

juststeve

Excellent article for newcomers! Set aside all the Dark Forces a foot at the moment & realize for your own personal needs, if possible, to grow your own food especially Staples is better than money in the Bank in nearly all hard times, emergency's we can face. Weather events, layoffs, unexpected bills, foods put by can keep you afloat, moving. These staples are a staple for a reason, time tested, people approved. Furthermore, the more such is done, the more potential for a whole area to be able to pick up & carry on, hit the ground running.

Short, stable, supply lines, supply chains. Growing extras for barter is a maybe for some. Growing extra now & setting up the connections in your extended family, neighbors, community now could smooth out the bugs in a system before being in a crisis situation, such as extreme weather events, unexpected disasters to possibly shut down the convenience of Grocery Stores. While some won't be able to grow full-fledged gardens, some may well be able to grow Potted Plants to generate Heirloom Seeds for Local Area use.

Highly recommend Putting Foods By. Info for canning, freezing, preserves, drying, root cellar, curing, sprouting. There are fermentation groups whether you can and even if you can't garden for the extended list of garden grown foods, such can be found at Farmer's Markets, grocery stores if one must. Here we can still purchase bushels of apples, peaches, pears & so on. The more one does now, the easier it becomes later.

Also, such things do have a learning curve, so learning before you are knee deep in crisis is an edge. Take on too much whether by choice or forced by life gives poor results. Setting up some knowledge how to keep your neighbors good neighbors instead of becoming the Zombie Apocalypse Fear Porn we are fed makes for a strong community, country. There are many other basic staples to be considered too. Check out a local museum based on the founding culture, see what once was done for clues and direction.

Posted On 03/06/2024

Guillermou

Thank you Mr. Farmer for your excellent vision of reality. Having a garden is a blessing for your health. A 2015 food shortage simulation predicted that food prices could rise by up to 400 percent between 2020 and 2030. The simulation, titled "Food Chain Reaction," took place at the World Wildlife Fund headquarters in Washington, D.C. According to a press release from Big Ag company Cargill, the simulation took place over two days and involved 65 international politicians, academics and business leaders. Simulation participants were divided into teams from Africa, Brazil, China, India, the European Union, the United States and several other groups representing international companies and investors and other multilateral institutions.

www.shtfplan.com/headline-news/a-food-shortage-simulation-predicted-a-.. (09/23/2022)

www.activistpost.com/2022/09/this-2020-food-shortage-simulation-predic.. (09/22/2022=

www.brighteon.com/78d98305-d869-4f12-bb51-82feb0b865ed There are many educational centers that currently use the school garden, not only as a teaching tool, but as a teaching strategy to awaken and motivate ecological awareness. It has extensive benefits and activities that can be done with students using this great transversal learning resource.

The school garden is an area for growing vegetables, fruits, ornamental or medicinal plants, among others. This space offers the opportunity for students to value a natural environment in which they can learn and promote a series of attitudes of coexistence, responsibility and collaboration, essential for the development of the child. The use of a Logos International school garden as an educational resource has proven to have multiple benefits for our students, which not only contribute to the development of knowledge and skills, but also to the formation of values and attitudes that are essential in the development process.

Posted On 03/06/2024

Guillermou

Some of the benefits: 1) The school garden allows the integration of different areas of knowledge, functioning as a transversal and interdisciplinary axis in the different stages of education, from initial education where the child begins to interact in a unique way with the environment that surrounds him, where he actively participates in ecological and training processes. 2) Allows students to experience and interact in a unique way with the natural environment. 3) Promotes values of cooperation, patience, perseverance and responsibility in students.

4) Promotes the organization of time and space, creating skills to establish the correct time for watering plants, in addition to having to evaluate the square meters available for planting. 5) Develop motor skills through the use of farming tools and instruments. 6) It is a motivating tool to develop habits of care and environmental responsibility. 7) It allows you to know the nutritional value of fruits and foods, while promoting a balanced and healthy diet. 8) It can contribute to the teaching of mathematics, taking into account concepts such as: quantities, geometric shapes, areas, surfaces, distance, time, progressions, among others.

9) Promotes the participation of families directly in the school. For example, a family member contributing their experience in gardening and cultivation, or indirectly when it is done at home at the request of the students themselves. 10) It allows us to become aware of the usefulness of organic waste and how it can be used to make fertilizer. 11) It helps break the school routine, in a free space, full of physical and emotional activities.

Posted On 03/06/2024

Guillermou

Speaking of fruits. With your good work you can surely achieve this wonder of nature. The tree of forty fruits is a natural creation that was born as an artistic manifestation in favor of environmental conservation and as a scientific commitment. . This idea was conceived in 2008 by Sam Van Aken, an arts professor at Syracuse University, in the state of New York. The sculptor's goal was to create a work that transcends art, agriculture and conservation. The choice of the number 40 is not random. According to Van Aken, it was chosen because in Western religions it is used as an unquantifiable number, as a synonym for a multitude. "100 years ago, 2,000 varieties of peaches, almost 2,000 varieties of plums, and almost 800 varieties of apples were grown in the United States.

Today only a fraction of these remain and they are threatened by the industrialization of agriculture, diseases and climate change," said Van Aken. This number of trees, reduced to one species, were created based on grafts, a technique known since ancient times that consists of growing a fragment of one plant on the trunk of another, ensuring that the tissues of both come together at the point of union and, as a consequence, the graft can develop by absorbing nutrients indirectly. It has taken several years to produce each of these trees: the grafts are carried out in spring, but you have to wait a whole year to check if the process has been successful, two or three for them to start bearing fruit and up to eight for complete a tree of 40 fruits.

The trees cultivated by Professor Van Aken belong to the genus Prunus. For much of the year, they look like any other tree, but when spring arrives they bloom with various shades of white and pink. The biggest show comes in summer, when the flowers give way to 40 different varieties of peaches, plums, cherries, nectarines and apricots. In the video link twitter.com/.../1531289421965926401

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juststeve

Taters. If the memory is working potatoes as a plant like a slightly alkaline soil - A Big However, the potato tuber itself, likes a slightly acid soil. Some find a light scattering of granulated sulfur with a light scattering of alfalfa pellets will help the tuber develop without being scabby. While the scabs are Not a Health Hazard, they are unsightly, and the tuber won't reach its full potential. The granulated sulfur put down under the seed potato makes the root area where it feeds slightly acid and the alfalfa pellets increase worm and soil life activity helping feed the plant and the tuber. When putting the amendments down cover with just light covering of soil.

