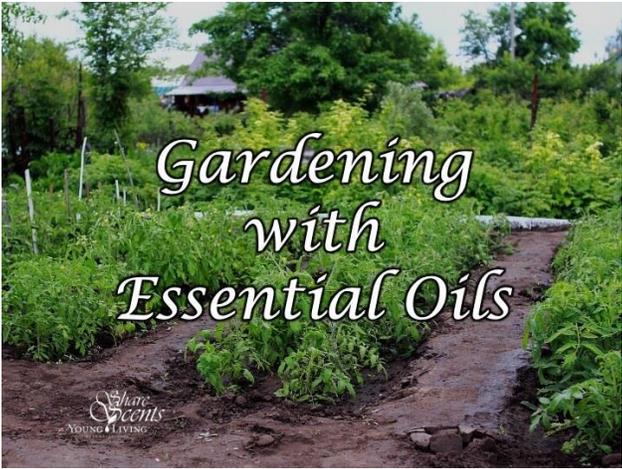




Gardening with Essential Oils



Let's learn how you can take care of your garden with the use of essential oils. Whether you have a big garden, a small container garden, grow a few herbs in your kitchen window or just have a few house

plants. This class will help you with some natural ways to take care of them, natural pest control, & even some things for YOU as you tend your garden. Let's get started!



Welcome! I'm so happy you're here! I hope you'll find this class informative, and that you learn something new. And I hope you have a BEAUTIFUL garden this year!

Here are a few things to remember as we go through our class:

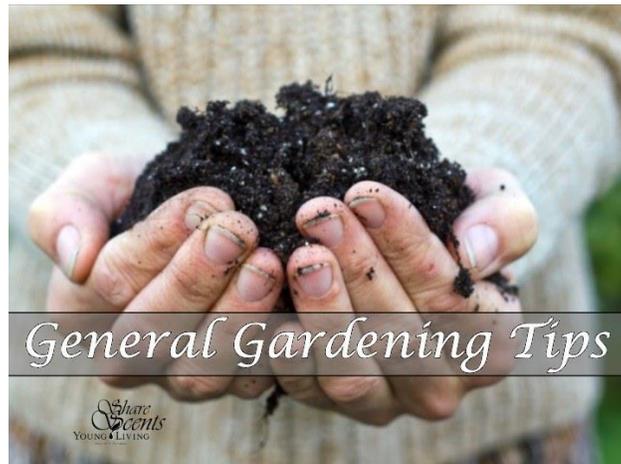
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My name is Joyce Peraaho. I live in northern Minnesota and am a mom, grandma and great-grandma! I've been gardening most of my life. This is a picture of my sister and me picking strawberries in our mom's garden when we were preschoolers! We loved picking and eating those delicious berries!

*When I lived in the country, I grew a very large garden and love to shop the local farmers markets. After my husband died, caring for our large country property became quite difficult as I aged, After recovering from a stroke, I moved to town and live in a senior community now. I'm blessed to have a nice raised bed garden spot here and love that I no longer need to crawl on the ground to plant, weed and harvest!
Raised bed gardening will be a new experience for me this year!*

I've have been using essential oils for 24 years and love using them around my home & to support wellness. And yes, I use oils in my garden too! I love to teach people how they can kick the toxins out of their homes (and gardens).



There are plenty of reasons to grow a garden. Consider these advantages and tips:

- When you grow your own fruits and veggies, not only do you get to control and enjoy the extra nutrients, but gardening is also a fun, fulfilling hobby for the whole family!*
- Getting outside in the fresh air and sunshine is very healthy and it is good exercise. Touching the dirt is very grounding, calming and balancing.*
- Landscape with native plants. They require less water and maintenance.*

- *Grow organic! The use of chemical fertilizers on your lawn can lead to the degradation of natural aquatic ecosystems in your area. Learn to compost to keep your soil rich and healthy. It's free and something I have done for many years with great success.*
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*You can compost green waste, including plants and kitchen vegetable scraps. Balanced compost consists of green and brown materials, moisture and air. The green materials break down quickly and add nitrogen to the compost. The brown materials include leaves, small twigs, manure, paper egg cartons, etc. The brown materials break down more slowly and are a rich source of calcium and other essential nutrients that plants need. **Do NOT Compost** Plastic or plastic-coated products (e.g., plates, cups, etc.), bioplastics, Styrofoam, treated wood, grass clippings, or anything treated with chemicals, oil or meat. Keep your compost organic for the best results.*



Gardening starts long before you get your fingers in the dirt! For me it starts when the seed catalogs start arriving. In the fall, I make a chart of what I grew where in the garden and save that information for the following year. I rotate my crops each year, so the soil does not get depleted from growing the same crop year after year in the same location. This also helps to keep pests and disease to a minimum.

