

# Gardening...

## Your Other Food Storage



**“And the Lord God planted a garden.... And the Lord God took man and put him into the garden to dress it and keep it.” Genesis 2:8,15**



# Basic Food Storage

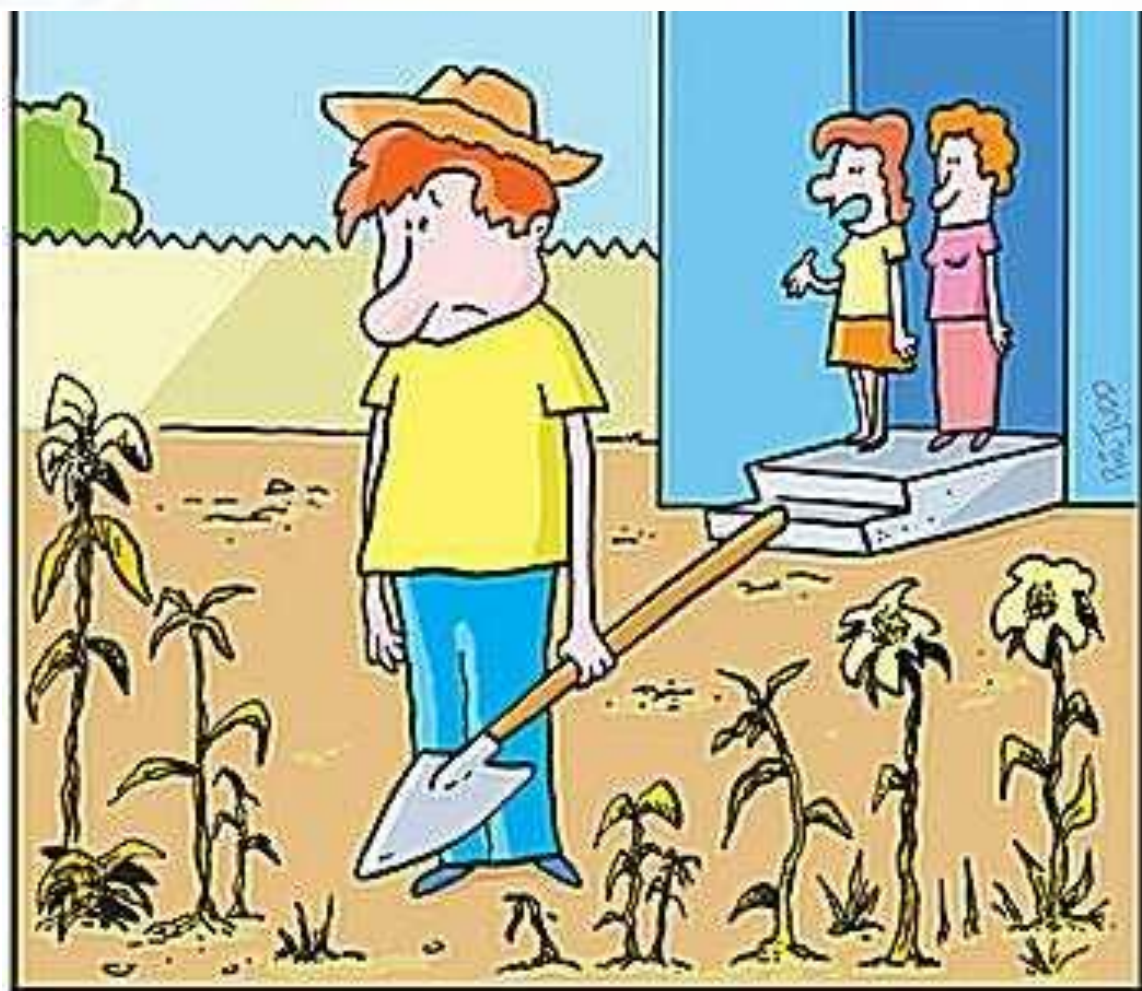
## Survival Mode



Planting a garden, even a small one, allows for a greater degree of self-reliance.

