

YOU ARE WHAT YOU EAT



The care that goes into cultivating plants is mirrored in what comes out of it, so feed and care for your plants well, especially if you plan to eat them! You may recall an old saying "GIGO," which means "garbage in garbage out." Ring a bell? It's also true when growing plants.

This is the most fundamental lesson you will ever learn when it comes to growing, and perhaps even the quality of your own life as well. As a food factory, a plant must have an endless supply of quality raw materials for it to continue manufacturing new stem, leaf, flowers and fruit that we see as growth. If any one of the required raw materials runs out, the entire manufacturing

process will be affected or even interrupted completely. GIGO!

To further complicate matters, just as human appetite changes as you grow, so does that of plants. Since plants are not as mobile as humans, satisfying their changing appetite is far more difficult in nature than it is for us with a market on every corner. As a result, plants have adapted to the environment and climates they inhabit. And in many cases, they have sacrificed their own genetic potential in doing so. For instance, if a plant is admired for its flavour and it is relocated to another environment, the stress may cause the plant to reduce the oils responsible for it's savory taste. If this stress continues, as the plant breeds it will adapt to overcome the environmental stress in future generations, and this adaptation may very well result in healthy, but flavourless variant.



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