It's very important to use good seeds! Always go with organic, and I like heirloom so I can save seeds from the produce and replant the following year! Seed saving saves so much money and this way you know exactly what you are growing. But be sure the seeds you save are heirloom seeds because you may get unpredictable results if you are using hybrid seeds. Save seeds from your strongest plants. Always!

Gary Young, founder of Young Living Essential Oils always said, "If you don't know your seed you don't know your oil." So true. Even for your home garden.

Quality matters. I appreciate Young Living's commitment to every step of the process of producing pure and potent essential oils and products that are life giving and support my wellness. They call this process "Seed to Seal" and it's not just a slogan, it's a promise that every product meets the company's strict standards for sourcing, and are backed by solid science.

*Gary was a farmer and logger and his commitment to providing the absolute best essential oils to every home in the world without compromise means a lot to me. **He always said quality is not negotiable.** I love that Young Living's standards align with my values when I grow my garden.*

When you're ready to plant, get some good organic seed starting soil.

Now you're ready to get your good soil into whatever containers you plan to use to start your seeds. There are so many options, seed starting trays, cups, milk jugs, egg cartons, pots etc. Plant your seeds to the depth recommended and water. Then I highly recommend you spray with a mixture of 1 tablespoon Thieves Household Cleaner to 3 cups of pure water. This will give your seeds a good healthy start! Every week mist the soil with your Thieves spray to keep you little seedlings happy!

Make sure your little seedlings get proper lighting as they grow and establish strong roots. If you're not up to starting your own plants, you can shop at a local garden center that has organic plants.

Be sure to harden off your baby plants before moving to their home outdoors in the garden. Give them several hours outside during the daytime where they will get in some gentle breezes and sunlight to become acclimated to their next environment. Move them inside at night to continue to give them extra love until dangers of frost are past.



Your little seedlings are ready to be transplanted! YAY! You did it! Plant and spread your plants out as recommended, tomatoes for instance are to be spaced 24" apart in most cases. After planting, water the soil and then continue to use your Thieves spray at the base of the plant onto the soil to help keep the soil healthy throughout the season.

I like to incorporate compost that I have made myself the previous year as I plant my precious seedlings.

Where I live the last spring frost usually comes around Memorial Day or early June. As soon as you can tolerate being barefoot in the garden, it's usually safe to plant your garden. Some plants need protection from frost in case of a late frost. Some seeds such as spinach prefer cooler soil to sprout. Other plants like basil like it HOT! Squash, cucumbers, beans and tomatoes are more sensitive to frost.



Companion planting has been an important part of my garden planning. Certain plants have a mutually beneficial relationship if planted near one another. The same rules apply with essential oils. Try adding 1-

2 drops of these essential oils to your watering can or make a spray bottle to mist your plants each day when blight wants to attack!

Here are some companion planting tips (plants that get along well together):

- **Oregano:** Cucumbers, melons, pumpkin, or squash
 - **Peppermint:** Cabbage family, tomatoes, or peas
 - **Rosemary:** Carrots, the cabbage family, or beans
 - **Chamomile:** Cabbage family or onions
 - **Corn:** beans and squash
 - **Dill:** Cabbage family
 - **Thyme:** Cabbage family
 - **Sage:** Carrots
 - **Basil:** Asparagus or tomatoes
 - **Note:** Tomatoes and cucumbers do not like to be side by side. So, plant them in different areas from each other.
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*Mosquitoes thrive in my neck of the woods, and if there are any around, they find me and love on me!
Big time.*

I am so very grateful that I no longer have to use toxic chemicals to protect myself from outdoor annoyances! Young Living's Insect Repellent is a miracle! I love it because it works so well, is safe and smells amazing – to me but not the bugs!