With careful attention to factors such as seed selection, planting times, soil preparation and fertilization, and watering, anyone from a first-time gardener to an experienced “green thumb” can cultivate a productive garden. With the right information and a little practice, individuals and entire families can enjoy the many benefits of planting and tending a garden.

[providentliving.org](http://providentliving.org)



"Barney has a black thumb!"

- Sprouting...Indoor Gardening
- Container Gardening
- Square Foot Gardening
- Gardening in the Antelope Valley

SPROUTING

# Benefits of Spouting

- Sprouts are packed with nutrients
- Mature in three to five days
- May be planted any day of the year
- Are easy to grow
- Require neither soil nor sunshine
- Can be eaten raw
- Are inexpensive
- Come in a wide variety of tastes

# Sprouts Can Be Used In



# Easy Steps to Sprouting

- Rinse
- Soak
- Drain
- Repeat Rinse/Drain (2X a day)
- Drain
- Eat
- Refrigerate

# Types of Containers

Canning Jar



Easy Sprout



Tray Sprouting



# Kinds of Sprouts



Alfalfa



Broccoli



soybean



pea



buckwheat



lentil



mung



radish

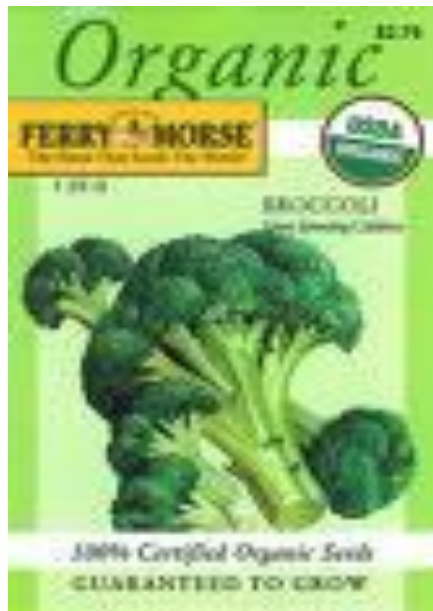


wheat



Wheatgrass

# Got Seeds?



# Shelf Life of Seeds

freezer 5X

refrigerator 2X



**“We encourage you to grow all the food that you feasibly can on your own property. Grow vegetables and eat them from your own yard.**

**Even those residing in apartments or condominiums can generally grow a little food in pots and planters. Study the best methods of providing your own foods. Make your garden ... neat and attractive as well as productive.**

**Spencer W. Kimball *Ensign*, May 1976**

# Planning for an Outdoor Garden



# Self-Contained Gardens



# Advantages of Self-Contained Gardening

- Easy, foolproof gardening
- Cannot over or underwater
- Cannot over or under fertilize
- Uses 20% of the water in row gardening
- Double the yields of row gardening
- No weeds
- Portable, extends the growing season

# Make Your Own Earthbox

## MATERIALS:

- 2- 18-gallon (or similar) tote boxes with lids,
- 1- 5" pond basket
- 1- 2-foot length of 1 ½" flexible black tubing
- 1- White/black 3+mil plastic sheeting (trashbag)
- 1- #bag peat moss
- 1-#bag vermiculite
- 1-# bag mixed compost
- Plants

## EQUIPMENT:

- a pencil or pen
- a drill with a 1/4" or larger bit and a 1-1/2" bit
- a saw (handsaw will work, but a jigsaw makes it much easier)
- Scissors or knife

