Posted On 03/06/2024

juststeve

Right Gui, trees, especially nut trees are a survival food source with the nuts able to store for an extended time. Fruits can be kept in a cool room, basement, corner in the garage, for grab and eat but for longer storage may need more processing, canning, freezing, dehydrating is well worth it. Alot of this is thinking and considering about many things not just completely out of sight, out of mind, being herded into Convenience with no thought of what happens when the One Size Fits a Few is Forced Onto the Many Pipeline gets disrupted. Remember the empty shelves because a cargo ship got stuck and blocked up the "cheap goods" from overseas getting here during the Planned Panic?

Posted On 03/06/2024

Guillermou

One of my favorites is carrot salad, which is one of Dr. Ray Peat's most famous dietary recommendations. Quick Guide: Planting, Growing and Harvesting Carrots 1) Start your garden in spring by planting carrots 2 weeks before the last frost. 2) It needs a well-worked and balanced soil for better root development. 3) Direct seed only and for best germination, keep seeds moist. 4) Eat fresh, freeze, or store in the refrigerator or basement. 5) Pests and diseases include carrot rust, nematodes, birds, snails and slugs www.planetnatural.com/growing-carrots Dr. Ray Peat explains that many people have problems with the overgrowth of bacteria and fungi (candida) in the intestine, resulting in intestinal inflammation, which can cause symptoms such as irritable bowel syndrome with constipation or diarrhea.

As Dr. Mercola has reported, Dr. Ray Peat reports that endotoxins and inflammatory mediators from the gut poison the liver and the energy production system of our cells, leading to chronic inflammation and hormonal problems such as estrogen dominance. and low thyroid function. According to Dr. Ray Peat, raw carrots are extremely good for cleansing the intestine because they contain fibers with antimicrobial properties.

Carrots are fibrous vegetables that grow underground. To protect itself from the humid environment, carrots produce antibacterial and antifungal substances. It is these antimicrobial compounds in carrot fibers that help prevent the overgrowth of bacteria and fungi in the intestine. Even better than eating 1 or 2 raw carrots a day is Dr. Ray Peat's famous carrot salad. This salad has the ability to greatly improve your health by deeply cleaning your intestine. (Picual olive oil with only 3% linoleic acid. biochemnordic.com/dr-ray-peat-carrot-salad)

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And there we go Gui, probably one of the best places to start feeding our best health is to start with the Gut, to get it healthy, and then it's a question of how best to move into the steps most addressing our personal situation, and fine tune each step of the way. The simple little carrot a possible foundation for all else to build on.

Posted On 03/06/2024

Guillermou

NEW SPECIES OF WORM DISCOVERED TO PROTECT CROPS WITHOUT PESTICIDES Researchers at the University of California, Riverside (UCR), United States, have made a significant discovery by identifying a tiny species of nematode worm capable of infecting and killing insects. A discovery that has the potential to be an effective solution to control pests in areas with hot and humid conditions, especially in agricultural crops. This new species belongs to the nematode family known as Steinernema, which has been widely used in agriculture as a pesticide-free alternative to control insect parasites. Nematodes of the genus Steinernema are harmless to humans and other mammals, and their use in agriculture dates back to their discovery in the 1920s.

"We spray billions of them on crops each year and they are easy to acquire," UCR nematology professor Adler Dillman, whose lab led the discovery, said in a statement. Although there are more than 100 species of Steinernema, we are constantly looking for new varieties because each one has unique characteristics. "Some might adapt better to certain climates or be more effective against certain types of insects." www.laboratoryequipment.com/610903-Newly-Discovered-Insect-killing-Nem..

Posted On 03/06/2024

phoenix999

Thanks Steve! I relish the Victory Garden idea and have spent countless hours watching outstanding YouTube gardeners: market garden pro Charles Dowding, the ever-cheerful GrowVeg (Ben VanHeems), the boundless energy of James Prigioni and more. Despite the fact that the carnivore diet is jam-packed with bioavailable nutrients (no anti-nutrients to cancel them out, no glyphosate, no seed oils), and has brought thousands of people into remission from IBS, depression, diabetes, obesity and countless afflictions, we know that eating a lot of meat is a luxury not guaranteed to last. It's under relentless attack from men and mother nature alike (the current Texas wildfires strike right at the heart of the beef industry, and it's not even summer yet).

For this reason we must maintain metabolic flexibility to stay resilient when the SHTF. For those who have trouble digesting plants: cooking, processing & fermentation are key. Huge raw salads and raw green smoothies are First-world modern constructs!! All native peoples respect the toxins in plants and process the plants in some way. Where plants are under-processed, disease results: e.g. the deadly Pellagra scourge in the American south (Mexicans treat corn with lime to reduce toxicity) and the endemic disease Konzo from insufficiently processed cassava root. Anyway, Thanks for letting us know about Putting Foods By.

Posted On 03/07/2024

phoenix999

Guillermou Don't forget the carrot fly! Ben VanHeems ("GrowVeg" on YouTube) states that this infamous pest fortunately flies very low to the ground, on the bottom 12" or so, so carrots can grow well in pots raised off the ground. I've seen many YouTubers grow them in containers.

Posted On 03/07/2024

yshazelwood

Wonderful information. Not everyone lives in a house with a backyard with land for cultivating crops. What advice is there for apartment dwellers?

Posted On 03/06/2024

juststeve

What are the give and take of needs between those who can grow or grow extra and those who can't? Locked out of full-fledged gardens there maybe window or balcony potted plants for seeds, maybe Herbs to sell, trade. Also, there are avenues to set up one grows, the other processes. Once upon a time many of the little churches, even towns had harvest kitchens with the restaurant stoves, coolers and tools so people could get together and process. Take time to look into BS for your safety you can, you can't laws. Like Joel Salatin says about the potlucks, the community, church efforts - Everything I want to do is illegal.

Posted On 03/06/2024

veronicasmom

Agreed; if you live out in the middle of the woods with very sandy soil (NJ Pinebarrens) and virtually no direct sunlight what is suggested?

Posted On 03/06/2024

Guillermou

The world is increasingly urbanized. Since 2007, more than half of the world's population lives in cities, and this number is expected to increase to 60% by 2030. Cities and metropolitan areas have become engines of economic change, growth and production, contributing to Approximately 60% of world GDP. However, cities also account for around 70% of global carbon emissions and more than 60% of resource use. Therefore, seeking integrative solutions to improve the environment is key to meeting the objectives of the 2030 Agenda. Urban gardens are a sustainable tool that seeks to create green and collaborative spaces.

The objective is to create a sustainable community that can provide not only vegetation, but a production tool that can be essential in some neighborhoods. An urban garden is the adaptation of the traditional garden that is practiced in the rural countryside to a small urban space covered or not with the intention of harvesting fresh food; vegetables, vegetables, flowers, culinary herbs, aromatic or medicinal plants, etc. Thanks to trends such as 'Farm to table' or 'slow food', practices focused on the development of own crops take root more than ever in society.

