



September 6, 2011 – Grand Rapids, MI

The Missing Ingredient

I've written before about growing cherry tomatoes, and I did it again this year; in fact I actually got them planted almost a month earlier than last year. I also got some heirloom seeds from a regular reader (thanks, Colin) and started them indoors. When they were large enough, I transplanted them to the raised bed with the others. In addition, Paula bought me a cool tomato planter that has the plant grow out from the bottom, and we hung that beside the deck.

Here's the thing. The only plant that's really growing well is the one in the planter. I use a drip watering system, so they all get plenty of water—that's not the problem. I used new soil in the planter and usually put new soil in the raised bed as well, but this year I used the same soil and just added time-release fertilizer. Maybe the plants are getting all the nutrients they need, and maybe not.

The big difference is that the hanging planter gets sun all day long. Over the years, our willow tree has grown, and the raised bed that used to get a lot of sun now only gets a few hours. That missing ingredient—sunlight—is leading to a very poor showing by my tomato plants.

What's the point? Many of you are willing to do one thing to improve your health, such as take supplements, but don't pay attention to your diet or exercise. Just like the tomato plants, if you don't give your body everything it needs, it won't respond the way you want it to respond. Too many ingredients are missing.

What are you prepared to do today?

Dr. Chet

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