# Making the Dirt



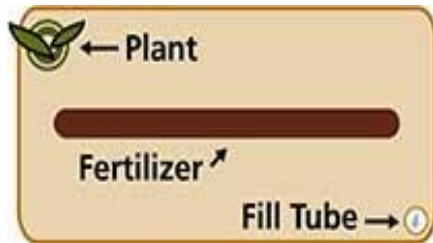




# Plant Placement

- Artichokes (2 seedlings)
- Beans (16 seedlings)
- Bell Peppers (6 seedlings)
- Broccoli (6 seedlings)
- Brussels Sprouts (6 seedlings)
- Cabbage (6 seedlings)
- Cauliflower (6 seedlings)
- Celery (6 seedlings)
- Chard (6 seedlings)
- Corn (16 seedlings)
- Cucumbers (4 seedlings)
- Eggplants (2 seedlings)
- Flowers (8 seedlings)
- Greens (6 seedlings)
- Herbs (6 seedlings)
- Hot Peppers (6 seedlings)
- Kohlrabi (8 seedlings)
- Leeks (8 seedlings)
- Lettuce (8 seedlings)
- Melons (4 seedlings)
- Okra (8 seedlings)
- Onions (10 seedlings)
- Peas (16 seedlings)
- Salad Greens (8 seedlings)
- Spinach (10 seedlings)
- Squash (4 seedlings)
- Strawberries (6 seedlings)
- Tomatoes (2 seedlings)

# Plant and Fertilizer Placement



# 3 Simple Rules

- Always keep the cover over the potting mix and fertilizer.
- Get 6-8 hours of sun
- Always keep the reservoir full.



# Square Foot Gardening



# Advantages to Square Foot Gardening

**Easy to understand.**

**Requires much less effort**

**5 times more productive than conventional gardening**

**Requires very little space**

**Uses much less water**

**Uses fewer seeds**

**Is not dependant on fertilizers**

**Does not require a tiller or other expensive tools**

**Can be done anywhere**

**No need to condition existing soil**

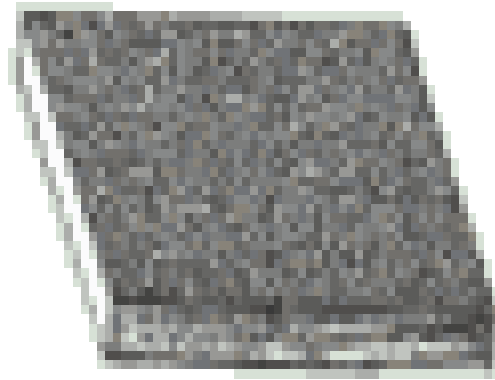
**Can be done in as little as 4 feet by 4 feet**

**Can be done by those with physical or mental limitation**

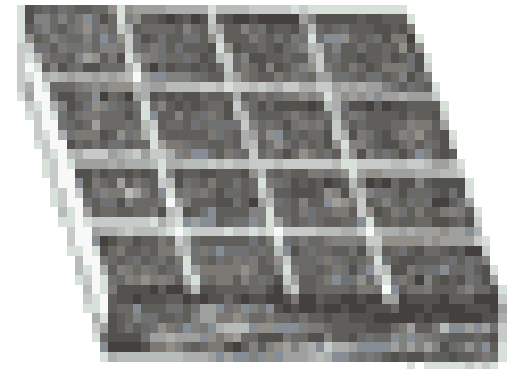
# What Could Be Easier Than This?



