



2026-03-18 16:00:10 From Lauren | GYOV Support Team to Everyone:

👋 Hey everybody, welcome! We're about to get this masterclass started! 🙌 I'm here to help, so just let me know if you need anything.

🧐 Stacey Murphy is in the chat box with us! Be sure to ask your questions in the Q&A tab!

2026-03-18 16:00:12 From Stacey Murphy to Everyone:

Hello everyone! Stacey here tuning in from Austin Texas. Excited to hear what kinds of questions you have

Traci: ❤️

2026-03-18 16:00:39 From Stacey Murphy to Everyone:

Woohoo! I'm here and ready

2026-03-18 16:00:42 From Vicky Wasmund to Everyone:

Hello from Maryland

2026-03-18 16:00:43 From Kumiko Oga to Everyone:

Hi Kumiko from Hudson, MA

2026-03-18 16:00:44 From Bianca Bijlhouwer to Everyone:

Hi from The Netherlands

2026-03-18 16:00:45 From Dan phone to Everyone:

Ohio

2026-03-18 16:00:46 From Lisa D in TN to Everyone:

TN

2026-03-18 16:00:46 From Audrey to Everyone:

New Mexico

2026-03-18 16:00:49 From KBuszkiewicz to Everyone:

Hi from Ohio!

2026-03-18 16:00:50 From Marion Metz Solutions to Everyone:

Hi from New ealand

2026-03-18 16:00:53 From Gwyn to Everyone:

SC



2026-03-18 16:00:53 From Chantal Lupien to Everyone:  
Hello from Quebec Canada

2026-03-18 16:00:53 From Lorawyrick to Everyone:  
MN

2026-03-18 16:00:55 From Janine to Everyone:  
Iowa

2026-03-18 16:00:56 From Paddy to Everyone:  
Hi from Saskatchewan Canada!

2026-03-18 16:00:57 From Nanett R. Grădinaru to Everyone:  
Hello everyone from Romania! 🥕🍄🥒🥔🍅

2026-03-18 16:00:59 From Mark to Everyone:  
New Jersey

2026-03-18 16:01:01 From Jill to Everyone:  
Louisiana

2026-03-18 16:01:05 From steve to Everyone:  
Steve from UK

2026-03-18 16:01:04 From Diane Orr to Everyone:  
South Carolina

2026-03-18 16:01:05 From Traci to Everyone:  
Beverly Hills, Ca

2026-03-18 16:01:05 From Gloria Walker to Everyone:  
Greetings from the Sierra Nevada Mountains of Northern California

2026-03-18 16:01:12 From dziem to Everyone:  
HI from Diane in Englewood, Florida

2026-03-18 16:01:14 From April Sheffield to Everyone:  
Hello Stacey. Joining you from the desert in Arizona

2026-03-18 16:01:15 From Larry Lewis to Everyone:  
ILDEWILD, MI



2026-03-18 16:01:17 From Tim Valenti to Everyone:  
hello from Vancouver from Tim

2026-03-18 16:01:19 From Doris Shinick to Everyone:  
Doris / NJ

2026-03-18 16:01:32 From Kumiko Oga to Everyone:  
Never have

2026-03-18 16:01:39 From Stacey Murphy to Everyone:  
MEEEE!!!! lol

2026-03-18 16:01:40 From Lauren | GYOV Support Team to Everyone:  
👋 who here has preserved their food before?

2026-03-18 16:01:46 From Marion Metz Solutions to Everyone:  
Yes, done all except canning

2026-03-18 16:01:46 From CN to Everyone:  
all of the above

2026-03-18 16:01:50 From Jill to Everyone:  
Never

2026-03-18 16:01:51 From Lorawyrick to Everyone:  
Freezing some canning

2026-03-18 16:01:53 From Dan phone to Everyone:  
Pickling

2026-03-18 16:01:53 From Denise Beins to Everyone:  
Canning / pickling/ freezing / dehydrating, / fermenting / curing & Storing

2026-03-18 16:01:54 From Bianca Bijlhouwer to Everyone:  
Pickling, curing, drying

2026-03-18 16:01:54 From Audrey to Everyone:  
canning, freezing

2026-03-18 16:01:54 From Pat Obuchowski to Everyone:  
I pickled and it didn't come out too well....



