

WELCOME TO...



Two years ago I dug up a 10x3 space in my front yard and turned into a flower farmer.

Not overnight, not all at once, not without mistakes, not without doubt, not without trial + error, but absolutely without regret.

I like to say I came alive in that 30 square foot space and since that moment, I've wanted nothing more than the same for you.

And so I present to you, The 10x3 Garden Challenge.

Everything you need to know to prepare, plant, grow, cultivate, and harvest cut flowers right from your own yard, all summer long.

I am so overwhelmed with gratitude to have you join me on this fun adventure and I cannot wait to see what blossoms from the love you pour into this challenge.

I call it a challenge, but it's really not that at all. There are no winners and losers, simply an experience to be transformed by the wonder + beauty of a small plot of land full of flowers.



Over the course of the next few months, I will be showing up here in your inbox as well as online to teach you all you need to know about growing five different flower varieties from seed, right in your own yard.

**You can find the online content on our Facebook Page, @SaltandLightMeadows, and on Instagram, @forwearesaltandlight. Be sure to follow along there for live updates!*

Today we are going to go over how to know your growing zone, where to place your garden, and what seeds you'll need for the challenge. Shall we dive in?



Knowing your growing zone, or hardiness is incredibly important when it comes to knowing what types of things to plant and when to plant them.

I will be teaching how to direct sow your seeds, rather than starting them indoors, so you'll want to be sure of your growing zone in order to know when it is safe to begin planting outdoors without the threat of frost.

I am in zone 6a, so I won't be starting our seed sowing until the middle of May but please, don't wait for me! I'll be teaching you all you need to know for getting starting in the coming weeks, so you'll have everything you need in order to start whenever it is right for your zone.

You can search for your region using the USDA Plant Hardiness Zone Map at:

planthardiness.ars.usda.gov (https://shoutout.wix.com/so/baN_F4lYh/c?w=wpfpjjnvt5lIPfqub8VhBbGkggnKSRWikBTs0w6lZGl.eyJ1ljoiaHR0cHM6Ly9wbGFudGhhcmRpbmVzcy5hcnMudXNkYS5nb3YvliwiciI6ljdjMDkwMTdmLWZmZTgtNDcwYy1jYjUwLTQ3NDIxMTgzYjJhZiIsIm0iOiJtYWlsX2xwliwiYyI6ljk1NzA5ZDQ4LWVhOTAtNDhkMy05ZWJlTA2ZGRlYmIwZjJlZCJ9)

A quick google search using your zip code with "hardiness zone" will also help you find your zone so be sure to check that out as soon as possible!



Next up, planning where you'll plant your garden.

Most flowers, especially the ones we'll be planting, thrive in full to partial sun so you'll want to be sure to plant your garden in an area that gets at least 8-10 of full sunlight each day.

Be sure to find a spot that is level or on a gentle slope and avoid any low spots that stay wet throughout the year to steer clear of accidental overwatering. I will be planting in a raised bed on a level spot of land, but a raised bed is absolutely not necessary. You can grow directly into the ground as long as you have ample, healthy soil to plant in!

You'll also want to pick a spot that is out of the way of most outdoor activities. The last thing we want is your flowers getting trampled over a backyard game of tag.

Another great thing to think about is growing your flowers near a water source. You will want to be able to easily water your flowers with a hose or watering can, so growing your flowers far from your home may make a lot of extra work on your part! Trust me, I speak from experience. Hahaha.

As long as you have a dry patch of land that has access to full sunlight for a large portion of the day, you will be set! Don't stress over this part too much!



Okay, now for the really fun part! Buying seeds!

You can find seeds nearly anywhere online or even at your local garden stores, but you'll want to keep quality in mind when you're shopping. Yes, the dollar store does sell seeds, but I can't guarantee the percentage chance that those seeds will turn into the stunning blooms you're hoping for. If you keep your budget around \$25-\$30 you can get high-quality seeds that are sure to germinate and flower.

