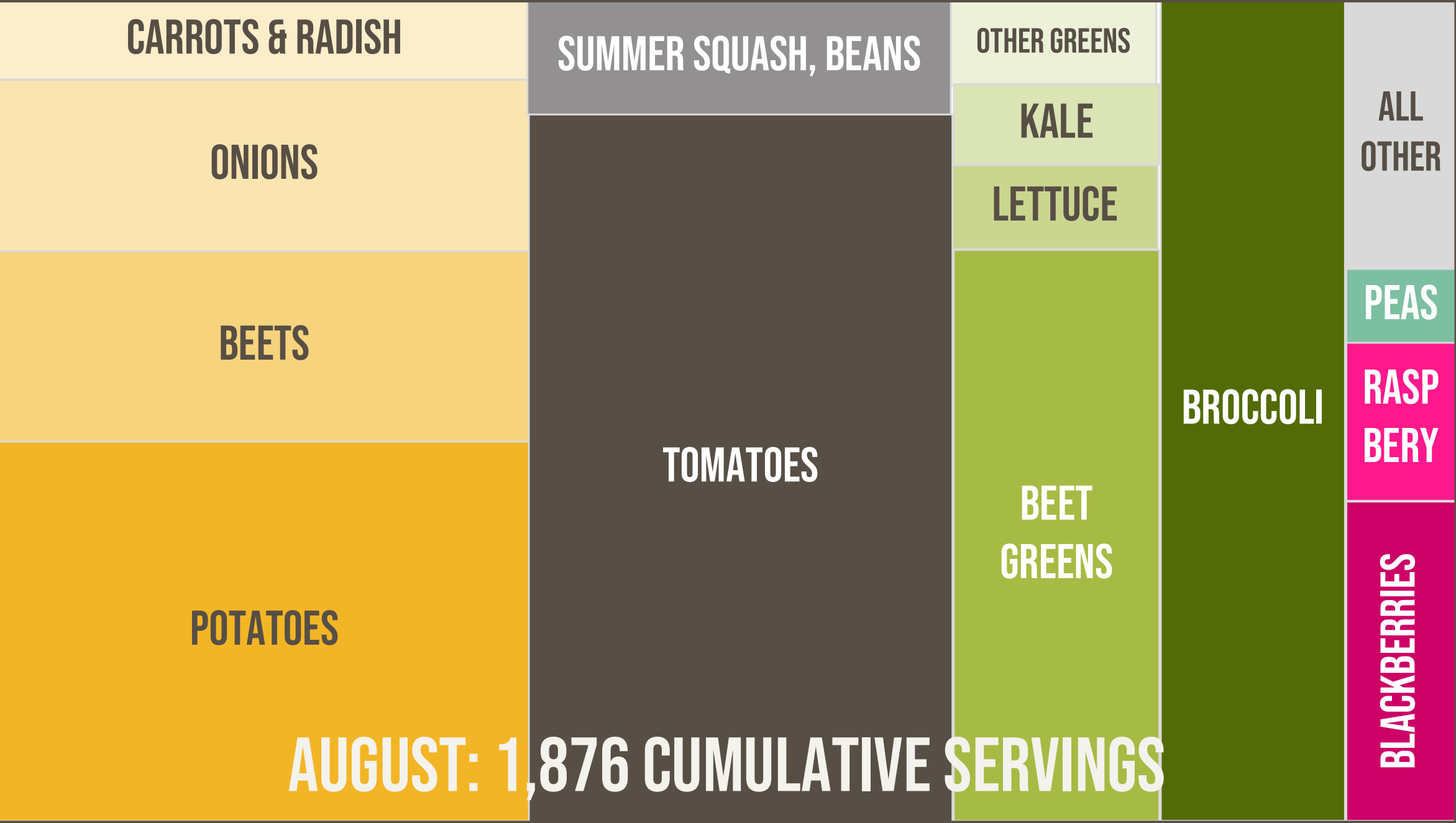
AUGUST 2025



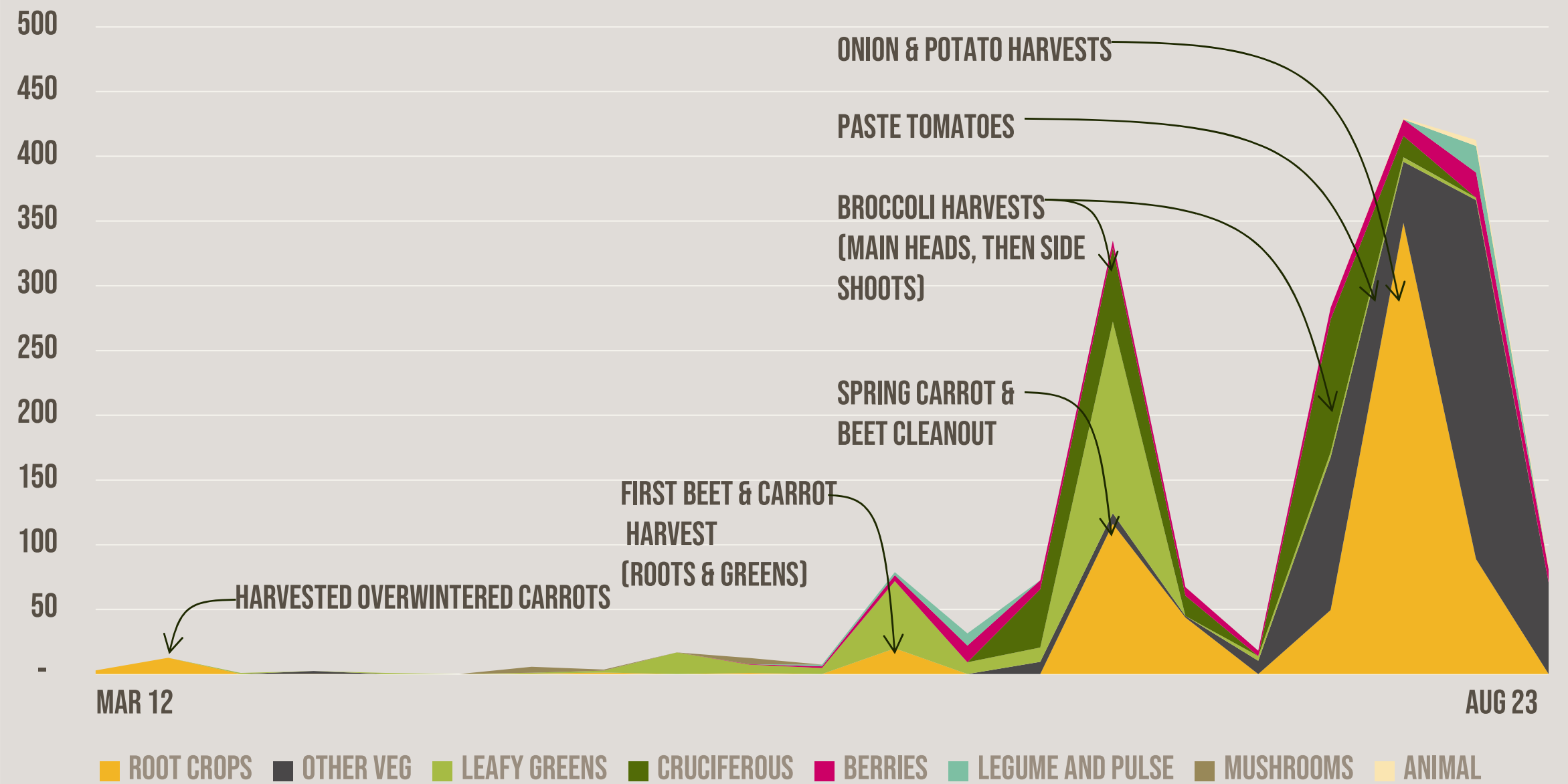


“DAYS’ SUPPLY” OF NUTRIENTS HARVESTED (YTD: AUG 23, 2025)





