

# Table of Contents

Preface .....	i
Dedication .....	iv
Inspiration .....	v
Health For All of Us: Soil & Seeds .....	1
Reflections on Solar Electricity Production in Agriculture (Agrivoltaics) .....	9
Human (Cell Salts) & Plant Nutrient Tables .....	15
Eat From the Rainbow .....	20
Coming Full Circle: A Brief History of How I Became a Food Grower .....	24
Organic Questions and Answers .....	27
What Grows in Your Garden? .....	33
Soil Photographs .....	34
Soil Crossword Puzzle .....	37
Seed Crossword Puzzle .....	39
Balsamic-O.N.E. Love Hickory Syrup Salad Dressing & ...Fresh from the Garden Recipes	41
Several Useful Agricultural Terms Defined .....	45
Food Growing Advice .....	51
Brief History of Genetic Engineering (GE) ... ..	57
Seed Word Search Puzzle .....	68
Soil Word Search Puzzle .....	69
Insightful Quotes .....	70
Seed References .....	76
Soil References .....	80
About the Authors .....	86