2026-03-18 16:01:54 From Diane Orr to Everyone:  
Canning, freezing, freeze dry, dehydrated

2026-03-18 16:01:56 From Mabel Thibault to Everyone:  
Canning, freezing, dehydrating, pickling

2026-03-18 16:01:59 From Larry Lewis to Everyone:  
FREEZING; DEHYDRATE

2026-03-18 16:01:59 From Pasqualina Scala to Everyone:  
Freezing & some canning

2026-03-18 16:02:01 From Gwyn to Everyone:  
canning

2026-03-18 16:02:02 From diana cohen to Everyone:  
none of them

2026-03-18 16:02:03 From Mick to Everyone:  
He, everyone. I'm Mick from the UK

2026-03-18 16:02:04 From Luella Onestep to Everyone:  
Canning, freezing, dehydrating

2026-03-18 16:02:07 From Lorawyrick to Everyone:  
Dehydrate

2026-03-18 16:02:10 From Paddy to Everyone:  
Bit of freezing & fermenting

2026-03-18 16:02:12 From Bette to Everyone:  
Freezing, dehydrating

2026-03-18 16:02:13 From Nanett R. Grădinaru to Everyone:  
Freezing

2026-03-18 16:02:15 From Terri Brown to Everyone:  
freezing and just started dehydrating

2026-03-18 16:02:21 From Janine to Everyone:  
Canning, dehydrating, freezing



2026-03-18 16:02:27 From Lisa D in TN to Everyone:  
Fermenting, dehydrating, & some prepper food boxes.

2026-03-18 16:02:29 From Maggee to Everyone:  
Canning, Freezing, Dehydrating, Fermenting, Root Cellar

2026-03-18 16:02:36 From Doris Shinick to Everyone:  
FREEZING- fermentation- dehydrating

2026-03-18 16:02:43 From iPhoneuwt ' to Everyone:  
Freezing dehydrating a bit exploration fermenting

2026-03-18 16:02:51 From steve to Everyone:  
fermenting for gut microbiome health

2026-03-18 16:03:35 From KBuszkiewicz to Everyone:  
None before, just dehydrating.

2026-03-18 16:03:49 From Stacey Murphy to Everyone:  
Chat is great!

2026-03-18 16:04:05 From Mabel Thibault to Everyone:  
Are you covering fermenting today?

2026-03-18 16:04:31 From Mary to Everyone:  
Freezing dehydrating

2026-03-18 16:04:40 From Lauren | GYOV Support Team to Everyone:  
👋

2026-03-18 16:05:16 From Lauren | GYOV Support Team to Everyone:  
💚 Grab the Guide here: <https://growyourownvegetables.org/preserve-guide>  
Nanett R. Grădinaru: 💜

2026-03-18 16:05:16 From Kimberly to Everyone:  
Thank you so much. So excited to be here!

2026-03-18 16:05:54 From Vicky Wasmund to Everyone:  
I can't eat tomato skin or seeds. What would be the best way to preserve?

2026-03-18 16:06:07 From Marg Yungwirth to Everyone:  
Thank you



2026-03-18 16:07:18 From Nanett R. Grădinaru to Everyone:



2026-03-18 16:07:52 From joanb to Everyone:

Pressure Canning next to learn

2026-03-18 16:08:38 From Stacey Murphy to Everyone:

Vicky, there's an easy way to get the skins off tomatoes. One minute in boiling water, the skin peels right off. From there, you could open them and take out the seeds before you go from there to either dehydrate, freeze or can

2026-03-18 16:09:08 From Stacey Murphy to Everyone:

Vicky... also fermented ketchup or chutney

2026-03-18 16:09:18 From Lisa to Everyone:

Hi Stacey-do you have any recommendations for ddhydrating onions without a dehydrator?