Young Living's Insect Repellent is tested to repel mosquitoes, ticks, and fleas using only 100 percent naturally derived, plant-based ingredients.

Pure sesame oil and a carefully selected blend of essential oils traditionally used for their bug-repellent properties come together to make up all 99 percent of the active ingredients in this formula. The other 1 percent? Vitamin E. That means you can use it on your little ones and not worry about the synthetic chemicals used in many traditional repellents. You'll also love the pleasant, citrusy aroma and smooth, non-greasy, non-sticky application.

The Young Living Insect Repellent is available in a bottle or individually packaged wipes you can take in your pocket or backpack. Note that the oil can stain clothing, so plan to apply it directly to your skin and not to clothing that you are concerned about leaving an oil stain.



*Now let's talk about keeping your plants healthy. After all, if your plants die, you won't have a harvest.
Here are a few tips:*

Remove infected plant materials and leaves around plants and dispose in the garbage to avoid spreading disease. Do not add diseased plants to your compost pile. At the end of the season, I do not add tomato, nightshade or cabbage family plant debris to my compost since these are most susceptible to carrying forward fungus and disease. It's important to keep your soil clean and healthy so you give your plants their best chance.

When using tools to cut diseased wood, dip the tools into a tea tree oil solution to disinfect them. We'll talk more about that later.

Keep weeds away from plants, as they can harbor insects and pathogens. They also compete with your plants for air, light and nutrients.

Water plants regularly but avoid over-watering, which can encourage fungal growth.

Use a variety of plants since fungi tend to be plant-specific. Purchase certified disease-free seeds and cuttings when possible. Rotate where you plant your vegetables each season to keep the soil healthy and lower the risk to your plants over the long haul.

Avoid Dangerous Chemical Fungicides

If plants already have blight on leaves but not stems or fruit, pull off affected leaves and spray the entire plant. Tea Tree Essential Oil can repel white flies that excrete a sticky honeydew causing sooty mold fungi to grow on foliage. Keeping the plants and soil healthy is extremely important.

More than 8,000 Species of fungi cause plant diseases, but chemical fungicides can be harmful to other plants, children, pets and the environment.

If used properly, Tea Tree oil can help keep plants healthy without any the dangerous side-effects.

Healthy Plant Spray – *Combine 20 drops of Tea Tree Essential Oil with 2 cups of water in a spray bottle and spray plants every three to seven days.*

WARNING!!! Avoid burning oil-treated leaves by spraying in the morning and less frequently during hot dry spells.



Nothing will control pests 100% in your garden... unfortunately you're going to have to deal with some, But this mix will help you to fight off some of them and maybe keep you from going completely insane!

In a 12 ounce glass spray bottle combine 5 drops rosemary, 5 drops peppermint, 5 drops clove, 5 drops thyme, 5 drops lavender, and 5 drops eucalyptus and 1 tablespoon of Thieves Dish Soap, fill halfway with vinegar and the other half with water!

Spray on plants in the evening after the heat of the sun is down. Repeat every day!

Other tips: If the Japanese beetles still get on your plants, you can go out early in the morning and pick them off. You can do this with other pests too.

Here's another idea: Chop up a couple Jalapeno or cayenne peppers (or both) and boil with a little water. Let sit for 1 week; strain out the peppers and add to your pest spray this will help with deer and rabbits!

Orange essential oil can also help with pest control! D-limonene one of the constituents in orange essential oil is harmless to us, but deadly to most insects it dissolves the waxy coating on the exoskeleton of insects which in turn will make the dehydrate and cause asphyxiation. SO if you see them on your plants spray with orange oil mixed with water will harm them but not you or the plant. Try not to do it in when in direct sunlight. Remember, citrus oils are photo sensitive. So do not use them topically within 12 hours of when you plant to be outdoors.



