

Growing a Survival Garden

*Be Prepared for a Disaster
Or Food Shortage Emergency*



For those of us who grew up watching Captain Kangaroo, Mr. Green Jeans was a man who could grow just about any fruit and vegetable with ease. As a kid you thought how “neat” is that to be able to grow food you see in the grocery stores!

When I was growing up, my grandpa had just about every vegetable and fruit imaginable in his garden, and nothing beat the taste of fresh, homegrown fruits and vegetables. Back in grandpa’s day, it was an economic necessity. Now, it might be a matter of survival.

Today, more and more people are growing their own fruits and vegetables; not just for economic reasons, but for survival in the event of an emergency. Have you ever thought about a food shortage? High prices, food shortage, and the just the taste of store-bought fruits and vegetables is enough to make you want to try gardening yourself; not to mention that store-bought doesn’t seem to last as long. Although gardening may have a little bit of a learning curve, it is well worth it. I know we all have such busy schedules, but actually working out in the yard/garden is a great stress reliever, and just think about the satisfaction you get from growing your own food. So good; so healthy for you.

Some benefits to growing a survival garden as listed by [all-things-emergency-prepared.com](http://www.all-things-emergency-prepared.com) include but not limited to:

- You will be more prepared for a food crisis or emergency.
- You will save money, time and fuel not driving to the store.
- It's much cheaper than buying food.
- Organically grown vegetables are much healthier and taste so much better than store-bought.
- You will become more self-sufficient and less dependent on your local grocery store. Plus...the physical activity is good for.

There are many books and teaching aids on how to grow your own vegetable/fruit garden. One link I'd like to refer you to is: <http://www.all-things-emergency-prepared.com/survival-garden.html>.

Gardening doesn't have to be a massive chore. You determine the size you would like your garden to be.

If you follow the website I listed above, it touches on the "how to" of small and larger garden spaces, storing & preserving food.

Just a few of the items on your emergency garden foods list may include:

Beans & Peas	One of the best sources of plant protein; most protein with the least fat of any food, high in potassium and low in sodium.
Berries	Great source of potassium that can assist you in blood pressure control. They are a perfect weight-loss food.
Broccoli	Considered the number one cancer-fighting vegetable. It has no fat, loads of fiber, cancer fighting chemicals called indoles, carotene 21 times the RDA of vitamin C and calcium.
Cabbage	It retains all its nutritional goodness no matter how long you cook it. Eating a cup only once a week is enough to protect against colon cancer.

Carrots	The beta carotene in carrots is a powerful cancer-preventing nutrient.
Greens	Full of fiber, loaded with vitamins A and C, and free of fat.
Lettuce	Some people think lettuce is nutritionally worthless, but nothing could be farther from the truth. It provides a lot of filling bulk for so few calories, 10 calories per cup of raw romaine, and it's full of vitamin C too.
Melons	They have some of the highest fiber content of any food and are delicious!
Peppers	Rich in vitamins A and C, abundant in calcium, phosphorus, iron and magnesium high in fiber, free of fat, low in sodium and have just 24 calories per cup.
Potatoes	Great source of fiber and potassium, they lower cholesterol and protect against strokes and heart disease.
Spinach	Lowers cholesterol, revs up the metabolism and burns away fat. Rich in iron, beta carotene and vitamins C and E, it supplies most of the nutrients you need.
Squash	Very low in saturated fat, good source of vitamins A, C, E, B6, Thiamine, Niacin, Calcium and Magnesium.
Sweet Potatoes	Great source of vitamin A.
Tomatoes	Low in fat and sodium, high in potassium and rich in fiber.



Planting a garden will require a little bit of organization at first, but once you begin and see the “fruits” of your labor; it will be well worth the effort!

Resources:

- <http://www.all-things-emergency-prepared.com/survival-garden.html>
- <http://www.all-things-emergency-prepared.com/planning-a-survival-garden.html>
- www.all-things-emergency-prepared.com/survival-garden.html
- www.google.com (survival garden)