SERVINGS HARVESTED, BY WEEK: AUGUST UPDATE

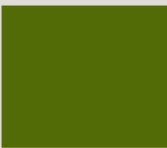


BROCCOLI SERVINGS HARVESTED BY WEEK

120
100
80
60
40
20
0

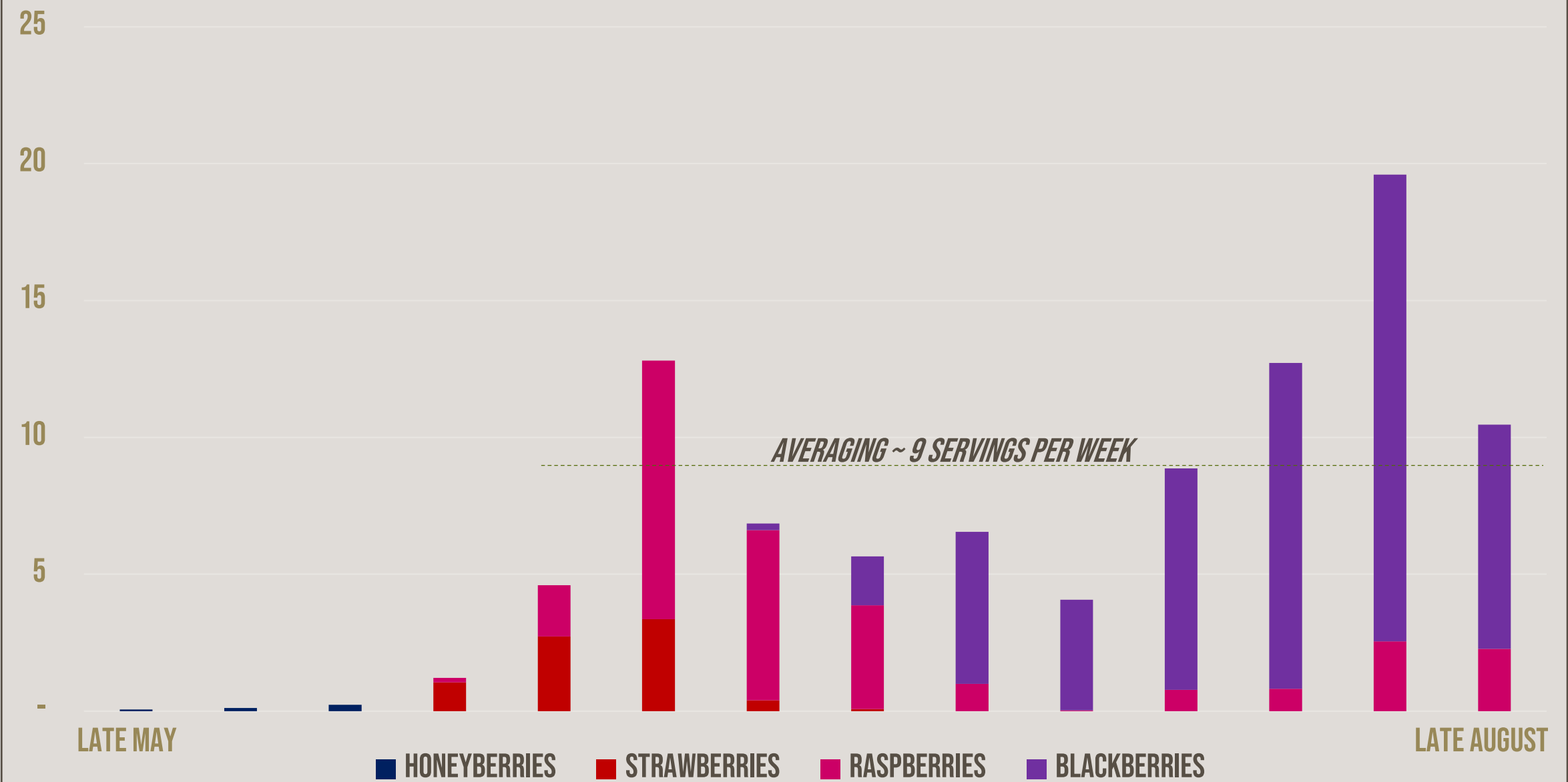
CENTRAL CROWNS

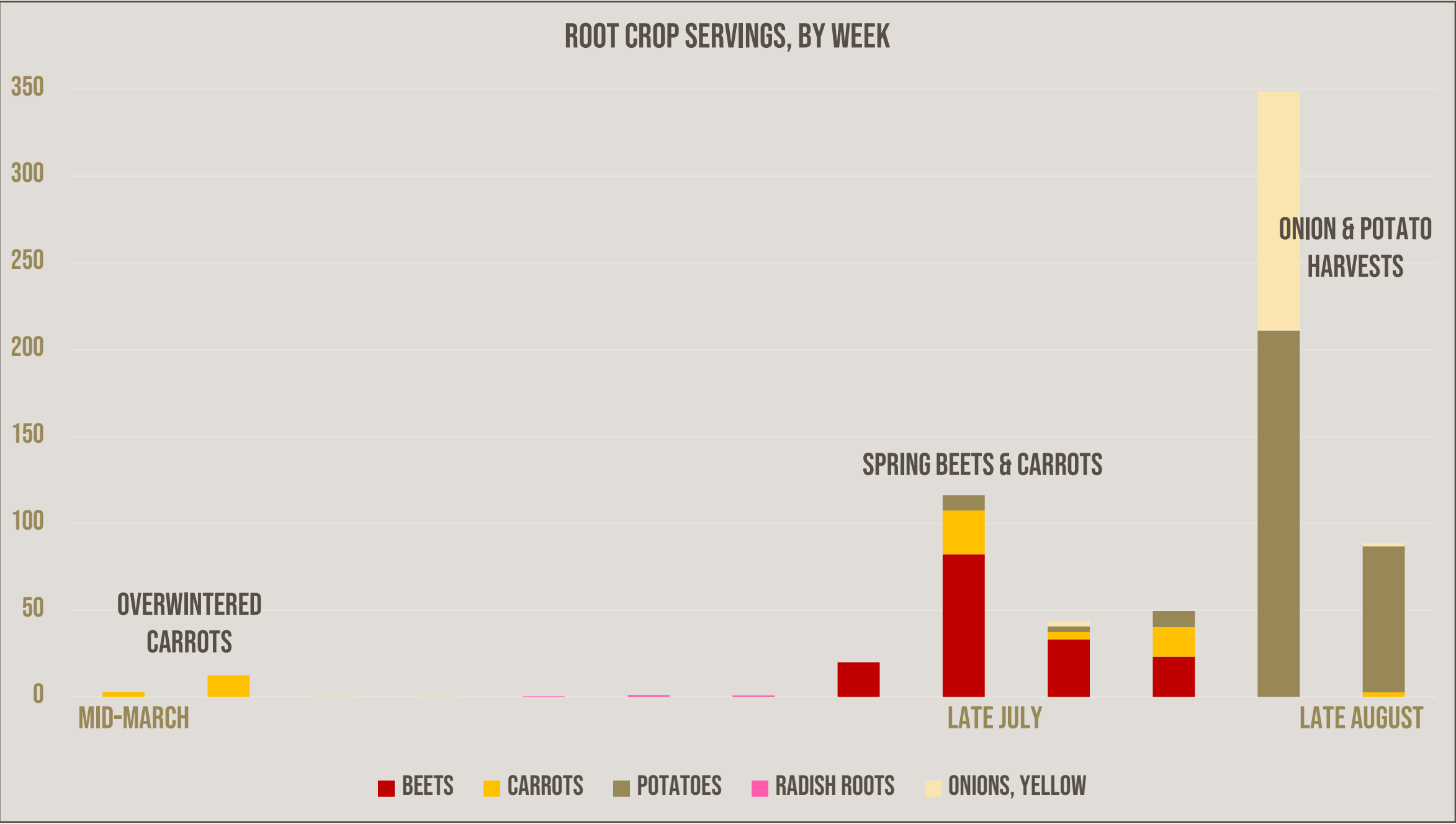
JUL-2 JUL-9 JUL-16 TWO-WEEK GAP JUL-30 AUG-6