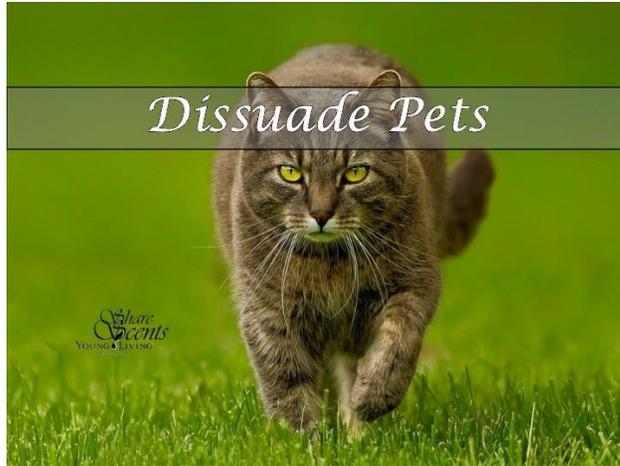
Let's talk about different types of pests and what they don't like!

- **Ants:** Peppermint, spearmint, garlic, citronella, orange, cedarwood
- **Aphids:** Cedarwood, hyssop, peppermint, spearmint, orange, cedarwood
 - **Beetles:** Peppermint, thyme, garlic, cedarwood, orange
 - **Caterpillars:** Peppermint, spearmint, cedarwood, orange
- **Chiggers:** Lavender, lemongrass, sage, thyme, cedarwood, orange
 - **Cutworm:** Thyme, sage, cedarwood, orange
- **Flies:** Lavender, peppermint, rosemary, sage, citronella, tansy, cedarwood, orange, lemongrass, lemon, thyme, tea tree, sandalwood, patchouli
- **Gnats:** Patchouli, spearmint, orange, citronella, cedarwood, peppermint, eucalyptus, rose geranium

- **Mosquitoes:** Lavender, lemongrass, orange, citronella, tansy, cedarwood, peppermint, lemon, eucalyptus, thyme, rose geranium, clove, blue cypress, cinnamon, sage
 - **Plant Lice:** Peppermint, spearmint, cedarwood, orange
 - **Moths:** Cedarwood, hyssop, lavender, peppermint, spearmint, citronella, orange
 - **Roaches:** Cedarwood, eucalyptus, cinnamon, thyme, orange
 - **Slugs:** Cedarwood, hyssop, pine, garlic, orange
 - **Snails:** Cedarwood, pine, patchouli, garlic, orange
 - **Spiders:** Peppermint, spearmint, lemon, lime, orange, citrus, lavender, citronella, cedarwood
 - **Ticks:** Lavender, lemongrass, orange, sage, thyme, citronella, tea tree, geranium, cedarwood, tansy, eucalyptus, sweet myrrh
 - **Weevil:** Cedarwood, patchouli, sandalwood, orange
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And from a different angle, You may also be interested in knowing:

- **Rosemary Essential Oil** is disliked by many insects such as flies, fleas, and mosquitoes. It will also kill insect larvae whose voracious appetite for juicy vegetable foliage can easily destroy entire crops of leafy vegetables, tomatoes, cucumbers, melons, and even some root veggies if left undisturbed.
 - **Peppermint Essential Oil** is an excellent natural deterrent to aphids, squash bugs, white flies, ants, beetles, and fleas, just to name a few. Peppermint also deters spiders inside and outside the home.
 - **Thyme Essential Oil** is disliked by biting insects like chiggers, ticks, and roaches.
 - **Clove Essential Oil** is another great deterrent for many flying insects.
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We love our pets, but sometimes they can wreck havoc in the garden!

If you can't seem to keep the neighborhood tomcat from leaving his delightful presents amidst your herbs and veggies or the dog from digging, try these ideas:

Simple Rosemary Spray

10 Drops of Rosemary Essential Oil

32 oz. Spray Bottle

Water

Add the Rosemary Essential Oil into the bottle and fill with water.

Shake before each use.

Spray your mulch with the diluted mixture.

