

- 1) Brief personal background
- 2) Why garden?
 - a) Practical reasons:
 - a.i) Economic: Hedge against food inflation
 - a.ii) Quality: debasement of industrial grown food. GMO's/glyphosate/pesticides.
 - a.iii) Supply chain disruptions: shortages/empty shelves
 - b) Personal reasons:
 - b.i) Mind/body/spirit
 - b.ii) Food independence
 - b.iii) Now's the time to get radical about growing your own food.
 - b.iv) "If you have a garden and a library, you have everything you need." — Cicero
 - c) Geopolitical reasons:
 - c.i) **Productive & Prepared:** Reference: John Moody, homesteader/speaker/farmers' rights activist: <https://t.me/JohnMoodyProductiveandPrepared> *"With the immense uncertainty between Russia and the Ukraine, I would be quite aggressive in ensuring you have a deep pantry and stored food supplies going into spring and summer. **The food inflation I warned about that we have seen I think is at least 50/50 going to be WORSE in 2022...You cannot control world monetary policy or foreign policy or what kind of weather key regions will have this year... but you can build a deep pantry. **Plant a big garden.**"***
 - c.ii) **Brace for Rationing:** Reference: Ice Age Farmer <http://iceagefarmer.com>:
*"The food crisis is escalating: more countries are halting exports, but even as the EU converges a food crisis meeting, they refuse to relax restrictions on farmers. Similarly, the US is not waiving biofuel mandates even as grain prices explode. The crisis is needed to advance the agenda, and reiterates the priorities for your victory garden to insulate your family and community from this worldwide food crisis. **Start growing today.**"*
 - c.iii) **Technocracy:** MSM pushing the idea of rationing food, the **technocrats seem to be pivoting to digital ration cards**. Too much resistance to mandates/passports? Just stage a war and cut the food.
Henry Kissinger: *"Control food and you control people."*
 - c.iv) **War:** Russia and Ukraine account for nearly 1/3 of the world's grain exports, 1/5 of the corn exports, 80% of the sunflower oil production. Russia produces 13% of the world's fertilizers.
 - c.v) **Historical perspectives:** WWII: Victory gardens. Wikipedia: *"By May 1943, there were 18 million victory gardens in the United States – 12 million in cities and 6 million on farms... Fruit and vegetables harvested in these home and community plots was estimated to be 9,000,000–10,000,000 short tons (in 1944, **an amount equal to all commercial production of fresh vegetables.**"*

Will 'Victory Gardens' make a comeback as global food crisis worsens?

<https://www.zerohedge.com/commodities/will-victory-gardens-make-comeback-global-food-crisis-worsens>

- 3) Let's Grow!

- a) Seed starting
 - a.i) Sample trays/pellets/seed packages/mini green house
 - a.ii) Starting indoors vs. direct sowing outdoors, examples of both; advantages/disadvantages
- b) Types of seeds. Heirloom vs. hybrid.
- c) Open pollinated seeds: Open pollination is a form of natural plant reproduction which occurs in one of two ways:
 - c.i) Cross-pollination (in the context of open-pollination) occurs when two varieties of the same plant species reproduce due to natural pollinators, such as wind, birds or insects. (Ex: hot peppers planted next to sweet peppers)
 - c.ii) Self-pollination occurs when a plant possesses both male and female parts and can reproduce by itself. Self-pollinating plants, such as tomatoes, breed true to the parent plant and do not require isolation to avoid contamination from other varieties.
- d) **Heirloom seeds:** The term “heirloom” refers to older, well-established varieties of open-pollinated plants and seeds. These plants have developed stable genetic characteristics over time. For a time they were considered rare seeds, however, many people now look for and use heirloom seeds to maintain variety in their gardens.
 - d.i) SAVE YOUR HEIRLOOM SEEDS! (many plants will self-sow anyways!)
 - d.ii) Heirloom seed sources: https://www.trueleafmarket.com/?source=pepperjam&publisherId=197842&clickId=3894441291&utm_source=PepperJam&utm_campaign=affiliate
 - d.iii) <https://www.superseeds.com>
 - d.iv) <https://www.seedsavers.org>
- e) **Hybrid seeds:** Result from highly controlled cross-pollination between different varieties of the same species of plants. Although cross-pollination can and does occur in nature, the results are too random to be reproduced and marketed on a mass scale.
 - e.i) Hybrid seed abbreviations examples:
 A – Anthracnose AB – Early blight AS – Stem canker BMV– Bean mosaic virus C – Cercospora virus CMV – Cucumber mosaic virus CR – Clubroot F – Fusarium wilt L – Grey leaf spot LB – Late blight PM – Powdery mildew R – Common Rust SM – Smut TMV – Tobacco mosaic virus ToMV – Tomato mosaic virus TSWV – Tomato spotted wilt virus V – Verticillium wilt ZYMV – Zucchini yellow mosaic virus

