

NUTRITION Module (no. 5)

On Future Foods #3 {2022/08/22}

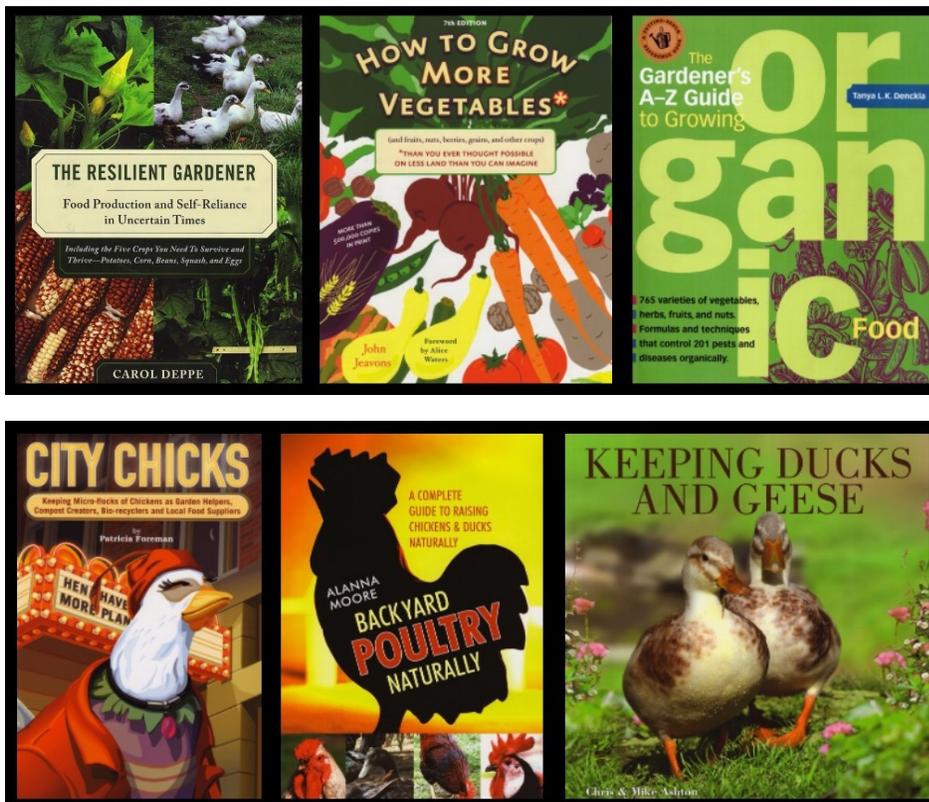
The Important “Crops” to Have and Replicate, RIGHT NOW

{A video class associated with this article is located at www.jimsway.com/wed--sat-classes}

“Crops”?

The word “Crops” is used because you need more than just a garden. It’s about creating a nutrient-rich food production system that provides the complex interrelated nutritional needs to sustain optimum health and well-being for the long term, no matter the conditions. It is very difficult to get the balance of nutrients for vigorous health and strength by only consuming plants, especially in conditions where there is NO outside source for supplements and foods to make up for any deficiency you may develop, i.e., you are on your own.

For your personal health and the health of your “garden” (vegetables, fruits, and berries) you need to integrate the use of animals into your food production system. On a small scale, for most individual homes, the easiest farm animals to work with are chickens, ducks, quail, and other small fowl**. Rabbits are useful for meat, manure, and pelts, but chickens/ducks provide eggs, meat, manure, and pest control. If you have the space or are working as a community group then goats, sheep, and bovine breeds may be appropriate.



** Some city ordinances will allow these where they do not allow larger birds

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Good-Times (Hobby) Gardens vs Survival Food Production

Most people that currently grow foods for the table do so as a way of getting fresher and better-tasting produce. Foods that supplement and add variety to the table when fresh can also be bottled, dried, and/or frozen to improve the diet year-round. By producing and preserving more than you consume you can build up your food reserves against future needs. It's also a way of getting outside and enjoying exercise in a healthy and productive way.

When the systems normally relied upon for food production and delivery are no longer functional the choices that remain are, 1) stand in line for a handout (that almost certainly has strings attached), 2) fight and steal from others to get what you can, 3) starve, or 4) produce your own food.

