



GARDEN
COACH
SOCIETY



Garden Coach Society Intensive



WITH NICOLE BURKE
OF GARDENARY



Welcome!

I'm so glad you're here! My name's Nicole Burke and I'm so thrilled to welcome you to the Garden Coach Society 3-Day LIVE Intensive. In Gardenary we have trained 500+ garden coaches all around the world, and we are now excited to support you in this journey.

We have a lot in store for you, so here's how to get the most out of this 3-day intensive.

Each day of the Intensive, join our LIVE sessions at 9:30 am CST, 10:45 am CST, 12:30 pm CST, and 1:30 pm CST.

Feel free to print out this workbook or use it digitally to guide you through the week.

Get ready for an incredible week that could actually change the trajectory of your garden work, your career, and your entire life.

Love from my kitchen garden to yours,

Nicole Burke



Agenda

Day 1 - November 2

9:30 am CST Session 1
10:45 am CST Session 2
12:30 pm CST Session 3
1:30 pm CST Session 4

Day 2 - November 3

9:30 am CST Session 1
10:45 am CST Session 2
12:30 pm CST Session 3
1:30 pm CST Session 4

Day 3 - November 4

9:30 am CST Session 1
10:45 am CST Session 2
12:30 pm CST Session 3
1:30 pm CST Session 4

