

5,000 ft. view on food supply shutdown: see 20-minute video, ice age farmer:
<https://www.youtube.com/watch?v=oOH9RkTKLOY>

Also, courtesy of Dena, see Corey Lynn's (Corey Diggs) latest article:
<https://www.coreysdigs.com/global/new-controlled-food-system-is-now-in-place-and-they-will-stop-at-nothing-to-accelerate-their-control/>

"How might we begin to build a decentralized system of durable local economies? Gradually, I hope. We have had enough of violent or sudden changes imposed by predatory interests outside our communities. In many places, the obvious way to begin the work I am talking about is with the development of a local food economy. Such a start is attractive because it does not have to be big or costly, it requires nobody's permission, and it can ultimately involve everybody. It does not require us to beg for mercy from our exploiters or to look for help where consistently we have failed to find it. By "local food economy" I mean simply an economy in which local consumers buy as much of their food as possible from local producers and in which local producers produce as much as they can for the local market." ~ Wendell Berry, ["Conserving Communities"](#)

1) 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) Types of soil: sandy/loam/clay
- c) Soil testing: sample test kits
 - c.i) Test #1 for pH values: pH 7 = neutral; above = alkaline; below = acidic
 - c.ii) Test #2 for nutrient deficiencies/surplus
 - c.iii) To increase alkalinity, add ground limestone
 - c.iv) To increase acidity, add compost or manure
- d) Soil amendment: composting vs. commercial fertilizers
- e) Commercial fertilizers—address chemical deficiencies quickly
- f) Composting basics—samples of different stages of compost
- g) Dry vs. wet ingredients
 - g.i) Save leaves in fall
 - g.ii) Kitchen scraps
 - g.iii) Grass clippings (not to use if lawn chemicals applied, i.e. "Tru-green")
 - g.iv) Manures

2) Sample garden types. Getting started

- a) In-ground beds; raised beds; vertical gardening; container gardening
 - a.i) Start small, do a little of each. Find what you like. Don't get overwhelmed.

- a.ii) In-ground: examples of quick ways to prep the beds
- a.iii) Use trellises and walls to your advantage; vining plants
- a.iv) Containers of all sorts, pots, buckets, etc.

3) What to grow?

a) Sample starter garden: Some recommendations

a.i) Spring veggies I'm harvesting now: lettuce, spinach, radish, green onions (from sets), peas, garlic (greens can be used in all sorts of recipes), radishes, mint, rhubarb

a.ii) Summer harvest, plant in May-June:

- (a.ii.1) tomatoes (determinate vs. indeterminate, types: cherry for salads, plum for canning, regular sized for slicing)
- (a.ii.2) cucumbers (bush for pickling vs. climbers for slicers)
- (a.ii.3) peppers (hot vs. sweet—don't plant too close)
- (a.ii.4) beans (bush vs. pole) easy to grow—get started now!
- (a.ii.5) root vegetables: allium family (garlic, onion, shallot, leeks, chives), carrots (short, long, orange, purple), radish (cherry, daikon, horseradish), parsnips (underrated and easy to grow), potatoes, turnips
- (a.ii.6) greens: chard, kale, parsley
- (a.ii.7) cabbage (green, red, Asian), eat fresh or for fermenting (sauerkraut)
- (a.ii.8) perennial fruits: raspberries (red, black, yellow), strawberries (beware of squirrels) blackberries, blueberries (like acid soils—beware of birds, netting may be needed), elderberry, currants, grapes (table vs. wine, red vs. green)

a.iii) Fall harvest plant in May/June: squashes, pumpkins, gourds

a.iv) Plant herbs & flowers to attract beneficial insects/pollination

- (a.iv.1) mint (keep contained or it will spread everywhere!), sage, catnip, flowers of all kinds
- (a.iv.2) basil, rosemary, oregano
- (a.iv.3) think in terms of containers, can bring indoors in the winter
- (a.iv.4) window gardening—example: wheatgrass, alfalfa sprouts

4) Closing remarks

- a) Not all about just surviving: "The situation is far too dire for the luxury of being practical"
- b) Maintain a sense of amusement. Gardening is supposed to be fun.
- c) Quote of the day: "Growing, eating and sharing your own food is the ultimate middle finger to Mr. Global."