

**PLAN**

**4**

**PLENTY**

**PLANNING GUIDE**

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**FOOD ABUNDANCE  
IN A CRISIS**

**SURVIVE AND THRIVE WHEN  
THE SHELVES ARE EMPTY  
WITH YOUR UNIQUE  
PLAN 4 PLENTY**

by FACHance

**Sourcing, Foraging, Fertilizing, Storing  
Cultivating, Farming and Trading Food in a CRISIS  
+ Numerous Survival Hacks and Solutions**



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## About The Author

Freeman Chance is a lost soul who finally found himself after a lifetime of searching and effing up. He is dedicated to exploring, meeting and resolving humanity's greatest challenges in his own, unique way.

## Author's Mission Statement:

To empower everyone I can reach to find, create and trade food in challenging times, using whatever is available to them. May you all SURVIVE AND THRIVE.

## Disclaimer:

Please make sure you familiarize yourself with national and local laws and bylaws that may prohibit certain plants or animals. This book is for information and education purposes only. Any actions taken relating to this information are the sole responsibility of the taker of those actions.

## Topics Covered by this Guide:

There are a few key elements to consider in a general systemic crisis:

**Food**

**Water**

**Shelter**

**Medicine**

**Power**

**Stealth**

**Security**

**Communication**

**Trade**

**Tools**

### **Difficulty levels: 1-10**

Where appropriate I have included a 'Difficulty level' for plant cultivation, animals and other activities. This is a rough guide that includes a mix of difficulty factors including cost, effort, time, knowledge and skill.

Difficulty Level 1 would be something like throwing food scraps in a heap to make compost. Level 10 would be something like setting up a full solar indoor growing aquaponics system. You would need time, money, plumbing equipment and skills, lights and electrical skills etc. etc.

Where a range of difficulty is shown - e.g. 'Difficulty 3-5' - various levels of sophistication are available for that option. For example, if you 'turn' compost to improve the process and results, the difficulty level increases because some fairly hard work is needed. You can also employ a purpose made or general compost container - once again, slightly more challenging - as extra time and/or money are required and perhaps transport too. Thus compost is rated as difficulty 1-4. So 'Difficulty' is

just a rough guide to what you can expect to have to invest - in one way or another - in that particular resource or activity.

This is aimed at helping you filter out less attractive options, hopefully saving valuable time before you dig deeper with the links provided and your personal research.

### **Links**

The links provided are varied as I attempt to cover the topic from different angles. They may contain all you need to know, introduce you to a useful channel or concept or simply provide inspiration. They range from scholarly articles and PDFs to YouTube channels. I tend to focus on videos as they are easier to learn from for the vast majority of people. I also place some links more than once if it is relevant. Do delve deeper with your own research if you need to pursue something that could help you.

### **Search Tips:**

When researching these topics, if you seek material more focused on the system breakdown scenarios, adding the terms 'SHTF' and/or 'Prepper' to the search will filter out less survival related information.

### **It's Not Just About Food...**

Food is the primary topic of this planning guide. However, it would be remiss on my part not to also cover the related topics of crisis survival - lest one become complacent and think food security is enough - it isn't.

## **INTRODUCTION**

### **ACT NOW!!!**

The world has entered a period of uncertainty and increasing chaos. A confluence of events has made a worsening food supply crisis inevitable. How bad this finally becomes, and whether it leads to famine, depends

upon many factors. These factors are largely out of the control of ordinary folk – nevertheless *food supply IS in your own hands – if you act now and take control.*

Being prepared means acting ahead of time while it is still possible. Most people will act only when they have to and will pay a heavy price for that luxury. Decisions need to be thought through calmly. Things can quickly descend into bad, panicky decision making under duress. I therefore **implore you to fill out the plan and act on it before you can't.**

This book will offer you many diverse options to choose from. Your personal plan will be your own, optimum combination of the possibilities – based on your unique circumstances.

**My first aim is to condense all my research into a compact resource so that you can save time and focus on preparing for the coming events.**

**My second aim is to give you a practical planning process so you can quickly assess the possibilities and challenges and plan for each one.**

**In Plan 4 Plenty, I emphasize ‘plenty’ over ‘survival’ for these reasons:**

*Humans tend to achieve their expectations or less. Intention is nine tenths of achievement. Better to get nine tenths of abundance than nine tenths of survival rations. Expecting abundance primes the subconscious and increases your chances of creating plenty, rather than enough (or less). This means you will suffer less trauma and may be better able to help others around you.*

**‘Those who meet adversity with a plan fare better than those who are unprepared – even if their plan is crap!’ – Unknown**

## **WHY DO I NEED A 'PLAN 4 PLENTY?'**

Plan 4 Plenty is a basic plan-forming process that, if you take the time, can all but ensure you are not at the side of the blades when the shit hits the fan. Planning helps redirect the mind, including the subconscious, to new areas of thinking and you will need to think in new ways to succeed in new circumstances.

## **Plan 4 Plenty Planner**

There is a free planner to help you personalize your plan. It has the same headings and format as this planning guide but with empty space where you can note down any areas of interest to explore further, or any insights and ideas you may have as you read through this planning guide.

Your **Plan 4 Plenty** will help you understand **the four sources of food** and help you to think about - and act on - the key issues you are likely to face in a prolonged food shortage. You need to have at least a basic plan in place for each key issue. Making a food plan will help awaken and foster the survival, opportunistic, conserving, creative consciousness that is innate within each human. To make your plan, you will need the following things:

**Pen**

**Plan 4 Plenty Planner (or a Pad)**

**A little study time**

**An open mind(s)**

**The will to survive and thrive**

**Flexible Planning**

Unfortunately, there is no off-the-shelf system or solution to food security except, perhaps, short to medium term rations. The truth is that however much you store, in a prolonged crisis, eventually, you will need to find new sources of food. Every crisis, personal circumstance and person or group is unique, so your **Plan 4 Plenty** must evolve to fit your circumstances.

A realistic food abundance plan will therefore be more of a general, multi layered theme than a strict plan. Events, circumstances and supply availability are all likely to change without notice. Your plan must therefore be flexible and adaptable enough - and have enough redundancies and alternative options - to seamlessly evolve as things progress.

Building in discovery and room for trial and error - and the possibility to evolve or completely change if a reason to do so arises - is your best shot at success. You can't be too attached to any particular idea - survival is the primary consideration. A diversity of options is far more likely to lead to plenty than a narrow-scoped plan. However **the more control you or your group have over each part of your plan - the more secure it will be and the greater the chances of its fruition.** Self reliance is a key survival trait.

## **Beginners**

If you are a beginner with food foraging, storing and cultivation - key information on the basic principles and options available to create your **Plan 4 Plenty** and ensure you have an abundance of food is in this guide - along with links to sources of further, detailed information.

## **Experienced and Pros**

If you have experience as a cultivator or farmer, you may find yourself in difficulty without the usual supplies you have come to rely on. There are many alternative sources, short cuts, hacks, tricks, tips and solutions to challenges that were once easily solved with a trip to the relevant store or supplier. This guide can help you envision alternatives and possibilities that will allow you to hit the ground running without a prolonged period of readjustment.

One single insight or piece of information herein may completely change your chances of successfully transitioning to a 'post supply world.' Alternative sources of key requirements such as fertilizers and labor with novel approaches and clever hacks to meet various challenges can help you continue and even potentially expand your operations in conditions where the usual supplies are not available. The revelations of 'quantum agriculture' may offer rich opportunities to enhance productivity or bypass obstacles.

### **Community Cooperation - Forging Alliances**

Community is a survival trait of humans - in the pack animal tradition. *Some identify community as the number one survival factor.* While we are each autonomous and can function alone, in groups we become more than the sum of the parts.

A 'team' naturally wants to form wherever there is a challenge to be met. You could even argue that we are at our best under duress and fighting together, for each other, to overcome whatever challenges we face. So far we humans have made it through thick and thin using the teamwork modus operandi.



Begin the process of finding and forging alliances with local cultivators, neighbors, businesses and farmers immediately. Your ability to interact successfully with others will be key to your survival - unless you are able to produce all your needs without external help or trade. Be cautious and **do not give away information to others regarding your food and other survival plans unless they have become a trusted community member - and then only on a need to know basis.** In a scenario where people are hungry, alliances may falter...

Once you have understood the general overview of the various options for your plan, begin to check out the links to the more detailed resources and information on the topics that you are considering for your unique scenario. These links are starting points, be prepared to research further and deeper if you are attempting something challenging.

### **Store Precious Survival Information Securely**

Even the internet may be victim to some calamity, intentional or natural. **It is highly recommended you download the PDFs and videos that contain detailed guidance on the techniques you are adopting or may adopt for your Food Survival Plan AS SOON AS POSSIBLE.**

Securing your precious data and devices from EMP is not difficult, and critical information such as survival knowledge is worth the effort. This may sound rather dramatic, but your survival could hinge on such a simple action. If things pan out well you have lost nothing of importance - but if and when the shit now heading directly for the fan actually hits it - you don't want to wish you'd taken such simple but empowering steps to preserve crucial knowledge when it is too late...

Links:

[▶ How to Make a Faraday Cage for Your Solar Generator - Portable Pow...](#)

- ▶ What to Put in Your Faraday Cage
- ▶ Faraday Cage - Chicken Wire vs Aluminum Foil
- ▶ 5+ Items For Your Faraday Cage (EMP & WW3 Prep)
- ▶ EMP Proof Your Truck in 5 Minutes - The Ultimate Prep For Your Dai...

## Stages of a Crisis - Prepare to Compete...

In a crisis, it is starvation and disease that tend to be the predominant issues after the initial trigger event(s). To survive, one must be prepared to adapt and keep adapting. The most difficult challenge is mental preparedness. Those with no plan and little ability to think critically will find such challenges hard to adapt to. Although you may be able to generate plenty using the ideas herein - **there will not be enough for everybody** - this is the reality you must accept. *You must be mentally prepared to compete.*

How severe the crisis becomes will depend on many factors, but this book assumes the worst case, *everything shut down you are on your own* scenario. It will more likely be a partially impaired system, but any food shortage requires new thinking, so you may as well get the whole picture and be mentally and practically prepared for the worst case scenario - and then use what you actually need as your particular story unfolds.

### The Dwindling Period

The likely sequence of events is that the food supply in the system will dwindle, with less and less items available. As key items such as tobacco, medicines, drugs and staple foods decline, desperation will set in. There will be many difficult challenges during this period as people become more desperate and hungry.

## **Sudden Panic**

An event or shock news may cause a mob reaction and mass panic. Shops will be filled with desperate people trying to get basic essentials - potentially whether they are open or not. This is a situation easily avoided by being ahead of the game and shopping before the masses get the message that a problem exists.

Things will eventually stabilize - possibly with a skeleton system remaining functional. However, things may progress and worsen to a total breakdown of the supply system and one should allow for this in survival planning. If you live in a densely populated area your survival chances are lower as more people will be competing for less resources. Try to relocate to as low a populated area as possible in a grave scenario. Try to place yourself among like minded individuals. Wherever you choose to be, make sure you can survive for at least three days - better two weeks or a month - **without leaving the house in case of unrest or other threats.**

## **Initial Survival Period**

If the shortages continue and worsen, the desperation and chaos will eventually decline as many of the desperate will begin to lose the battle and after weeks without medicine, low food - famine effectively - many will pass away or will be too weak to be a threat. After this initial chaotic survival period, things should begin to settle down as surviving people adapt to new systems and lifestyles.

## **Marauding Period**

The main danger after this point will be marauders and bandits. They will take what they need and will thus outlive the unprepared, normal folk. They will extend their search for new supplies to ever wider areas unless

or until they are stopped. Handling these scenarios is primarily about first impressions. There is more on this important topic in the Security section.

Links:

- ▶ 8 most likely SHTF scenarios
- ▶ How to survive the first 2 months after SHTF
- ▶ 10 Items to Buy Before a Great Depression

## Global System Breakdown

In a global crisis, with a much longer recovery timeframe than a typical local or regional natural disaster, preparedness is even more imperative. There may be no help from authorities, municipal water and power may be intermittent or completely absent and there will undoubtedly be desperate, hungry people and outright malicious individuals and groups to contend with.

Authorities themselves, and those who enforce governmental decisions, may not be operating in the interests of the people and may try to confiscate or otherwise take your goods and valuables for their own benefit. They are to be treated with suspicion as much as any other group. Be especially aware of the threat from other prepared survivors of lower moral standards.

Links:

- ▶ The Fellow Prepper Who Will KILL YOU After SHTF
- ▶ Go Gray Man in SHTF to hide your strength and abilities from civilian...

The post supply situation could last weeks, months, years or decades. It is far better to be ahead of the game than reacting too late as most will do.

By preparing ahead of time you can maximize your survival (and comfort) and potentially help many others survive.

## Types of Food

I don't go into balanced diets and detailed breakdowns of nutrition. You need a variety of foods including carbohydrates (bread, rice, potatoes), protein (meat, fish, beans) fats and enough vitamins and minerals for your bodily functions.

Try and vary your diet and be prepared to search out and gather or trade for those things you lack. Some vital food elements like salt may be unavailable in some areas, so make sure you stock up on anything you think will be hard to get once the shortages really kick in.

## The 4 Sources of Food (and How to Get Them)

This is the 4 in Plan 4 Plenty. Each of the four sources of food should be considered, understood and planned for. The first and most important part of Food Abundance Planning is **understanding who you are planning for**. Then it is a case of **exploring every possible source of food available in your situation**. There are four basic sources of food in a 'system down' scenario and any one of the four could potentially fulfill most or all of your requirements at any particular point in time. This will ultimately depend upon you and your circumstances and choices.

### Who Are You Planning For?

You should first identify who is included in your planning - don't forget to include pets. When this is done, you will be able to more accurately assess the four sources of food for your circumstances and which elements within each source you can best exploit.

If you are reading this before the shit actually hits the fan, use the time you have to choose and learn the skills to survive and thrive post 'normality.' Act now - don't wait until you have to react. If things pan out well you will still have gained skills and awareness of potential great value.

**The four possible sources of food when the shelves are empty.**

**1 - Stored Food - (what do you have/can you get?)**

**2 - Foraged Food - (where and what is available?)**

**3 - Cultivated Food - (where, how and what could you cultivate or raise?)**

**4 - Traded or Bartered Food - (what can you get, make or gather for exchange?)**

As you read through this section, make notes on the four food sources on the four relevant pages of your plan. Jot down any ideas, inspirations or anything relevant that occurs to you as you work through this topic. If you are a family or group, each individual can make their own notes for later comparison and brainstorming - or you can work through the topic together, discussing as you go.

The ideas you note down here will become food for subconscious thought, beginning a process of consideration and exploration that will continue and grow in the back of your mind regardless of your day to day activities.

Note down anything you already have, anything you think you might need - trying to imagine the situation ahead. Example - 'well, we have two apple trees'... 'we're going to need to store them or turn them into jam - maybe we should get some jam making stuff...?' '...maybe we could just dry them?'

### **Don't Shoot Ideas Down**

This is literally a personal (or group) brainstorming process. At this stage it is important to listen to *any* ideas, no matter how outlandish. This is a key issue in the creative process. You want to avoid diminishing or shutting down creative flow - something we have all unconsciously been programmed to do using ridicule, sarcasm etc. You really want to encourage this crucial resource that is connected to the inner child and relies on confidence to be expressed freely. Play, have fun, explore - a silly idea might lead to a moment of genius that has a huge impact. More serious assessment, criticism and decisions can come later.

## **Source 1: Stored Food**

### **Why Store Food?**

It makes sense to store food to tide you through a minor crisis or to buy you time in a major crisis. Dried, compact, bulk, energy or nutrition dense, long shelf life food is an obvious starter. Then there are tinned foods - again excellent for the longer term. Think carefully about what you actually eat, what you could live without, what will be in demand. Watch the videos linked and read about prepping and storing foods, the best options have long been condensed into accessible content online.

### **Two to Four Weeks**

In a SHTF scenario, you may have to stay indoors for two to four weeks to wait out the worst chaos. You should have at least a month's supplies of

food and water for you and your household or group. Needless to say, the more you can store the better, but do weigh up the value of foods vs items that will be much in demand after a systemic failure.

Consider carbs vs protein vs fats vs other nutrients. Could you source protein from foraging and focus on storing carbs (generally cheaper)? Try to build a food centric world view that includes any useful insights, angles and dimensions you can include.

Salt is a key preservative and unless you live near a coast, may become scarce. Make sure you have plenty and get sea salt not table salt as sea salt has minerals and other trace elements you will need.

▶ How to easily build a 2 week emergency food supply

## **Seasonal Eating**

By eating seasonal foods one can avoid the need to store as many foods. This can crucially reduce workloads, allowing you to focus energy on other aspects of survival. If you hunt meat in winter, it will naturally last longer than a summer kill. Many early human cultures ate mainly vegetarian summer diets and meat heavy winter diets. Try to include this type of concept in your decision making, these small details, added together will create plenty further down the line.

Links:

- ▶ HOW TO EAT SEASONALLY | Eating seasonally with seasonal fruits a...
- ▶ Eating in Winter | Growing Our Food | Seasonal Eating from the Root ...

## **Preparing and Processing Food for Storage**

There are many options for preparing food for storage. For example foods can be powdered, dried, brined, smoked, pickled or otherwise processed and preserved to reduce space, ease transport, improve longevity,



increase security etc. Milk, for example can be turned to powder, yogurt, cheese or butter - vastly extending shelf life.

Links:

<https://extension.wsu.edu/foodsafety/food-preservation-drying-and-smoking/#:~:text=Removing%20the%20moisture%20from%20food,away%20during%20the%20drying%20process.>

[https://nchfp.uga.edu/publications/nchfp/lit\\_rev/cure\\_smoke\\_pres.html](https://nchfp.uga.edu/publications/nchfp/lit_rev/cure_smoke_pres.html)

<https://www.theculinarypro.com/brining-curing-and-smoking>

▶ You Can Live Without Refrigeration - Here's How

## Storage Containers, Resources and Utensils

It makes sense to try and gather as many resources, utensils, storage jars, bottles, food buckets with lids and any other preparation and storage tools and resources as you can lay your hands on. Consider the sources of energy you will need. Once again, all the information you need for your scenario can be easily found and **downloaded**. Even if you don't immediately study this information, you have the key information on hand even in a blackout scenario.

