



MENU

Appetizer

Price

- Set up your raised beds Market
- Set-up Micro Green Tray..... 15 minutes
- Prepare Micro Green Spray Bottles (test PH) 10 minutes
- Set Up Compost Station (3 to 1 ration) Market
- Set-Up Rain collection station 2 hours
- Ground Water drip hoses Market
- Set-up Bee house 30 Minutes
- Set-up your Corporate Structure 2 hours

Breakfast

Price

- Check Micro Greens Process..... 20 minutes
- Spray water/bottom water 2 minutes
- Water Rasied Beds 10 minutes
- Roll the copmpose pile 1 minutes
- Inventory seeds and other supplied 5 minutes

Lunch

Price

- Check raised bed- trim as needed 15 minutes
- Add Compost as fertilizer 5 minutes

Main Course

Price

- Harvest the Micro Greens Market
- Harvest raised beds 15 minutes
- Prepare Herb dishes from fresh produce 10 minutes
- (Fresh pesto anuone)

Sides

Price

- Get some good bacteria from the soil..... 20 minutes
- Soak up some free vitamin D from the Sun..... 20 minutes
- A small portion of physical exercise..... 10 minutes
- See the difference between soil and dirt 1 minutes
- Make Tape bracelets

Desert

Price

- Zoom meeting Expansion Health Central 15 minutes
- Assign collection of table scraps to fellow students 5 minutes
- Collect table scraps/green grass-Nitrogen..... 5 minutes
- Collect leaves/paper/cardboard - Carbon 10 minutes