The Miguel Hernandez University also opted for sustainable development within its campuses and, specifically, created the UMH Ecological Garden "La Cuerna". An urban space that is more than 10 years old and has extensive consolidated experience, in which dozens of members of the university community have learned to grow their own vegetables, in an ecological way and respectful of the environment that surrounds us, thanks to the efforts of the Barrio Obrero de Altabix Neighborhood Association in collaboration with the UMH and the Elche City Council.

Posted On 03/06/2024

Sue12Cross

It depends on the laws where you live but the ancient idea of common land, still exist in the form of 'allotments' or 'social gardens. In the UK, for example, if there are more than 6 people without gardens and who want them, they can form a group and require by law an allotment (parcel of government land) to be made available. This is a garden for rent, so you can cultivate and in some cases keep chickens on it as well - this is how common land or pannage worked in the past and why what were called 'The Landless Poor' could grow their own food and keep their own livestock and thus feed themselves.

Then there are gleaning rights, again these are old laws that were never repealed - so here in France, for example after harvest, by law I can go into a field and collect any crops that are on the ground (only do this in organic farms!). As I live by the sea, I can also collect oysters and mussels, as long as I keep 1m/2m from the cultivated seafood growing on poles or in sacks. If you check both these above ways of obtaining food (other than forage of course, which is only for wild food) and you have no recourse in law, then I would suggest the following options: Scout around your area, look for houses with large lawns or scruffy-looking gardens.

Approach the owner and ask if you can cultivate their garden for a share of the food produced. If you think this is unlikely then know that there is a famous case (video on Youtube) of two women who came out of Agricultural college with no money to start a market garden.

What they did was to take up tens of gardens in their area and do just this, that way they started their very successful market garden business. You just need to find one garden to feed yourself and the owner. If you could find a house with an over-grown garden that has been on the market for sometime, then approaching the estate agent and ask if you can cultivate that. Join an organised guerrilla garden group, oxymoron - they garden on agreed abandoned land.

Posted On 03/06/2024

Sue12Cross

Veronicasmom, You need to start by saving all your household food waste and anyone else's who you know of who eats organic and start a compost heap. You'll also need to find someone with good quality manure - organic pigeon or rabbit is the best. Then depending on your house, for which I presume the area must have had some clearing - I would make a roof garden or glass over part of the roof in a spare bedroom and use that as a 'growing room' or if that was not possible then affix Wardian cases, to every suitable window.

These are easy to make yourself and a method people in towns used in the 19th century to grow food. At ground level I would make containers from untreated pallet wood, have some of them on wheels, if you need to follow the sun and fill them with your compost, mixed with purchased or 'borrowed' organic topsoil. I would use every available suitable house wall to make vertical gardens with planters or grow as much climbing food up it as possible. I would also think about forest gardening, although I still believe you are going to need to improve, what is probably very acidic soil and grow most plants in containers.

Many vegetables and fruits actually do better in part-shade, it's the warmth they crave rather than direct sunlight - research berry fruits and vines that are shade tolerant, many like pears and Morello cherries and of course tomatoes, will do better if grown in the espalier method against a wall which will retain heat. Good luck!

Posted On 03/06/2024

Fisher153

grow vertically. verticalgardenhub.com/beginners-guide-vertical-gardening use potting soil for better yield. see "container gardening for dummies", a very good book!

Posted On 03/06/2024

Fisher153

v's mom: cut down trees! especially those near house. gardens closer to house tend to be better maintained and utilized. plus, house creates useful microclimates and water. a cistern from roof runoff is very useful and will provide water when power grid goes out.

Posted On 03/06/2024

FreedomStrong

If you have a balcony with good sun, you can do a container garden. I was looking at fabric containers (5 gal to 30 gal). They even show one for potatoes, with a flap opening for removing the spuds.

Posted On 03/06/2024

GinaMarie423

Find out if there is a community garden in your area that you could rent a plot in. The cost to rent one in my area was only \$20 per year.

Posted On 03/06/2024

grulla

There are lots of online articles on urban agriculture, rooftop beekeeping, and mulch baskets that could apply to your dilemma. www.startpage.com/do/dsearch?

www.startpage.com/do/dsearch?q=urban+farming&cat=web&language=.. ~~~ www.startpage.com/do/dsearch?

www.startpage.com/do/dsearch?q=rooftop+beekeeping&cat=web&lang.. ~~~ www.startpage.com/do/dsearch?

www.startpage.com/do/dsearch?q=growing+veggies+mulch+baskets&cat=w.. Also "images".

Posted On 03/06/2024

Piw6958

You can do container farming of most vegetables, Pots or tubs work fine and you may be surprised at what you can accomplish

Posted On 03/06/2024

Momtad

Sprouts. Buy some sprouting jars - mason jars with mesh tops. Buy sprouting seeds - there are many companies that sell organic seeds. It takes only a week to two weeks for the sprouts to become edible. The nutrients in sprouts are often more potent than the full grown vegetables. And super easy and takes up virtually no room.

Posted On 03/06/2024

Krofter

I would echo what Sue and Gina say. There are community gardens everywhere these days. And it's always best to grow plants in the ground because that's where they have evolved to grow over the past several million years. Like humans, they need to be grounded. Growing plants in containers is like growing cattle or pigs in a feed lot (CAFO) or chickens in a warehouse. If you have no option but container gardening, please do not use plastic containers, otherwise your crops will be contaminated by microplastics. Use traditional ceramic pots.

Posted On 03/06/2024

WillieBe

Pots by windows, and Aerogardens work well.

Posted On 03/06/2024

NaturalGrown

5 gallon or larger buckets. Drill holes in the bottom about a half inch in diameter for drainage and line the bottom with stones/rocks slightly bigger so they stay inside, then use happy frog soils...Enjoy!

Posted On 03/06/2024

Greebo

Buckets of potatoes & Jerusalem artichokes will give most bang for the space. Some of the shorter carrots may work in window box planters. Broccoli will make a nice potted plant that can continue to sprout small side leaves to harvest. Even geans or squash can be grown in buckets but may need some feeding. If you have a balcony, you will have a lot of space for buckets. If not you need to make the most of what your windows can handle. Perhaps you will have electricity, or not, for grow lamps. You know that 'they' will claim that electricity must be rationed & growing food is not allowed.

The real answer is to remove these psychopaths from power before this is necessary. Relying on people to unite to do this is not wise & growing some staples could save your life. During BO's presidency, he made some order about the government, in emergencies, having the ability to confiscate food from citizens to 'redistribute'. So it is also possible that they will try to confiscate what we grow (as well as our guns). If a lot of people have grown their own food, this may unite them to defend themselves & OUR Nation against such obvious enslavement.