Repellent Strings

What you need:

Wide Shallow Container, Water

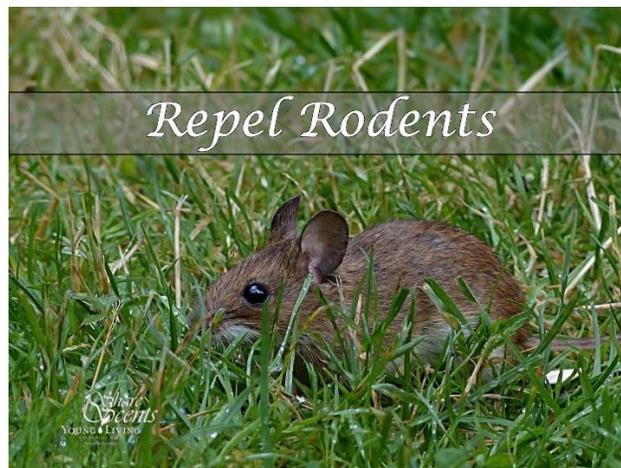
10-15 Drops of Rosemary or Black Pepper Essential Oil

Strips of Cloth or Pieces of String

Add the drops of Rosemary or Black Pepper oil to a wide, shallow container partially filled with water. Whisk vigorously to break up oil droplets then drop in strips of cloth or pieces of string. Allow them to soak long enough to absorb all the oil. Tie strings between plants or around the garden perimeter. Hang cloth strips between garden rows, around plants, or anywhere you know the cat likes to dig. Refresh as needed.

Black Pepper essential oil (or any other pepper, for that matter) can also be used to deter larger mammals from your garden. Dogs, in particular with their sensitive noses will be turned away from the strong odor of pepper oil.

Keep in mind that over-use of Black Pepper essential oil may make your garden less pleasant for humans as well.



Did you know that mice and other rodents are repulsed by the clean, fresh scent of Peppermint Essential Oil? Here's an idea to try:

Anti-rodent Recipe

Douse cotton balls with 1 – 2 drops of Peppermint oil each; then tuck into the entrances of mouse holes, squirrel nests, and other rodent burrows to persuade rodent residents to relocate. Replace as needed.

You can also place 10-15 drops of Peppermint Essential Oil into a 32 oz. spray bottle of water and spray the perimeter of your home a garden. This will repel mice, rodents, spiders, and ants.



*So we repel the bad, but we also want to bring in the good! Gardens LOVE bees and butterflies and we **WANT** them in our gardens.*

Essential oils aren't just for repelling unwanted creatures from your garden. You can also use certain fragrant oils to attract natural pollinators to your garden.

The scent of Neroli (orange blossom) is an irresistible attractant for bees, as are the essential oils of many small-blossomed flowers such as Lavender, Hyssop, fennel, Marjoram, Basil, Sage, and Rosemary.

Pollinator Spray Blend



10 Drops of one or more of these essential oils:

Neroli	Lavender
Hyssop	Marjoram
Basil	Sage
Rosemary	Fennel



Water & Spray Bottle

Combine your chosen oils together and place them into the bottom of your spray bottle. Add water on top of the essential oils. Shake well before spraying.



Blend for attracting pollinators

Bring on the Bees and Butterflies!

Try mixing lavender, hyssop, marjoram, basil, sage and/or rosemary with water and spritzing it on your plants to attract bees and butterflies! Here's a recipe I like. Use as many of these oils as you have on hand.



*It is **HARVEST TIME!** All your hard work has paid off! But giving them a good cleaning is SUPER important even when you're growing organically! Remember, you never know what's been "falling" on your veggies, what fungus or pathogens they've been exposed to, or what air pollutants may have rained down on them.*

***Thieves Fruit and Veggie Soak** is amazing for this! Just take 2 tablespoons of soak and add it to 1 gallon of water, soak your harvest for 2-3 minutes, rinse and enjoy! It safely and effectively washes produce with the cleansing power of DiGize, Thieves, and Purification*

***Fruit & Veggie Spray** – On the go? Spritz, rinse and you are ready to eat!*



Caring for Your Hands

Gardening can be hard on your hands. You get dirty, and if you're like me, you even break a few nails. Maybe your hands feel dry and chapped.

I love Thieves Foaming Hand Soap for a good cleaning of my hands and nails. And after that I love to soothe them with Genesis Hand and Body Lotion. Both are plant-based products that really soothe my tired hands! I love that they are free of any and all harmful chemicals.