2026-03-18 16:09:18 From Nanett R. Grădinaru to Everyone:



2026-03-18 16:09:35 From Lorry Parker to Everyone:

Replying to "Vicky, there's an easy way to get the skins off to...":

Super easy: freeze the tomatoes. Then partially thaw them and the skins will peel off easily while the center of the toms are still fairly frozen.

2026-03-18 16:09:54 From dziem to Everyone:

Have a lot of raw cabbage left over from St. Patrick's day and need to do something with it!

2026-03-18 16:09:57 From Vicky Wasmund to Everyone:

Replying to "Vicky, there's an easy way to get the skins off to...":

Thank you. I will probably freeze for now.

2026-03-18 16:10:14 From Bonnie Chandler to Everyone:

Stacy: or you can simply cut the tomatoes in quarters, freeze, and when you want to use them, take as many pieces as you need, hold them under hot running water a few seconds, and the skins peel off even more easily. And you're not spending hot summer days over a hot stove.

2026-03-18 16:10:12 From Stacey Murphy to Everyone:

Lots of raw cabbage is a great base for sauerkraut!

2026-03-18 16:10:49 From Stacey Murphy to Everyone:





Lisa, I'm assuming you really mean dehydrate onions and not "curing" them?

2026-03-18 16:11:09 From Lisa to Everyone:

Yes-I'd like to make onion powder from scratch

2026-03-18 16:11:14 From Lorry Parker to Everyone:

Replying to "Vicky, there's an easy way to get the skins off to...":

@Vicky Wasmund You'll be shocked - then cut as small as you want the toms to be and lay them out on a paper towel. Roll them loosely up. The seeds will easily squoosh away from the good flesh of the toms!

2026-03-18 16:11:41 From Stacey Murphy to Everyone:

Yes, Bonnie, that's a great way for store tomatoes in the freezer if you have a lot of them to process

2026-03-18 16:12:18 From Lorry Parker to Everyone:

I have a gallon bag of frozen green cherry tomatoes from last fall. What can I do with them?

2026-03-18 16:12:27 From Stacey Murphy to Everyone:

Replying to "Vicky, there's an easy way to get the skins off to...":

Wow! You all are masters. I have never removed the seeds

2026-03-18 16:14:07 From Vicky Wasmund to Everyone:

Replying to "Vicky, there's an easy way to get the skins off to...":

Skins and seeds upset my stomach. Called nightshades.

2026-03-18 16:14:26 From Stacey Murphy to Everyone:

Lorry, there's definitely some fun green tomato chutney recipes out there.. Crazy idea, I wonder if you could do friend cherry green tomatoes in an air fryer

2026-03-18 16:14:39 From Lorry Parker to Everyone:

Replying to "Lorry, there's definitely some fun green tomato ch...":

No air fryer sorry...

2026-03-18 16:14:56 From Lorry Parker to Everyone:

Replying to "Lorry, there's definitely some fun green tomato ch...":

Will look for a chutney recipe tho! YUM!

2026-03-18 16:14:59 From Stacey Murphy to Everyone:

Replying to "Lorry, there's definitely some fun green tomato ch...":

That's okay, it was a crazy idea. I would go for a chutney,



2026-03-18 16:15:16 From Lisa to Everyone:

Replying to "Lisa, I'm assuming you really mean dehydrate onion...":  
Yes-I'd like to make onion powder from scratch.

2026-03-18 16:15:21 From delph to Everyone:

grocery store grows in water solution farmers market is soil base?

2026-03-18 16:15:21 From Denise Beins to Everyone:

I love the creativity!

2026-03-18 16:17:47 From Priscilla A to Everyone:

I use to have fruit in jelly!

2026-03-18 16:17:56 From Stacey Murphy to Everyone:

Replying to "Lisa, I'm assuming you really mean dehydrate onion...":

Tip: If you are making powders (I have made turmeric powder and ginger powder from dehydrated plants)... make sure you really get ALL the moisture out or else they can go bad before you use them.