Links:

<https://theprovidentprepper.org/long-term-food-storage-best-containers-and-treatment-methods/>

<https://www.pinterest.com/pin/425519864781928379/>

<https://www.primalsurvivor.net/food-storage-containers/>

▶ The Best Long Term Food Storage Containers for Your Prepper Pantr...

▶ Buy Chicken NOW, Stockpile Chicken NO REFRIGERATION | Prepping...

▶ Buy These 3 Forever Foods Before It's Too Late!

## Canning, Pickling, Jars - Difficulty 3-7

Another aspect of food storage is processing or preserving food for longer term storage. Fruits and vegetables can be cooked and canned or sealed in jars. Eggs, although they can be stored as is for long periods in the right conditions, can be pickled or glassed for storage. Fermentation is another way to prepare foods for jars and can add significantly to the nutritive qualities of the food.

Links:

- ▶ How To: Home Food Preservation and Canning
- ▶ General principles of canning and bottling of foods
- <https://lovelygreens.com/how-to-can-preserve-food-beginners/>
- ▶ Preserving Food Using a Pressure Canner
- ▶ Common Methods Of Food Preservation With 2 Helpful TRICKS!
- ▶ 25 Powdered Foods That LAST FOREVER! (30 Year Shelf Life)
- ▶ Vegetable Pickles Formula / Recipe without Oil
- ▶ Food Preservation Projects
- ▶ Different Ways of Food Preservation
- ▶ Preserving Meat Without Refrigeration ( Canning) for Beginners Ste...
- ▶ Top 10 Ancient Techniques For Food Preservation
- ▶ TLE 6 Q2: Food Preservation
- ▶ The EASIEST Technique Anyone Can Do To Preserve Raw Eggs For 1 Y...

**Tomato Storage:**

- ▶ Сохраняю помидоры КАК СВЕЖИМИ 2 ГОДА! Никакой ВОДЫ СО...
- ▶ How I Store 200 lbs of Potatoes WITHOUT a Root Cellar

## Drying, Smoking and Salt - Difficulty 3-7

Meat and fish can be smoked or dried. The means to dry food can be created at home. From simple, cheap sun drying of tomatoes and meats (the origin of the word 'sundries') to smoking and salting - a little more

challenging but well within reach if you have outdoor space or a roof space to fashion a suitable device. Jerky and dried foods are very useful long storage food sources.

Links:

- ▶ Sun Drying and Solar Drying | Food Preservation Methods - Lesson 1...
- ▶ 5 SUN DRIED FOODS
- ▶ Dehydrating Food Without Electricity : Sustainable Ideas For Life
- ▶ 7 BEGINNER TIPS FOR FOOD DEHYDRATING | What I Wish I Knew Be...
- ▶ Sun Dried Fruit
- ▶ How to Dry Cure and Smoke Meat
- ▶ Survival Instructor Teaches How to Preserve Meat in Wilderness: Sur...
- ▶ How to Cold Smoke Fish Primitive Preservation
- ▶ Curing Meat With Salt | Preserving Meat With Salt At Home
- ▶ Beginners Introduction to Cold Smoking Meat & Food

## Pemmican

**Pemmican may be the number one homemade stored food option** and thus deserves its own heading. Invented by native Americans, it has been adopted by many explorers and more recently, preppers. It consists of meat (usually) paste, oil and other ingredients that are prepared to form a long lasting, nutritious, savory snack that can also be rehydrated as part of a meal.

Links:

- ▶ Making Pemmican - The Ultimate Survival Food
- ▶ How to Make Pemmican (that Actually Tastes Good)
- ▶ PEMMICAN - the original survival food - Recipe & Taste Test

## Cool Storage

Setting up a pantry, root cellar or other cool storage area in a basement or in the ground allows the possibility of storing things like fruit and vegetables for extended periods without the use of power. Power may be expensive, intermittent, precious or absent. Whichever applies, energy free storage cannot be ignored as a robust option.

A cool storage area will allow you to take advantage of fresh foods that become available only occasionally and then, in bulk. With the possibility of storage, you can harvest, buy or barter larger quantities to trade on to others, using the stored food slowly or preserving it over time without excessive degradation. There are many cooling methods developed before the recent arrival of refrigeration.

- ▶ 20 Foods I Keep in MY SECRET PREPPER PANTRY (Food Storage 101)
- ▶ Creative IDEAS to Build Prepper Style Food Pantry
- ▶ Buy Meat NOW And Preserve It With NO REFRIGERATION | Prepping ...  
<https://www.tactical.com/the-ultimate-guide-on-how-to-build-a-prepper-pantry/>
- <https://theprovidentprepper.org/ingenious-places-to-store-your-emergency-food-supply/>
- <https://www.pinterest.com/latincurls/cold-room-food-storage/>
- ▶ INSIDE A CHARCOAL REFRIGERATOR / COOLER: How charcoal works...
- ▶ 3 Ways Amish Keep Food COLD
- ▶ Our Simple Inexpensive Root Cellar Build

## Cold Storage

It would be unwise to rely too heavily on fridges or freezers to store food unless you have your own independent supply of power. Even then, space may not be sufficient to take advantage of opportunities like a large

hunting kill or a roadkill event or a trade for a larger quantity of produce. Have alternative options already in place for drying or whatever processes you choose or can do to preserve food. If electricity is intermittent, the use of a quality cooler can extend refrigeration through the blackouts.

There are various ways to maintain a fridge or freezer during a crisis, check out the links.

Links:

<https://www.bchydro.com/news/conservation/2015/fridge-freezer-power-outage.html>

<https://www.insider.com/how-to-keep-food-from-spoiling-in-a-power-outage-2018-10>

<https://preppersapprentice.com/keep-your-fridge-cold-during-a-power-outage/>

- ▶ Five Day Ice Challenge, Coolers: Yeti, Grizzly, Pelican, Engel, Igloo, C...
- ▶ Homemade Pot-in-Pot Refrigerator "Off Grid Fridge" cools air up to ...

### **Avoid Stored Food Reliance**

Try to avoid using up long term stored food supplies. The more you can eat fresh, self cultivated, traded or foraged foods the better. Try to keep stored foods as a backup supply as you would in ordinary life - only to be used in emergencies. This lowers your risks of running out of food and encourages you to develop sustainable food practices sooner.

### **‘Energetic’ Food Preservation**

By employing now proven (by quantum biologists) life force enhancing techniques, the shelf life of foods can be extended significantly. This can range from ‘normal’ common sense actions such as providing good nutrition to crops and animals, to exotic techniques like the use of structured water and geometric shapes such as pyramids to channel subtle energies through foods and liquids. For example, barn chickens fed

just 3% insect larvae for the first ten days gained a 20% extension of shelf life.

Plants grown using structured water are more robust and also have extended shelf life after harvesting. By enhancing the health and vitality of the plants and animals you raise, you can buy valuable time to consume or preserve them. In addition, they are superior foods - in health terms - than less 'energized' foods.

Links:

**Plant energetics captured by Kirlian photography:**

<https://webneel.com/kirlian-photography-techniques>

## **Pyramids and Cones**

Pyramid shapes, even just the outline shapes with no walls, and any cone shape, are known to trap exotic particles. This creates a field which affects living things, slowing down decay, enhancing drying results and 'charging' seeds or water. This effect was known to ancient cultures and is simple to employ. From small pyramids keeping milk from curdling and charging water, to large structures placed over crops and even multi story greenhouse built with the 'Giza geometry,' there are thousands of use cases. Various 'geometries' or angles of intersection and shape, create different results, so do check the links and experiment.

Links:

**Quantum Informed Agriculture, a fascinating insight into the future...**

<https://gaiacampus.com/about/>

- ▶ Power of pyramids in plant growth | pyramid energy | Plants grow ex...
- ▶ Pyramid Power Experiment
- ▶ Plant Growth Supercharged By Russian PVC Pyramid
- ▶ Pyramid Green House Experiment-The Results-2011.mpg

<https://greedhead.net/do-pyramids-help-plants-grow/>

## Structuring Water

Water can be 'structured' (enhanced molecular arrangement for biological systems) using various methods, many of which are very simple to do at home. Any living thing consuming structured water is healthier for it. Longevity and shelf life are extended and general health and resilience is improved. Magnets, movement, flow, stirring and many other methods can be used to improve the energetic quality and molecular structure of water. Structured water interacts more efficiently with living systems, penetrating cells more efficiently and improving the intracellular environment.

Links:

- ▶ Structured Water - Growers, Farmers, Gardeners watch this video
- ▶ Mystery of Structured Water

## Amphoras

One ancient technique for creating high quality water or preserving foods and liquids involves the use of a clay vessel - the amphora. Amphoras can also preserve and improve wines, foods and other liquids. The shape of the amphora creates a fluid dynamic internal flow and the clay absorbs toxins. There are also thought to be geometric factors at work as similar 'egg' shapes also have preserving qualities.

[https://www.youtube.com/watch?v=uDMP\\_40TGUo](https://www.youtube.com/watch?v=uDMP_40TGUo) Amphora info

***Key Trade opportunity - could you make amphoras or other ceramic goods?***

In general, using structured water for plants and animals has been shown to improve both health and shelf life. Such a boon to your own health, and your cultivation efforts cannot be ignored.

## Survival Meals, Rations and Prepper Foods

There are many businesses offering foods prepared especially for survival and crisis uses. These foods have ultra long shelf lives and are usually thoughtfully made in terms of taste and nutrition. It can save time and money to get professionally long term packaged food for the initial stages of shortages until other food sources kick in.

Militaries use long term rations for obvious reasons, and these can often be sourced very cheaply online. Freeze dried foods are generally superior if available. Search for 'long term storage foods,' 'survival foods,' 'army rations' or 'prepper foods' in your region.

Links:

- ▶ 16 lbs of Food to Keep you Alive: Crucial Prepper Pantry Food Items
- ▶ Prepper Pantry List | 14 MUST Have Items For Your Food Stockpile!
- ▶ Long Life Food To Buy Before It's Too Late! (FULL List Included)

## Source 2: Foraged Food

*Nature – the supply chain that never stops...*

In a prolonged SHTF type scenario, all plans may go to hell and the only option may be wild foods. Either way, food foraging is at least a source of additional foods to keep you in a food abundant situation. All humans have 'hunter gatherer' instincts, and these are what we need to tap into when foraging for food. Nature is abundant and many plants, fungi and trees that grow wild have parts, roots or fruits suitable for human consumption. Even in urban areas, edible foods can be found if the need arises. An excellent everyday example is 'brambles' and its delicious and healthy fruit -blackberries. When these appear, they can be gathered in quantity and turned into jams or preserves for storage and later use or trade.



Wild mushrooms are an important food supply and, once gathered, can be dried or cooked and sealed away for later use.\* Download the information you need to safely harvest wild mushrooms and keep it in a safe place - even if you don't think you will need it - it doesn't hurt to have it just in case. It might save your life.

**\*SAFETY NOTE**

**It is essential to have precise and accurate information before using wild mushrooms as mistakes can be deadly.**

Links:

▶ 11 Easy Edible Plants for Beginner Foragers- Eating Wild Food

▶ How to Harvest Wild Foods to Grow in Your Home Vegetable Garden

<https://morningchores.com/edible-wild-plants/>

<https://www.wolfcollege.com/top-10-most-important-wild-edible-food-plants/>

▶ 25 Edible Plants, Fruits and Trees for Wilderness Survival

▶ Stinging Nettle — The Most Nutritious Plant On Earth?

Other widely available familiar edible plants include primrose - full of edible parts - nettles, which are highly medicinal as well as nutritious. Aloe Vera - found in many gardens - is also highly nutritious and doubles as a medicine as it is extremely useful for burns and sores. Amaranth is not just a pretty plant, dandelion leaves are tasty in a salad, thistle root is a great survival food you can eat raw. There are so many more salad and vegetable options. Chestnuts, wild garlic, rosehips, and countless other foods (most of which are health promoting), are almost certainly growing somewhere near you.

**Foraging Honey - Difficulty 7**

Honey is another forageable food - with the caveat of some danger and potential discomfort while persuading a beehive to part with some. However the nutrition, sweetness, medicinal properties and trade value may make it worth the effort.

### **Harvest while you can...**

In a food shortage, you will not be the only person seeking sustenance. It is therefore important that you harvest whatever you find and dry or otherwise preserve any excess. Left unharvested, it may rot, be eaten by wild animals or be harvested by someone else.

### **Foraging 'Feeds' - Difficulty 1-4**

You can also forage for foods to feed livestock. Insects can feed fish or poultry and even cats and dogs. At the simplest level, flies, ants and beetles can be harvested from the wild using a handheld 'dustbuster' style vacuum cleaner or by employing some kind of trap or net. That annoying swarm of fruit flies that gathers around fruit can be turned into a healthy 'fly cake' that will boost the health of poultry and/or fish or feed a cat or dog. The same hand vacuum tool can be used to deal with unwanted ants and any other infestations of insects. Be extremely careful to avoid or respect any stinging insects using this harvesting method for safety reasons.

A ring of coat hanger wire, a stick and some net curtain can be used to fashion a very effective insect net. You can get as creative as you like luring and trapping insects. A nightlight will attract plenty of insect attention, and can be used to trap insects or submerged to lure insects into ponds or tanks for fish.

Black Soldier Fly Larvae can be fed on organic waste or any vegetation you can harvest from your surroundings and the healthy larvae then fed to livestock. BSF larvae are highly nutritious and can be used as a protein and fat source for humans if other options are absent. A small population of BSF can easily be kept in a metre or two of space. It is a fascinating hobby and turns waste organics into feeds, food and barter material.

One way or another the world is full of resources you can eat - or feed to something you can eat later. Tapping into your 'inner hunter gatherer' comes naturally once you begin to pay attention to your environment with foraging eyes.

Links

▶ Small Pet Forage Guide (free food!)

Many gardens have fruit trees - often not harvested - can you make a deal with an owner of fruit trees to 'forage' them? 'I'll make some jam and give you some,' might work. Every possible source of food or food creating potential must be explored. Please check the links below and explore the edible wild foods for your region.

Links:

<https://www.workman.com/brands/regional-foraging-guides>

<https://thesurvivalmom.com/foraging-skills/>

<https://www.masterclass.com/articles/foraging-guide>

<https://www.thebugoutbagguide.com/bushcraft-skills-foraging/>

## Coastal Foraging

The ocean is one food resource that will not quickly run out of supplies after a systemic collapse. It therefore makes sense to at least consider a coastal location, preferably remote, if possible - in a serious long term scenario.

Links:

- ▶ Coastal Foraging - Scallops, Cockles, Clam and Crab Beach Cook Up

## Hunting

Competition for wild animals will spike as the traditional food supply dwindles and stocks of wild animals will also dwindle over time. For that reason, hunt all you can while it is there and dry or cure your spoils for later use or to trade or barter. Keep pelts and skins, they will become increasingly useful and valuable if the system stays 'broken' for prolonged periods of time.

Hunting animals, birds and fishing are skills that can supplement or even fully provide your diet for extended periods of time. Weapons - including airguns, slingshots, bows and arrows, crossbows, 'atl atls' (ancient spear throwing leverage device that adds power and range), traps, fishing lines, spears, nets and rods and even blow darts are all potentially useful items that may mean the difference between life and death. Many of these devices can be made at home using domestic tools. Have at least one, if not many, hunting options ready to go in your Food Plan if there is any access to wildlife in your situation.

Links:

- ▶ How Do You Make A Powerful Slingshot Without Wood? ■ DIY
- ▶ Simple primitive weapons but deadly part 1
- ▶ How to make a homemade small hunting weapon

<https://urbansurvivalsite.com/improvised-hunting-weapons-fish-game>

/

<https://huntinglife.com/beginner-hunting-weapons-you-can-diy/>

## Source 3: Cultivated Food

This includes any food plant, fungi or animal foods you can cultivate or raise. Food can be and should be cultivated in *any* space including:

Indoor rooms and cupboards

Windows (inside and out)

Pots, bottles, plastic bags, sacks or hanging baskets anywhere

Buckets, bins, plastic containers

Old bathtubs

Balconies and porches

Rooftops

Gardens and greenhouses

Alleys, railway banks, road verges and communal land

Commercial buildings and land

River banks and near other natural water sources

In trees (especially stealth growing)

Wild Land

Links:

‘Home Gardens’

<https://agricultureandfoodsecurity.biomedcentral.com/articles/10.1186/2048-7010-2-8>

<https://greencitygrowers.com/blog/growing-food-at-home/>

<https://extension.uga.edu/publications/detail.html?number=B1318&title=Growing%20Indoor%20Plants%20with%20Success>

<https://www.britannica.com/topic/vegetable-farming>

▶ How to grow ginger, garlic, lemongrass at home

▶ 3 Gardening Upcycling Hacks for Growing in Small Spaces Ep4 S1

<http://www.prepperfortress.com/>

(gardening-secrets-the-experts-never-tell-you)

- ▶ The Incredible "10% Rule" That Every Gardener Should Use | Inceas...
- ▶ CONTROL ANTS & APHIDS with this SIMPLE TRICK
- ▶ No need for a garden, Turn a small wall into a lush vegetable garden t...

### **Key Skill - Harvesting**

Harvesting is more important than most people realize. Under or over ripening can cause several unwanted challenges. There are trade offs and nuances. Leave fruit or veg too long and pests (or people) may take them before you. Picking unripe can work for you sometimes, giving you time to prepare for drying or pickling etc. Each plant and animal has different harvesting 'ideals' but the principle remains the same - get the best possible yield, quality and shelf life and don't lose the prize! You may want to pick perfectly ripe fruit to eat there and then, but if it has to be stored or to travel you may want to catch it before it develops the tendency to rot or damage easily.

Read up on harvesting the plants or animals you choose - if any - and store the key information safely.

<https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/manual-harvesting>

<https://aggie-horticulture.tamu.edu/vegetable/guides/texas-vegetable-growers-handbook/chapter-x-harvesting-handling/>

### **Key Food Resources You Can Grow Yourself**

There are several really powerful and important food resources you can grow yourself that every food survivor should understand and seriously consider utilizing. There are many other options, but these are an excellent starting point.

