

Smart food preparedness strategy involves preserved foods as one pillar, and heirloom garden seeds as another pillar, but the third pillar is something almost no one thinks of: **powdered plant fertilizers**. Powdered fertilizers are made from ground-up rocks and nitrogen sources, and they have an **unlimited shelf life**. One pound of plant fertilizer can produce 100 pounds of food! Without plant fertilizers, your garden seeds won't produce as much food as you're probably hoping.

This fertilizer is now called [Ultraclean Super Plant Food](http://www.Ultraclean.com), and it's available exclusively from [www.SupplySource.com](http://www.SupplySource.com). Check out Mike Adams', Food Rising Mini-Farm Grow Box systems at [www.FoodRising.org](http://www.FoodRising.org)

### **Regenerative agriculture**

Needs to be centered around livestock in order to be optimized, adding chickens is an easy and economically profitable way to do that. Poultry is also very accessible to small-scale farmers. The meat and eggs are also a valuable source of animal protein. Poultry centered system framework, you will need perennial grain and small grain. A healthy egg layer or meat bird needs a diversity of small (whole) grains to deliver the foods that actually nurture us and make us healthier when we consume the eggs or meat.

While chickens do eat grass and grubs, they're primarily carnivores. They're not strictly vegetarians. Egg-laying hens in particular need a high-protein diet (about 17 percent protein food sources). That doesn't mean chickens

need animal protein, however. By setting up a system where you use sprouted grains and give your chickens access to whole small grains such as camelina, flax, oats, barley, wheat, and amaranth (not soybeans or corn), you provide them with plenty of healthy protein.

By sprouting the grains, you increase not only the available protein, but also the minerals, amino acids, and digestive enzymes, which are critical for the health of the chickens' gut flora, and rotating between open-pollinated grain and sunflowers. The chickens are completely free-range, with access to the grasses and sprouts as they are rotated between small lots.

This small scale system is easy for a person working alone or with a family, whether you are young or old. The system is so low-demand, you can do it for a much longer time..."

Planting your own **Victory Garden** is another way to go, and can go a long way toward healthier eating, and in the long run, and a return to a diet of real food. The good news is that we now know how to help regenerate soil, (see other PDF's) and actually create new fertile topsoil. It basically comes down to mimicking what goes on in nature. In nature, the surface of the soil is **not cleared away**. It's never bare, or very rarely so, and the ground is not turned over as is done when plowing. This was an eye opener, plowing has always been in my life time. You also never see a **monocrop**. In one square foot of pristine prairie land, you'll find about 140 different plants!

Basically you just mimick nature, to the best of their ability. Do no-till and try to minimize the disturbance of the soil as much as possible, and pay great attention to diversity, using heirloom seeds. That's when cover crops come in. The key is to not have any bare soil, ever, if at all possible. Native grasses and pastured products are the best way to support this regenerative and sustainable form of agriculture

[\*The Soil Will Save Us\*](#), Kristin Ohlson describes the complex relationship between the soil and the food we eat.

**Other gardening ideas:** which I found, expensive, labor intense, using too much water, using electricity etc. When you need to “disappear” none will work.

**AQUAPONICS** Raise plants and fish together with aquaponics

**HYDROPONICS:** vertical growing, but all the negatives listed above.

**GARDENING TOWER** get concept, but expensive.

[\*Back To The Roots\*](#) has three super affordable gifts that make indoor organic gardening simple and get you hands-on with your food., expensive, doesn't fix the need for family, but in close quarters, may work for some.

**Traditional Gardening with a trick :**

Very little tilling, than with **Wood chips** 90 percent of the labor is eliminated. Wood chips are the best, as they are concentrated sources of carbon that serve to feed the complex soil ecology. Typically, carbon is one of the nutrients that is far too low in the soil.

By covering the soil around your plants and/or trees with wood chips, you mimic what nature does naturally, and in so doing, you **effortlessly** maximize the health of the soil. Take the time, take a walk in the woods/forest and see what God has created in nature to revitalize the vegetation, there is composting going on everywhere. Soil health, is **the key** to growing nutritious food.

### **Wood chips can:**

- Reduces water needs
- Effortlessly create lush top soil and eliminate need for irrigation and fertilizer, both costly and dangerous with chemicals.
- not only radically increase the bacteria, fungi, protozoa, and nematodes, the wood chips also attract earthworms, which create vermicompost - one of the best composts on the planet.
- radically reduce your weeding, probably by over 90 percent, and the weeds that do grow are easily pulled out by their roots so it becomes relatively effortless to keep the area clean.

- eliminates the use of fertilizers. One of the reasons why industrial agriculture is so damaging is their use of toxic chemical salts that decimate the soil microbes, another words, not in nature.

Here're some links directly to each report for your reading pleasure: from Frank Bates:

[Top 10 Items Sold Out After Crisis](#) – This report is pretty self explanatory: it outlines the Top 10 items that will sell out at your local grocery or big box retailer in the event of a crisis. This is a must read.

[Water Survival Guide](#) – How to collect, decontaminate and store water in a survival situation. This report shows you exactly how to be certain your family has a fresh supply of water... no matter what. (his water filter)

[Survival Garden Guide](#) – This report is designed for long-term survival. If a long-term crisis occurs, you'll have to be more self reliant than ever before. Knowing how to grow your own food will never being dependent on stores or local government... plus you'll be in a position to help out family members if needed.

[Slash Your Grocery Bills](#) – This no-nonsense report shows you how to dramatically reduce your grocery bill on every single trip to the store.

Each and every one of these reports is completely packed with information that you need to have on hand in case of emergency, or just to make your day-to-day life a little easier, with a whole lot of peace of mind.

Here are some web sites to follow up on:

[Weston Price Foundation](#)

[Local Harvest](#)

[Farmers' Markets](#)

[Eat Well Guide: Wholesome Food from Healthy Animals](#)

[Community Involved in Sustaining Agriculture](#)  
[FoodRoutes](#)

Other considerations are:

How long to prepare for, 72 hours, 3 months, a year?

Gardening for most of us is 4 months, what do you do for the other 8 months?

Storage, especially for long term, what items are best used in storage? Plastic is not an option, metal rust, haven't found one yet! Mylar seems to work best, but how do you vacuum seal them?

This hopefully will give you a start with your PREPPING project. Let me know your thoughts, and any other Prepping information you have or receive will be appreciated.