Here are a couple of recipes you might want to try also:

Garden Hand Scrub

1/4C Salt

1/4C coconut oil

1T Thieves cleaner

10 drops lemon essential oil

Garden Hand Salve

2oz coconut oil

2oz beeswax

16oz dandelion oil (make by infusing dried dandelion flowers in olive oil for 2-4 weeks then straining out flowers)

8 drops lavender essential oil

4 drops frankincense essential oil

In a double boiler (or mason jar in boiling water) melt coconut oil, beeswax, and dandelion oil together. Let cool 3-5 minutes and mix in oils. Divide evenly into 4oz small canning jars.

Thieves, tea tree and lavender are great if you get exposed to fungus (using the Thieves Spray will also help ward this off).



After Garden Clean-up

Yup, I get down and dirty when I work in the garden! I'm so grateful for Thieves Laundry Soap. It's a life-saver, or should I say clothes-saver!

*With a formula that effectively and gently cleans clothing, **Thieves Laundry Soap** is made up of plant-based ingredients, and leaves no chemical or synthetic residue. Natural enzymes and powerful essential oils leave your clothes fresh and clean with a light citrus scent—something that everyone in the family*

will love. Not only does it clean well, but a little goes a long way! Thieves Laundry Soap works in all types of washers, and a 32-ounce bottle can be used for up to 64 loads of laundry.

Keeping your garden tools clean is also very important. Cleaning them with Thieves Household Cleaner will remove anything that could shorten the life of your tools or re-expose your plants to unwanted disease. Thieves Household Cleaner is a concentrated, versatile solution that gives you a deep clean not only in your home, but also has many uses in your garden. I've even used it to wash the siding on my house and my car!



Relax & Enjoy

Let's face it, gardening is hard work, and it can take a toll on the body. Fortunately, Young Living offers many options for soothing tired muscles after your work for the day is finished. There are so many to pick from. A few that come to mind are PanAway Essential Oil, Aroma Siez Essential Oil, AgilEase, Cool Azul Sports Gel, Cool Azul Pain Relief Cream, Nature's Ultra CBD Muscle Rub, and Relaxation Massage Oil.

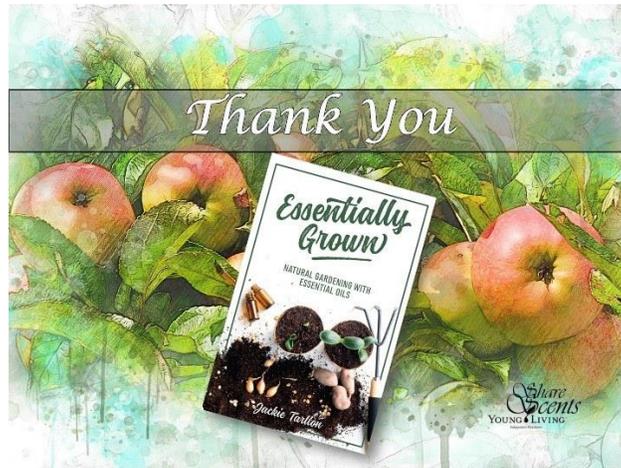
Let me focus on just a couple of products I recommend for soothing your body after working in the garden.

Cool Azul Sports Gel – A full 10% of pure essential oils in every 3.4-oz. tube. Hydrating to the skin. A topically cooling blend of Peppermint, Plectranthus Oregano, and Dorado Azul essential oils with menthol and camphor.

Relaxation Massage Oil – Combines specifically selected vegetable oils with the soothing essential oil scents of Lavender, Tangerine, Coriander, and Spearmint for maximum relaxation.

Speaking of massage, did you know that we have several massage therapists on our team who offer Young Living products in their practices? Yup, and they are all amazing! Need some names? Just ask!

Interested in learning about the **Raindrop Technique**? Check out my blog post about [Raindrop Technique](#)



Thank You

What did you learn in this class? What questions can I answer for you? What are you excited to try?

Essentially Grown is a great resource you may want to get your hands on. [Here's where you can order it:](#)

If you do not have a Young Living account, drop a comment here and the person who invited you to this class will help you get your first order done. If you don't have someone's referral code, you can use this link to get started and purchase your products with a 24% discount: www.ShareScents.com.

And be sure to ask how you can earn another 10-25% back from every purchase and qualify for free products along the way.

Thank you so much for viewing this Gardening with Essential Oils class. I hope you learned some helpful tips. You can come back here to review the class anytime. Happy gardening!



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