My favorite places to shop for quality seeds with high germination rate:

www.johnnyseeds.com (https://shoutout.wix.com/so/baN_F4IYh/c?w=vdMrT22WshdDL7IPzmhuFdE4RWk3DV7eTOQmPe8Rkcc.eyJ1ljoiaHR0cDovL3d3dy5qb2hubnlzZWVkcY5jb20iLCJyIjoieYmRmZWYxMDQtZTFkZS00MTA0LTE3YjYtOTIxOTBiNTgyZmVhliwibSI6Im1haWxfbHAIiLCJjIjoieOTU3MDIkNDgtZWE5MC00OGQzLTllYmUtMDZkZGVhYjBmMmVklm0)

www.floretflowers.com (https://shoutout.wix.com/so/baN_F4IYh/c?w=0XrXiTEX9nXxwiSjc-boDvjYgeZH8VtnrFjHpZ9E9fA.eyJ1ljoiaHR0cDovL3d3dy5mbG9yZXRmbG93ZXJzLmNvbSIsInliOiJiZGZlZjEwNC1lMWRLTQxMDQtMTdiNi05MjE5MGIlODJmZWElLCJtIjoibWFpbF9scCIsImMiOiI5NTcwOWQ0OC1lYTkwLTQ4ZDMtOWViZS0wNmRkZWJiMGYyZWQifQ)

[www.rareseeds.com](https://shoutout.wix.com/so/baN_F4IYh/c?w=ISz7xsAURy5Ghs9JBclkaKdFQubOenQAIOo9BqDyKtI.eyJ1IjoiaHR0cDovL3d3dy5yYXJlc2VlZHMuY29tliwicil6ImJkZmVmMTA0LWUxZGUtNDEwNC0xN2I2LTkyMTkwYjU4MmZlYSIsIm0iOiJtYWlsX2xwliwiYyI6IjkiNzA5ZDQ4LWVhOTAuNDhkMmY05ZWJlTA2ZGRlYmIwZjJlZCJ9) (https://shoutout.wix.com/so/baN_F4IYh/c?w=ISz7xsAURy5Ghs9JBclkaKdFQubOenQAIOo9BqDyKtI.eyJ1IjoiaHR0cDovL3d3dy5yYXJlc2VlZHMuY29tliwicil6ImJkZmVmMTA0LWUxZGUtNDEwNC0xN2I2LTkyMTkwYjU4MmZlYSIsIm0iOiJtYWlsX2xwliwiYyI6IjkiNzA5ZDQ4LWVhOTAuNDhkMmY05ZWJlTA2ZGRlYmIwZjJlZCJ9)

For the flowers in this challenge, I purchased all of my seeds from Johnny Seeds, so the name of those flowers I'll be referencing below will be from that site. You can choose to select any color or variety of our core flowers, but you'll want to be sure to stick to the 5 flowers chosen for this challenge as those will be the only flowers I'll be teaching on for this course.

Speaking of flowers, what in the world are we growing?

The flowers on tap for this challenge are:

Zinnias
Cosmos
Amaranth
Basil
Orlaya

These flowers were chosen based on their ability to be directly sown outdoors and offer cut and come again blooms that will provide you with flowers all summer long, even after you cut them! This line-up also ensures you will be able to make perfect bouquets.

The recipe for a perfect bouquet includes a hero flower (zinnia), supporting flower (cosmos), spike (amaranth), filler/greens (basil), and air (orlaya). With this recipe, you'll be making stunning bouquets all season long to share with friends + family and admire on your kitchen table.

What I'll be growing (from Johnny's Seeds):

Benary's Giant Salmon Rose AND Giant Golden Yellow Zinnias
Cupcakes White Cosmos
Coral Fountain Amaranth
Lemon Basil
White Finch Orlaya

You absolutely do not need to grow the same colors or varieties that I have chosen, but you are more than welcome to if you'd like. I chose these colors in order to make soft and feminine bouquets, but please be sure to pick the colors and varieties that suit you best!

If you're still here, congrats! You made it to the end! Let's recap with a few homework assignments, shall we?

This week's homework:

Determine your growing zone.

Plan where you'll plant.

Buy your seeds.

And that's a wrap for our first email in this 10x3 Garden Challenge! Be sure to stay locked for my next email which will be all about preparing your area for planting!

Thank you. so much for joining me in this challenge. I pray it fills you with such joy and provides you with a harvest that you'll be able to share with your friends, family, and community, as a small way to spread your salt + light!

With Salt + Light,
Mallory

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