

Is a Garden Part of your Emergency Plan?

It should be. Growing your own food is the oldest form of food storage. Here are just a few of the many benefits:

1. Produce from your garden is higher in nutrients than store-bought (fruits and vegetables begin to lose nutrients the minute they are picked).
2. Kids can be involved in bringing food to the table and they will be more likely to eat fruits and veggies if *they* grew them.
3. Cheap! Food Storage is expensive –Growing fruits and vegetables is affordable.
4. Good exercise!
5. Beautiful and magical - Life lessons abound.
6. Cheap therapy ☺ - gardening is great for “working things out”
7. Helps you appreciate farmers and the bounty at the grocery store

Links

Gardening

<http://extension.usu.edu/yardandgarden/>, lists of what to plant, when to plant it, how to prepare your soil, etc.

<http://utahpests.usu.edu/>, help you find out what’s eating your beautiful produce and how to get rid of them. You can sign up to receive automatic alerts of pests invading your area.

<http://www.squarefootgardening.com/>, you don’t even need a tiller.

Preserving

<http://extension.usu.edu/foodpreservation/>, you can also call the extension – they are so knowledgeable and helpful.

Heirloom seeds

(you can save the seeds from these fruits and veggies and plant them the next year)

<http://utahseed.blogspot.com/>, this is a group that offers free heirloom seeds and education on how to grow and save seeds for your future use.

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