Posted On 03/06/2024

quinine

container gardening. They make special varieties of veggies that grow well in containers. Carrots can grow well in containers. I grow cherry tomatoes on my deck so we have them for salads and you can just walk past them and grab the cherry tomatoes and eat them right off the vine. I grow cherry tomatoes in a big planter or a five gallon bucket. If you are moving, you just take the containers with you. I also have a big garden where I grow a lot of regular tomatoes that I water bath can or pressure can. I also grow my own bell peppers and jalapenos which I use with the tomatoes to make my own home canned salsa. Sometimes I dehydrate tomatoes.

Posted On 03/06/2024

ms.libby

You can easily plant small pots on your balcony, back patio or even out by your front door or a well lit windowsill or floor area.

Posted On 03/06/2024

billstri

I use a special LED grow light to start my tomatoes indoors in March. They grow fast and extremely well under that light. On sunny warm days, I store the plants outdoors and don't use the grow lights. For a few hundred dollars, you can buy a small indoor green house with grow lights in it and produce a significant amount of harvest over time, taking up a few square feet of living room space. One thing I found in outdoor gardens is most plants require at least a few hours of direct sunlight where the sun is above 45 degrees. That rules out at least half of the US being too far north to grow crops like peas and such in the fall because they grow too slow due to lack of decent sunlight.

A lighted indoor greenhouse with good potting soil and the proper LED grow light can grow lots of things like carrots, radishes, Swiss chard, onions, even a well pruned tomato plant, things that don't take up much space. The greenhouses come in lots of different sizes, most any size you want from tiny to huge. Just go to Amazon and search for "Greenhouse indoors with lights" and you find hundreds of options.

Posted On 03/06/2024

phoenix999

Many YouTube garden channels have info on container gardening! Check out Millennial Gardener, James Prigioni, and GrowVeg. All fantastic people. Veronicasmom: Look up "shade tolerant plants" on YouTube or just by googling and you'll glean a lot of info.

Posted On 03/07/2024

Sue12Cross

Potatoes and carrots are some of the cheapest organic vegetables you can buy directly from a farm in bulk and they keep well in a clamp or root cellar. Potatoes take up a lot of room and for a long period, so if you have a small garden are not really the best choice, unless it's your first time of creating a garden, say from a field or lawn. Then then they are used for land clearance as they will shade, starve out and thus rid your garden of the weeds that proliferate when you dig a garden for the first time.

If you do grow carrots in Europe, not sure about the US, you'll need a barrier of 1ft/30 cms either side the rows, otherwise you could get carrot fly. Just my 10 centimes but for me I'd be growing the delicate vegetables, the ones that lose flavour and nutrition quickly after harvest and are the most expensive to purchase, leaf vegetables such as rocket and purslane (*portulaca oleracea*), corn, courgettes, asparagus (if you have light soil)... I'd also be growing perpetual vegetables such as kale, turmeric and celery and have small fruits and herbs interspersed with the vegetables, so something like wild strawberries, thyme, sage, basil where the flowers and/or aromatic leaves and will bring in the bees and others to pollinate fruiting vegetables.

I'd also think about going upwards as well, so pole beans and the Three Sisters, which obviates the need for poles and is a great example of symbiosis. Then there is gardening 'downwards', so having suspended baskets or pots, such as sweet potato (for leaf production), cherry tomatoes, herbs and strawberries.

Then there are the vegetable that are prolific that produce little waste such as mangetout peas and you can even use the dried stalks as bedding or nesting material for your chickens. One of the best and prolific leaf vegetable that I grow and of which you can also eat the flowers and seeds (poor man's capers) is the nasturtium (*tropaeolum majus*), these are also very pretty and attract pollinators. Have fun!

Posted On 03/06/2024

Guillermou

A projection of love to the garden. My look at carrots. A recent study has clarified the domestication of the carrot, the history of its cultivation and the genetics of carotenoids at the molecular level, which has allowed us to discover the origin of orange carrots. The carrots that were first cultivated by humans were planted on agricultural land in Central Asia throughout the 10th century and, at that time, were purple or yellow in color. Only a few centuries later did the famous orange carrots appear in Europe, around the year 1400 (transition from the 14th to the 15th century), this color probably being attributed to the crossing of yellow and white carrots.

Currently, Iorizzo and the rest of the team of researchers discovered the origin of its characteristic color, in a study published in Nature Plants. By sequencing 630 types of carrot, they sought to investigate genetic variants associated with specific traits. The scientists found three specific genes that were deactivated in orange carrots. In purple, yellow or white carrots, at least one of the three genes was active. These genes regulate the levels of alpha-carotene and beta-carotene, chemicals that belong to a group of pigments called carotenoids. According to Iorizzo, when these genes are deactivated, carrots produce more carotenoids that give rise to their well-known orange color, in addition to making them an especially rich source of vitamin A.

There are other carrots that have higher levels of different carotenoid pigments. that are not transformed into vitamin A. Many orange carrots also have genetic variants that delay flowering, typically making them tougher and inedible. "It turns out that farmers have been unknowingly selecting for these beneficial traits for centuries," Iorizzo says. Iorizzo and the team hope that a more complete understanding of carrot genetics can help create even better carrots in the future.

Posted On 03/06/2024

juststeve

The Three Sisters. Indigenous in this area grew the Three Sisters. Corn, beans and squash. The corn gave the beans poles to grow on and the squash, maybe, don't know, kept the weeds at bay. The beans and corn served together gave a more complete protein profile and if the memory is working, corn ground with some wood ashes helped for digestion. All were good for long storage after mild weather turned to winter.

Posted On 03/06/2024

Sue12Cross

Hi Gui and Steve, the squash also protected roots from too much sun: 'The Iroquois agricultural system was based on the hill-planting method. Iroquois women, who were responsible for farming, placed several kernels of corn in a hole. As the small seedlings began to grow, the farmers returned periodically to mound the soil around the young plants, ultimately creating a hill one foot high and two feet wide. The hills were arranged in rows about one step apart. Iroquois women mixed their crops, using a system called "interplanting.

'Two or three weeks after the corn was planted, the women returned to plant bean seeds in the same hills. The beans contributed nitrogen to the soil, and the cornstalks served as bean poles. Between the rows, the farmers cultivated a low-growing crop such as squash or pumpkins, the leaves of which shaded the ground, preserving moisture and inhibiting weed growth.' 'The technique for planting the Three Sisters spread from Mesoamerica northward over many generations, eventually becoming widespread throughout North America.' 'Indigenous farmers saved the best seeds for the following season, resulting in a wide variety of cultivars perfectly suited for the environments in which they were grown.