**~238 TOTAL
SERVINGS**

BERRY SERVINGS, BY WEEK

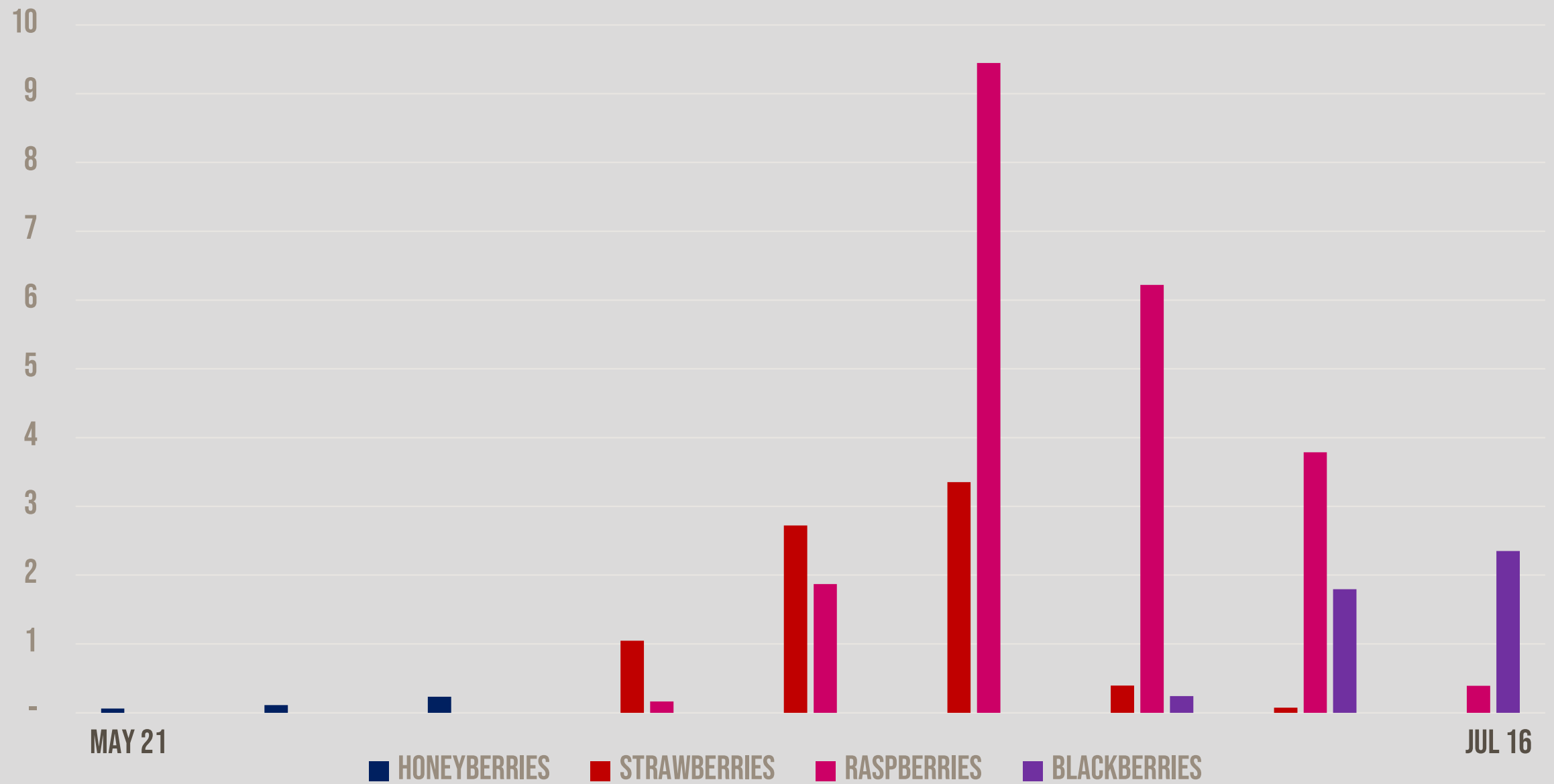




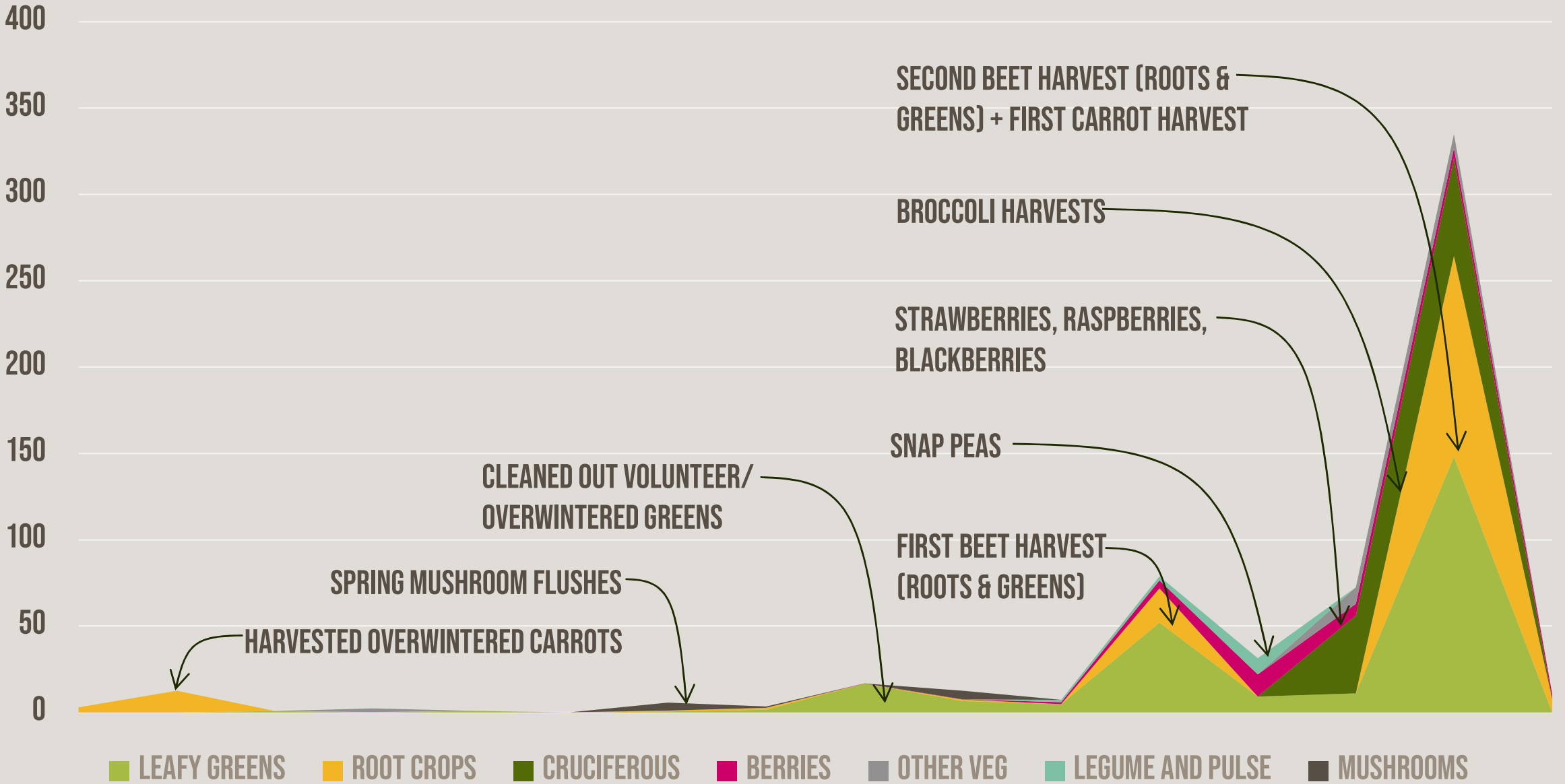
JULY 2025