**Potatoes - Number 1 famine buster!**

**Mushrooms**

**Fish**

**Corn**

**Beans**

**Sprouts/Microgreens**

**Rabbits**

**Poultry**

**Goats**

**Vegetables**

**Berries**

**Bees**

**Herbs**

**Cannabis**

Read the basic info on each resource below and note down any you think you can include in the cultivation section of your food plan.

### **Key Food Resource: Potatoes - Number 1 Crisis Crop**

Potatoes provide a source of carbohydrates and can add bulk and tasty carbohydrates to meals. They are an excellent stealth crop as they grow below the soil surface. However, the most efficient way to grow potatoes is in buckets, barrels, bins or similar containers. There are purpose made potato cultivation containers available from gardening stores if you are able to access them.

Be aware that you need the type of potato - 'indeterminate' - that will grow on several soil layers for the 'barrel' style potato cultivation technique to work. 'Determinate' potatoes grow in a flat plane in one soil layer. Potatoes are considered by many experts to be the number one

crisis crop for the medium to long term. You may need to cultivate quick turnover goods at the beginning, but plant potatoes from the start.

Links:

<https://www.thespruce.com/growing-potatoes-in-containers-848220>

### **Key Food Resource: Mushrooms Difficulty 4-8**

Mushrooms should be a target of research for anyone with a strong intent to survive. Although some artistry and skill - and some effort - will be required, mushrooms alone could put you in a position of food abundance.

Medicinal and nutritional advantages aside, mushrooms can be grown in dark spaces without the need for light. They may also have a shorter life cycle than many plants - a potentially life saving factor. This opens up powerful food opportunities without the need for significant power input and without it being obvious to others - something that may become important in a food crisis.

Mushrooms can be cultivated indoors or outside in the garden or other outdoor space. They can be grown using a variety of materials such as sawdust, dung, compost, coffee grounds or food waste - and soil. Mushrooms are efficient, creating more food per a given space than plants, and with a little skill, can become a valuable food source and tradeable commodity.

Mushrooms bought in the store can be used to generate a new mycelium colony to propagate new mushrooms. However, it is simpler, if possible,



to purchase the genetics you require. A third option is to propagate from wild mushrooms.

- ▶ [Grow Mushrooms at Home In A 5 Gallon Bucket \(Easy - No Sterilizati...](#)
- ▶ [Growing Store Bought Mushrooms](#)
- ▶ [How to Grow Mushrooms from Start to Finish in a Monotub](#)
- ▶ [The EASY Way To Make Mushroom Grain Spawn For Growing Mushr...](#)
- ▶ [How To Grow Mushrooms In Bottles](#)

## **Medicinal Mushrooms**

The need for medicines will be high, giving certain types of mushrooms with potent medicinal qualities, such as Ganoderma and Turkey tail incredible trade value, not to mention boosting personal, family and community health and wellbeing. If you are interested in mushroom growing you should consider how to get the spawn or spores.

Psychedelic mushrooms have been shown in recent years to be very effective remedies for a variety of mental illnesses including PTSD, depression, anxiety and many others by the use of 'micro-dosing.' This means taking very small amounts regularly. This may prove very important when dealing with the mental fall out from systemic crisis and for those who will not be able to access their anti-depressant or other medicines.

Psychedelic mushrooms of the Psilocybin producing types have also been shown to assist with DNA repair and may be useful in certain poisoning or radiation scenarios.

Various mushrooms require varied conditions, thus it is important to understand what they are and select accordingly. Some fungi may be

better suited to different seasons and locations than others. Rather than try to create the right conditions, try to find the right matches for your conditions - or as close as possible, so you have a minimum workload..

Download information on recognising edible mushrooms so that you have the information readily available if you need it. Be extremely careful, as any mistake can be deadly.

Below are some youtube videos to get you started with mushroom foraging and cultivation. To get details for your locality, search 'food foraging in (your location)' or 'wild edible mushrooms in (your location).'

Links:

▶ How To Grow Mushrooms Easily at home

▶ How To Get Started Growing Mushrooms At Home (From EASY to HA...

[https://www.researchgate.net/publication/339616804\\_MUSHROOM\\_CULTIVATION\\_A\\_BEGINNERS\\_GUIDE\\_SECOND\\_EDITION](https://www.researchgate.net/publication/339616804_MUSHROOM_CULTIVATION_A_BEGINNERS_GUIDE_SECOND_EDITION)

▶ How To Get Started Growing Mushrooms At Home (From EASY to HA...

<https://www.youtube.com/watch?v=ffuFSN7ywgC>

**Grow mushrooms at home**

<https://youtu.be/CfiXhWhXO9w>

▶ How To Grow Mushrooms In Your Garden (Outdoor Mushroom Beds)...

▶ Mushroom Foraging for Beginners

▶ New To Mushroom Hunting? Start Here!

**Key Food Resource: Fish Difficulty 3 to 8**

Fish are nutritious, can be caught and used fresh as needed, can be smoked and stored and can be fed on many novel food sources. Although fish farming has become an advanced technological process in modern

times, fish will grow just fine in a pond, former swimming pool, a trench lined with plastic sheeting or any other place where water can be stored.

The population of fish possible will be governed primarily by the level of dissolved oxygen you can maintain in the water, the amount of food you can provide and filtering or refreshing the water. Fish waste water is ideal for 'fertigation' - supplying fertilizers to plants via water. Of course you can have a small number of fish with just ambient oxygen and food. To easily up the numbers using low tech methods, foraged/captured insects can be used as feed, while oxygenating plants and/or a wind driven device to splash water can be employed to raise oxygen levels.

If you have a source of power and water, a more professional or larger scale project such as an 'aquaponics' set up is an option to consider. Small or large, it would be wasteful to raise fish without employing some aspect of aquaponics (the co-rearing of fish and plants as a simple ecosystem).

Fish waste is incredibly useful to plants, effectively being a powerful replacement for fertilizer inputs. Its use can be as simple as pouring fish water on your plants roots or suspending pots over fish waste water with 'wicks' (to absorb the nutrients laden water by capillary action) - or as sophisticated as a full pump driven, 'flood and drain' automated set up. In general, the idea is to make sure to mix and combine your food related activities to produce the best results for the least inputs.

Links:

- ▶ Super easy to DIY aquarium combined with growing organic vegetabl...
- ▶ Catfish farming at home use water flow || Fish farming at home in w...
- ▶ Home Aquaculture – Farming Fish in Concrete Cement Tanks in your...

<https://modernfarmer.com/2016/05/aquaculture/>

<https://www.motherearthnews.com/homesteading-and-livestock/backyard-fish-farming-zmaz06amzwar/>

### **Key Food Resource: Corn - Difficulty 3-5**

Many great civilisations were built on corn. It is not difficult to grow but is not very stealth friendly. You can of course find ways to disguise it. If it is viable for you, there are countless uses from fresh to dried to powdered.

- ▶ How To Grow Corn in Containers ( WITH FULL UPDATES)
- ▶ Growing Sweet Corn from Sowing to Harvest

<https://www.almanac.com/plant/corn>

<https://www.goodhousekeeping.com/home/gardening/a20705742/how-to-grow-corn/>

[https://agriculture.gov.tt/wp-content/uploads/2020/05/How2Grow-Corn-At-Home\\_compressed.pdf](https://agriculture.gov.tt/wp-content/uploads/2020/05/How2Grow-Corn-At-Home_compressed.pdf)

<https://www.masterclass.com/articles/how-to-grow-care-for-and-harvest-corn-in-a-home-garden>

### **Key Food Resource: Beans: Difficulty 3-6**

As with corn, beans have been the basis of entire civilisations. Protein rich and relatively easy to cultivate, there are many types and choices, some very stealth friendly as they will crawl on the ground or on a low lying matrix.

Links:

- ▶ Growing Beans from Sowing to Harvest
- ▶ How to Grow Beans - Growing Step by Step
- ▶ How to grow BEANS From SEED | How to grow Beans at Home

### **Key Food Resource: Amaranth: Difficulty 3-6**

Amaranth is another crop that once fed civilisations but has fallen out of favor as a food and of late has become a decorative plant in many gardens and a wild plant in many locations. Learn to recognise it and sow it everywhere. Few will recognise its food value and you can make a flour from the nutritious seeds or eat them raw. Also consider amaranth as a disguise to hide more obvious food bearing plants.

Links:

- ▶ How to make the ancient grain amaranth: Recipe for breakfast amara...
- ▶ Amaranth: a superfood for the backyard gardener
- ▶ Amaranth - Harvesting and Winnowing Grain

### **Key Food Resource: Sprouts and Microgreens - Difficulty 2-4**

If you need food to cover the gap between stored foods as they dwindle away and cultivated foods maturing and ripening - sprouts and microgreens can provide excellent nutrition in just days.

This kind of short term option could be highly important if there is a shortage of food due to unexpected events such as a storm or other calamity reducing your food supply. Almost any seed, even many non-food seeds, can be sprouted and eaten raw for great nutrition.

The key benefits are very short cultivation times - a few days - very low difficulty and the fact that the nutrition is much greater and more digestible than the same bean or seed cooked. Sprouts are a living food full of nutrients. The same quantity of seeds/beans used in a cooked meal is tens of times less nutritious and digestible than if it was eaten as sprouts.

- ▶ Most Overlooked Grid Down Survival Food
- ▶ Microgreens and Sprouts: The Basics for Newbies

## ▶ Growing microgreens and sprouts at home

### **Key Food Resource: Rabbits Difficulty 3-5**

Rabbits are relatively easy to raise, fast growing and breeding, fairly easily fed and nutritious source of meat. Such a manageable, low effort and short breeding cycle in an animal cannot be ignored. A secure area they cannot tunnel out of is the primary challenge. Rabbits rearing can be a fun job for children to manage - with adult oversight.

Links:

- ▶ How to Raise Rabbits at Home
- ▶ Rabbit Farming | How to start Rabbit Farming Business in Home | Ra...
- ▶ Rabbit farming is an emerging but profitable business

*Key Trade Opportunity - could you raise and sell rabbits - as food or as breeding pairs, they will be an extremely useful resource in a food crisis.*

### **Key Food Resource: Poultry Difficulty 4-6**

Two hens will keep a family in eggs. Chickens are a fast growing, easily fed source of protein - and daily eggs are a huge boon to any food survival strategy. Chickens can be fed on kitchen scraps and other diverse sources of food, especially if one ferments their feed. Ducks can play an excellent role in artificial food ecosystems and some produce a similar quantity of eggs as the best laying chickens, while Geese can also double as a security warning system. Poultry raising is an excellent activity for child participation. One could survive for extended periods on eggs, since they contain all the essential ingredients living things need. A food that useful - that can be produced daily - absolutely *has* to be under consideration in your Plan 4 Plenty.

Links:

- ▶ How Karl Hammer Feeds 600 Chickens (Without Grains)
- ▶ Raising chickens 101, getting started & what they don't tell you
- ▶ BACKYARD CHICKENS FOR BEGINNERS | How To Take Care Of Egg L...
- ▶ Beginners Guide To Raising BACKYARD CHICKENS
- ▶ How to raise ducks in your backyard, from start to finish part 2
- ▶ Duck Farm - How to Start a Business Raising Ducks for Eggs

<https://www.ruralsprout.com/raising-ducks/>

<https://www.outdoorhappens.com/raising-ducks-pros-and-cons-of-backyard-ducks/>

- ▶ Feeding your Chickens when SHTF

*Key Trade Opportunity: Chickens and Eggs - could you raise chickens and trade the produce?*

#### **Key Food Resource: Goats - Difficulty 4**

Goats eat foods most animals cannot, making them excellent for crisis rearing. They provide a healthy, nutritious milk and thus some dairy options and, of course, a supply of meat. Goats can largely be handled by medium aged children and are fun and quirky animals to be around.

Links:

<https://livinghomegrown.com/the-truth-about-keeping-backyard-goats/>

<https://backyardgoats.iamcountryside.com/ownership/how-to-raise-goats-in-your-backyard/>

- ▶ Expert Advice For Raising Goats in the City
- ▶ Raising Backyard Goats

*Key Trade opportunity - could you raise goats and sell the milk, the kids and/or the meat?*

## Key Food Resource: Vegetables Difficulty 2-7

Tomatoes, lettuce and many other common salad vegetables are fairly simple to grow, but slugs, mice, various critters, insects, molds - not to mention people, may well be enticed by them so it is important to factor in the pest, security and stealth angles into your choices and placement of crops and cultivation areas. They also require a fair amount of care and attention.

Many of the best vegetables to cultivate in a crisis are not well known. Shop produce tends to be centered around mass produced vegetables, but in small and stealth cultivations, with nutrient density, yield time, hardiness and recognizability all factors, there are better options. Please check the links provided.

From a stealth point of view, you should avoid growing plants in rows or patches. Instead, go for a haphazard look. This will help reduce pest infestations anyway (pests are easily attracted to a concentrated supply of something they like to eat) while making it harder to recognise as food.

Links:

- ▶ [Plants You Can Intercrop With Tomatoes To Maximize Yield & Protec...](#)
- ▶ [5 Fast Growing Veggies You Can Harvest in Under 1 Month](#)
- ▶ [Lazy Potatoes | The Easy Way to Grow Potatoes | No Dig, No Compost...](#)
- ▶ [Making Tomato Plants 10x more Productive](#)
- ▶ [Grow Food in -30° | Apocalypse Passive Solar Greenhouse](#)
- ▶ [Home Hydroponic Farm: Hundreds of Pounds of Produce in 10 Sq Ft!](#)
- ▶ [12 Survival Garden Crops to Grow \(In an uncertain world\)](#)
- ▶ [5 Ways to QUICKLY become More Self Sufficient](#)
- ▶ [Grow Lots of Tomatoes... Not Leaves // Complete Growing Guide](#)



### Key Food Resource: Berries - Difficulty 3-6

Berries are delicious, healthy and fairly easy to grow. Numerous berries exist which can be incorporated into your food abundance planning. Berries can be spread around in many places as a food to forage for later. Check the links for detailed berry guidance.

- ▶ No need for a garden, Growing Strawberries at home is very easy and ...

<https://gardenerspath.com/plants/fruit/grow-berry-patch/>

- ▶ 9 Types of Berry Bushes to grow in your Garden

<https://www.onegreenplanet.org/lifestyle/cultivating-wild-berries-as-edible-hedges/#:~:text=To%20plant%20them%2C%20scrape%20up,in%20just%20after%20planting%20them.>

- ▶ Starting wild blueberries from seed. Paper towel vs. winter sowing m...

- ▶ How to Grow Raspberries, Blueberries, and Blackberries in Containers

### Key Food Resource: Bees - Difficulty 4-10

Honey, which may be the only sweetener available in a food crisis, will be highly in demand, has high trade value, long shelf life and medicinal applications. In addition beeswax is a useful commodity and will also be tradeable.

The simplest option is to acquire a bee colony or a queen, set up a hive and leave them to their own devices. There are various beekeeping techniques, including stealth forest beekeeping in large water bottles, traditional hives and many hybrid approaches. You may be able to fit one of these into your food plan at some point, and honey will be extremely high value in a food shortage scenario.

Links:

- ▶ Bottle-to-Bottle Honey Production | Contactless Beekeeping

<https://www.hobbyfarms.com/5-tips-for->

<https://beekeepinglikeagirl.com/tag/lazy-beekeeping/-lazy-beekeeper-2/>

<http://www.bushfarms.com/beeslazy.htm>

▶ Michael Bush presents "Lazy Beekeeping" to Indiana Beekeepers at C...

▶ Beekeeping for Beginners: Simple Beekeeping Part 1

### Wild Beekeeping:

<https://authenticukraine.com.ua/en/blog/bortnictvo-tradicijnij-promise>

1

<https://www.euronews.com/green/2021/05/20/ukrainians-keep-wild-beekeeping-tradition-alive>

### Key Food Resource: Herbs - Difficulty 2-4

Don't forget to plant plenty of herbs - you may have to eat the same food often and nothing is more depressing than bland, flavorless food day after day. Herbs take little effort and can be grown in windows, outside the back door or in any little niche and used fresh as needed or dried for later use or for trading.

Links:

<https://homesteadandchill.com/grow-herbs-101-kitchen-herb-garden/>

▶ How to Grow Delicious Herbs in Containers

▶ How to Plant a Culinary Herb Garden! DIY Kitchen Garden

<https://blog.cwf-fcf.org/index.php/en/herbs-for-wildlife/>

<https://savvygardening.com/10-herbs-to-plant-in-fall/>

<https://www.thompson-morgan.com/how-to-grow-herbs>

### Key Food Resource: Cannabis - Difficulty 1 to 8

Cannabis - being a superfood, potent medicine and strong fiber resource for string, ropes, clothes and tens of thousands of other applications - really deserves its own chapter, perhaps its own book.

Cannabis is called 'weed' because it is tough and versatile and will grow in diverse conditions. Although 'potent' genetics designed for indoor conditions may struggle initially (or degrade in terms of potency over two or three generations) in outdoor conditions, the quality of the medicinal compounds within the plants will become higher - especially in terms of energetics - in natural conditions.

Cannabis can be grown in a greenhouse, outdoors and in many stealthy locations. *Its seeds should be scattered anywhere and everywhere.* You cannot have too much of a superfood, medicine and fiber source available. Take any hemp or cannabis seeds and scatter them in sunny spots among other vegetation in the best soil you can find. These seeds will benefit the environment and potentially provide resources for generations of people and animals.

Cannabis flower active compounds (cannabinoids and terpenes) seem to assist the body in organizing its resources to fight cancers, many chronic diseases and even mental and emotional issues. Incredibly, in addition to the unprecedented medicinal properties of the cannabis flower, cannabis seeds are also *the only single source of every single nutrient needed by the human body* - including all the essential fatty acids and essential amino acids.

Cannabis milk - made by overnight soaking, blending and filtering through a cheesecloth - has an almost identical globular protein profile as human mothers milk and is ideal as a baby substitute feed or to assist those who are weak or ill to convalesce. It is also good for everyone else and used as a day starter can keep energy levels up well into the afternoon.

Cannabis seed oil - which can be simply pressed from the seed - is excellent for skin health and can assist with most skin inflammatory and other conditions. It is an excellent food supplement and can be added to salads or taken from the spoon. It should not be cooked with and should not be stored long term as it will turn rancid. Best to make small batches using a kitchen press and store in a cool, dark place. Or eat the whole seed - (minus the hull if you don't like grittiness).