Much of this diversity was sadly lost as indigenous nations were forced out of their ancestral lands by early European settlers and mainstream agricultural practices took hold. In the area that is now considered northern New York, the Haudenosaunee made great use of companion planting and the Three Sisters were an important part of their diet.

Known as the Iroquois by the French and the Six Nations by the British, the Haudenosaunee existed as a matrilineal democratic form of government in North America long before European incursion. The Haudenosaunee considered the Three Sisters to be divine gifts. Some versions of their legends involve the crops personified as three women who separate from each other only to find out that they are stronger together!

Posted On 03/06/2024

juststeve

Perfect rundown of the tradition and practice of the Three Sisters. Hmm? Some versions of their legends involve the crops personified as three women who separate from each other only to find out that they are stronger together!...what no alone, together?

Posted On 03/06/2024

Sue12Cross

Hi Steve, agreed I think there are many versions of this idea of companion planting, the above is just one from a quick search but symbiosis in gardening is always interesting. It is often in ancient gardens that I find approach food production was understood in a very holistic way because of their understanding of everything supporting each other, so flowers, fruits, vegetables and herbs and how they inter-related, not only in the sense of practicalities of support, pollination, nutrition and shade but also in the need for harmony and beauty in gardens and how they related to the man-made architecture too. Gardens like Victor Hugo's view of pre-printing press architecture, are very much like books, they tell the story of who planted them.

Posted On 03/06/2024

juststeve

Sue, back when the Organic Gardening Magazine and Mother Earth News were more like this site with much reader input not just in letters to the editor, but actually contribution articles, sharing such. There were many companion plant sources where things like marigolds planted with tomatoes helped keep soil nematodes at bay, insect pests. If taking long enough looking around here, there was an Amish Guide for Companion Planting also giving advice on what not to plant within certain plants. (Very strong possibility the Amish Book was passed on to pay things forward though.) It is these very doable things to have been buried, lost so as to leave a large section of urban and even rural areas left in the dark of just what is possible without Gates High Tech Farming to reduce real farming.

Posted On 03/06/2024

Sue12Cross

The big problem too Steve is that in many new builds the garden has become purely an extension of the house and follows the same lines and protocols, even to the point of layout and furnishing... I have never before seen, as on my recent visit to town, so great a volume and choice of artificial plastic plants, including grass, hedging and wall cover sold in places that once had real plants, trees, bushes, climbers and seeds. If that is a reflection of reality, then people will soon be dusting and vacuuming their gardens!

Posted On 03/06/2024

Martix

Do no forget rutabaga !!! An awesome veggie !!!!

Posted On 03/06/2024

janFarb0730

Eating only vegetables does NOT make us healthy. I hope we will Not end up with these choices as the whole population would be deficient of the most vital nutrients you only can get from animal-based diet. Where will we get these nutrients like CLA, Choline, Creatine, Carnitine, Carnosine, Taurine, B vitamins, Zinc, Iron, Selenium, Omega-3's, vitamin E and the most healthy proteins?

Posted On 03/06/2024

Segstar

Yup it is said that man shall not live by vegetables alone...Nourish the body but doh forget to nourish the spirit.. youtu.be/4w4yjRW3U2I

Posted On 03/06/2024

ianmac

I'm wondering if there is a punctuation error in the last paragraph. "Remember, too, that the No. 1 rule for growing nutrient-dense food is healthy soil. To develop healthy soil, protect it by diversifying your plants, avoiding tilling and covering the surface with cover crops or mulch. " It seems to say that I should avoid covering the surface with cover crops or mulch.

Posted On 03/06/2024

NaturalGrown

Mulch works great for me. I build my own by composting wood chips from tree companies, leaves, and fish scraps from a seafood market. Wood chips alone will break down after a few years, and the big earthworms seem to gravitate into it. Cover my garden 3-5 inches deep with it and keeps weeds and grass down, while keeping the root systems cooler and moist through the hot summer, while keeping the worm population happy! Enjoy

Posted On 03/06/2024

imaginal110

Hi Ian! It is a bit confusing but I think it means DO cover or mulch, just like DO protect early in the sentence.

Posted On 03/06/2024

Segstar

Paul Gautschi has a number of great videos. youtu.be/Sx7LOLTIJGY youtu.be/7aIGzE3TVOQ

Posted On 03/06/2024

wns115

Sweet potatoes are easier to grow, far more nutritious, store well for months. Remember that white potatoes act like bentonite clay when you eat them with other foods...they prevent absorption. In fact if you've eaten something bad, white potatoes are fantastic to help absorb the bad stuff and eliminate it out. Sweet potatoes, turnips, parsnips do NOT impact nutrition of other veggies. Learned this from an alchemist...food combining is very important and certain foods combined together create a super food (i.e. Smoothie made with green bananas, beets, kiwi, grapes - the green banana has a sucking mechanism that pulls all the nutrients out of the beets, grapes, and kiwis to make this one a super smoothie... add soaked chia seeds, some collagen, and juice of lemon/lime and you have a super smoothie.)

Posted On 03/06/2024

CaraCamp

If you're in a tropical or semi tropical location, the best information is from David the Good at thesurvivalgardener.com Most of the vegetables in the article are no good for us in F. Fla. Instead, cassava, chaya, moringa, true yams...

Posted On 03/06/2024

Arlen1

It's called Bidenomics. All of the sudden, it's cheaper to grow your own food than to buy it from a grocery store. That's what happens when ideology overrules common sense. The Dems take for granted that their indoctrination camps (public schools) dumbed you down enough that you never figure out that you've been duped. It's Marxism 2.0

Posted On 03/06/2024

Palazzolo

I have had groundhogs living in the wooded area behind my house for decades, that have helped themselves to my yields. I finally decided to plant a separate pole fruit and vegetable garden for them. Now, I have more groundhogs AND deer. So bad, that they returned to my garden seeking more to eat. I responded by installing six foot non-climbable fencing around my garden to keep them out. Did I mention that groundhogs can dig long tunnels like there's no tomorrow? So, I decided to go terra-cotta container garden in lieu of in-ground and place that garden on a large concrete patio surrounded by the fencing. When I was a youngster, my maternal grandmother told me that God's creatures exist to make otherwise lazy men move. Gardening for two does get me off my ass and moving. I still plant for them and enjoy their company. God bless Nature, its bounty, and my grandmother. Yuval Noah ('Hack') Harari and his minions can go f*ck themselves. twitter.com/.../1764586901204353518

Posted On 03/06/2024

Segstar

I've heard those groundhogs makes great stews;)

Posted On 03/06/2024

grulla

Glad to see winter squash on the above article list. My late wife figured out with a lot of research that Hubbard, Acorn, and Butternut squash could all be grown together without any cross-pollination problems. Winter squash is not on the EWG clean 15 list and I'm not quite sure why. My best guess is that the squash vine leaves vulnerability to insects could cause killing the otherwise thick-skinned armored squash, hence the spraying??? Also Cabbage should be included for it's fermentability, such as sauerkraut, kimchee, etc., and consuming raw, in oil 'n vinegar, cole slaw, as well as long(er) shelf life. I once witnessed a veggie gardener that kept her cabbage extended and fresh in the ground in mild, early winters by covering with straw. ALSO; I keep ORGANIC, WHOLE GRAIN OAT GROATS preserved in a 50 lb bag as well as hermetically sealed 1 lb packets, something that yesterday's article failed to make distinctions between that and store bought oat cereal crap.