BERRY SERVINGS, BY WEEK



SERVINGS HARVESTED, BY WEEK: JULY UPDATE



LEAFY GREENS

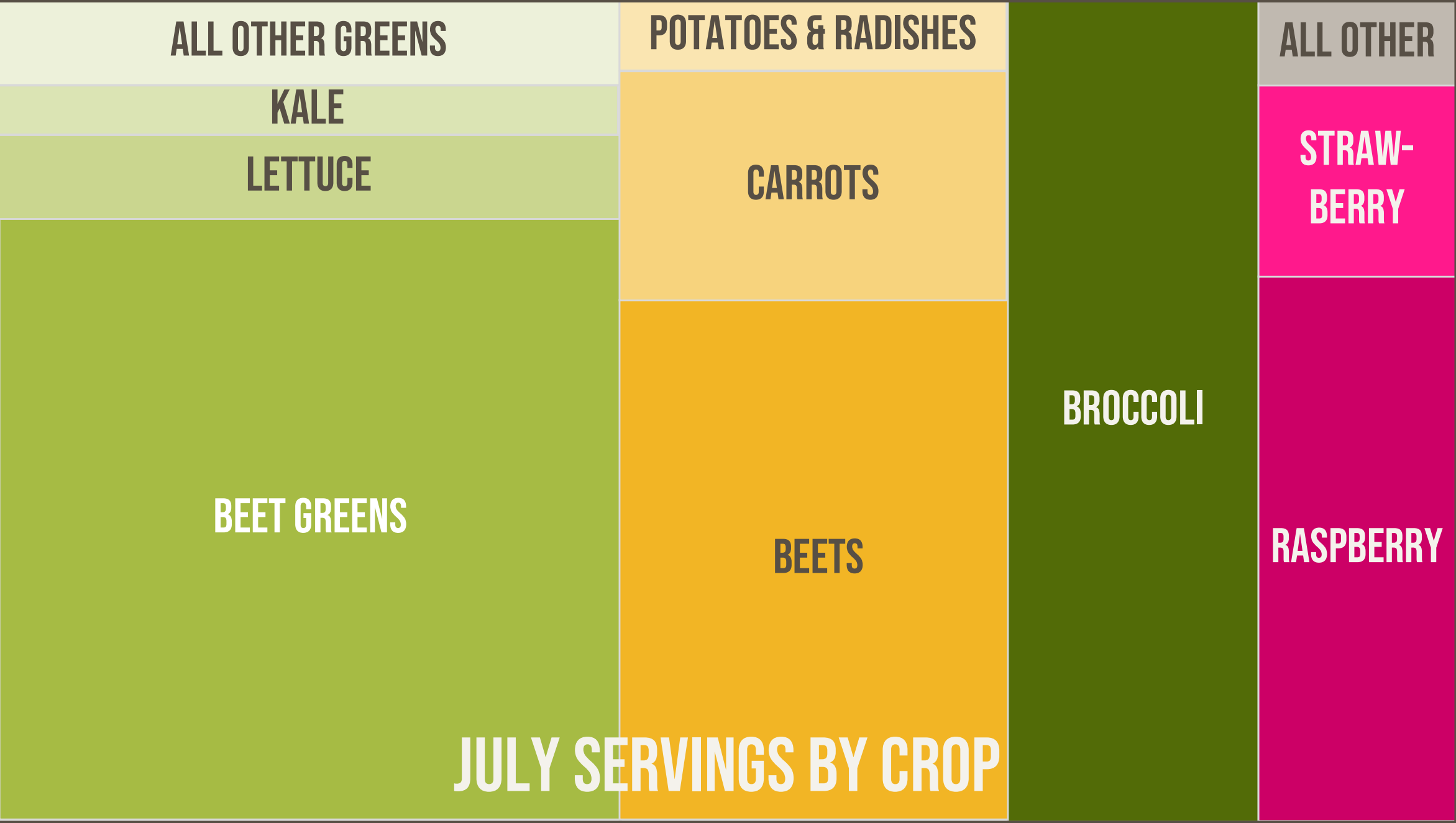
ROOT CROPS

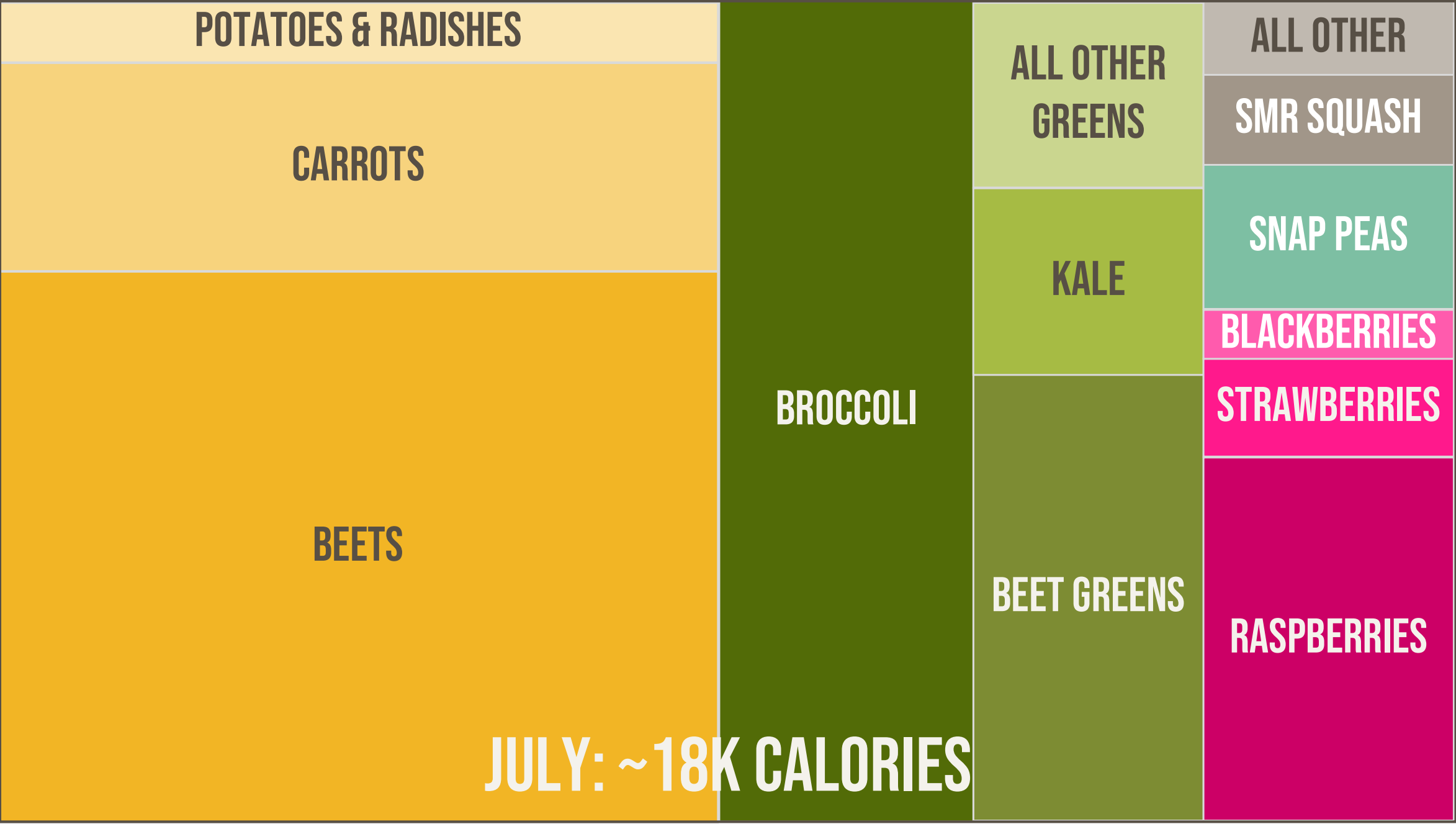