In summary, cannabis is a multi-pronged health super whammy with turbochargers and simply cannot be ignored in a crisis scenario.

Links:

<https://modernfarmer.com/2018/08/how-to-grow-cannabis-in-your-garden/>

<https://weedmaps.com/learn/the-plant/grow-intro-outdoor-cannabis-cultivation>

<https://www.bioenergyconsult.com/growing-cannabis-in-energy-efficient-way/>

[https://www.amazon.com/Cannabis-Grow-Bible-Definitive-Recreational/dp/193786636X/ref=zg\\_bs\\_16926925011\\_1/136-8818170-9250564?pd\\_rd\\_i=193786636X&psc=1](https://www.amazon.com/Cannabis-Grow-Bible-Definitive-Recreational/dp/193786636X/ref=zg_bs_16926925011_1/136-8818170-9250564?pd_rd_i=193786636X&psc=1)

- ▶ Outdoor Home Grow Ep 1 - How To Grow Cannabis Outdoors
- ▶ STEP BY STEP HOW TO PLANT OUTDOOR CANNABIS

## Key Cultivation Resources:

### Key Cultivation Resource: Tools

If you have an idea where and what foods you are likely to be gathering, cultivating and eating, you will have an idea of the tools you will need. For

food cultivation, it makes sense to have basic gardening tools such as a shovel, spade, fork, rake, hand shovel, wheelbarrow, ladder etc. Get these while they remain available and cheap. These tools are important to your ability to feed yourself and your group and must be kept locked away securely - they will likely increase in value exponentially as the crisis deepens.

Power tools driven either by electrical power, batteries or combustion fuels, may be difficult to supply with energy, so having a hand version for most jobs might be a wise option unless you have a reliable off grid source of power or fuel. These tools can be kept for the occasions they are really needed and used efficiently to reduce energy usage.

Wheelbarrows and trolleys (of various types) can make light work of otherwise heavy tasks. Such devices can also be loaned to neighbors and community members in exchange for whatever they may have that you require.

Links:

▶ 10 Survival Items Every Prepper Needs

<https://www.gardendesign.com/how-to/tools.html>

<https://nymag.com/strategist/article/essential-gardening-tools.html>

▶ Gardening Tools You MUST Buy & NEVER buy| Gardening Basics Par...

▶ 12 Essential Gardening Tools for Beginner and Advanced Gardeners

### **Key Cultivation Resource: Soil and Grow Media**

Soil, compost and other grow media are clearly essential for cultivating plants unless you are using hydroponics or aquaponics. Soil can usually be found around your local area. Look for the darkest, crumbliest and sweetest smelling soils you can find. The health of the plants growing in

soil are also a good clue as to its richness. You don't necessarily have to take the soil - maybe you can just plant there..?

Links:

- ▶ Breaking up heavy clay soil: relatively quick, and cheap, approach (pa...
- ▶ Free forest top soil. How to collect it. Soil for garden.

<https://www.kelloggarden.com/blog/soil/how-to-tell-if-soil-is-good-with-8-simple-tests/>

- ▶ Start with soil | Gardening 101 | Gardening Australia

## The Fallacy of 'Waste'

Waste as a concept does not really exist in nature. Nature reuses everything, cycling and recycling material around a huge, complex global ecosystem. When critical food cultivation related supplies such as fertilizers fail to arrive, we must copy nature and find available sources of everything we need locally from the 'waste' of others.

## Key Cultivation Resource: Organic Waste

The most important cultivation resource is organic matter. Without organic matter no cultivation can take place (excepting hydroponics - which still requires organic nutrients). Virtually any organic matter can be used or processed into something that can be used to grow food.

Organic waste is **precious**. It is the fuel driving the ecosystem and linking and weaving a plethora of species together. It is absolute gold - the key to food security. It is the building blocks for your food supply. Almost any organic waste can be recycled into food or cultivation-assisting resources using natural processes and living organisms. This includes various types of bacterial processing such as composting, or using insect larvae and worms or molds. The most important ways to utilize nature and its many

‘waste’ products in the cultivation process are covered in this guide – it is up to you to find your own best use of the principles and techniques.

The important thing is to begin recognising, valuing, gathering and processing organic matter wherever it can be found in your surroundings. Develop the basic understanding of how organic matter breaks down – by mold, by microorganisms – and begin to generate ideas for how you can exploit this valuable resource.

Links:

<https://feeco.com/sources-and-opportunities-in-organic-waste-transformation/>

[https://www.appropedia.org/Recycling\\_organic\\_waste\\_\(original\)](https://www.appropedia.org/Recycling_organic_waste_(original))

<https://blogs.worldbank.org/sustainablecities/organic-waste-valuable-resource-call-action>

▶ At-Home Food Waste Composting for Resource Recovery

### **Key Cultivation Resource – Compost Difficulty 1-4**

There are two main types of composting (i.e. using bacteria and other microbes to break organic material into a plant usable media or state).

*Aerobic – Typical Composting*

*Anaerobic – Also call ‘Bokashi’*

Aerobic simply means ‘with oxygen’ and anaerobic ‘without oxygen.’ Aerobic composting is the typical composting we see in gardens from piles to dedicated bins and produces the familiar, soil-like black compost we see in the gardening department or centre. Aerobic composting generally involves occasional turning of the composting material to ensure oxygen reaches every part of the matter. Simply putting organic

waste such as food scraps in a pile or a breathable container of some kind begins the aerobic composting process.

Anaerobic Composting involves sealing the organic matter away from fresh air to lower the oxygen levels, so a closed bin is generally used. The slimy fluid you sometimes find at the bottom of a waste bin is the result of anaerobic bacterial activity and is essentially 'Bokashi' composting in action.

The Bokashi style composting technique was developed most fully as part of the extremely rich culture of gardening in ancient Japan. Various microbial brews were developed by various master gardeners. Today a bran, laced with Bokashi microbes, (also available as a liquid concentrate called 'EM-1' - Effective Microorganisms) is widely available. Of course many other cultures discovered and used Bokashi-like techniques, but no culture developed it as profoundly as the Japanese. Gardening has long been a favorite pastime of the wealthy classes in Japan, and the time and effort they were able to give to developing Bokashi techniques and skills are still benefiting our modern generations.

Commercial Bokashi microbes are dormant and so there is an extended shelf life to this useful resource. They are extremely beneficial for a variety of applications and can be used directly to enhance soil and plant health. For those reasons I recommend you try to obtain the EM-1 fluid. The Effective Microorganisms (EM) brand is excellent.

Once you have obtained them you can reproduce them fairly easily. However, if you cannot obtain them, the air and all things organic are laced liberally with plenty of wild microbes that will do the job adequately.



If you do nothing but seal up damp organic matter, it will anaerobically compost.

Bokashi composting produces a liquid leachate that, when watered down, produces a powerful liquid plant food. Be sure not to let this leachate drain away, it is absolute cultivation gold! In fact, purpose made bokashi buckets have a small faucet at the bottom for releasing the leachate as this is the most prized product of the process.

Links:

- ▶ How To Make Compost At Home (WITH FULL UPDATES)
- ▶ 6 Different Ways To Compost, No Matter Where You Live
- ▶ How To Make Liquid Fertiliser & Black Gold
- ▶ Composting for Beginners | The Dirt | Better Homes & Gardens

**Fast Compost:**

<https://www.youtube.com/watch?v=V8D9gvOlAKU>

### **Key Cultivation Resource - Compost Tea Difficulty 3-6**

Beneficial soil microorganisms can be infused into water to create a brown, nutrient and microbe rich fluid known as 'compost tea.' If you are willing to do the extra work, these soil friendly microbes can be easily bred in aerated water to create 'Actively Aerated Compost Tea.'

This brilliant concept can massively assist your plants, increasing health, robustness, yields and shelf life. The more soil microorganisms present, the richer the soil becomes, so being able to infuse trillions of new microbes into the mix inevitably improves soil and plant performance.

Bokashi or anaerobic composting creates a leachate that works in a similar way to compost tea. Fish water is another nutrient and microbe rich liquid fertilizer to boost your plants. Nettles left in a sealed container of water also produce a powerful plant boosting tea.

### **Actively Aerated Compost Tea - Difficulty 5**

Actively Aerated Compost Tea or 'AACT' involves first infusing the beneficial elements from compost into water before aerating it and adding carbohydrates and proteins. After a couple of days the microorganisms have exponentially increased, producing a very powerful foamy solution that boosts growth in plants. Prize winning giant vegetables are often the result of secret compost tea 'recipes.'

Links:

<https://rodaleinstitute.org/blog/compost-tea-a-how-to-guide/#:~:text=Compost%20teas%20are%20liquid%20versions,complex%20community%20of%20beneficial%20microorganisms.>

- ▶ How to Make Compost Tea - Quick, Easy and FREE!
- ▶ How to Make Compost Tea - Super Easy Method
- ▶ The ULTIMATE DIY Compost Tea Recipe!!!
- ▶ How To Make Compost Tea - Organic Fertilizer For Your Plants

<https://www.motherearthnews.com/organic-gardening/aerated-compost-tea-zebz1307zsie/print/#:~:text=According%20to%20the%20Toolbox%20for,should%20contain%20thousands%20of%20beneficial>

- ▶ How to Make Actively Aerated Compost Tea

*Key Trade Opportunity - could you create and sell compost, bokashi or other fertilizer substitutes?*

**Key Cultivation Resource: EarthWorms Difficulty 3-6**

EarthWorms play an important role in soil ecology, converting organic matter into high value nutrients and opening up air supply below the surface. Worms can be easily captured and bred to create vermicompost (worm poop) and the worms themselves for sale. Worms will be of high value in a self-sustaining food system, as will vermicompost which stimulates plant health and growth, improving robustness and yields. Worm farming makes another excellent project for children to manage. The ideal worm for breeding is called 'Red Wiggler.' If you want to include vermiculture as part of your Plan 4 Planty try to get a starter colony of Red Wigglers.

Links:

<https://www.gardeningknowhow.com/special/children/making-a-worm-house.htm>

▶ Quick Way to make Earthworms at Home

▶ Three easy ways to build a worm farm

<https://www.pinterest.com/pin/309552174379391351/>

<https://learn.eartheasy.com/articles/worm-composting-basics-for-beginners/>

<https://gardenerspath.com/how-to/composting/worm-farming-vermiculture/>

*Key Trade Opportunity – could you farm and sell worms and vermicompost?*

*Key Trade Opportunity – could you raise BSF as a feed additive for poultry or fish?*

**Key Cultivation Resource: Life 'Energetics' Difficulty 1-10**

Though the concept of 'green fingers' is well established, the underlying discussion about exactly how such phenomena actually work is controversial. For reasons mainly to do with ruthlessly competitive business strategies, the study of 'mysterious' phenomena in health and

across all walks of life has been heavily curtailed by coordinated disinformation, ridicule and mockery. Yet people who 'bond' with their plants get better results.

## **Quantum Biology to The Rescue**

Only the arrival of quantum physics and its startling insights into the unique properties of subatomic scale reality, has begun to bring light and credibility to the field of 'Quantum Biology,' or 'Life Energetics.' Many brilliant scientists have been 'canceled' from accepted science for daring to study or even observe and discuss phenomena that could lead to highly disruptive discoveries and technologies. Quantum biology, being science based, offers a pathway to understanding mysterious phenomena that is much harder to suppress.

▶ [Quantum Biology \[Part 1\] - How Plants Use Quantum Mechanics](#)

Imagine, for a moment, the effect a 'Universal Healing Device' would have on the medical industry. Empty hospitals, unemployed medical staff, and, most importantly, no sales of profitable drugs...

The sharks at the top of all major industries will go to any lengths to preserve a model where they get to continue reaping huge rewards - no matter the cost to others. Yet, you can be sure that healing (and death) rays and fields are being explored and used now by military and secretive government scientists at DARPA and other ABC agencies in the US and within their Russian, Chinese and other national counterparts.

So given this context, in a food crisis, we cannot afford to buy the lies and mockery and ignore the extra yields and health that quantum phenomena such as 'green fingers' and many ancient, alternative and cutting edge techniques, methods and practices can offer.

The use of structured water, quartz and other crystals, pyramids and cone shapes to charge seeds and preserve foods, prayer and intention, manifestation techniques, projecting love, blessing, 'orgonite,' 'cloud busters,' ORMES/ORMUS, plasmonic light towers, the knowledge of OR (Orgone Radiation) and DOR (Deadly Orgone Radiation), which are closely related to the Eastern concepts of Chi, Ki and Prana, are all examples of actual, proven phenomena or technologies that have been deliberately sidelined as 'anti-scientific' (read 'potentially disruptive').

Links:

**Quantum Informed Agriculture, a fascinating insight into the future...**

<https://gaiacampus.com/about/>

- ▶ Power of pyramids in plant growth | pyramid energy | Plants grow ex...
- ▶ Pyramid Power Experiment
- ▶ Plant Growth Supercharged By Russian PVC Pyramid
- ▶ Pyramid Green House Experiment - The Results - 2011.mpg

<https://greedhead.net/do-pyramids-help-plants-grow/>

- ▶ Latest Orgonite Plant Tests Yield Amazing Results! 🤖🌱⚡🌀
- ▶ Plant Growth Experiment With Orgonite - Testing the life force energy
- ▶ Plant Growth With Orgonite, PROOF!!! Pt 1
- ▶ Orgonites Effects On Plants!!!

Established scientists fear paradigm shifting discoveries and the likely loss of status, tenure and position they will bring. The oft repeated phrase that 'there is no scientific evidence' for an unwanted effect is coldly ironic as almost no-one in corporate dominated 'science' can get the funding or support required to provide such evidence. Even when they do, they will likely not get peer reviewed or published. In addition, these 'subtle

energetics' phenomena are, well, *subtle*. That makes them difficult to study without expensive and advanced equipment and the funding that goes with that.

<https://gardenriots.com/tag/quantum-biology/>

## ORMES

For example, Orbitally Rearranged Monatomic Elements or 'ORMES,' and the off white substance derived from them: 'ORMUS,' are based on subatomically modified atoms of precious metals such as Silver, Gold, Platinum, Iridium and many others. These rearranged atoms have an exotic electron arrangement that gives them unique properties thought to be essential in the quantum aspects of life phenomena such as consciousness, conception, quantum coherence (systemic harmony) and the movement of information and subtle energies around the body.

Ormes, also known as 'M-State Elements' are thought to be related to the 'Mana' described in the Bible. This mysterious substance was also mentioned and used by the priests of ancient Egypt - in conjunction with the pyramids - to attain heightened states of consciousness. The 'chem' in chemistry and alchemy is derived from an ancient Egyptian word: 'khem.' 'Alchemy' originated in the era of the Pharaohs, and also boasted of an exotic, life enhancing substance.

It is theorized by some that the Ark of the Covenant was an ancient power device full of ORMES placed in the pyramid at Giza. In this theory, the Jews stole the Ark of the Covenant on their way out of the abusive relationship with the Egyptians. Hence they were pursued by the Egyptians who wanted it back. Moses supposedly used the device to repel water, allowing the jews to cross the Red Sea.

Perhaps quantum physics will eventually shed new light on history and the great civilisations, but I find all the many connections between cutting edge 'fringe' (read 'disruptive') science and ancient science most intriguing.

Links:

**ORMUS - ELixir of life?:**

<https://www.pinterest.com/pin/500181102342385575/>

The (re)discoverer of ORMES, farmer David Hudson, had to find a specialist scientist from Russia to analyze the ORMES he discovered because regular laboratory equipment like spectrosopes could not identify them. Yet David believes ORMES may make up as much as 10% of our planet's mass.

Ormes are all around us, are concentrated in 'superfoods' and can be extracted from natural water sources using magnets and from natural salt sources using kitchen equipment and very basic chemistry. They can be a huge boost to your health and to the health of all living things - including your plants and animals. The effort of learning the simple process of extracting them - when compared to the benefits gained - is more than worthwhile.

Please explore the links provided for further information on the (deliberately) hidden energetics of life and how to exploit them for improved quality and yields in food cultivation - and improved personal health.

Links:

<https://owlcation.com/stem/Ormus-M-State-Elements-and-Alchemy>

▶ Ormus testing in the Plants

▶ How to Make Ormus From Start To Finish | Making Monatomic Gold

## Key Life Energetics Resources:

Ormes/Ormus

Structured Water

Programmed Water

Organite

▶ Latest Orgonite Plant Tests Yield Amazing Results! 🤖🌱⚡🌀

▶ ORGONITE FOR PLANTS GARDENING TOOLS

▶ Plant Growth Experiment With Orgonite - Testing the life force energy

▶ Plant Growth With Orgonite, PROOF!!! Pt 1

Quartz Crystals

Geometric shapes and structures

Links:

▶ Can Rose Quartz Crystals Improve Plant Growth?

▶ Crystal energy part 2 .The results of the plants

▶ Crystals and Plants | Best Crystals For Your Plants

▶ Russian Geometry Pyramid Enhances Agricultural Production

Soil/Compost/Media Sources

If you are growing in pots, bags or other containers you will need 'grow media' - usually soil or compost. Even poor soil can be used if some nutritive elements such as bird and animal droppings and other organic matter are added. If you can, buy up or make compost. Either way, begin to adopt the habit of surveying your surroundings for the prerequisites of cultivation. From potential cultivation areas to sources of soil/media, seeds, spores, organic matter, wild foods, water or any other useful resource should be noted and recorded in your Food Survival Plan journal.

Links:

Compost easy to hard



<https://youtu.be/nxTzuasQLFo>

## A Bokashi style compost method

<https://youtu.be/CVF26Dza0uA>

- ▶ 3-Steps to Rapid Soil Regeneration Part 2: Multiplying the Beneficial ...

*Soil/Media Hack Tip - If you don't have an abundance of soil, compost or other media, fill the bottom of your container with wood and other organic matter or even stones. This will reduce the volume required while improving aeration and drainage and encouraging soil friendly organisms by providing a habitat. Many plants only use the top six inches of soil...*

## Seeds

Buy seeds for vegetables in bulk. If you have time, find out your soil and climate type and buy seeds that will be compatible with your environment also noting sowing and ripening times. Heritage seeds are the better option for many reasons, not least of which is hardiness and no GM. Sealed containers of wheat berries and other grains will remain usable as both grain and seed for long periods. They can be sprouted for a quick, nutritious return or you can cultivate wheat and make your own bread.