Posted On 03/06/2024

Guillermou

GRULLA, much happiness for having loved a person who also loved the garden. QUICK GUIDE: PLANTING, GROWING & HARVESTING CABBAGE ----1)A perfect cool-weather crop to start the season ----2)Start seedlings inside 6-8 weeks before last Frost ----3)Needs regular water and humus-rich, well-drained soil ----4)Heads can be harvested and stored in the refrigerator for the Winter ----5)Pests and diseases include flea beetles, cabbage worms, root maggots, clubroot and fusarium wilt www.planetnatural.com/growing-cabbage -----
-----This tutorial includes everything you need to know about how to freeze cabbage, whether or not you need to blanch it, and how to thaw it to use in recipes itsavegworldafterall.com/how-to-freeze-cabbage

Posted On 03/06/2024

forbiddenhealing

Corn! Grow hard dent corn for grits/meal or buy organic in 50lb bags + a hand grinder..store in freezer or otherwise protect from bugs. Chestnuts! Plant some trees. These are traditional survival foods along with potatoes, pumpkins and collard greens. In a big city? Look up recipes for pigeons and kittykats.

Posted On 03/06/2024

Guillermou

Corn was first domesticated by native peoples in southern Mexico about 10,000 years ago. Modern corn is believed to have been derived from the Balsas teosinte (*Zea mays parviglumis*), a wild grass. Its culture had spread as far north as southern Maine by the time of European settlement of North America, and Native Americans taught European colonists to grow the indigenous grains. Since its introduction into Europe by Christopher Columbus and other explorers and colonizers, corn has spread to all areas of the world suitable to its cultivation. It is grown from 58 N latitude in Canada and Russia to 40 S latitude in South America, with a corn crop maturing somewhere in the world nearly every month of the year. It is the most important crop in the United States and is a staple food in many places. www.ndsu.edu/pubweb/chiwonlee/plsc211/student%20papers/articles11/A.Sh..

Posted On 03/06/2024

vco1448

I used to say I had a brown thumb because I killed my plants. Lol. I've been listening to the podcast "The Healthy Garden" & it has helped tremendously. It's been a year since I started listening & I don't have a brown thumb anymore! It's green!

Posted On 03/06/2024

wns115

Ironically, I spend the same or less on food now than I did 6 years ago. Back in the 20-teens, I ate out all the time. Now I almost never eat out anywhere. I eat what I buy at the farmers market....spending way less than I would at the big box stores. Eating out used to cost a fortune. I'm now better for it by eating only at home, only my own food, nothing out of a box. Most importantly, I feel a lot better :)

Posted On 03/06/2024

Almond

How could someone forget to mention zucchini? Get an heirloom bush variety to conserve space. Isolate zucchini from winter squash or cover them to prevent cross-pollination if you are saving your own seed. Seed saving will save you a lot of money. Cabbages (**). Cukes (pickles). Tomato everything. Salad greens. -And anything that will prolong your growing season in the north and tolerate several light frosts--for example, Brussels Sprouts (started from seedlings, get them started now indoors), arugula, etc.. Plant a loveage--or several. Takes 3 years to become established, but well worth the wait. Snip the leaves as a celery substitute and use the tougher stalks for soup stocks.

They are perennials, but will die back around late July when they get buggy because they are so sweet. They will come back again in spring. Cut and freeze some for winter before that. Rinse stalks in cold water, shake dry and freeze between layers of wax paper. In the north, start by planting one self-pollinating apple tree and one plum tree as these are hardy and the fruits can be used in many ways. Dried, canned, frozen, in recipes. Cook from scratch using basic ingredients, homegrown as much as possible. Expand your food options by foraging, gleaning, hunting and fishing. Once you have food, you still need to preserve it. Make sure you have freezer containers, jars/lids (invest in reusable lids?), water bathing kettles, a pressure canner and at least one dehydrator.

These will pay for themselves over time. I tell my husband, that, as a housewife, these are the "tools of my trade" and I need good tools just as he does. If you are butchering a good knife will prevent blisters and aching hands. Fortunately, some of the best knives can be found second hand--but not in the larger charity stores where stuff gets picked thru and the best stuff goes to dealers to maximize profit. My best butchering knife was made on an Indian reservation (a special gift). It cuts big squash, too.

Posted On 03/06/2024

Guillermou

Great tips for cultivating a love for the garden and taking care of your health. As writer Tracy Chevalier said, "Nowhere am I as happy as in my garden. It is the safest place in the world. "I know all the plants, all the trees, all the stones, all the lumps of clay." The farmer is aware of the benefits of the garden - Taking care of the soil, choosing the best time, climate, care, these things take time and commitment. But..... What would the world be without pollen? Pollen plays a crucial role in agriculture, especially in the production of fruits, vegetables and grains.

It is estimated that more than 75% of the world's food crops depend to some extent on pollination (pollen transfer). Therefore, a large part of our diet is at stake. Every seed, grain and fruit we eat is a direct product of pollination. In a scenario of high food demand, we cannot ignore pollen or the work of pollinators. As pollinating agents, bees, butterflies, birds, moths, beetles and even bats influence the stability and plant diversity of ecosystems and the yield (quantity and nutritional quality) of crops in agroecosystems. Microgreens top the list of quick-growing vegetables because you harvest and eat them while they are still seedlings.

As such, it only takes 2 weeks at most for the microgreens to be table-ready! There are over a dozen different microgreens to choose from and all can be easily grown on your kitchen counter with just a grow light! - Others less than 60 days. www.feathersinthetwoods.com/2020/03/vegetables-that-grow-quickly.html .---- themicrogardener.com/17-fast-growing-vegetables-for-impatient-gardener.. .---- evergrowingfarm.com/2019/06/6-vegetable-you-can-grow-in-less-than-60-d.. .---

Posted On 03/06/2024

juststeve

Cross pollination can upset your vegetables. Pickle and salad cukes can cross pollinate as well as hot and regular peppers, squashes, melons can get funky, and they can cross pollinate with the cukes too. Doesn't take much to be far enough apart as the bees like to run up and down rows before moving onto the next one.