CRUCIFEROUS

BERRIES

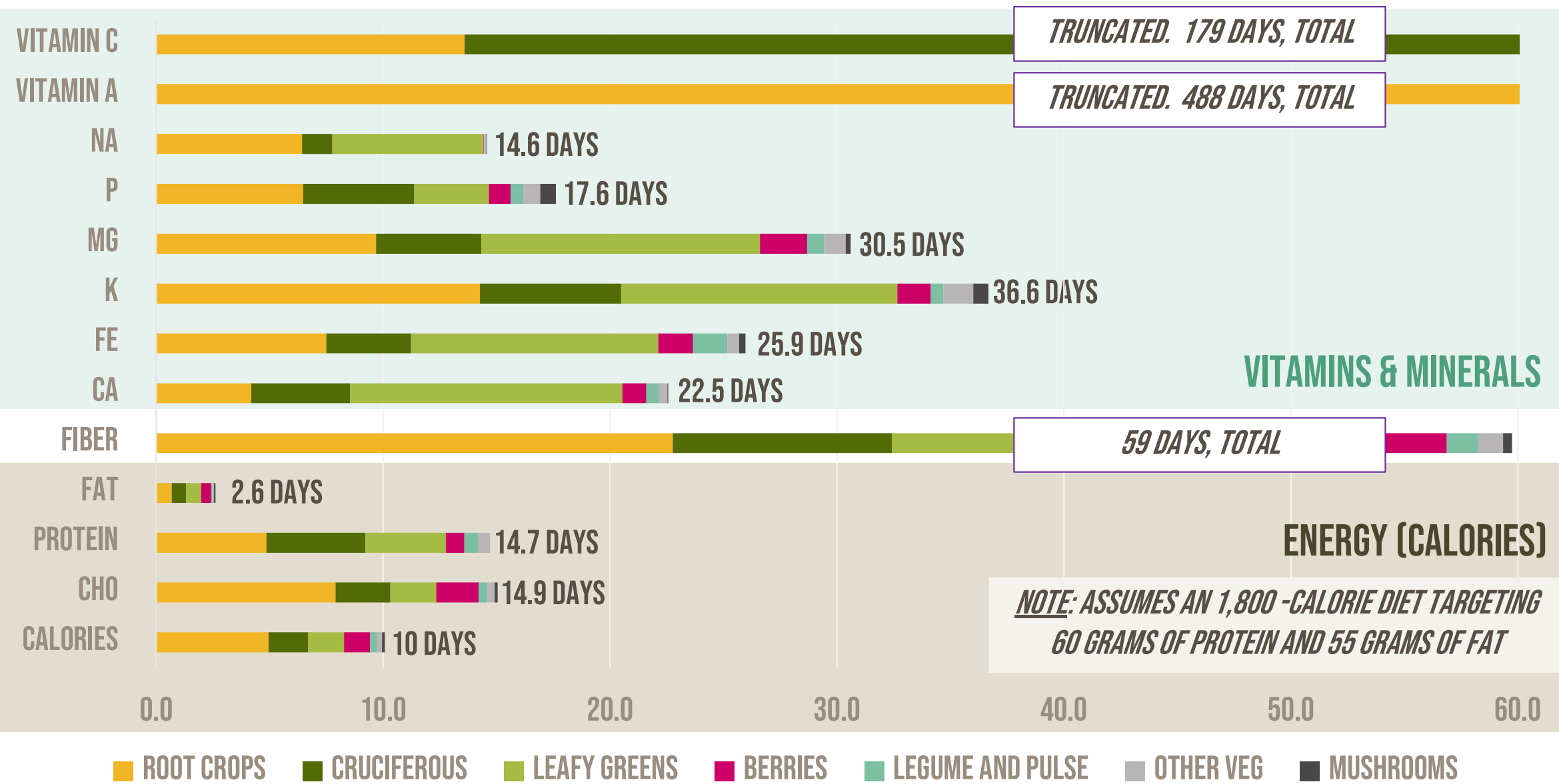
ALL OTHER

JULY: 591 TOTAL SERVINGS





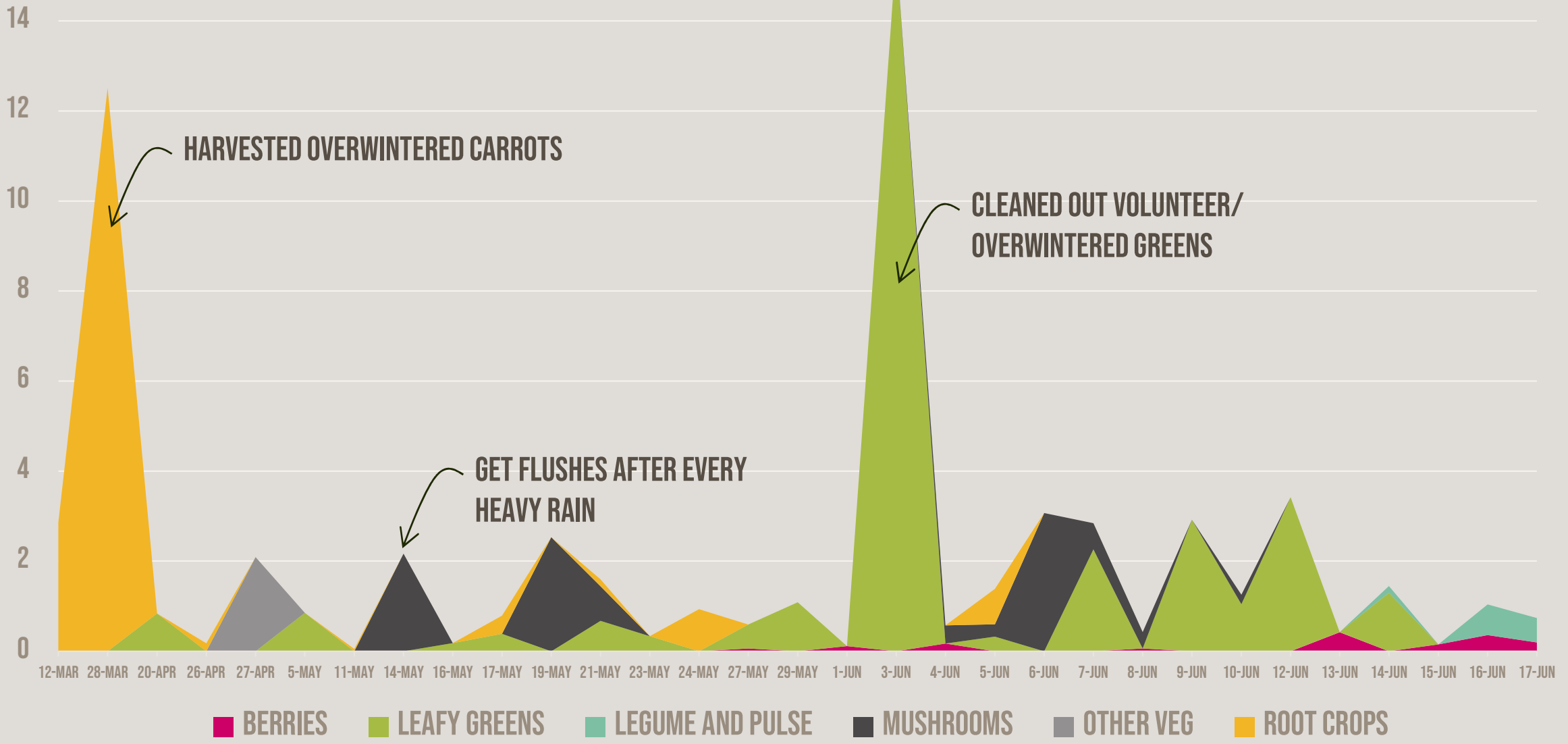