Read more at Gardening Know How: Seed Packet Codes – What Do The Codes On Seed Packets Mean <https://www.gardeningknowhow.com/garden-how-to/propagation/seeds/seed-packet-codes.htm>

f) **WHICH IS BETTER: HEIRLOOMS OR HYBRIDS?**

There is no right or wrong answer to that question. Heirlooms are often treasured for their delicious flavor and allow you to eat varieties that are not available in the supermarket. On the other hand, many hybrids are prized for their vigor, high garden yields, and superior disease resistance. **As a gardener that wants to save your own seeds, you need to know this big difference between the two.** Heirloom varieties grow true from seeds. You can save and use their seeds *year after year and get uniform results*. Hybrids do not offer that type

of genetic stability and saving *seeds from these plants will not bring you reliable results* next year.

4) Soil

- a) Soil tilth: **Tilth** refers to the physical condition of gardening **soil** for cultivation. The factors that determine **soil tilth** include, but are not limited to, water drainage, rate of water infiltration, aeration, moisture content, stability, and the formation of the aggregated particles in the **soil**
- b) Soil testing: sample test kits
 - b.i) PH values
 - b.ii) Check for nutrient deficiencies/surplus—too little vs. too much
- c) Soil amendment: composting vs. commercial fertilizers
- d) Composting basics—show sample
- e) Dry vs. wet ingredients
 - e.i) Save leaves in fall
 - e.ii) Kitchen scraps
 - e.iii) Grass clippings
 - e.iv) Manures
- f) Raised beds vs. in-ground beds; vertical gardening
- g) Cover crops—nature’s fertilizer
- h) Commercial fertilizers—address chemical deficiencies quickly
- i) Pest control
 - i.i) Avoid commercial pesticides
 - i.ii) Work with nature; best defense against disease is healthy soil/plants/ecosystem
 - i.iii) Plant flowering herbs/flowers to attract beneficial insects/pollination
 - i.iv) Fencing for pesky critters: rabbits/squirrels

5) Watering options

- a) Soaker hoses
- b) Rain barrels
- c) “Structured water” (see Solari report interview, Clayton Nolte):
<https://home.solari.com/wellness-series-diving-into-structured-water-an-interview-with-clayton-nolte/https://claytonnolte.com/structured-water/>

6) Survival Gardens: Hobby vs. need

- a) 3 priorities in order of importance:
 - a.i) Calories
 - a.ii) Nutrition
 - a.iii) Taste

(Reference: Survival Gardening with David the Good interview: <https://www.TheSurvivalgardener.com>)
“Many people get caught up in different techniques and dogma, the importance of just getting started, focusing on yield, and experimenting to see what works best where you are.”

<https://www.iceagefarmer.com/2022/01/26/survival-gardening-with-david-the-good-ice-age-farmer-broadcast-part-one/>

7) What to grow?

- a) Sample starter garden: Some recommendations
 - a.i) Spring: Lettuce-greens/radish/onions (sets), peas
 - a.ii) Summer faves: tomatoes (determinate vs. indeterminate), cucumbers, peppers, beans (bush vs. pole), garlic, chard, carrots, cabbage, raspberries, blackberries, grapes
 - a.iii) Fall faves: greens round II, beans round II, squashes, gourds
 - a.iv) Annuals vs. perennials (perennial ex: rhubarb, asparagus)
 - a.v) Samples: jarred marinara/sauerkraut

8) Extending the season

- a.i) Containers (can be brought indoors or garage at night)
- a.ii) Cold frames
- a.iii) Hoops/row covers
- a.iv) Indoor container gardens (ex: greens/sprouts)
- a.v) Hydroponics (talk to Sandy Campagna about growing towers!)

9) For those interested in going beyond the physical science of agriculture

- a) Rudolph Steiner/Early 20th century father of Anthroposophy (Spiritual Science) and inventor of biodynamic farming.
- b) Book: Agriculture Course: The Birth of the Biodynamic Method.

https://rudolfsteinerpress.com/viewbook.php?isbn_in=9781855841482

“With these talks, Steiner created and launched 'biodynamic' farming - a specific form of agriculture which has come to be regarded as 'premium organic'. However, the agriculture Steiner speaks of in this book is much more than organic, and involves working with the cosmos, earth, and spiritual entities. To facilitate this, Steiner prescribes specific 'preparations' for the soil, as well as other distinct methods born from his profound understanding of the material as well as spiritual worlds.”

- c) Have fun going deep down the rabbit hole with this one!