



# *THE CONFIDENT GARDENER*

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- MINDSET + GARDEN GOALS
  - KNOW YOUR GROW ZONE
  - FROM THE GROUND UP: SOIL + COMPOSTING
  - SUN + WATER
  - GARDEN METHODS
  - LAYERS OF A FOOD FOREST
  - ORGANIC PEST + WEED CONTROL
  - GARDENING WITH NATURE'S ELEMENTS
  - MEDICINAL HERBS \_ HERBAL CRAFTING