“DAYS’ SUPPLY” OF NUTRIENTS HARVESTED (YTD: JULY 16, 2025)



JUNE 2025



SERVINGS BY WEEK





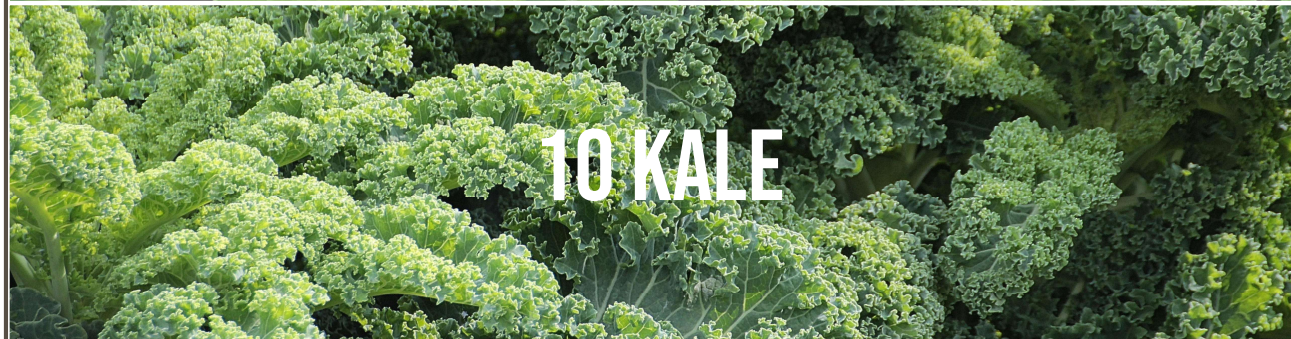
6 ARUGULA, OTHER



5 CHARD



6 MUSTARD GREENS



10 KALE



12 LETTUCE



2 RADISH



16 CARROTS



10 MUSHROOMS



3 BERRIES, OTHER

“DAYS’ SUPPLY” OF NUTRIENTS HARVESTED (YTD: JUNE 13, 2025)