If you have a device that goes down to 180 degrees, that's ideal, but you could dehydrate in your oven on its lowest setting and keep the oven open for air to flow. It's not ideal, but it will work.

Chop into thin slices and lay them flat

2026-03-18 16:19:44 From Stacey Murphy to Everyone:

Replying to "grocery store grows in water solution farmers mar...":

In general, the tomatoes at the store are just not as flavorful as homegrown. They may be picked before ripe.

Cherry tomatoes and on the vine tomatoes are generally better tasting than the larger tomatoes at the store in my experience.

We were using the large tomatoes for making sauce... and couldn't find as much flavor

2026-03-18 16:20:27 From delph to Everyone:

my produce becomes compost in the garden. no waste. ugh my fridge is empty always ..

2026-03-18 16:21:39 From Denise Beins to Everyone:

Who loves this idea to empty the fridge once a week! Pick a day each week

Nanett R. Grădinaru, Pat Obuchowski: ❤️





2026-03-18 16:22:01 From Lorry Parker to Everyone:

I'm claiming a new goal: Stop Using Plastic Storage Bags. I use and re-use and re-use them, but then they go in the landfill. Who's with me?

Paddy: 👍

Nanett R. Grădinaru: ❤️

2026-03-18 16:22:04 From janegriffith to Everyone:

You are so reasonable. I really like these ideas.

Lauren | GYOV Support Team: ❤️

2026-03-18 16:23:16 From Lisa to Everyone:

Replying to "I'm claiming a new goal: Stop Using Plastic Storag...":

There are reusable storage bags:

<https://www.foodandwine.com/best-reusable-storage-bags-7499492>

Lorry Parker: ❤️

2026-03-18 16:23:19 From Paddy to Everyone:

Now that I pay more attention to how I store things in the fridge - in glass containers, paper bags or wrapped in paper towel in bags- I have a lot less food wastage. I still have baby bok choy that I bought over 2 weeks ago!

2026-03-18 16:23:33 From Denise Beins to Everyone:

Replying to "I'm claiming a new goal: Stop Using Plastic Storag...":

We use canning jars for food storage in the fridge

Nanett R. Grădinaru, Lorry Parker: ❤️

2026-03-18 16:23:57 From delph to Everyone:

herbs?

2026-03-18 16:24:31 From Stacey Murphy to Everyone:

That's awesome Paddy. There's so much you can do to keep things fresh

Paddy: 👍

2026-03-18 16:25:04 From Stacey Murphy to Everyone:

Curious what you mean when you say "Herbs?" I missed the context.

2026-03-18 16:25:45 From delph to Everyone:

the dry vegs in the bottom of the fridge. Use alot of parsley usually over buy

2026-03-18 16:26:35 From Stacey Murphy to Everyone:

Aha, parsley could be dehydrated and ground up for use later. There's a couple ways to freeze them as well if you want to use them in pasta sauce later.



2026-03-18 16:26:52 From Lorry Parker to Everyone:

I just cut up herbs' leaves and freeze them loose in a bag. Most come out just fine for use in sauces, soups.

Nanett R. Grădinaru, Pat Obuchowski: 👍

2026-03-18 16:27:35 From delph to Everyone:

thanks for the information

2026-03-18 16:28:14 From Stacey Murphy to Everyone:

Yes, most herbs are pretty easy in the freezing process as long as you are going to use them to cook

2026-03-18 16:28:24 From Lauren | GYOV Support Team to Everyone:

🥒 Looking for the Quick Pickles recipe? 🥒

<https://growyourownvegetables.org/zucchini-quick-pickles>

Denise Beins: 👍

Nanett R. Grădinaru: ❤️

2026-03-18 16:29:02 From Stacey Murphy to Everyone:

My mouth is watering... I haven't done quick pickles in a while

Nanett R. Grădinaru: 👍

2026-03-18 16:29:03 From Paddy to Everyone:

Replying to "Aha, parsley could be dehydrated and ground up for...":

Any recommendations for best way to store fresh cut basil? I find that even loosely wrapped in paper towel they wilt overnight.