Links:

- ▶ Seedling Mix Manufacturers Don't Want You To Know About This Si...
- ▶ STOCKPILE THESE NOW Before its Illegal and WWIII
- ▶ The Prepper Seeds that Gardening Companies Fear - 30 Day Prepared...
- ▶ Survival Seed Vaults: Should Preppers Buy Them?
- ▶ Survival Garden Seeds
- ▶ Trick for Getting Bulk Gardening Seeds Cheap for SHTF

## Wild Planting

Seeds may hold the key to your future survival and can be randomly planted widely around your location and along any bug out routes you have. Any that take hold will probably continue to produce a wild, foragable version of the plant for years to come.

▶ A Visit 🍅 To a WILD Vegetable Garden Growing Food in the City all it ...

**Considerations to help you select seeds and crops include:**

**Nutrient density and composition (of seed and adult plant)**

**Difficulty**

**Climate**

**Stealth Options**

**Carbohydrates**

**Protein**

**Flavour**

**Storage**

The choices will vary somewhat depending on circumstances - you may not need stealth, or you may have a neighbor with plenty of potatoes or eggs etc. Potatoes, to continue with the example, have reasonable nutrition, high carbs, have excellent stealth properties (grow underground, top plant not easily recognisable by most people), are very low effort and can be used in numerous ways or dried and powdered.

Cabbage is fairly nutrient dense and can be fermented into SauerKraut, a long term storable, extremely health promoting food. As it sits low on the ground it can be easily hidden among other plants. Try to apply this type of thinking to each option and to your general planning, check the links and research further if need be.

## Combining Key Foods and Resources

A truly sustainable approach to food cultivation, and one that minimizes energy, logistics and resource use, is 'waste' or 'circular' farming. This involves using so-called 'waste' materials produced in one area, such as manure, urine, food waste, stalks, husks and any other organic material available, to feed or enhance another area of the cultivation project - often using an intermediary process such as composting. Organic matter can therefore be cycled through many food producing phases.

Natural processes can be used to transform any form of waste into many useful resources. Figure 1 gives an example of how organic resources can be moved through various stages to meet the needs of a community using an entire food chain or 'designer' ecosystem of food producing plants and animals.

The idea is to develop a circle (that includes you) of living things that compliment each other's existence.

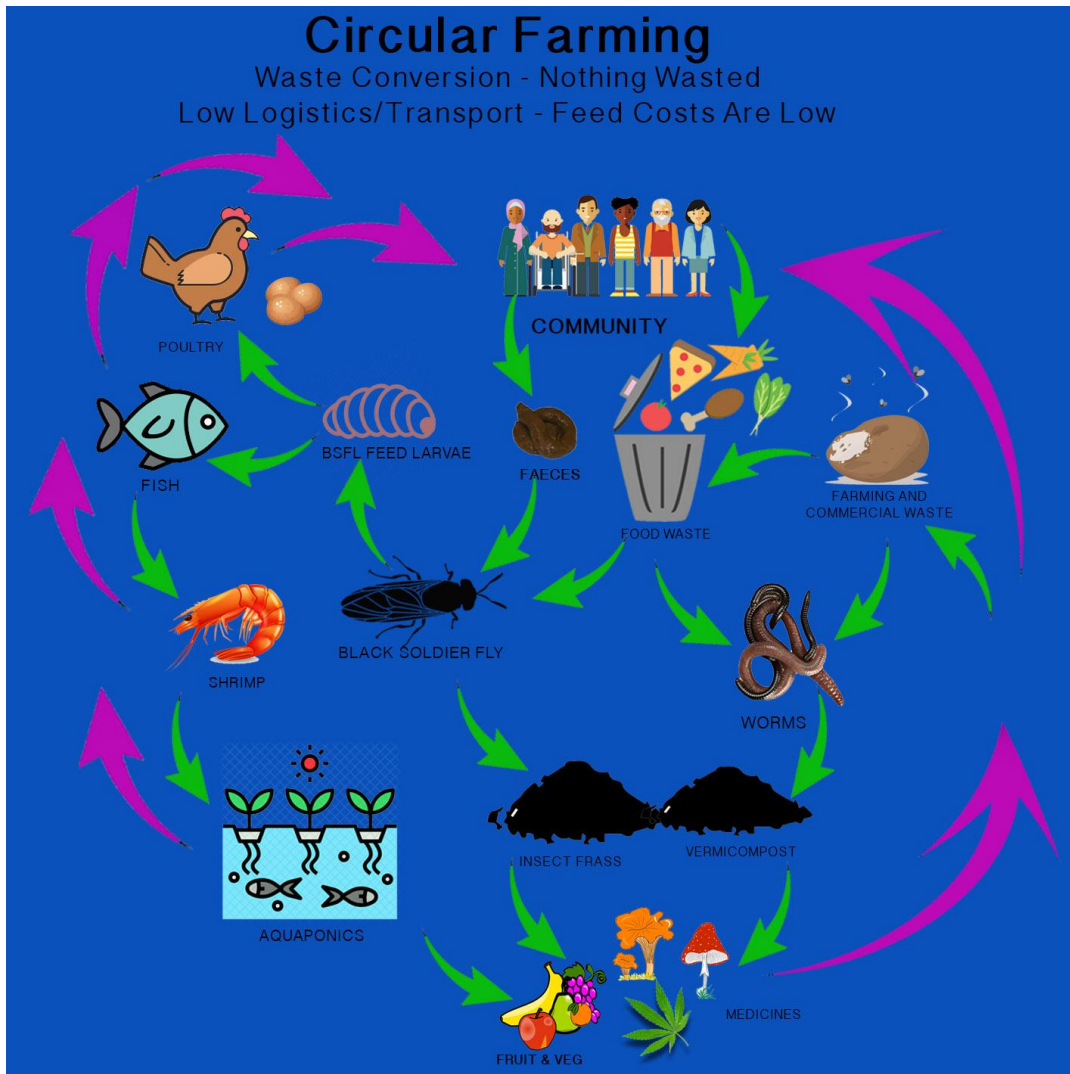


Fig. 1

## Combining Food Producing Elements

Combining complementary plants and animals to minimize the effort and time you have to put into your food related activities is probably the biggest favor you can do for yourself. Sure it involves some effort to initiate but it makes sense to develop a basic understanding of plants, soil ecology and animal biology to facilitate it. You don't need to be a science major to understand the principles, but you will certainly benefit massively.

If you look carefully at figure 1, much of the knowledge is self explanatory. The way one thing becomes another in this model should impart enough understanding to experiment with the concepts.

## Key Cultivation Skills

### Fruit Trees, Cloning and Splicing Difficulty 3-7

Many fruits grown on trees do not 'breed true.' This means a seed from a delicious apple may create a crabapple tree with pretty useless fruit. To make matters worse, it will take years to discover this. On the other hand, a cutting from a good apple tree can be 'spliced' or joined to another tree - not even necessarily an apple tree - and will produce the same apples as the mother tree and more rapidly than a tree from seed. A good apple tree can be spliced on to a bad apple tree to utilize the existing root system to grow the good apples.

Links:

- ▶ [How to plant a tree so that it grows 3 times faster. Root training meth...](#)
- ▶ [How To Grow Lemon Tree Cutting With Leaf | How To Grow Lemon T...](#)
- ▶ [Grow Trees from Branch Cuttings - Propagation for Free Screen Wall](#)
- ▶ [Greenhouse Notes: Rooting Fruit Tree Cuttings](#)
- ▶ [How To Clone Trees From Cuttings](#)
- ▶ [5 SECRET ROOTING TRICKS TO MULTIPLY DIFFICULT-TO-PROPAG...](#)

Many plants, like cannabis and tomatoes, can have cuttings removed to become new 'cloned' versions of the mother plant. This can be really handy to propagate good genetics without the lottery of seed germination. It can speed up and boost your productivity and provide more food or medicine options to meet your challenges.

So the art of cloning and splicing, which is really not that difficult, opens up a variety of food opportunities, options and pathways that cannot be ignored. A good wild cannabis plant, if discovered, can be cloned

endlessly by taking small 'cuttings' and 'rooting' them to reproduce the same genetics in a new plant. This holds true for many plants and it cannot be overstated how useful this simple skill can become in a post supply chain world.

It could become a very low cost trading opportunity, creating baby plants to exchange for whatever you seek or performing splicing or similar skills for others etc.


Links:

- ▶ Cloning Plants - Micropropagation (tissue culture) - GCSE Biology (9...
- ▶ HOW TO CLONE CANNABIS STEP BY STEP \*EASY\* FOR BEGINNERS
- ▶ FASTEST METHOD OF ROOTING PLANT CUTTINGS | DIY HYDROPON...
- ▶ How To Take Cuttings - 4 Minute Guide to Clones and Cloning

### **Learn How to Sprout or Germinate Seeds**

Sprouting seeds is a multifaceted skill. Not only can you start new plants, but you can quickly grow a highly nutritious food source.

Links:

- ▶ FIX Long Leggy Seedlings with Complete SUCCESS!! Don't Start Over...
- ▶ How To Germinate Seeds Fast | 3 Simple Steps
- ▶ Seeds Not Sprouting?? THIS is Why!
- ▶ SPROUTING 87 YEAR OLD VEGETABLE SEEDS - Resurrecting Lost Ge...
- ▶  Fast & Easy Seed Germination: How to Start Seedlings from Paper ...
- ▶ 7 FATAL MISTAKES: Why Seeds Not Germinating or Sprouting?

<https://byjus.com/biology/seed-germination/>

- ▶ Seed Starting 101 | How We Start Seeds | Germinating Seeds Fast | De...

**Learn to prepare soil or grow media**

Develop a basic understanding for what plants need and what to avoid. Things like drainage, nutrients, soil 'richness' and fertilizers need to be understood.

- ▶ How To Improve Clay Soil | Best CLAY SOIL TREATMENT
- ▶ How to prepare and improve your soil
- ▶ How to Fix Your Bad Soil For Your Vegetable Garden
- ▶ Breaking up heavy clay soil: relatively quick, and cheap, approach (pa...

### **Learn soil ecology Difficulty 3-10**

Understanding how a bunch of decaying organic matter and microbes provide the nutrients plants need is not that hard. The short time required for familiarizing yourself with basic soil ecology will pay back one hundred fold when you need that knowledge to survive.

- ▶ How to Build Great Soil - A Soil Science Masterclass with Dr. Elaine I...

### **Learn basic plant nutrients Difficulty 2-4**

N,P,K, macronutrients and the various micronutrients should be included in your basic cultivation knowledge - links provided.

Links:

- ▶ Unlock the POWER of Calcium - Increase Growth Up to 300%

<https://www.britannica.com/topic/fertilizer>

- ▶ Top Natural Sources of N.P.K. Nitrogen, Phosphorus and Potassium. ...
- ▶ Understanding Our Soil: The Nitrogen Cycle, Fixers, and Fertilizer
- ▶ Creating a New Batch of Fermented Plant Juice AKA "Dave's Fetid Sw...

### **Learn how to take and dry seeds from various vegetables like tomatoes and peppers - Difficulty 2-3**

Nature provides pathways to ever more food. Being able to extract and store seeds from your food or the wild is a simple but useful skill.

Links:

- ▶ [How to Save and Use Seeds From Your Own Fruits and Vegetables](#)

### **Learn how to chip potatoes for planting: Difficulty 2-3**

Potatoes are arguably the number one survival crop. This skill will allow you to create an abundance of a great staple food with very little input required. Using bucket and barrel techniques, highly efficient potato cultivation can be undertaken in tiny spaces.

Links:

- ▶ [How to Grow Potatoes in Buckets: Planting Techniques!](#)

### **Learn how to reproduce bulbs like onions and garlic - Difficulty 1-3**

You can consume bulb plants and use the remnants to regrow them. You can propagate these hither and yonder to boost your food supply options. A really worthwhile, simple skill.

Links:

- ▶ [Growing Bulb Onions from Kitchen Scraps - Simplest Method Around](#)
- ▶ [10 Vegetables You Can Regrow from Kitchen Scraps to Create a Recur...](#)
- ▶ [How to Regrow Onions from Scraps \(March 2017\)](#)
- ▶ [How To Grow Garlic - The Definitive Guide For Beginners](#)
- ▶ [How To Grow Garlic At Home-Fast N Easy](#)
- ▶ [How to Grow Garlic \(Part 1\) | Varieties, Soil Prep, and Planting](#)
- ▶ [How to Grow Garlic | Simple Steps for HUGE Yields](#)

### **Learn how to teach and mentor - Difficulty 3 to 8**

If you have skills, others will be eager to learn - this is also a barter friendly situation. Don't undersell yourself - a share of the produce is not unreasonable in addition to whatever you trade for the skill. Find a solution everyone is comfortable with. Learn what a 'Lesson Plan' is and



consider downloading some basic information on teaching, sharing and mentoring.

Links:

- ▶ [Mentoring: How to be an effective Mentor - Golden Nugget #6](#)
- ▶ [Soft Skills - Coaching & Mentoring](#)

### **Learn to Become a 'Food Conscious Person'**

Begin to raise your eyes and survey and assess your entire environment and surroundings for possible uses as cultivation spaces or areas or for resources. From various indoor spaces - windows, loft etc. inside your home, to your garage to your garden and then on to surrounding areas. The best food plant options for your region should be researched and obtained as soon as possible.

In a really broken system, food can be cultivated from food scraps, bulbs, old potatoes etc. These may or may not be well suited to the local climate but they are a viable food genetics option should the need arise.

Begin to explore what you might be able to cultivate - what would be most useful and least difficult? Check the links at each topic of interest for ideas and make notes in your Plan 4 Plenty.

### **Cultivation Opportunism**

Scan your surroundings for *any* 'cultivation opportunities' - are there pockets of land or ground you could surreptitiously plant herbs, onions, garlic, potatoes etc.? Do you have neighbors that might be open to using some of their spaces? Could you team up? Share crop? Are there woods, forest or wild areas where you could plant food crops? The instinct to be food aware is deeply embedded into the human psyche and those latent

skills will quickly come back online when put to use. It makes sense to begin redeveloping those skills *before* you need them.

Links:

### **Cultivating Store Bought Brown Rice:**

📺 スーパーで買った玄米を発芽させて米を収穫！バケツ稲(米栽培) / How to gr...

### **Creativity**

Creativity is one of humankind's greatest and most powerful assets and can be applied liberally in cultivation. From selecting and mixing crops, to finding spaces and sources, to clever ideas like hanging baskets below guttering and making small holes in the guttering above the baskets to create an irrigation system. The options are limited only by your imagination. The sides of buildings can become a forest of berries, tomatoes, strawberries or other suitable crops, while rooftops can be a relatively secure food forest, etc. etc.

Combining cultivated foods so they complement and support each other in an ecosystem is fertile ground for the creative mind. While many Westerners have been 'de-creative-fied,' you can't erase something for which an entire brain hemisphere has been designed! Switching on the right brain is as simple as creatively solving problems. Cannabis and psychedelics can be a useful lubricant for rusty creative cogs. Try solving a difficult problem slightly stoned, high or drunk. These are the original purposes for these natural mind tools.

Creativity, like charity, begins at home and if children are involved, there will be a natural supply - diminishing directly with the amount of 'schooling' they have received. Home projects can be inspiring and productive and are far more beneficial to children's development than too much gaming or passive screen time. Don't underestimate the ability of

young minds to solve problems - you'll need every advantage you can muster...

## Try Rebooting Windows

Time to reboot your windows - as mini farms. Myriad 'window cultivation' methods, from window boxes and soil pots to crude gravity driven hydroponics systems can add significantly to food supplies and can be a good starting point for creative food activities in the home. The combination of good light and the controlled conditions of indoor spaces offer a great and highly convenient food opportunity.

Links:

- ▶ [Top 5 Plants To Grow On YOUR Windowsill | Small Space Gardening](#)
- ▶ [Grow Food Vertically in Windows and Walls of your Home with Hydr...](#)
- ▶ [How To Grow Fruit & Vegetables At Home 🌱 No Garden Necessary!](#)
- ▶ [8 Vegetables You Can Grow In Your Tiny Apartment All Year Round](#)
- ▶ [25 Survival Vegetables To Grow In Your Apartment \(pt2\)](#)

## Stealth Growing

In a crisis, you must beware of unintentionally advertising your much sought after food. Plants that grow underground, can be hidden among 'weeds.' Foods that are not easily recognizable can be the difference between a hearty meal and an empty plate. If you think people want to steal your money now - wait until they are hungry!

Use 'hotchpotch' planting and stealth friendly plants and allow tall grasses or bushes to grow where they will best disguise your precious produce. There are further details in The Section entitled Location and Security.

Links:

- ▶ 12 Plants for a Thief-Proof SHTF Stealth Food Forest Garden
- ▶ HIDE YOUR FOOD. You Better Be Prepared. | Secret Homestead of Sur...

## Source 4: Trading for Food

To trade for food, one must have something to trade. As mentioned above, some items will be in high demand in crisis conditions. You may be able to exploit this by stockpiling items to increase the downline value of your current investment of time and money. Below is an account of surviving in Venezuela during systemic collapse in which the key challenges and solutions are discussed.

Links:

<https://swp59.wordpress.com/2022/05/03/i-lived-in-a-post-shtf-world-for-3-years-and-this-is-what-i-learned/>

## Strategic Stockpiling

Think carefully about where you put your resources. Rather than buying only what you think you will eat, might your money or tradeable items be better spent on or bartered for items that will be in high demand in a crisis? High demand foods or items that you can trade for other foods or items and supplies as you go along can make a huge difference to your general living experience - and your survival chances. If you see any of these commodities available in bulk at reasonable prices - invest!