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Session One

Step by Step Gardening

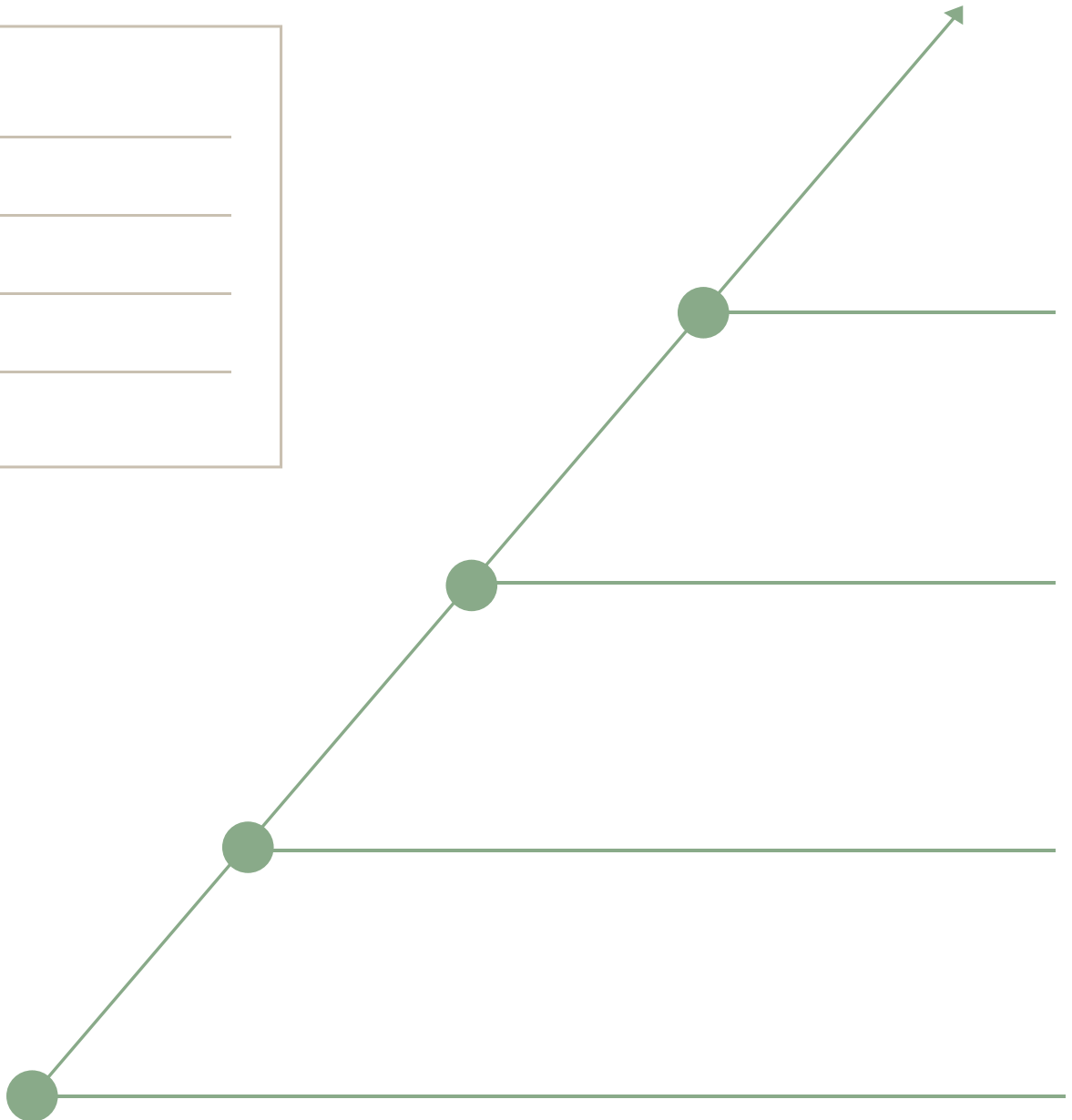
Step 1

Step 2

Step 3

Step 4

Grow With Your Plants



Session One Breakout Session

Take turns teaching the Step by Step
Gardening System to one another in
3 min or less

If there's still time, ask each other
questions you have

Session Two

3 Gardenary Keys to Success

Key 1

Key 2

Key 3

Session Two Breakout Session

Take turns teaching the 3 Gardenary Keys of
Success to one another in 3 min or less

If there's still time, ask each other questions you
have about this concept

Session Three

Organic Gardening Gardenary Principles

PRINCIPLE ONE-THINK ABOUT NATURE

PRINCIPLE TWO-INTENSIVE AND SEASONAL PLANTING

PRINCIPLE THREE-STAY ON THE OFFENSE

Session Three

Breakout Session

Take turns teaching the Organic Gardening Principles to one another in 3 min or less

If there's still time, ask each other questions you have about this concept

Session Four

Gardenary Framework

	<u>SEASONS</u>
PLACE	
	<u>SUNLIGHT/WATER/TEMPERATURE</u>
PURPOSE	<u>MOTIVES</u>
	<u>CLASS</u>
PLANT	<u>FAMILY:</u>
	<u>SIZE/DURATION/PRODUCTION</u>
PRACTICE	<u>TENDING PRACTICES/SCHEDULE</u>
	<u>JOURNAL/ADAPT</u>

Session Four

Breakout Session

Take turns teaching the Gardenary Framework
to one another in 3 min or less

If there's still time, ask each other questions you
have about this concept

[illegible]

Session One

The Consult

LISTEN

CLIENT IDENTITY _____

CLIENT ASPIRATION _____

CLIENT PROBLEMS _____

GUIDE

IDENTIFY REAL PROBLEM _____

REVEAL SOLUTION _____

ALIGN WITH ASPIRATION _____

EXPLAIN PLAN _____

IDENTIFY STAKES _____

CALL TO ACTION

IDENTIFY ACTION REQUIRED _____

EXPLAIN REWARD _____

SET TIME LIMIT _____

RESTATE PLAN _____

REASSURE ASPIRATION _____

Session One

Breakout Session

Partner up to do the Listen Part of The Consult
in front of the group in 3 min

Switch roles & let the other consultant
lead for 3 min

Your Seasons

	HIGH	LOW	SEASON	
JAN				
FEB				
MAR				
APR				
MAY				
JUN				
JUL				
AUG				
SEPT				
OCT				
NOV				
DEC				
AVG HIGH	COLD >34 ° F <1 ° C	COOL 35 ° -65 ° F 1 ° -18 ° C	WARM 65 ° -85 ° F 18 ° -29 ° C	HOT >85 ° F >29 ° C

Session Two

The Consult Script

LISTEN

IDENTITY: "Tell me more about yourself and your family's current needs."