Posted On 03/06/2024

Martix

What about Rutabaga, nobody talks about it !!!

Posted On 03/06/2024

bowgirl

Growing and storing potatoes, onions and winter squash is a great idea. It has been my experience they need cool temps, like 45 to store well and all winter. My cellar is getting warmer, the last 20 lbs of white potatoes are now in the refrig, The last 12 squash will be chicken food. We grew about 200 lb of white potatoes, 65 lbs of sweets, and 36 butternut squash for the cellar. Canning this much is not an option as the other produce needed processing. 15 years ago I started working on extending my gardens to 3 seasons. Recently we added a hoop house made with cattle panels to support pole beans and cucs in the summer, get covered with plastic for the winter.

I plant seedings inside the hoop house in late fall and cover with straw and a layer of clear plastic when temps drop below 25. I uncovered the veggies about 2 weeks ago and harvested a handful of broccoli florets yesterday. I have spinach, chard, kale, collards ready for harvest soon. Not huge amounts but enough. Southern Pa. Apartment dwellers can buy produce bulk in season and freeze and can. Folks living in the woods need to cut some trees down for enough sun.

Posted On 03/06/2024

Greebo

Raising crops in buckets on patios & balconies, or even indoors, can be useful if you have no yard. Hydroponics can be an option also. Either way, relying on electricity may not work as the encroaching dictatorship may not allow citizens much of that, if they are allowed any at all. They will likely not want people using freezers or grow lights. There are hydroponic methods that do not use pumps or grow lights. Mike Adams has extensive instructions for these. Raise easy to grow plants that produce a lot of food in a small space. Use old time staples used for bare sustenance like beets, potatoes, & turnips. Strawberries grow well in containers & are highly nutritious fruit you can grow in small spaces.

Consider canning & drying over being dependent on electricity to run freezers. Also consider that BO made an order that, in emergencies, government can confiscate food for 'redistribution' (to those it favors). A state of civil unrest & violence is being set up where house to house government inspections & gun confiscation is likely as well. There are already laws being tried to make food growing permitted ONLY by government authorized growers. We need to fight that tooth & nail, NOW. The Plandemic should show us how seriously they are about taking control of us & that murdering & controlling us by various means is their goal. Silence is not a good option. We must hang together or hang separately.

Posted On 03/06/2024

mikehodge

I tried to grow a few veggies organically, and the snails and pest took over. I tried neem and other organic pesticides without success. Getting ready to try again this season. This time I'll use Cory's snail pesticide. Is using Seven Dust acceptable? That's what my grandfather always used, and he was a very successful gardener.

Posted On 03/06/2024

Sue12Cross

You need to run chickens and/or quail through your garden over the Winter. I have no snails and no slugs and there is a commercial organic strawberry farm not far away that does this every year with their poly tunnels. I find quail are more thorough than chickens and also unless they have a very exacting mother, chicks will grow up to ignore slugs but quail love them. Sevin dust is not used in organic gardening because it is classed as a synthetic pesticide. Plus organic gardening is about a holistic approach and that means everything living in harmony. If you have slugs and snails in too great a proportion then your garden is not attracting enough bird predators, that is why I suggest you use quail and chickens.

When I garden for friends, I often take a couple or quail and a few chickens with me and they clear the garden of pests and work with me. I'm guessing also your garden has too much shade and is too damp? Try clearing a perimeter around your growing area or if it is down to lawn, keep that short and that also will encourage wild birds. Another alternative is hunt up all the snails and slugs on a wet night and/or place beer traps in the soil, they adore beer and will happily fall in the trap - a new meaning for dead drunk!

Posted On 03/06/2024

juststeve

Stay away from Guinea Hens though. They make excellent watchdogs and produce noise that can't be ignored when welcomed or unwelcomed guest come to visit. They are also masters at slipping out of their fencing, and you will never know how, and they like to march up and down the pea patch and somehow suck the peas out without leaving a trace of how they did it. Some folks use Weeder Geese, and they live up to their name sake. Clean and feed critters. Slick, eh?

Posted On 03/06/2024

Naxossa

Use eggshells to ward off snails.

Posted On 03/06/2024

NaturalGrown

Used coffee grinds may work. Diatomaceous earth as well.

Posted On 03/06/2024

ms.libby

Buy cheap beer and fill a cup with it, bury the cup to ground level and watch slugs/snails fall into the beer. They love it. Throw the dead out daily into the tree line or into grass, and the birds will enjoy the bounty. Diatomaceous earth is another "organic pesticide".

Posted On 03/06/2024

Janee21

Many do not have a garden .. and fermented foods good for you ?

Posted On 03/06/2024

Guillermou

Consider gut health through traditional fermented foods and beverages (TFFB). probiotic and postbiotic supplements. In recent years, the intake of TFFB has revealed human health benefits and favorable functions in NCDs, gastrointestinal and immunological disorders, suggesting that TFFB could be used to improve human diets. Synbiotics are a combination of prebiotics and probiotics with synergistic effects by providing live microorganisms and a growth substrate for beneficial bacteria. These combinations improve the frequency and consistency of bowel movements, as well as reduce the severity of hemorrhoidal symptoms.

Additionally, postbiotics (metabolic byproducts of probiotics) have potential therapeutic properties. Postbiotics (short chain fatty acids, bacteriocins) have anti-inflammatory, immunomodulatory and trophic effects on the intestinal epithelium. These properties help relieve constipation and hemorrhoidal symptoms. Postbiotics (metabolic byproducts of probiotics) have potential therapeutic properties. Postbiotics (short chain fatty acids, bacteriocins and exopolysaccharides) have anti-inflammatory, immunomodulatory and trophic effects on the intestinal epithelium.

Furthermore, the composition of the intestinal microbiota plays an important role in metabolic disorders. Dysbiosis, or an imbalance of microorganisms in the gut microbiota associated with metabolic disorders, can potentially be modulated by probiotics or prebiotics. Several studies have demonstrated the therapeutic effects of prebiotics and probiotics on BMI, waist circumference, body fat accumulation, glucose and lipid levels.