For me the choice is simple. Store more than the amount of food required to carry the household through the months/years needed while time and effort are dedicated to expanding home production till it can take care of nutritional needs. No other strategy makes any sense.

Begin Now, no Matter What time of the Year

Gardening activities are year-round. In some climates, food can be grown twelve months of the year. For most people in temperate climates, growing vegetables may be reduced or halted during winter, however, there are lots of other “crop” chores that go on all the time. Things like tending animals, preserving harvests, composting, seed-saving activities, reviewing records to plan for next season, studying related books, repairing and maintaining tools, consulting and coordinating with neighbors, protecting property, tools, and animals, etc.

Which “Crops” and Why

The best starting place I know for the newly committed to personal food security comes from the book by Carol Deppe, THE RESILIENT GARDNER –“*Food production and Self-Reliance in Uncertain Times, Including the Five Crops You Need To Survive and Thrive*”:

- Potatoes,
- Corn,
- Beans,
- Squash, and
- Eggs.

We're not talking about just any ol' variety of these five, but very specific recommendations from Carol. This is one of the must-have books for your nutrition library. Along with this book, listen to the 12 interviews I conducted with

Carol in 2011 & 12, they are very informative and add significantly to the book. (These interviews are in the Members Library on JimsWay.com > **Members Only**. If you are not a Member, on JimsWay.com > **About Members**, and learn about the value of becoming a Supporting Member.)

After getting the Survival Food Basics, Now What?

Now that you have a nutritious food foundation with sufficient calories, protein, and healthy fats, expand on it. Rather than a list of specific foods, here are some of the characteristics you are looking for:

- Plants that are rich in phytonutrients and minerals. A good indicator is dark or bright colors, you want a variety of green, orange, red, blue, purple, etc.
- Plants suitable for your climate and growing season. This will take a little research, but the seed suppliers and your State Agricultural Extension Service can help.
- Select plants with lots of soluble and insoluble fiber which is extremely important to your internal microbiome and gut health. This is vital to study and understand because shelf-stable processed foods have almost none. We'll be talking about this in the upcoming classes on the key nutrition books you must have and study.

Here's a useful nutritional fiber tip, several times a week eat a small amount of raw potato, about a ¼ of a medium size tuber each time. It's totally undigestible for you (no direct food value to you), but your microbiome feeds on it, loves it, and gets healthier, which is much better for your health.

- Essential fatty acids are a must for your health but are pretty scarce in typical garden vegetables. This is why eggs, especially the yoke, are so very important. The plant with the highest omega-3 is purslane (most people think of it as a weed). If you don't have some in your yard already, buy seeds or get a start from a neighbor and cultivate it. Learn to eat it raw in salads. To learn about and identify purslane, plus a lookalike poisonous plant, go to <https://www.ediblewildfood.com/purslane.aspx>
- You want plants and animals that are hardy and don't need to be pampered, that is one reason for Carol Deppe's choices. This will be especially valuable during the transition from the convenient modern lifestyle with ubiquitous utilities, transportation, and communications (thinks internet browser searches for almost anything, and online orders shipped direct).

Just like in generations past you'll be spending long hours working to take care of life's daily details—think living in 1835.

- You want plants and animals that are easy to work with for seed saving and reproduction.
- You want foods that are easy to harvest, store and preserve under primitive conditions. Learn old-time preservation and storage methods without modern utilities and conveniences.
- In a year or two once you've obtained enough experience and have a handle on taking care of the basics, add in some favorite foods for more variety and enjoyment. You should buy these seeds now and properly store them for when the time is right.

Begin Saving of Seeds

Be selecting and buying future food seeds, and properly store them now. Also, save what seeds you can from your current garden. Learn to proof what you've saved to be sure you are doing it correctly, we'll cover this in an upcoming class in this series. Read THE RESILIENT GARDNER and listen to the 12 interviews with Carol Deppe, located in the Members Library on JimsWay.com > **Members Only**. If you are not a Member, on JimsWay.com > **About Members**, and learn about the value of becoming a Supporting Member.

The seeds you buy must be open-pollinated heirloom varieties. Your job will then be to keep the offspring generations pure by your efforts in managing how they are pollinated, harvested, and stored.