ASPIRATION: "What interests you most about a garden and how do you see yourself enjoying it?"

PROBLEMS: "What challenges have you faced with gardening up until now? What frustrations?"

The Consult

GUIDE

REAL PROBLEM: "I can relate to your challenges-here's the real problem..."

SOLUTION: "The reason you've had challenges up until now is because you haven't had a coach or consultant. That's why I do what I do."

ASPIRATION ALIGNMENT: "I heard you say you wanted _____ from the garden and that's totally possible when you have a consultant to help you along the journey..."

PLAN: "Based on my own success and the Gardenary model, I have a simple three step plan to help you get what you're looking for in the garden"

STAKES: "Most people think the answer is in buying more products or just hiring some muscle to do the heavy lifting, but that's a guaranteed way to lose time and money..."

The Consult

CALL TO ACTION

ACTION: "Here's the 3 step plan, and all you have to do to get started is read and sign right here. Then pay your deposit..."

REWARD: "As soon as you sign, I'll set up your custom plan

TIME LIMIT: "I book my clients per quarter and I'm only taking # this month. I'll close deposits for this month by ____date."

PLAN: "The 3 step plan will address the challenges you've faced as we handle x in step 1, y in step 2 and z in step 3."

ASPIRATION: "Our vision is to _____ and so helping you achieve your {aspiration} is what we're here for. I'll get started on your {aspiration} as soon as you sign here"

Session Two Breakout Session

Partner up to do the Guide Part of The Consult
in front of the group in 3 min

Switch roles & let the other consultant
lead for 3 min

Session Three

Coaching Session

LISTEN

CLIENT IDENTITY _____

CLIENT ASPIRATION _____

CLIENT PROBLEMS _____

GUIDE

IDENTIFY REAL PROBLEM _____

REVEAL SOLUTION _____

ALIGN WITH ASPIRATION _____

EXPLAIN PLAN _____

IDENTIFY STAKES _____

CALL TO ACTION

IDENTIFY ACTION REQUIRED _____

EXPLAIN REWARD _____

SET TIME LIMIT _____

RESTATE PLAN _____

REASSURE ASPIRATION _____

Session Three

Breakout Session

Partner up to do the CTA Part of The Coaching Session in front of the group in 3 min

Switch roles & let the other consultant lead for 3 min

Session Four

Coaching Session Script

TIMING

SETUP

CONSISTENCY

Installation Details

Clear the Garden Area

- This is the first step in the install process - crucial to success.
- We encourage you to ask for help (family, friends, hire).
- First, stake and string out entire garden space.
- Second, remove the sod and any existing plants in the way.
- Third, bring in sand or gravel to help level any low spots if this is needed for your garden area.
- Fourth, if using formal or DIY irrigation install the pipes now.
- Last, cover the leveled area with high quality landscape fabric.

Install the Border and Pathway

- First, put the stakes and string back in place.
- Second, double check that the string lines are straight.
- Third, dig a trench down 2-3 inches.
- Fourth, install border of your choice and make sure it is level.
- Last, install 3-4 inches of gravel or pathway material of choice.

Install the Raised Beds

- First, recheck your garden design measurements and actual measurements now that the space is cleared.
- Second, make sure the garden beds are as straight as possible.
- Third, level individual garden beds and also between beds.
- Last, check for straightness again after leveling.

Install the Soil

- First, if you have large arch or panel trellis put it in place and level and secure it.
- Second, make sure the irrigation lines are pulled up or pipe to connect irrigation is tall enough to not get soil inside of it.
- Third, protect your garden bed edges before filling them (you can drape weed fabric or cardboard over the sides to help with this).
- Fourth, install and level trellises (if you have any that go into directly into the soil such as an obelisk)
- Fifth, wet soil when it is about 3-4 in from the the top to help it settle.
- Sixth, finish filling the soil and install the irrigation lines.
- Last, plant and enjoy your new beautiful garden!