2026-03-18 16:29:07 From Lauren | GYOV Support Team to Everyone:

❤️ Grab the Guide here: <https://growyourownvegetables.org/preserve-guide>

2026-03-18 16:29:12 From Lisa to Everyone:

Replying to "Lisa, I'm assuming you really mean dehydrate onion...":

Thank You Stacey! I already dehydrated some in the oven, however, I did not leave the door open. If I decide to purchase a dehydrator, do you have a suggestion for a specific model?

2026-03-18 16:29:53 From Stacey Murphy to Everyone:

Replying to "Aha, parsley could be dehydrated and ground up for...":

I don't store basil, I keep it in water. The minute you put it in the fridge it is below the temperature that keeps basil fresh and it starts to turn black.

2026-03-18 16:29:59 From Lorry Parker to Everyone:



Replying to "Lisa, I'm assuming you really mean dehydrate onion...":



2026-03-18 16:30:03 From delph to Everyone:

yes!!! pickling beets tonight thanks

Denise Beins: 👍

2026-03-18 16:30:19 From iPhoneuwt ' to Everyone:

About dry freezeing ?

2026-03-18 16:30:36 From Lorry Parker to Everyone:

Replying to "About dry freezeing ?":

That's what I do!

2026-03-18 16:30:42 From Traci to Everyone:

I'm concerned about destroying the enzymes during blanching.

2026-03-18 16:30:52 From Paddy to Everyone:

Replying to "Aha, parsley could be dehydrated and ground up for...":

Thanks, I love basil but always seem to cut more than I need in a day in the summer!

2026-03-18 16:30:58 From Kimberly to Everyone:

I have started putting parsley, chives, coriander bunches in the fridge in glass jars of water in the fridge- it keeps them fresh for so much longer! Its like having vibrant bunches of green bouquets every time I open the fridge :-)

Stacey Murphy: ❤️

Paddy, Stacey Murphy: 👍

2026-03-18 16:30:59 From Mabel Thibault to Everyone:

Are quick pickles canned or stored in the frig?

2026-03-18 16:31:13 From Lawrence Tagrin to Everyone:

Freeze drying is the most expensive way to preserve.

2026-03-18 16:31:39 From Stacey Murphy to Everyone:

Replying to "Lisa, I'm assuming you really mean dehydrate onion...":

I found the Excalibur 9 tray dehydrator on Offer Up or in Facebook Marketplace for almost free. I used that thing every day to make fruit roll ups and dehydrated kale. So worth it!

2026-03-18 16:32:29 From Stacey Murphy to Everyone:

Replying to "Aha, parsley could be dehydrated and ground up for...":

Basil bouquets are pretty and last a long time, especially if you keep changing out the water



2026-03-18 16:32:42 From Lauren | GYOV Support Team to Everyone:

Replying to "Lisa, I'm assuming you really mean dehydrate onion...":

Here's the link to the dehydrator that Stacey mentioned: <https://amzn.to/303DtLs>

Nanett R. Grădinaru: ❤️

2026-03-18 16:33:30 From Stacey Murphy to Everyone:

Replying to "Are quick pickles canned or stored in the frig?":

Stored in the fridge for up to 2 week. Once you can them, they have a different flavor and texture

2026-03-18 16:33:45 From Traci to Everyone:

Yes! Fermented foods!!!

Lorry Parker: ❤️

Nanett R. Grădinaru: ❤️

2026-03-18 16:35:07 From Stacey Murphy to Everyone:

I am salivating... I remember those veggie burgers. I haven't made them in a couple months

2026-03-18 16:35:53 From Traci to Everyone:

Wow!!!

2026-03-18 16:35:57 From Paddy to Everyone:

I follow Paleo AIP & having fermented food is part of daily menu

Traci: ❤️

2026-03-18 16:38:01 From Lawrence Tagrin to Everyone:

I make Kim Chi of several types.