Posted On 03/06/2024

Guillermou

TFFBs are beneficial and can be used as a novel tool in the multicomponent treatment of different chronic non-communicable diseases. When consumed in adequate amounts, TFFBs show health benefits associated with cardiovascular disease, type 2 diabetes, obesity, and neurological problems, among others. Some of the favorable effects of prebiotics, when used to colonize the host, are their ability to generate metabolites, such as short-chain fatty acids (SCFAs), that is, carbon sources in the colon that perform various biological functions. The components of prebiotics, namely polyunsaturated fatty acids (PUFAs), can influence various aspects of immunity and metabolism.

SCFA production (4a) impacts intestinal pH (which, under optimal conditions, is slightly acidic), leading to inhibition of pathogen proliferation. (5) SCFAs are a source of energy for enterocytes and colonocytes, (5a) improving the immune system. (6) They stimulate the growth and reproduction of beneficial intestinal microbiota, (6a) inhibiting the colonization of pathogenic bacteria.

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Posted On 03/06/2024

Naxossa

It is easy to make fermented foods Buy the cabbages at the end of the summer. Lots of info on the net. Yes very healthy

Posted On 03/06/2024

cakesjean

I have taken to growing the lesser known vegetables like Yacon, Indian potato (*Apios americana*), Oca, Crosne, and other edible plants on our allotment. There have been increasing break-ins and thefts in the communities. I suspect due to the increasing numbers of "intruders" from eastern European, African and Arabic countries. Most have no qualifications or no inclination to work for a living. Pickpocketing and thefts on the rise.

Posted On 03/08/2024

jef9358

3 of the vegetables listed, green beans and potatoes and okra, have high oxalates (calcium crystals that ruin your tissues/joints), Look up Dr. Sally Norton's work on youtube or similar. Spinach is the worst food in terms of oxalates, it should be outlawed.

Posted On 03/07/2024

dandyacct

Wish I could but no community gardens where I live and no garden space in a condo. Sigh.....

Posted On 03/07/2024

Annalynne

this is a great article. Wonderful advice. What about apartment dwellers? Any suggestions for indoor plants in a small apartment with not a whole lot of light? And someone who doesn't exactly have a green thumb

Posted On 03/07/2024

Barbara Charis

My daughter's grandfather had a farm, but my ex ran from it, Now our daughter is back to the farm (on a city lot).. She is trying to produce food, but the desert heat doesn't help. She loves potatoes and purple yams...they grow well underground. However, she tried to be organic and the non-pesticide methods to get rid of pests didn't work. Pest got everything in the garden. We planted 11 fruit trees...and half produced, but she wasn't prepared to can..now she is. Hopefully this year we will get as good a harvest fruit-wise as we got last year.

Posted On 03/06/2024

debbieastle

I grow a pretty good size garden and all of the suggested vegetables except Okra. That's a big NOPE. I hate Okra. LOL I have several fruit trees also. I was raised to be self-sufficient, my religion has always taught preparedness. Have my own chickens also.

Posted On 03/06/2024

BookGal11

Winter squash and pumpkins should be harvested with 1-2 inches of stem left intact. Otherwise, fungus or bacteria might get inside where the stem was and spoil it. This greatly extends storage time. I used to place my pumpkins on plates (to protect what's underneath from being damaged if it should spoil) that I placed around my house as decor, eating them as needed. I wonder how many tons of potatoes I've grown in my lifetime? I learned long ago to place the potatoes directly on the ground and cover them with a foot of straw. Not only is this easy, it prevents weeds, AND you can harvest earlier by reaching into the straw to get a few potatoes without disturbing the rest of the plant AND they come out clean. No digging.

Posted On 03/06/2024

ABR1866

MMMMmmmmm GOOD

Posted On 03/06/2024

imaginal110

I coordinate a community garden in the small town I live in. We have 46 plots though many gardeners have 2 or maximum 3. It's a way to know people as well. There are sure to be experienced gardeners around. And people with skills like fermenting though I've not taken advantage of that myself. Town council might help with providing land, or someone with land might let you use it. There are now several different initiatives nearby, proliferating. Maybe we can get them together into a local ecosystem and grow a lot more. Even doing all this badly is good.

I'm a messy and not very skilled gardener but still things grow and I still have some things in the freezer from last year. Also a grow light in an apartment with soil in plastic buckets. Some chard for example just keep growing all season. The impt thing is to do something. Gardening is one part of the revolution in awareness with many symbolic resonances around opening to abundance and bounty and really . . . taking it in. Hello sunshine! Everyone can grow something and connect into the network of others who are doing it too.

Posted On 03/06/2024

Smudge2

Don't forget tomatoes! You can can them easily, make tomato sauce, ketchup, salsa, french salad dressing. Versatile fruit!

Posted On 03/06/2024

Naxossa

Fully agree with most of it. I wouldn't choose Kennebec instead choose russett. I am not a fan of okra but we plant enough rutabaga, which store well and can be used in a wide variety of ways. The same holds for parsnips. Stores well. For your Vitamin c requirements I suggest one or two tart cherry bushes. Won't grow higher than 6, or 7 feet and produce abundantly within two years. They are from the Romance series developed by the U of Saskatchewan.

Posted On 03/06/2024

agapegrl

Thanks for the reminder, Dr. Mercola! I just ordered 5# of fresh, organic carrots from Azure Standard food buying "co-op", so I can freeze dry them. Great idea, and the storage life is 25 years!! Also ordered more of Azure's yummy organic canned green beans, since we cannot grow a garden this time of year...not yet, anyway. Beans grow fine in our garden soil, but carrots do NOTHING!! WINTER squash, however....well, we planted 3 tiny holes worth of butternut squash last year and harvested 31 squash!!

So, a lot is in storage in our cool/cold workroom downstairs, and much is freeze-dried as well. No sure I'd want to bother with Okra, though...not sure what it tastes like, and the nematode problem turns me off, as we need to already rotate other crops every year. We are very grateful for the bounteous crops of berries we harvest each year, though! Superfoods and SO EASY to grow! I just use 1 dose of Epsom Fertilizer for Berries (Amazon and elsewhere) and they produce so many wonderful, large berries, we BEG our friends to come harvest from our berry patch!!

HELP!!:-). My husband says you featured Aronia berries the other day, as well. I need to go find that article and read it. We also grow Aronias in a hedgerow at the end of our lawn, and they produce GALLONS of superfood berries. They are very astringent if you eat them too early in the season or eat them raw. We love them frozen and then placed in breakfast offerings. The astringency goes when you freeze them, and then they are quite good as well as a super superfood!!

Posted On 03/06/2024

nancy_falster

What a delightful presentation. Thank you DrMercola. My potatoes and onions are in and my seedlings are up for plenty of other crops but I'm not putting them out just yet as our last freeze date is April 15 Of course we have had a very warm spring (still technically winter)!

Posted On 03/06/2024