If you missed last week's class Part-1 in this series, you will find on JimsWay.com > **Library > Wednesday & Saturday Classes** - Scroll down to, **WE- 2022,08,17, Future Food, Part-1, •Seed Saving, & •Weevilly Wheat**

Produce Sturdy and Healthy Plants and Animals

Plants and animals with a healthy immune system are more disease and vermin. Plant and animal vitality and strength come from the health and vitality of the living soil (it also means these foods are more nourishing for you). Therefore, be building your soil organically, not chemically. Learn to properly make and use compost along with the importance of biochar.

We'll cover these topics more in the future because compost and biochar are vital to home food production—it could mean the difference between having adequate amounts of nutrient-rich foods or staving on poor quality and quantity of foods.

However, a warning about some sources for compost. Many cities collect "green waste" (grass clippings, leaves, garden waste, all sorts of wood, etc.) and turn it into compost. That is a reasonably good idea, but you don't have much control over what people "donate" as green waste, which can make this compost somewhat questionable. Therefore, ask a lot of questions and if possible, visit the composting facility.

A serious problem is that many municipalities add “biosolids” (sewer sludge) to the “green waste” compost! Sewer sludge is the byproduct of wastewater (sewage) treatment. This sludge is considered by officials to be a safe resource for agriculture and home gardening. **WARNING: IT IS ABSOLUTELY NOT SAFE**

While the biosolids/sewer sludge may be biologically safe (free of harmful pathogens) it is by no means free of the toxic chemicals that get flushed down toilets, sinks, and drains, including what comes from various industries. It likely contains many known and unknown hazardous materials, such as heavy metals, PCBs, flame retardants, microplastics, endocrine disrupters, pharmaceutical drugs, illicit drugs, and novel compounds as a result of combining industrial chemicals and numerous organic compounds.

Learn more about sewer sludge:

<https://www.centerforfoodsafety.org/issues/1050/sewage-sludge/what-is-sewage-sludge>

The best way is to make compost yourself; you control what goes in and how it is managed. If you don't have enough compostable materials, ask your neighbors for grass clipping, leaves, tree trimmings, chicken coop or rabbit hutch litter, and other clean organic waste.

Get Started with Plant Replication NOW

Don't wait, you need all the practice you can get. In last week's article and class, the appeal was made to start saving seeds from things growing in your garden, *right now*. If you missed the class and newsletter, they are available now on JimsWay.com

Last week's class Part-1 in this series, is on JimsWay.com > **Library** >

Wednesday & Saturday Classes - Scroll down to, **WE- 2022,08,17, Future Food, Part-1, •Seed Saving, & •Weevilly Wheat**

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Last week's seed-saving article, is on JimsWay.com > **Library** > **Provident Living Times Articles** - Scroll down to, **NUTRITION Module- On Future Foods #2 {2022/08/15} Learn and Practice Seed Saving, NOW!**

Download and print it for your files, along with future articles on this and other topics.

Have a Garden?

Okay, let's say you don't have a garden going right now, here is what you do. Get one (better yet all three) of the seed-saving books recommended in the 8/15/22 newsletter and 8/17/22 class (see links above). Study up on one or two of the plants your neighbors have and ask if you could practice with some of his or her plants.

If your neighbor doesn't know anything about seed saving, explain what you are doing and *why*. Maybe they will decide to get involved along with you and become better prepared in the process. If they are better prepared, you will be better prepared.

Move Forward to Secure Your Nutrition Future

Search online for instructions, posted research, podcasts, and videos. Be sure to buy books (physical hard copies) for your reference library against a time when electronic sources will be lost. It would be good to also have both physical and electronic books of all of your most important books. A lot can be stored on thumb drives in a very compact space.

Visit with people in your area to learn from their experiences. Experiment with different methods and approaches to find what best fits your needs, capabilities, and conditions (climate, soil conditions, available water, growing season, etc.). As you develop what works best for you, expand production as you can to be poised to realistically provide for your future needs.

It is important to consult and coordinate with neighbors on how you can best support and assist each other when the time comes.

Keep at it. You will transform the **I**nformation in this article, the related classes and books by using your hands-on **E**xperience, which then creates within you, practical working **K**nowledge...

I (information) **x** **E** (experience) = **K** (knowledge)

The end result is you've become better prepared to meet
the future with **HOPE** and **CONFIDENCE**

Go forward and do more.

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