Pat Obuchowski: ❤️

Traci, iPhoneuwt 🍷

2026-03-18 16:38:23 From Stacey Murphy to Everyone:

Lawrence, I'm coming over to try 🍷

Traci: ❤️

Terri Brown: 😊

Nanett R. Grădinaru: 😊

2026-03-18 16:38:53 From Lorry Parker to Everyone:

Replying to "Lawrence, I'm coming over to try 🍷":

I'm parked in Lawrence's driveway awaiting an acceptable time to arrive for dinner!

Lorry Parker: 😊

Terri Brown: 😊



Denise Beins: 😊

Nanett R. Grădinaru: 😊

Kimberly, Terri Brown: 🙌

2026-03-18 16:39:04 From Stacey Murphy to Everyone:

Replying to "Lawrence, I'm coming over to try 🙌":

Totally

2026-03-18 16:40:43 From Denise Beins to Everyone:

Replying to "Lawrence, I'm coming over to try 🙌":

You have so many new friends, Lawrence!

2026-03-18 16:41:13 From Lawrence Tagrin to Everyone:

Cooking and gardening are sharing activities.

Denise Beins: ❤️

Terri Brown: 👍

2026-03-18 16:42:00 From Terri Brown to Everyone:

Anyone here in NC?

2026-03-18 16:42:56 From Traci to Everyone:

Yes

2026-03-18 16:43:54 From Nanett R. Grădinaru to Everyone:



2026-03-18 16:44:09 From Terri Brown to Everyone:

Replying to "Yes":

Near Winston Salem?

2026-03-18 16:47:39 From Mabel Thibault to Everyone:

Replying to "Are quick pickles canned or stored in the frig?":

Thanks!

2026-03-18 16:48:11 From Lorry Parker to Everyone:

Replying to "Are quick pickles canned or stored in the frig?":

And no probiotics, right, 'cuz made with vinegar?

2026-03-18 16:49:11 From Stacey Murphy to Everyone:

Replying to "Are quick pickles canned or stored in the frig?":

Yes, pickling does not have those probiotics like fermentation does



2026-03-18 16:49:32 From Lorry Parker to Everyone:

Replying to "Are quick pickles canned or stored in the frig?":

tyvm - learning learning learning

Denise Beins: ❤️

2026-03-18 16:50:30 From Nanett R. Grădinaru to Everyone:

Replying to "Are quick pickles canned or stored in the frig?":

How about those without vinegar, in salt and water?

2026-03-18 16:50:41 From Lidia Jasinski to Everyone:

Thanks

2026-03-18 16:52:10 From Stacey Murphy to Everyone:

Replying to "Are quick pickles canned or stored in the frig?":

Salt and water may ferment if left out of fridge, but the temperatures in the fridge typically slow fermentation down or stop it. So some of those probiotics may be present

Nanett R. Grădinaru: 💚

2026-03-18 16:52:44 From Jodye Blevins to Everyone:

hello from PA

2026-03-18 16:53:53 From Lorry Parker to Everyone:

omg I am SO hungry! stop!

Nanett R. Grădinaru: 👍

Denise Beins: 😊

2026-03-18 16:54:53 From Stacey Murphy to Everyone:

This training should come with a warning... eat before you come or else you will be really hungry when you leave

Lorry Parker: 😊

Nanett R. Grădinaru, Denise Beins: 😂

Kimberly, Priscilla A: 🤔

2026-03-18 16:56:06 From Vicky Wasmund to Everyone:

Can you explain curing?

2026-03-18 16:57:15 From Lorry Parker to Everyone:

Replying to "Can you explain curing?":

and what's the diff between "cured" and "uncured" say, pepperoni?

2026-03-18 16:57:44 From Name to Everyone:

How long will the dehydrated greens and veg last





2026-03-18 16:58:22 From Denise Beins to Everyone:

Replying to "Can you explain curing?":

This is a good question to answer live in a few minutes

2026-03-18 16:58:28 From Lauren | GYOV Support Team to Everyone:

👍👍 You don't need to grow your own food to preserve it for the year ahead! Find out more here 🙌🙌 <https://growyourownvegetables.org/preserve-harvest-special/>

Nanett R. Grădinaru: ❤️

2026-03-18 16:58:38 From Stacey Murphy to Everyone:

Curing is a form of drying for root vegetables like garlic, beets, carrots, onions, potatoes, etc. The idea is to get them to a moisture level and temperature where they will keep all winter. Each veggie is a little different. You can create a root cellar for these things as well.