Seasonal Plant Recommendations

COOL SEASON PLANTS

between 35-65 degrees

SMALL AND SHORT

sweet lettuce, romaine, buttercrunch, spinach, carrots, onions, chives, garlic, arugula, radishes, thyme

MEDIUM

swiss chard, beets, oregano, rosemary, sage, winter savory, dill, cilantro, parsley

LARGE AND LENGTHY

broccoli, cauliflower, kale, brussel sprouts, sugar snap peas, snow peas, fava beans

WARM SEASON PLANTS

between 65-85 degrees

SMALL AND SHORT

marigolds, zinnias, sorrel, onions, chives, garlic, arugula, thyme

MEDIUM

swiss chard, bush beans, basil, oregano, rosemary, sage, thyme, peppers

LARGE AND LENGTHY

kale, cucumber, squash, zucchini, pole beans, tomatoes, eggplants, large peppers

HOT SEASON PLANTS

85+ degrees

SMALL AND SHORT

zinnia, chives, arugula, thyme, oregano

MEDIUM

swiss chard, crowder peas, lima beans, basil, rosemary, hot peppers

LARGE AND LENGTHY

sweet potato, armenian cucumber, gourds, pole beans, okra, cotton, tomatillos, eggplant, ginger, tumeric, cardamom

Tending Your Garden

- Water when top 1-2 inches of soil is dry. Watering at soil level in early morning is best.
- Feed your plants: There is no better food for plants than compost. Make sure compost is finished and not hot.
- What does N-P-K mean? N - Nitrogen, great for seedlings (new plants in the garden) and the healthy growth of leaves on a plant. P - Phosphorus, great for fruiting and flowering plants. When plants start to flower the primary thing they need is phosphorus. Organic Fertilizer is always recommended. K - Potassium, great for root plants and baby plants.
- Try to observe your garden for at least 5 minutes a day to watch for signs of pest and guide new growth up trellises. Nothing better than to see your shadow in the garden.
- Steps to defend your garden:
 - Get rid of all diseased or pest infested leaves.
 - Clean the soil area around the plant by disposing of leaves and debris.
 - Check underside of leaves and in the soil around the plant for any signs of pests. Remove any pests you can find.
 - Add compost to the soil around the plant.
 - Check on the plant daily for additional pests or more damage. Remove the pests and damage, continue to watch for 1-2 weeks
 - If pest and disease continue to cause issues then it is time to treat the disease or pest. Use an organic treatment. Apply once and watch and wait to see if another application is needed. If treatment doesn't improve then it best to remove the plant from the garden.
- Prune and harvest often to help give space to your intensively planted garden and to keep plants in the direction you want them to grow.

Session Four Breakout Session

Partner up to Teach the Tending Part of the Coaching Session in front of the group in 3 min

Switch roles & let the other consultant
lead for 3 min

DAY 03

Session Four

Gardenary's Herb Gardening Program

TIMING

SETUP

CONSISTENCY

Gardenary's Herb Garden SETUP

Container

Soil/Water

Location

Plants

Timing

COOL SEASON HERBS

1

2

3

WARM SEASON HERBS

1

2

3

Timing

HOT SEASON HERBS

1

2

3

COLD SEASON HERBS

1

2

3

Gardenary's Herb Garden Consistency

HERB

PLANT

HARVEST

USE

Session One

Breakout Session

Take turns teaching about one herb's setup to one another in 3 min or less

If there's still time, ask each other questions you have about this plant

Session Two

Gardenary's Salad Gardening Program

TIMING

SETUP

CONSISTENCY

Gardenary's Salad Garden SETUP

Container

Soil/Water

Location

Plants

Timing

COOL SEASON GREENS

1

2

3

WARM SEASON GREENS

1

2

3

Timing

HOT SEASON GREENS

1

2

3

COLD SEASON GREENS

1

2

3

Gardenary's Salad Garden Consistency

HERB

PLANT

HARVEST

USE

Session Two Breakout Session

Take turns teaching about one salad green
setup to one another in 3 min or less

If there's still time, ask each other questions you
have about this plant

Session Three

Gardenary's Kitchen Gardening Program

TIMING

SETUP

CONSISTENCY

Gardenary's Kitchen Garden SETUP

Structures

Soil/Water

Location

Plants

Gardenary's Kitchen Gardening Program

Timing

COLD SEASON

Average High Temp Below 32 Degrees Fahrenheit Guaranteed Chance of Frost or Snow

AMARYLLIDACEAE FAMILY

Garlic, onions, chives, asparagus, and shallots are dormant in cold climates and slow growing in mild ones (Plant asparagus outside of the raised bed area)