Links:

- ▶ Top 10 Barter Items
- ▶ 10 Items to Buy Before a Great Depression

Seeds

Coffee

**Sugar**

**Dried milk**

**Baby Milk**

**Birth Control**

**Tobacco**

**Medicines - Get cheap generic versions of common medicine in bulk**

**Hygiene Products - Esp feminine hygiene, baby hygiene**

**First Aid Supplies**

**Toilet Paper**

**Lighters/Fire Starters/Sticks**

**Alcohol**

**Candles**

**Silver and Gold**

**Rechargeable Lights**

**Tools**

**Rechargeable Batteries**

**Brewers Yeast**

These and many, many other items will be worth a small fortune when they become essential and cannot be bought in stores.\*

Links:

▶ [15 Low Cost Survival Items to Get While You Still Can](#)

▶ [5 Things To Get Before the Dollar Crashes](#)

▶ [Top 50 Items To Be Bartered After SHTF](#)

▶ [35 Survival Items Everyone Will Be Looking For After The Imminent ...](#)

**\*Security Note**

If you stockpile goods, be sure to keep them safe, hidden and don't mention them to *anyone* as they may attract unwanted attention later.

You will need a cart, or some means of transporting goods to collect, move, deliver or take goods to markets etc. A large backpack, human drawn cart, trolley, wheelbarrow, a horse, donkey, mule, cattle or horse drawn cart, motorbike, bicycle trolley, electric buggy or golf cart (if you can charge it) or a regular vehicle (if you can fuel it). The options are myriad, just consider how you will move things around.

Another approach is to trade a resource or skill such as clean filtered water, eggs, plant cuttings or plumbing skills. Water filtration, for example, can achieve high quality results for a little investment in filtration materials such as barrels, sand, charcoal, netting, stones etc. Such a system can be gravity driven and thus need no power or only an offgrid use of power (ladder and buckets?) to fill a tank prior to gravity filtration.

### **Bulk Supplies**

Consider any foods you could cultivate in enough volume and consistently enough to become a local supplier. In truth, whatever you have excess of will be in demand, but think about the relative value before you cultivate or buy if possible. Could you grow sugar cane or sugar beet - sugar is not difficult to extract and will be extremely valuable in a post supply world.

You may also from time to time have an excess amount of food. If, for example, you have a large amount of pears - beyond that amount which you can preserve or use - you might consider offering the excess pears in exchange for other goods - or a task or tasks that will need doing at some point anyway. If you let them rot and come winter your task remains undone - you have lost that opportunity and will have to recycle the pears into compost or feed of some kind. While not a total loss, maximizing

opportunities to trade, barter or 'exchange energy' should become a habit.

### **Key Skills to Barter in a Post Supply Chain World**

There is nothing better for your survival than being in demand. Do you have or could you begin to develop a post crisis skill? If you have an inkling about a skill, **download and securely store detailed information on that skill**. You will be able to use the information to develop the skill or at least prevent you from needing another to provide that skill.

### **Carpentry Skills**

Woodworking may be the only option for making things, and things will need repair. The old 'bodger' skills include making a primitive but very effective foot driven lathe and beautifully simple ways of using wood and creativity to fix anything.

### **Seamstress, Tailor - Clothes Making or Repair**

Fabric or clothing repair skills, and in time clothes making skills, will be premium as the recycling culture naturally flourishes in a post supply scenario.

### **Mechanics and Engineering**

Machines will be important in many situations and keeping them running, finding ways to replace missing parts, switch fuels, and generally understanding how mechanical things function will be a very powerful asset. In addition, the fashioning of machines from various scrap will create golden opportunities for the 'scrapyard genius' creative mechanic or engineer.

### **Plumbing**

Plumbers may need to repurpose their skills to irrigation, filtration and less than perfect repairs. The ability to set up gravity driven ram pumps will be very useful. If you have these skills, then reading up on technologies like the Trompe, Ram pump and Trompe Hammer will lead you to an entire Universe of alternative water uses and ensure you are post crisis ready and valuable.

### **Electrical**

Generators, Solar Panels, Battery Power Systems and general electricians will all still be in at least partial use and will need repair, adaptation and set-up. Another highly tradable skill.

### **Cultivation Skills**

This is obvious, but include the realization that any food related skills will be highly valuable as a tradable option beyond cultivating your own food.

Links:

<https://grocycle.com/small-scale-farming-ideas/>

<https://agricultureandfoodsecurity.biomedcentral.com/articles/10.1186/2048-7010-2-8>

<https://gardenseason.com/gardening-skills/>

<https://hellohomestead.com/essential-skills-for-backyard-farmers/>

<https://www.capitalgardens.co.uk/blog/valuable-life-skills-that-children-can-learn-from-gardening/>

### **Medical Skills**

Any medical skills, especially paramedic/A&E, nurses, midwives and first aiders will be welcome in most groups or can be tradable skills. Doctors would likely have a more community role. **Everyone should consider gaining or refreshing first aid skills.**

Links:



<https://survivalistprepper.net/first-aid-medical-skills-preppers/>

<https://survivalistprepper.net/different-types-medical-skills/>

<https://www.superprepper.com/basic-first-aid-skills-for-preppers/>

<https://www.primalsurvivor.net/first-aid-skills/>

<https://www.outdoorlife.com/10-essential-first-aid-skills-that-every-outdoorsperson-should-master/>

## **Negotiation and Haggling**

When everything becomes precious, your ability to survive may at least partially depend on your ability to bargain and understand the relative value of things that could improve your situation. Be confident and friendly - but tough. Don't be ruthless, but explain that you can use these goods in other ways if you do not get sufficient value - you don't *need* to move them on - and point out all the good things, like quality, shelf life etc. of your goods. Then, when sizing up goods, consider things like volume, storage, transport, shelf life, preserving options etc. Point out reasons you don't want to overpay, such as the condition of goods, and come to a reasonably tough but fair compromise.

If you are too tough you may not get a repeat opportunity with that supplier and may gain a reputation and be approached only as a last resort. Try to cultivate a healthy ongoing relationship so that you get the first option when new items are available.

Don't allow any personality traits like trying to win approval or trying to be liked into a negotiation - this is not a social scenario. A certain level of detachment and mindfulness are needed to find the right balance, just remember it is business and basic survival. Be polite and professional but stand firm, neither too warm nor too cold.

Links:

<https://www.savethestudent.org/shopping/how-to-haggle-like-a-pro.html>

<https://www.kiplinger.com/personal-finance/how-to-save-money/603521/how-to-haggle-for-almost-anything>

<https://www.artofmanliness.com/skills/how-to/how-to-haggle-like-your-old-man/>

- ▶ 8 Best Psychological Negotiation Tactics and Strategies - How to Hag...
- ▶ How to Bargain and Negotiate | 20 Tips on How to Haggle

## Security

The ability to secure locations, things or people will be a sought after skill in a crisis scenario. Basic understanding can be quickly gained from an hour or two's research. If you can't find experience, try to find a person who will study security issues in your group - or do it yourself if you need to.

Links:

<https://theprovidentprepper.org/the-preppers-guide-to-securing-your-home/>

<https://www.pinterest.com/livingcenters/prepper-home-security/>

<https://www.diyprepper.com/prepper-home-security/>

- ▶ The Prepper's Guide to Securing Your Home
- ▶ Preppers Home Invasion Security Defense: Hardening the House for ...
- ▶ Home Security During Lockdown: Prepare For the Purge

<https://www.amazon.com/Preppers-Home-Defense-Strategies-Necessary/dp/1612431151>

## Device Repair

Of course, people will still need some devices and electronic items fixed. Any skills in this area can be leveraged for food and other goods. The

ability to work around challenges and find creative solutions will be needed as spare parts may be hard or impossible to find. Used parts may be needed, so the skill to extract and reuse electronic parts and the storage and organization of such items will be valuable skills.

### **The ‘Jack of All Trades’**

This may be the number one skill in a post SHTF scenario. Those who can generally understand physical things and get them to work, who can find creative solutions where the options are limited – the creative handyman (or woman), will be essential and much sought after. Such people will be unlikely to go hungry. A ‘bodger’ or low tech carpenter and general fixer was a common career in pre industrial European society.

Links:

#### **What can you do?:**

<https://www.youtube.com/watch?v=MBA6CScQoQo>

- ▶ Is it better to be a Jack-of-All-Trades or a Master-of-One?
- ▶ ACW Macgyver Survival Kit – The Jack of All Trades??
- ▶ LEO THE WISE [PREPPER-SERIES] : Jack of all trades, master of none

**Key Question: Do you have a skill that would be useful to trade for food etc. in a post crisis scenario or can you develop one?**

### **Specialization for Trading**

By focusing predominantly on one useful thing yourself or as a food cultivating community, you can consistently create a source of useful materials or a specific product or products to barter. This approach is well suited to smaller set ups in limiting conditions and some options can be done indoors in a very small space with the right choices. It can also work at the community scale.

Good examples for small operations would be earthworms, mushrooms, or black soldier flies. All these examples feed on essentially waste materials, but produce something of value in the circular farming chain. For example, mushrooms and Black Soldier Flies work well together as the BSF larvae love the leftover, mycelium rich substrate, of which there is plenty. The larvae become a feed for chickens or fish which produce plant nutrients to add to the insect frass fertilizer. Plants can then be cultivated, the waste from which can become mushroom substrate and so on. Thus they can exist in a circular system, feeding each other. Integration of complementary living things to assist a specialization crop will greatly enhance your efforts. A true food forest or permaculture set up can become self sustaining – leaving you to focus on other things.

Waste processing, of itself, could be a very enriching endeavor as there will always be what most consider to be ‘waste.’ Reusing waste will become, and probably in light of events, remain, a key segment of the emerging circular farming concept that will or should replace much of the current food production and supply chain methodology. All the fertilizers that actually make it into our food supply (and not into the surrounding water table, rivers and lakes) ends up in either waste, feces or urine. Following nature's lead, we can fairly easily process this back into plant ready nutrients.

Even though it may suit you to specialize in one main product – say honey, potatoes or filtered water, and trade this for other items you need, it still makes sense to create a circular system and produce as many of the foods or supplies you need as possible – within your capabilities.

You can also consider other, non food resources that can be traded for food. For example, you could begin to desolder electronic components

from old or broken equipment. You can then build an electronic spares business. When manufacturers don't make stuff or can't deliver it, people will need used parts. The same applies to engines and mechanical parts. Car manufacturers have reportedly already bought consumer electronics to source key electronic components when they are no longer available through the usual channels.

You could repurpose old batteries to make nightlights, repair shoes or clothes, etc. etc. Make notes in your plan about any skills you have or could acquire. 3D printing of spare parts could be another potential trade model. If you have those skills and can stock up on supplies, 3D printing technology could make a post crash scenario much brighter.

## **Farming**

Modern farming has been designed and directed by corporate considerations and many important things have been pushed aside in the drive for ever greater profits. The external application of fertilizers, pesticides and other chemical inputs, for example, has created a lack of focus on soil health and structure. This approach has resulted in a dangerous over reliance on the global supply chain. Chains are only as strong as the weakest link, and recent events, by stupidity or design, have stressed the supply chain to breaking point.

The actions and reactions of food producers and consumers at this time will be crucial to the seriousness of the crisis in terms of death tolls. Farmers may have to, for example, move from wholesale to retail, from selling to bartering, from regional to local sales and from purchased agricultural inputs to locally sourced inputs.

Modern soil is often used as little more than a medium for chemical nutrients, much like hydroponic media such as coco coir. It exists only to provide a structure for roots and as something that will absorb and hold the chemicals that are added. Often, soil ecosystems are damaged or destroyed by this and related practices such as tilling.

While minerals and other nutrients must be replaced in cultivated soils, the mechanisms used by nature and, for 99% of history, farmers, to fulfill this need, have been long forgotten in the name of progress, or more accurately, convenience and profit.

As a farmer, ask yourself these questions:

Could you rethink your farming/cultivation model to match circumstances?

Could you make a deal with local farmers, communities, businesses or the government to interchange materials?

Could you add nitrogen fixing crops or supplementary plants to the roster?

Could you access nitrogen fixing bacteria that will feed atmospheric nitrogen to your crop's root systems?

Could you add mycorrhizal fungi to enhance the soil structure and help transport nutrients to where they are needed?

Could you cultivate alternative crops such as mushrooms that will not require chemical fertilizers?

Can you create or creatively source alternative fertilizers?

Could you add other organisms and animals to existing crops to create more of an ecosystem and naturally create more fertilizing materials?

For example, ducks and fish, added to rice cultivation, bring many benefits. Both the duck and fish waste provide fertilizing nutrients. The ducks and fish eat insects protecting the crop and converting nutrients from the insects into usable nutrient forms for the plants. You add duck and fish produce to your improved rice production at little cost and great gains.

Chickens can also be reared directly over fish ponds, allowing the chicken manure to be processed in the aquatic ecosystem below. This reduces the cost/labor of bedding and cleaning while providing a food source for the fish. There are infinite such combinations from which to fashion your own, efficient food bearing ecosystem.

### **Rethinking Crops**

One thing farmers should consider is the possibility of changing the entire operation, omitting crops that will no longer be feasible and adding those that will. If you can grow sugar cane or beet, for example, you will thrive as these are guaranteed to be in high demand. Your lot will improve further if you can extract the sugar - not an impossible challenge.

On the other hand, a model that worked for millenia was the homestead style farm that produced a whole range of produce. This might include dairy, poultry, maybe pigs, and probably cattle, sheep or goats and a variety of vegetables, fruits, grains and even herbs. Can you combine

different approaches to provide a more complete range of foods for you and those in your grouping while also producing highly valuable bartering commodities?

Links:

- ▶ 9 Survival Gardening Crops to Grow in a Post Apocalyptic World
- ▶ If I Had To Pick ONLY Three Crops For A Survival Garden...
- ▶ 15 Fastest Growing Survival Vegetables to Grow in a Crisis
- ▶ The Most Important Food for Surviving SHTF
- ▶ 5 Must-Grow Perennial Vegetables: Harvest Year After Year... 🧑🌾 🧑🌾

## Livestock

In a prolonged systemic failure the types of livestock, demands and viability will shift. Goats might be a lot easier to raise than pigs for example. Alternatives can be found for feeds for almost any animal you might raise, but some may be too challenging to be worthwhile. Certainly, dairy products will be in demand, but you may have to change the livestock quantity and rearing system to make any particular type of livestock project successful in the new scenario.

## Key Food Resource: Cattle - Difficulty 7

Clearly a cow is a fairly serious proposition, but for those who can make it happen they are a fantastic resource. A supply of milk and dairy products - sure to be in high demand in a food crisis and simple to make - not to mention a large quantity of beef down the line. Cattle dung is an excellent source of fertilizer or fertilizing chemicals for plants. In addition, it can be dried and used as a combustion fuel, composted for biogas, and used to breed insect larvae for feeding poultry, fish, pets or even pigs.



Cows can graze land, consuming plant matter that is free for much of the year - feed will not be available so free, available food sources are a major livestock consideration. The same free plant matter, like grasses, can be dried as hay and fed to cattle in winter. A cow has been a stable homestead resource provider for thousands of generations of humans. Whether you are a farmer or working at a smaller scale, a single cow can provide several resources to support a family or group.

You could, if you have access to the right resources, gather free plant material and save it for winter to trade to those who have cattle or other livestock. If you can supply hay you may well be able to access dairy products without actually having a cow.

If you already farm cows you will need to rethink your model to account for the lack of some crucial large scale supplies and resources. It might be better to sell your cows to individuals, or loan them on a profit share basis, so that each animal has individual care and attention. The options are endless - just don't expect things to carry on as before.

Links:

<https://rurallivingtoday.com/livestock/review-backyard-cow-introductory-guide-family-cow/>

<https://www.hobbyfarms.com/the-beginning-farmers-guide-to-raising-backyard-beef-3/>

<https://hambydairysupply.com/the-backyard-cow-a-beginners-introductory-guide/>

📺 Feeding Livestock Post-SHTF

## **Adding Value**

As you may well have to move to local marketing, diversifying and researching the best produce to meet local demand (given food shortages)

- creative thinking will be required. You will have to reconsider shelf life, storage and/or processing of produce into longer lasting products. These might include smoking, drying, cooking and potting, fermenting, preserving, etc. Processing and 'adding value' may become a key element in your operation.

What facilities and equipment might you need to process the produce you plan to grow? As many items may be impossible to source, it is necessary to plan and act before this situation unfolds.

It might be prudent, for example to invest in mason jars, pressure cookers or to make solar driers or smoking sheds etc. This would allow you to produce vegetables, mushrooms, meat and other produce to process for storage or trade. Mushrooms, for example, produce more nutrition per square foot than any plant. They can be grown using agricultural and other 'waste' and they can thrive in basements, barns, other outbuildings and in the garden, woodlands or wild land. It might seem a little exotic, but one has to embrace the unusual when the usual is impossible.

High nutrition, abundant crops will be more useful than luxury crops - except perhaps addictive crops like sugarcane, sugar beet, tobacco, coffee. However, they must be viable in terms of processing. Wheat, for example, will be in demand, but will be more valuable if it can be processed locally into flour. Could you mill flour at scale with wind or horsepower? Could someone else locally? If so, then the certain demand for bread could help your operation thrive, perhaps become a key element.

In a crisis, nothing can be thrown away, everything must be used, reused and repurposed. A 'multi cycling,' zero-waste mindset must permeate

every aspect of the operation. Those most able to mentally embrace the new limitations - and the new possibilities - will adapt and fare best.

## **Alternative Sources of Fertilizer**

The first thing to consider is that the amount of fertilizer needed can be vastly reduced by intermittent delivery over the cultivation period. This means you have more time to access less material. The 'fertigation' concept can be applied here by using water as a delivery mechanism. This may increase the workload, but if well thought through that challenge can be optimized.

Links:

### **Fertilizer reduction methods:**

<https://www.intechopen.com/chapters/41137>

### **Green Fertilizers:**

<https://www.sciencedaily.com/releases/2014/08/140814123846.htm>

<https://ipm.missouri.edu/cropPest/2008/3/Evaluating-the-Fertilizer-Value-of-Alternative-Nutrient-Sources/>

### **Alternative Potash:**

<https://www.tandfonline.com/doi/abs/10.1080/01904167.2015.1009097>

📺 Top Natural Sources of N.P.K. Nitrogen, Phosphorus and Potassium. ...