Build a box



Fill with Mel's Mix

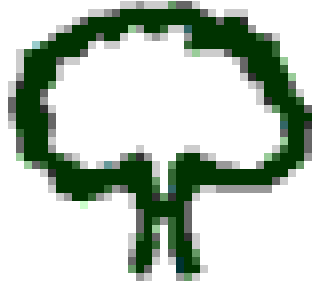


Add a grid

# First the Location



6-8 hours of direct sun



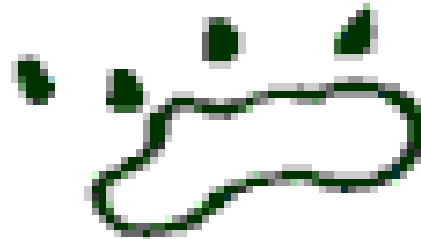
Not in Tree Shade



Easy access to the house



Existing soil not a factor



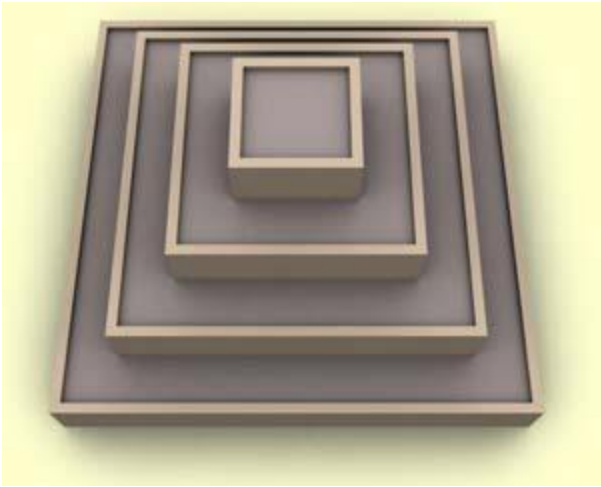
Don't put where rain puddles

# Layout



# The Boxes

2" thick x 6-8" deep x 4+ feet long



# Preparing Your Box



**Chicken Wire for Gophers**



**Cardboard for Weeds**



**Landscaping Cloth  
for Weeds**

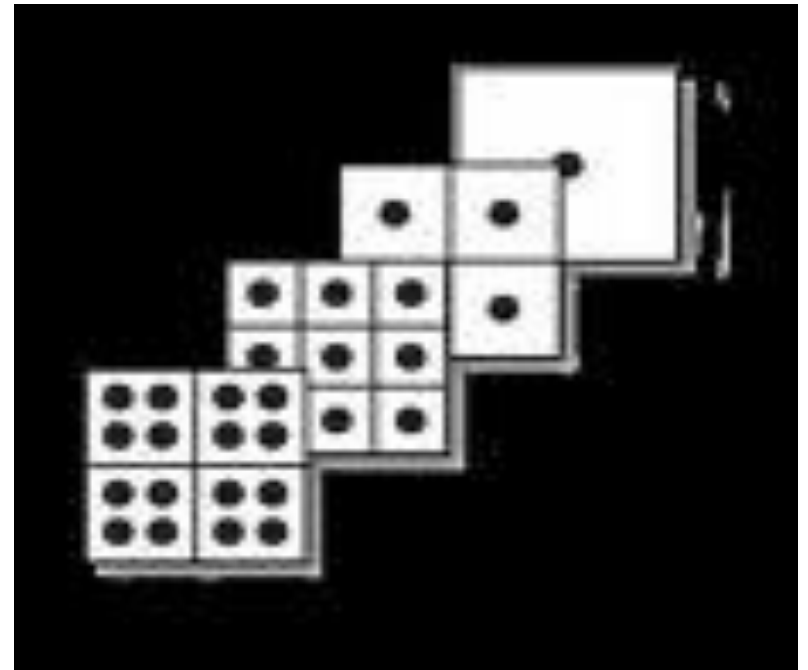
# Making the Dirt



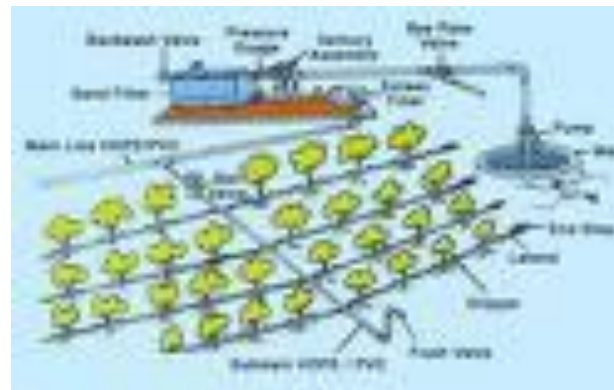
# Grid



# Plan Your Garden



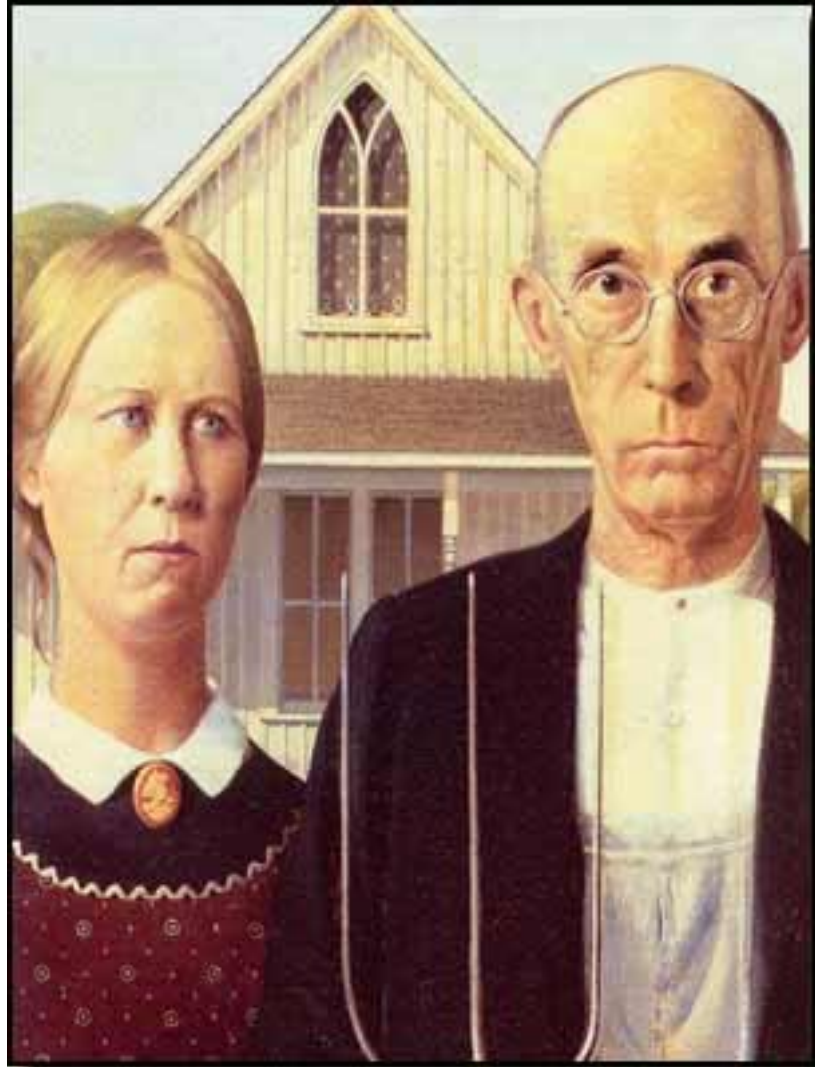
# Water



# Harvest

(one weekend harvest)





**“If you had only switched to Square Foot Gardening we would be smiling now.”**

# Gardening in the Antelope Valley



**If You Don't Like It  
Don't Grow It**



**The key to successful gardens and harvests is the soil.**



# Do not over or underwater - Train your plants



# Cool Weather Crops

Plant Sept-Jan  
-no bugs



# Warm Weather Crops

## Plant in April-June



# What Grows Well Here

## **SUMMER CROPS**

Tomatoes

Grapes

Potatoes

Onions

Green Beans

Squashes

Peppers

Cucumbers

Melons

Herbs

Fruit Trees (not Citrus)

Berries

## **WINTER CROPS**

Broccoli

Carrots

Lettuces

Cauliflower

Onions

Turnip

Cabbage

Celery

Radish

Artichokes

Brussel Sprouts

Peas

# Stagger and Rotate Your plants – less bugs



# Pests



# Gardening Seeds

- Where can you buy them?
- Hybrid vs Heirloom
- Storage Life

# Everyone Can Enjoy Gardening



# Benefits of Gardening

D&C 59:18-19

- Family Unity
- Appreciation of Work
- Self-Sufficiency
- Pleasure
- Health
- Reduced Expenses
- Follow the Council of the Brethren

Some may ask, "Why have a garden when we can buy produce inexpensively?" One of the important keys of home production and storage is the acquisition of skills. Sometimes we may be able to buy food inexpensively, but the skills and intuitive wisdom gained through gardening and other home production projects are worth more than the time and effort they require. In a sustained emergency, basic gardening know-how are invaluable. Some home production and storage goals you and your family may want to consider include: planting and caring for a garden; learning techniques of home canning, storing seeds; and having adequate tools.

"Catching the Vision of Self-Reliance," *Ensign*, May 1986

" We will see the day  
when we will live on what  
we produce"

Marion G. Romney  
April Conference 1975

# Gardening... Your Other Food Storage





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