AMARANTHACEAE FAMILY

Spinach will grow slowly under cover in temps above 25 degrees

APIACEAE FAMILY

Carrots will grow slowly under cover in cold climates

POLYGONACEAE FAMILY

Rhubarb is dormant in the cold season and should be planted outside the raised bed area

COOL SEASON

Average High Temp Between 35 and 65 Degrees Fahrenheit and Likely Chance of Frost

AMARYLLIDACEAE FAMILY

garlic, onions, chives

AMARANTHACEAE FAMILY

beets, swiss chard, spinach

ASTERACEAE FAMILY

lettuces, romaine, buttercrunch, raddichio, chamomile, calendula, marigolds

APIACEAE FAMILY

carrots, dill, cilantro, parsley, fennel

BRASSICAEAE FAMILY

arugula, broccoli, cabbage, cauliflower, kale, kohlrabi

FABIACEAE FAMILY

sugar snap peas, sweet peas, fava beans

LAMIACEAE FAMILY

oregano, rosemary, sage, thyme

Gardenary's Kitchen Gardening Program Timing

WARM SEASON

Average High Temp Between 65 and 85 Degrees Fahrenheit and No Chance of Frost

AMARYLLIDACEAE FAMILY

garlic, onions, chives

AMARANTHACEAE FAMILY

swiss chard

BRASSICAEAE

arugula, kale

CUCURBITACEAE FAMILY

cucumbers, squash, zucchini

FABIACEAE FAMILY

bush and pole beans

LAMIACEAE FAMILY

basil, mint, oregano, rosemary, sage, thyme

SOLANACEAE FAMILY

tomatoes, peppers, eggplants

Gardenary's Kitchen Gardening Program Timing

HOT SEASON

Average High Temp Above 85 Degrees Fahrenheit and No Chance of Frost

AMARYLLIDACEAE FAMILY

garlic, onions, chives

BRASSICAEAE

arugula

CONVOLVULACEAE FAMILY

sweet potato

CUCURBITACEAE FAMILY

Armenian cucumber, luffa gourd

FABIACEAE FAMILY

crowder peas

GRAMINEAE FAMILY

corn, lemongrass

LAMIACEAE FAMILY

basil, mint, oregano, rosemary, sage, thyme

MALVACEAE FAMILY

cotton, okra

SOLANACEAE FAMILY

tomatillos, peppers, eggplants

Gardenary's Kitchen Garden Consistency

HERB

PLANT

HARVEST

USE

Session Three Breakout Session

Take turns teaching about the Kitchen Garden
Setup to one another in 3 min or less

If there's still time, ask each other questions you
have about this setup

Session Four

Gardenary's Native Plant Program

TIMING

SETUP

CONSISTENCY

Gardenary's Native Plant SETUP

Structures

Soil/Water

Location

Plants

Timing

COOL SEASON GREENS

1

2

3

WARM SEASON GREENS

1

2

3

Timing

HOT SEASON GREENS

1

2

3

COLD SEASON GREENS

1

2

3

Gardenary's Native Plant Consistency

HERB

PLANT

HARVEST

USE

Session Four Breakout Session

Take turns teaching about the Native Plant
Setup to one another in 3 min or less

If there's still time, ask each other questions you
have about this setup

We would love to hear
and celebrate your wins
and takeaways with you!

[CLICK HERE TO COMPLETE A SHORT SURVEY](#)

Thank you
for joining us!

GARDEN
COACH
SOCIETY