Lorry Parker: 👍

Nanett R. Grădinaru: ❤️

2026-03-18 16:59:16 From Vicky Wasmund to Everyone:

Thank you!

2026-03-18 16:59:59 From Stacey Murphy to Everyone:

Replying to "How long will the dehydrated greens and veg last":

I would eat dehydrated items within 6 months max. But you might find yourself going through them faster. With long amounts of time, the flavor might shift a bit. And you want to store it carefully so that moisture doesn't get in and ruin all your hard work

2026-03-18 17:01:00 From Vicky Wasmund to Everyone:

Replying to "How long will the dehydrated greens and veg last":

Can you dehydrate herbs in the microwave?

2026-03-18 17:01:31 From Laila Moiré-Selvage to Everyone:

Do you have tips and tricks for very humid wet areas?

2026-03-18 17:02:25 From Kimberly to Everyone:

Replying to "Do you have tips and tricks for very humid wet are...":

Great question

2026-03-18 17:03:41 From Traci to Everyone:

Your course looks great!

2026-03-18 17:03:59 From Nanett R. Grădinaru to Everyone:

Replying to "How long will the dehydrated greens and veg last":



... maybe not using microwave ... and stay healthy ❤️ I'm just saying

2026-03-18 17:04:06 From Lawrence Tagrin to Everyone:

The most underrated veggie is Carrot Tops.

Lorry Parker: 😞

2026-03-18 17:04:07 From Lauren | GYOV Support Team to Everyone:

👁️🌱👁️ LIFETIME ACCESS to the Preserve the Harvest course PLUS amazing bonuses!

Grab it with the special pricing today! 🙌

<https://growyourownvegetables.org/preserve-harvest-special/>

2026-03-18 17:05:46 From Nanett R. Grădinaru to Everyone:



2026-03-18 17:05:47 From Terri Brown to Everyone:

Replying to "How long will the dehydrated greens and veg last":

@Stacey Murphy wouldn't a mason jar sealer work? That's what I will use with my dried herbs.

2026-03-18 17:06:21 From Stacey Murphy to Everyone:

Replying to "The most underrated veggie is Carrot Tops.":

Yesss! Parsley top pesto is one of my favorites

2026-03-18 17:07:07 From Stacey Murphy to Everyone:

Replying to "The most underrated veggie is Carrot Tops.":

I meant carrot top lol

2026-03-18 17:07:16 From Kimberly to Everyone:

Replying to "The most underrated veggie is Carrot Tops.":

Totally agree, carrot tops/leaves are do delicious and nutritious

2026-03-18 17:10:34 From Nanett R. Grădinaru to Everyone:



2026-03-18 17:12:26 From Heidi Kramer to Everyone:

I am curious why freeze drying isn't included in your preservation options.

2026-03-18 17:12:42 From Zoom user to Everyone:

Thank you so much. Your presentation is very informative. Love your passion.

2026-03-18 17:12:50 From Nanett R. Grădinaru to Everyone:

Thank you all! ❤️ 🥕 🌱 🍄 🥒 🥔 🍅



2026-03-18 17:12:51 From Stacey Murphy to Everyone:

Mostly because it's a more expensive option and not as many people have access.

2026-03-18 17:13:04 From Terri Brown to Everyone:

Thank you!

2026-03-18 17:13:05 From Lorry Parker to Everyone:

Stacey, you're always so generous with your experience and knowledge. Thanks much!

2026-03-18 17:13:16 From Stacey Murphy to Everyone:

Replying to "Thank you so much. Your presentation is very infor...":

Awesome. Glad it was useful

2026-03-18 17:13:17 From Kimberly to Everyone:

Thank you this was great!