### **Ambient Sources of fertilizing nutrients:**

**Compost**

**Wood Ash (chemical free wood only)**

**Wood**

**Grass clippings**

**Coffee Grinds**

**Stalks and straw etc.**

**Leaves**

**General Feces/Manure****Urine****Vermicompost****Insect Frass****Cattle Dung****Horse Dung****Poultry Waste****Fish Waste****Food Waste:****Coffee grounds****Kitchen Scraps****Crop Wastage****Atmospheric Sources:****Nitrogen fixing plants****Nitrogen fixing bacteria****Yes Wee Can**

Urine was used for millennia as fertilizer - until the invention of the sewage system. Simply store it for a few months to allow the urea to break down and, well, 'just add water' and irrigate.

'...an estimated 330 tonnes of nitrogen and 20 tonnes of phosphorus a day could be retrieved should 10% of the US population collect their urine.' The Guardian Newspaper, UK.

Links:

[https://www.canr.msu.edu/news/alternative\\_sources\\_of\\_nitrogen](https://www.canr.msu.edu/news/alternative_sources_of_nitrogen)

**Human Urine fertilizer:**

<https://www.sciencedirect.com/science/article/pii/S0921344910002636>

<https://www.agriculture.com/news/livestock/manure-provides-farmers-an-alternative-nutrient-source-amid-volatile-fertilizer>

### **Processing Feces Into ‘Humanure’ - Difficulty 3-7**

Composting feces using a compost toilet is an effective method for recycling human waste safely into a rich fertilizer. The charity Water Aid uses large silos and bacteria to process human waste into a safe and rich soil additive. When I visited one of their sites in Mozambique, the carrots grown with human waste were delicious - and guarded by armed men. This moment was inspiring and at the same time a warning about the value of food when it is scarce.

Links:

- ▶ [How to Make Humanure Compost with a Composting Toilet](#)
- ▶ [How I Compost My Poop in a Simple Compost Toilet | Humanure](#)
- ▶ [Our Humanure and Composting Toilet System](#)
- ▶ [Off Grid Living - What To Do With Your Human Waste - Compost 101](#)

### **‘Waste Farming’ - Difficulty 2-8**

Fertilizers (for those reading this section who are not farmers) are chemicals, primarily Nitrogen, Potassium and Phosphorus (macronutrients) and many important ‘micronutrients’ needed in lower quantities. These elements are present in almost every living thing and in their waste. These fertilizer chemicals can be recycled and reused repeatedly, reducing or eliminating the need for continuous external supplies.

Links:

- ▶ [Agriculture Farm Waste Management](#)
- ▶ [PROCESSING FARM WASTES Part1](#)
- ▶ [Kilimo Na Biashara | Black Soldier Fly Farming](#)
- ▶ [Zero Waste Integrated Organic Farming | Integrated Chicken, Goat, C...](#)

## Ways to 'bypass' fertilizers

Alongside alternative fertilizer sources, there are other supplementary practices that will assist your crops including:

### Mulching

Covering soil with a protective layer - as nature does - retains moisture and acts as a soil ecology habitat and a source of slow release nutrients.

### Vermiculture

Earthworms improve soil quality and perform many functions that can save time and effort.

Links:

▶ I Wish I Knew This Vermicomposting Method When I Started.

### 'No Till' and Part Till techniques

Reducing tilling workload and using nature to perform tasks while building soil ecology.

### Hard and compact soils improvement

<https://youtu.be/RBJuMTBhx30>

### Compost Tea

'Fertigation' liquid fertilizer technique.

### Fish Waste Water

Rear fish and create a powerful fertilizer from the waste water.

### Rock Dusting

Add mineral content to soil. This process has been 'debunked' but my research indicates that the debunkings have been funded by those who might lose in a less mechanized agricultural model.

### **Mycorrhizal Fungi**

Fungi that connect with plant root systems and exchange nutrients, improving crop performance.

Plant performance can be enhanced using a variety of approaches - even in the absence of rich fertilization. Many of these methods have been actively suppressed as they threaten agriculture profit lines.

### **Cyanobacteria**

These are soil based bacteria that fix nitrogen from the atmosphere and could resolve the nitrogen leakage issue that comes with standard practices.

### **Structured Water**

As mentioned in the energetic section above, plant performance can be enhanced even in challenging scenarios by the use of structured water, also known as 'Exclusion Zone' (EZ) water. This topic is covered in more detail in the 'Water' section.

Links:

#### **Structured Water discussion:**

[https://www.youtube.com/watch?v=QbP716l-\\_\\_Ao](https://www.youtube.com/watch?v=QbP716l-__Ao)

### **Remineralizing**

Studies have shown a huge reduction in the mineral content of farmed foods over the last century. This is due to the failure of modern farming to replace soil minerals as they are used up. A lack of minerals has a

deleterious effect on human health, and plants, yet the reduction of minerals in our foods is rarely mentioned.

A lack of minerals affects the health, shelf life, nutrition and taste of foods. One solution is rock dusting, where high mineral rock dust is added to the soil. Simply adding ground up rock, especially certain types of rock (e.g. basalt), can provide new habitats for microbes who will break down the rock dust and release the minerals into the soil ecosystem. There are some claims this does not work, but having listened to the arguments and tested it myself, I suspect the threat to aggro chemical profit lines is the root source of these negative stories.

Links:

- ▶ [Grow Larger Vegetables with Rock Dust - Benefits and How to Apply](#)
- ▶ [How to Properly Re-Mineralize the Garden For Spring](#)
- ▶ [Why I Prefer Leaves over Rock Dust to Remineralize Soil](#)

### **Key Cultivation Concept: Regenerative Agriculture**

This is a nature friendly form of farming that improves instead of degrades the environment by working with natural principles. Damaged agricultural lands can be recovered fairly rapidly by following certain principles and practices. This type of approach is far more viable in a post supply world.

- ▶ [What is Regenerative Agriculture?](#)
- ▶ ['From the Ground Up – Regenerative Agriculture'](#)
- ▶ [Regenerative Farm Combines Ducks and Blueberries | Parc Carreg Du...](#)
- ▶ [Regenerative Agriculture - Part 1](#)

### **Key Cultivation Concept: Circular Farming**



The cycling and recycling of organic matter through food bearing or complementary living processes like 'bio-reactors' is the future of farming whatever happens. It is touched on herein, but the principle is very simple and much more information can be accessed online at the links provided.

Links:

- ▶ [Moving Towards Circular Agriculture: Lessons from The Netherlands](#)
- ▶ [Regenerative Farming in Kenya | Circular food systems in East Africa 1...](#)

## Rethinking Pesticides

The very nature of monoculture farming - vast expanses of a single plant - is opposed to nature's central principle - diversity. Nature responds to a monoculture by sending in 'pests' to remove the weakest plants to open up space for hardy complimentary plants (weeds) to enhance the ecosystem through increased diversity.

Farming techniques which take this fundamental flaw of monoculture farming into account have long been developed but never widely adopted. Such concepts can help reduce dependence on pesticides, so it is worth exploring them. There are also many alternative pesticides you can make yourself.

Links:

- ▶ [SECRET BAKING SODA HACK || The Most Powerful Organic Pesticide ...](#)
- ▶ [How to make Insecticide, Pesticide , Fungicide , Antibiotics Miracle A...](#)
- ▶ [How I Got My Neighbor to Stop Using Roundup & His Organic Weed K...](#)
- ▶ [10 Organic Ways to Control Pests in the Garden](#)
- ▶ [Unit 6, Lecture 6 - Alternatives to Pesticides](#)
- ▶ [BIOPESTICIDES: A Natural Alternative Against Pests](#)

## ▶ Garden Without Pesticides: Alternative Solutions

### Let Nature Do The Work

Fuel price increases and shortages may also be present with a fertilizer shortage. Therefore getting nature to do as much of the work for you as possible can reduce fuel requirements and workload. For example, worms can provide many of the benefits of tilling soil and without destroying the delicate soil ecosystems that can allow plants to thrive without inputs.

Worms process organic waste, open air holes that allow gaseous exchange and are long proven to improve soil quality and crop yields. Worm droppings or 'vermicompost' is one of the most prized soil and cultivation enhancing inputs.

By building a healthy soil ecosystem and *not* annually destroying it with tilling, you are building a foundation for continuous, productive, low input cultivation. In this scenario, natural processes do much of the work currently done by farmers and cultivators.

In general, learning from and harmonizing with natural processes will allow continued food production in times where convenient and readily available supplies and resources are unavailable.

Links:

- ▶ Healthy Soils Build Healthy Ecosystems
- ▶ Healthy soil is key for functioning ecosystems
- ▶ How to Build Great Soil - A Soil Science Masterclass with Dr. Elaine I...
- ▶ 5 TIPS FOR BUILDING PERFECT HEALTHY SOIL FOR FREE
- ▶ THE SECRET TO BUILDING HEALTHY SOIL!

## Key Cultivation Concept: Permaculture

Permaculture is a brilliant concept for food production that utilizes nature's own concepts liberally by creating an artificial ecosystem with predominantly food bearing plants. In addition, it enshrines a brilliant zoning system that accounts for human requirements and logistics.

Once established (which takes from two to five years), a permaculture set up can sustain itself with zero input, producing a wide variety of fresh foods on a daily basis. Permaculture systems can be plant only or can incorporate animals, depending on scale and requirements.

Permaculture has not been adopted at a large scale primarily for two reasons:

1: Harvesting produce mechanically and/or in bulk is not possible and thus the model is ill fitted to modern food supply chains.

2: Permaculture requires few if any agricultural inputs and thus would affect the bottom line of the agri-products business whose powerful influence has helped suppress the concept.

Understanding the principles of permaculture can only enhance your cultivation knowledge and skills and will go a long way towards helping you understand the interrelated nature of ecosystems and how to build them.

Links:

 Beautiful 8 Acre Permaculture Farm Combines Trees, Livestock, and a...

### 8 Acre Permaculture Farm:

<https://www.youtube.com/watch?v=0mwRAf3z9ag>

 Permaculture For Beginners!

▶ Incredible 1.5-Acre Permaculture / Syntropic Food Forest with Over 2...

<https://permies.com>

### **Key Farming Resource: Insects Feeds - Difficulty 3-8**

It seems to be a pattern that in every major industry the choices and direction taken over time has been driven by major corporate players. In the case of 'Big Aggro' - or the combined major players in the vast global agricultural industry - many important ideas and opportunities that would have taken humanity forward in far more wholesome and sustainable ways have been suppressed.

One of the key areas of suppression has been the use of natural processes to perform major tasks such as preparing, processing and other important activities in the food cultivation process. If there is a way to perform a task that can be done by patentable machines or chemicals, then any competing ideas, methods or technologies will be attacked to prevent them from being adopted at scale.

Among nature's many friends and helpers, insects are incredibly productive. Most critically, insects can be used to generate proteins, fats and other important nutrients from a variety of materials including organic waste products. Among insects, flies, and especially Black Soldier Flies, are extremely useful for generating healthy feed for poultry and fish.

Fruit flies can be useful too, having a very short life cycle and breeding in vast numbers. Black Soldier Flies, however, are legendary, a key component of circular farming, rapidly converting almost everything

organic to proteins and fats and having no disease vectors or annoying behavior. 'Frass' or insect poop is similar to vermicompost in its plant boosting properties and an equal weight of larvae and frass is produced in BSF rearing. Anything BSF cannot consume can be fed to earthworms.

Links:

- ▶ Maggot Dispenser = FREE Chicken Feed
- ▶ Free Chicken Feed/Maggot Bucket
- ▶ How to Make Maggots as a feed for the Village Chickens
- ▶ How to Reduce the Cost of Feeding to Chicken Food | Maggots for Chi...

### **Wild Fly Breeding Difficulty 2-5**

A solution to fish and poultry feeds is the use of feces and dung to generate a supply of maggots as feed. You might incorporate this type of approach into a cultivation cycle such as cattle grazing a small area, then allowing flies to infest the resulting dung, then letting the poultry go to town on the maggots.

Links:

- ▶ Flightless Fruitflies 101: How to Raise and Culture
- ▶ Fruit fly breeding
- ▶ Feeder flies - top tips! [HUSBANDRY]
- ▶ How To Use Feeder Flies Including House Flies, Blue Bottle Flies and ...

### **Feeding Houseflies:**

<https://www.youtube.com/watch?v=3BE1QtKAe28>

### **Black Soldier Fly Difficulty 5-7**

A colony of Black Soldier Flies (BSF) can consume almost any organic waste rapidly and produce large larvae with up to 50% protein. A small percentage of the larvae can be used to breed new larvae indefinitely. Volume is limited only to the supply of organic material (food, waste,

feces, weeds, straw, garden cuttings, farm waste etc.). BSF can be captured in the wild in many global regions or can be bought as eggs or larvae. Whatever waste you have, you can be sure some local beetles and flies will be interested - you just need to find creative ways to harvest them. Other insects such as ants, mealworms and crickets can be farmed, but none are as rapid, versatile in diet and nutritious as BSF.

Links:

- ▶ [How to breed Black Soldier Fly Larvae BSF, OFERA Insects™ BSF Farm](#)
- ▶ [How to Breed Black Soldier Fly \(BSF\) Larvae](#)
- ▶ [How to Use BSF for Biowaste Treatment](#)

Hopefully there are enough ideas above for farmers to begin the process of redesigning their operation and transitioning to a 'post supply chain viable' methodology.

## Water

Water is absolutely essential to life. The communal supply you depend on now may well stop flowing. If you want a poetic portrayal of the potential ramifications of water supply loss for a community, watch the brilliant movie 'Jean de Florette.' Keep a number of large containers filled with water. You can periodically change this water, but if the supply stops you will have bought time.

Households should install water butt's and/or tanks to retain and store rainwater. At the very least invest in some large buckets or similar containers. Filling the bathtub can provide a crude and convenient storage solution.

Water can be reused in stages in sustainable living models. For example, water used for washing dishes can be re used for plants, etc. etc.

Clean water can be distilled from dirty water using only ambient energy or sunlight and can be harvested from the air at dawn. Clear but impure water can be filtered to a high standard using coarse and fine sand, gravel and charcoal layered in barrels.

Take the time to watch some videos or read some material on water and its use 'off grid'.

Water is an important consideration in cultivation, and minimizing its use and wastage is the first consideration unless you have an abundance of clean water available from a natural source.

Farmers should study the use of swales, mulches, ponds, and other water retention methods to maximize the capture storage of rain water within land as ground water.

## Storage

Water butts and tanks are very useful, especially if you need to be able to hold on to water that arrives intermittently. Gather any vessel capable of holding water and find ways to capture water unless you have a reliable source. Consider the rainfall patterns in your location to estimate your storage needs.

Links:

- ▶ [8 Best Water Storage Options for Emergencies](#)
- ▶ [Water Storage Basics for Preppers Prepping Long Term Storage- Myt...](#)
- ▶ [Stored Water Gone Bad - How to Store Water That Never Needs to Be ...](#)

- ▶ How to store water for emergencies (containers and places to put the...
- ▶ How to HARVEST RAINWATER from your roof



## Quality and Stagnancy

Standing water, depending on its purity and molecular state, will become stagnant over time. The typical response to this is to use some kind of bleaching agent to kill water borne microorganisms. However, the toxicity of the chemical cleaners is not restricted to the water borne microorganisms. It is also deadly to the essential gut microorganisms without which food digestion and general health are impaired. It is not by any means a solution to replace one toxin with another. Bleaches must be filtered out or evaporated off prior to drinking or using for cooking etc. The use of structuring to improve water quality is a more sustainable and far healthier option.

## Structured Water

Structuring water improves its benefits and extends its freshness. Water can be structured in many ways, including in-tank methods. The amazing health benefits derived from structured water cannot be ignored in a crisis scenario.

Links:

- ▶ Structured Water Why its so Good for You!
- ▶  STRUCTURED WATER DEVICE  Simple, Cheap & DIY
- ▶ 3 Ways to Structure Your Water Cheap & Easy at Home
- ▶ Awake Water documentary. The miracle of structured water.
- ▶ Mystery of Structured Water
- ▶ What is Structured Water? & 4 Ways to Make It



## **Filtration**

Home made filters using sand, stones, fabric and charcoal can make non potable water clear and delicious. Download the information on how to do this and store it away in case you need it at some point. Even if you have local water, it could get tainted or dry up. Best be safe.

Links:

- ▶ [Make your own water filter and never buy drinking water again.](#)
- ▶ [DIY WATER FILTER | WATER FILTER EXPERIMENT | HOW TO FILTE...](#)
- ▶ [How To make activated charcoal for your health and water filtration](#)
- ▶ [DIY: Make Swamp Water Drinkable! King Of Random Dives Into How ...](#)

## **Evaporation is Your Enemy**

To minimize the use of water in cultivation, never cultivate with bare soil visible - bare soil has a massive surface area and quickly evaporates water away. A covering of organic material or 'mulch,' leaves, or compost etc. prevents much of the normal evaporation and provides a habitat and humidity for soil based organisms and insects to flourish. It also provides a food source for worms, who will repay the favor with their potent vermicompost and aerating tunnel complexes. As this organic material naturally decays, the nutrients created can be washed down to the root systems by watering, or rain, increasing yields.

## **Evaporation is your friend**

In the absence of rain and other water sources, atmospheric moisture can be harvested at dawn using sheets of suitable material. This process is known as 'mist farming' and is surprisingly productive. It has enabled even desert based communities to access atmosphere-borne water.

Evaporation can also be used in an effective low tech cooling system. Water requires energy to move between states and when damp things dry, the energy is taken from the surroundings, cooling them. This can allow you to create a cooler area or simply cool a storage jar of milk etc. Details, as always, are online. Please check the links and download and store any relevant info.

Links:

- ▶ [DIY Atmospheric Water Generator! - Produces/Extracts Distilled Wat...](#)
- ▶ [How to Make Free Energy Water Pump - Ram Pump](#)
- ▶ [DIY water filter. 3 gallon-12 litre capacity no tools no electricity.](#)

### **Swales, Ponds and Land Water Retention**

There are a number of techniques for helping the land hold on to rain water and add it to the groundwater. Such techniques have allowed innovative farmers to thrive during droughts even as their neighbors' lands are arid.