Nanett R. Grădinaru: ❤️

2026-03-18 17:14:00 From Marg Yungwirth to Everyone:

Wow!!! Thank you Stacey. Such great info

Nanett R. Grădinaru: ❤️

2026-03-18 17:14:01 From Lisa to Everyone:

How many spice blends are in the book included with the course?

2026-03-18 17:14:23 From Heidi Kramer to Everyone:

How long does frozen, dried, and canned food preserve maximum vitality?

Nanett R. Grădinaru: 👍

2026-03-18 17:14:25 From sandi to Everyone:

I do not see the register now ... please help

2026-03-18 17:14:41 From Lauren | GYOV Support Team to Everyone:

👁️🌱👁️ LIFETIME ACCESS to the Preserve the Harvest course PLUS amazing bonuses!

Grab it with the special pricing today! 🙌

<https://growyourownvegetables.org/preserve-harvest-special/>

2026-03-18 17:15:01 From Marion Metz Solutions to Everyone:

Thank you, have to run now, but will be great to read the chat and watch again!

2026-03-18 17:17:49 From Traci to Everyone:

Excellent!



2026-03-18 17:17:54 From Susan Thorpe to Everyone:  
Does freeze drying work?

2026-03-18 17:17:56 From Lisa to Everyone:  
I have a spice and nut grinder

2026-03-18 17:18:52 From iPhoneuwt ' to Everyone:  
Can you say about dry freeze ? Vs the other you mentionned  
Nanett R. Grădinaru: 👍

2026-03-18 17:20:34 From Heidi Kramer to Everyone:  
Thank you! Very helpful!

2026-03-18 17:21:10 From Traci to Everyone:  
Do you have a website? I'd like to refer my clients.

2026-03-18 17:22:25 From Lisa D in TN to Everyone:  
Thanks!! Lots of great info!  
Nanett R. Grădinaru: ❤️

2026-03-18 17:22:40 From Denise Beins to Everyone:  
Replying to "Do you have a website? I'd like to refer my client...":  
Yes 😊 GrowYourOwnVegetables.org

2026-03-18 17:23:18 From Linda Collins to Everyone:  
Replying to "Do you have a website? I'd like to refer my client...":  
Is there a facebook group? Linda would like to know.

2026-03-18 17:24:08 From Denise Beins to Everyone:  
Replying to "Do you have a website? I'd like to refer my client...":  
Yes- <https://www.facebook.com/groups/gyovgardenadventure>  
Nanett R. Grădinaru, Lisa D in TN: ❤️

2026-03-18 17:25:30 From Linda Collins to Everyone:  
Replying to "Do you have a website? I'd like to refer my client...":  
Thank you from Linda!!!  
Denise Beins: ❤️

2026-03-18 17:25:52 From Nanett R. Grădinaru to Everyone:  
How quickly the reply will be available?



2026-03-18 17:26:23 From Lauren | GYOV Support Team to Everyone:

Hopefully within a few hours after we end

Nanett R. Grădinaru: ❤️

2026-03-18 17:27:45 From Nanett R. Grădinaru to Everyone:

Good point about sugar!

2026-03-18 17:27:46 From J to Everyone:

Do potatoes NEED to be cured, or can he be used fresh dug?

2026-03-18 17:28:44 From Lauren | GYOV Support Team to Everyone:

👁️🌱👁️ Ready to own the Preserve the Harvest course for yourself PLUS amazing bonuses? Grab it here 🙌🏼 <https://growyourownvegetables.org/preserve-harvest-special/>

2026-03-18 17:28:48 From Mick to Everyone:

Thank you so much for the advice, Stacey, and thank you for presenting the session, Denise, and thank you everyone that attended ... especially people who asked questions that never even crossed my mind. 🙌🏼🙌🏼❤️🧡🧡🌱💙💜💛🖤👑🇬🇧

2026-03-18 17:28:49 From Nanett R. Grădinaru to Everyone:

❤️❤️❤️