Links:

- ▶ [Permaculture Inspired Ponds & Swales 2](#)
- ▶ [How to Build Swales. What is a swale?](#)
- ▶ [PERMACULTURE FARM WHERE SWALES ARE BANNED S4 • E33](#)
- ▶ [Swales: Earthworks for Conservation and Storage \[PDC Preview\]](#)
- ▶ [Traditional Landscape Design vs Permaculture Landscape Design](#)
- ▶ [Swales on so called "Flat Land" Holding 12,000 Plus Gallons of Water](#)

### **OTHER KEY RESOURCES IN A CRISIS**

Beyond food and water - there are key challenges you will need to address in a prolonged system crash:

### **Medicine**

**Shelter**

**Security**

**Energy**

**Trade**

## **Health and Medicines**

### **First Aid Skills**

Everyone should have basic first aid skills heading into a potentially chaotic situation. There are unlimited options freely available online. This is a *must have, life or death skill set*. Download the information you need and store it safely. Regularly refresh your knowledge and try to have group sessions to keep the skills and awareness in mind.

Links:

**I highly recommend you get a copy of ‘When There Is No Doctor’**

<https://www.amazon.com/Where-There-No-Doctor-Handbook/dp/0942364155>

- ▶ Basic First Aid Training UK (Updated 2022)
- ▶ 10 First Aid Mistakes Explained by a Professional
- ▶ How to Perform Basic First Aid
- ▶ Basic First Aid Skills
- ▶ How to do the Primary Survey - First Aid Training - St John Ambulan...
- ▶ Medical Doctors Grid Down Survival Advice | Joe Alton M.D. | Antibiot...

### **First Aid Bag**

Don't rely on a cheap generic first aid kit. Instead get a professional first aid box or put your own first aid bag together. Once again you can gather information online. Don't wait until supplies are gone and be left without emergency medical supplies.

Links:

<https://judy.co/blogs/content/prepper-medical-kit-10-essentials-to-stock-up-on>

▶ Building a First Aid Kit for Survival and Prepping

<https://thepreparednessexperience.com/prepper-first-aid-kit/>

**Strategic Tip** – Get plenty of extra medical and hygiene supplies – you can trade them if you need to.

## General Health

In the absence of low nutrition, highly processed (and therefore somewhat toxic) foods – and with reducing obesity and other lifestyle contra-indicators – chronic illnesses may reduce and health improve for many by default. However, many who are dependent on medicines will not be able to access their drugs and will have to find alternatives or risk death.

## Stock Up and Research

If you or anyone you love is dependent on medicines, you need to read up on the condition, stock up on the drugs and search for alternatives or cures. Cures actually do exist for most illnesses but are always suppressed as only treatments are profitable. Now is the time to suspend disbelief and search for the hidden and suppressed treatments and cures. You may have to dig very deep, but the information is out there. Google may not be your best friend here, because they are friends with those who profit from illness. Try using different search engines.

Links:

▶ How to Get Stockpile of Emergency Medication: Jase Medical

▶ My Top Antibiotics to Store for Preparedness, by Dr. Joseph Alton

▶ Prepper Home Pharmacy – Must Have Medicines For Prepping Stock...

## Natural and Original Sources

Most medicinal compounds are derived from natural equivalents first found in nature. These compounds are then synthesized so they can be patented and then sold as medicines. The original compounds are usually more effective than the synthesized versions and usually without the plethora of side effects commonly found with laboratory made medicines.

Find out the causes (not just the symptoms) of any illness you need to cope with and find out what the natural solutions to treat the cause are. For example, if you have cardiovascular issues - a keto diet and regular exercise will probably address the issues causing the illness. You may need to keep a supply of the medicines to last long enough to find replacements or make the necessary lifestyle changes.

Links:

- ▶ Wild Medicine - Usnea Australis (aka old mans beard) Natural Antibio...
- ▶ How Medical Pot Is Helping Seniors Get Off (Prescription) Drugs
- ▶ 5 tips for when you want to come off your medication | #AskMind - E...
- ▶ The BEST Natural Antibiotic Drink (Home Remedy Formula)

## Preventative Health Care

The best form of medicine is preventative health care. In this mindset, one actively takes responsibility for care and maintenance of one's body. Through self observation, constantly partaking in healthy lifestyle activities and taking care with diet - illness becomes a remote possibility. There are many simple things we can do even in challenging times, from making Kombucha health brew or a spoon of Apple Cider Vinegar to meditation and exercise.

Links:

<https://www.benenden.co.uk/be-healthy/lifestyle/50-ways-to-stay-healthy-at-home/>

<https://www.marieclaire.co.uk/life/health-fitness/stay-healthy-on-a-budget-759353>

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/these-20-healthy-habits-will-avoid-diseases/articleshow/18269429.cms>

<https://www.healthline.com/nutrition/27-health-and-nutrition-tips>

## **Self Care**

In a post collapse scenario, injuries and illness take on a completely different gravity. Mindfulness, reduced risk taking and common sense become essential skills when you can't afford to make a mistake. It is important to be mindful of dangers and to learn to monitor yourself, your diet, your energy levels, your mental and emotional states and find ways to manage them to your best advantage. All these things can greatly influence your performance and your survival chances. Getting run down can lead to accidents which can be deadly when there is no ambulance, paramedic or doctor available. Your chances of succumbing to illness are far greater if you are not coping well with stress or getting adequate sleep. In the most literal sense - look after yourself, have your own back and stay alert and well to the best level you can.

## **Don't Get Pregnant!**

Resist the temptation (very strong in crisis times) to become lax in preventing pregnancy. In the early part of a crisis, until stabilization begins to occur, every member of a community needs to be productive. Women should use a thermometer daily to identify their fertile period

(the 'rhythm method') and avoid sex or receiving ejaculation during this period.

Being pregnant will be a burden on the group and will lower survival chances by draining resources from survival activities and creating a new layer of vulnerability. Wait until things settle then go for it!

Links:

**SHTF pregnancy issues:**

[https://www.youtube.com/watch?v=uJ5HhiZeI\\_w](https://www.youtube.com/watch?v=uJ5HhiZeI_w)

## **Plant Medicines**

### **Cannabis**

One of the most powerful medicines known to man is, of course, cannabis. With dozens of active compounds, cannabis is now understood to interact with the body through trillions of receptors that are specifically designed for cannabinoids. This is because the human body uses the cannabinoid molecules for multiple purposes, not least of which is a neurotransmitter system that allows communication between various systems within the body such as the immune, endocrine and nervous systems.

There are many other health boosting and/or medicinal foods, plants, herbs and fungi that can be foraged or cultivated to replace allopathic medicines - often with far better results.

Links:

<https://www.tenthacrefarm.com/wild-herbs-grow-pharmacy/>

<https://swp59.wordpress.com/2022/04/13/23-medicinal-plants-the-native-americans-used-on-a-daily-basis/>

In addition to the 'normal' health promoting activities above, alternative practices including meditation, yoga, tai chi, chi gung, grounding and many other incarnations of ways to help maintain healthy energetic flows through the body are valuable tools in the *staying well* modus operandi. This is not quackery, these effects have been proven as real, even if the scientific establishment is conveniently 'baffled' by the results of the inconvenient studies showing results drug companies would only dream of. The corporate medical stasi have no theory for energetic medicine (which every major and many minor cultures before ours had) and they have no intention of developing one.

The point is, health and wellbeing are far more complex than the chemical bio-robot model of a human being proposed by modern 'allopathic' medicine. In fact, you have far more power over your health than those who profit from illness would like you to know. It is important to reclaim responsibility for your own health - no one else can do more than assist you. The true power lies only with you and the forces behind our reality. Tapping into that power - another ability of the suppressed left hemisphere of our brains - must be achieved in order to regain health related self empowerment.

The incredible power of belief comes into play here. We have all seen how in sports, in life challenges, in health and in other areas, lack of belief is fatal and fervent 'knowing' belief is transformative. That doesn't square with 'science,' so they explain it as a purely psychological phenomenon. If they really cared, they would explore this mysterious ability of consciousness to heal - sometimes instantly - but where would the profit be taken..?



However, quantum physics has shown that every infinitesimal pore of our 'reality' reacts to us observing it. This can only mean that the reality we live in is somehow self aware - it has to know we are observing it to react.

Combine this paradigm shifting discovery with ancient knowledge that describes reality as a dream of God, or perhaps in modern parlance a *simulation*, and it seems there is more at work than psychology here. Indeed it appears that the 'software' of our reality responds to awareness, and that 'belief' is a very focused form of awareness that can have a strong influence on what actually becomes 'real.' It seems important therefore, to develop the skill of 'believing' and adopting the beliefs that will help bring about the outcomes we seek. Mind over matter, so to speak.

This skill of 'manifestation' requires some dismantling of the mental programming that has cordoned off such abilities within our psyches. You have been taught that *reality happens TO you*. In fact, *you happen TO reality!*

You must first disbelieve the false reality you have been led to embrace before adopting new beliefs that are less limiting. Yes, in a nutshell, we have been severely hamstrung in our abilities to influence events at the causative level *by being led to believe we are powerless*. By emphasizing one state of consciousness (reason, logic,) generated by the left brain hemisphere, and suppressing another (sensing, intuiting,) generated by the right brain hemisphere, we have been partially lobotomized - disconnected from a huge range of subtle abilities and capabilities.

The suppressed right brain hemisphere is where a lot of our natural survival skills, intuition, gut feelings, instincts, creativity and paranormal

and expanded awareness are derived from. We benefit greatly when reawakening such abilities, improving our wellbeing and survival chances tremendously.

Embracing your innate power to heal your own body and mind, sense and avoid danger and apply creativity in the deepest sense will bring confidence, meaning and new context to your existence. Combined with sensible lifestyle choices, using your whole consciousness to maintain wellbeing is a huge bonus during a breakdown of the health system.

## **Alternative Sources of Energy**

### **Energy in General**

You should not rely on consistent power from the grid. You can greatly reduce the amount of energy you need by utilizing the ambient energy around you. The heaviest use of energy is heat. Hot water, for example, usually requires electricity, gas or oil in a modern domestic scenario. I shower daily in water heated by the sun at no energy cost by simply having a coil of black water piping on my roof. That may not work for you, but there are many ways to source heat without destroying your finances, or fuel reserves.

You should account for not having power at all and have a plan for each essential task that currently requires electricity. If you do have some power, you will know how to avoid wasting it on tasks that can be accomplished without electricity. On the other hand, if your solar panels are destroyed in a storm or stolen, or your generator breaks or runs out of fuel - you'll have an idea what to do.

Links:

<https://electriciancourses4u.co.uk/useful-resources/life-with-no-electricity/#:~:text=There%20would%20be%20no%20power,soon%20stop%20pumping%20clean%20water.>

<https://targetstudy.com/articles/life-without-electricity.html>

<https://www.happyppers.com/without-electricity.html>

<https://www.pinterest.com/colesa131/prepper-no-electricity/>

- ▶ Store Has Everything You Need To Live Without Electricity
- ▶ LIFE WITHOUT ELECTRICITY....IS IT WHAT WE EXPECTED AND DO ...
- ▶ How to Survive Without Electricity

## Solar Energy

The most obviously useful and relevant source of energy is sunlight. Apart from plants using light for photosynthesis, electric lighting can be replaced with clever uses of daylight developed by those who have little or no electricity or cannot afford the cost of purchasing their power. See the links for a full range of options.

Sunlight is the most easily recognizable and utilizable free source of energy available to most of us. If you live in a sunny climate, you have an advantage, but even in the less sunny regions of the world, solar energy can be harvested in numerous ingenious ways that don't require hi tech solutions, costs or knowledge.

Links:

- ▶ Le cuiseur solaire / Homemade solar oven - DIY
- ▶ Portable Solar Distiller | Henry Glogau | Global Winner - 2021 Lexus D...
- ▶ A cheap and low-tech renewable energy source is finally making daily...
- ▶ DIY Solar Air Heater! - The Steel Slat "Drip-Edge" Solar Heater! - Ne...
- ▶ How to build a SOLAR HEATER with BEER CANS

## Mangos in the Swiss Alps

To seed your imagination with another very simple but brilliant example of crude solar exploitation, a Swiss permaculturist, Sepp Holzer, has been

able to grow mangoes in the Swiss Alps by placing the mango trees in front of South facing rocks. The rocks heat up in the day, warming the soil, then cool slowly at night, radiating infrared heat at the trees and into the soil – keeping the plant and its roots warm.

Links:

[▶ TRAILER Farming With Nature - Permaculture with Sepp Holzer](#)

Such ideas can be modified to your circumstances. For example, placing black painted rocks or concrete blocks – or even old storage heater bricks – inside a greenhouse can help absorb excess heat during the day and then release it to reduce night cooling.

## **Solar Water**

Solar water – using the sun to heat water – is far more efficient at collecting solar energy than solar panels. It can be as crude as my reel of dark coloured pipe left on the roof to heat up water – like a ‘solar shower’ bag – or as sophisticated as copper pipes in a vacuum under glass heating water to steam. Since the majority of your energy needs are likely to be heat related, the power of the sun should not be ignored.

Links:

[▶ DIY Solar Water Heater Full Build](#)

[▶ TOP 15 homemade DIY solar heaters for water or air](#)

## **Solar Panels**

If you take advantage of solar water to capture heat, your electrical needs will be far more modest and you could, in theory, use a smaller solar panel harvesting system – potentially saving money to spend in other areas – or to re-apply the saved energy for other purposes. It can’t be denied that solar panels are going to be useful in a crisis scenario – if you can keep

them from being taken and functional. It might be prudent to hide or disguise them if possible.

There are plenty of solar panel options designed for crisis scenarios from phone and device charging options to rugged portable power banks.

Links:

- ▶ [Plug and Play Off-Grid Solar Power System: Jackery 500](#)
- ▶ [The #1 SHTF Solar Panel - The Powerfilm 60 Watt Folding Solar Panel](#)
- ▶ [Solar Power for S.H.T.F How to Start Small](#)
- ▶ [How To Charge Your E-Bike With a Solar Panel / Powerfilm](#)
- ▶ [Solar vs Gas generator for SHTF: which is better?](#)

## **Battery Systems**

Battery systems from AAA rechargeables to the likes of the Tesla Power wall and Solar Panel Storage set ups, can be charged from the grid if it comes on periodically. If you get four hours a day – as is common in many developing countries – you would charge your battery and perform heavy use activities like heating water or washing machines when the power is on and use minimal power like lights and computers run from batteries during the black out period.

Battery systems of all types can be charged from a variety of sources including wind, water or human generated power. It should be possible to combine several charging sources with one storage system to build redundancy into your charging sources.

Links:

- ▶ [Prepping Tips: Charging Your Batteries in SHTF](#)
- ▶ [The Best Batteries for Prepping and Storage](#)
- ▶ [BATTERIES: How Many To Store And How To Organize Them?](#)

## Human Power

Don't underestimate the ability of humans to generate power. A household or community 'generation gym' can provide gym activities such as cycling that also generate power. If all other sources fail, human generated power is a useful, flexible option – of course providing you have food to power yourself.

Links:

[▶ Using a car alternator with a bike to power my home? How much ener...](#)

[▶ Can You Power A House With A Bicycle?](#)

[▶ 1520 - Making Mega Power from an Exercise Machine & Alternator](#)

## Making Fuels for Cooking and Heating

Cooking hobs and gas heaters can be adapted to run on methane 'biogas.' Biogas can be made using organic waste. This is covered in more detail below.

Links:

[▶ Say goodbye to buying gas from the government – and get it free for y...](#)

## Running Water

Parts from bikes, cars, washing machines and other devices – along with plenty of plastic piping – can be commandeered to generate power from flowing water. If you have water flowing with a meter or more of drop in height between two points you can access, you can set up a 'ram pump' that will use the force of gravity and some ingenious plumbing to constantly (if necessary) pump water wherever you might need it without using power. This water can be used to spin a turbine and generate electricity or be applied to other workloads.

Running water can also be used to make a gravity driven air compressor, known as a 'Trompe.' Trompes have been successfully used in industry for over 100 years, but never took off at scale due to the threat to the energy sector. A ram pump and a trompe can be combined to create an even more powerful device called a 'Trompe Hammer' - invented by YouTuber 'Mr Teslonian.'

Links:

- ▶ TROMPE HAMMER, Ultimate GREEN ENERGY MACHINE can power h...
- ▶ Build a "TROMPE RAM" Micro-Hydro Air Compressor for powering a ...

If you have a significant stream or river in your area you may want to look at a water wheel. This could be a community level project or might serve a farm or other situation. Small water generation devices for every situation can be found online - please check the links and store anything that might be of use to you.

Links:

- ▶ Ultra-Small Water Power Generator
- ▶ Whirlpool Turbines Can Provide 24/7 Renewable Energy For Dozens O...
- ▶ Free Power for 16 years from a modified Washing Machine / Water Wh...
- ▶ I turn the fan into a permanent water turbine generator
- ▶ The \$50 Water Turbine - DIY, Portable, Powerful, and Open Source
- ▶ 500 Watt Hydro Power System in Virginia (Overview)
- ▶ How to Make Free Energy Generator 220v With 5kw Water Turbine Ge...

## Generators

Generators can be useful to cover gaps in the grid supply, but require fuel which is not likely to be easy or cheap to get. They require maintenance and they are noisy and may be a security risk, attracting unwanted

attention to your luxurious power supply. However, generators can be baffled to reduce sound and modified to run on various fuels from hydrogen to biogas – and this brings them into the long term solution bracket. Let's look at some of the alternative fuels we can use for generators and vehicles.

### **Bio-Ethanol Difficulty 7**

One obvious advantage of bio-ethanol is that you can use it in many existing internal combustion engines. The ability to continue using internal combustion powered vehicles and machines will certainly improve your survival chances. Sources of material from your own or local cultivation efforts can be transformed into fuels using yeast.

Links:

▶ [How to Make Your Own Ethanol Fuel \(At Home\)](#)

▶ [Bioethanol Production from Rice Straw](#)

▶ [The Production of Bioethanol from Sugarcane](#)

[https://greenliving.lovetoknow.com/How\\_to\\_Make\\_Ethanol](https://greenliving.lovetoknow.com/How_to_Make_Ethanol)

<http://www.makebiofuel.co.uk/bioethanol-production/>

### **Water gas Difficulty 5-10**

Water or 'hydroxyl' gas (HHO) can be generated using a supply of electricity from wind, solar or what have you to split the hydrogen and oxygen atoms apart from each other using 'electrolysis.' The oxygen and hydrogen can then be captured separately – or combined to produce hydroxyl gas. **Water gas is highly explosive**, so it is generally used as it is generated rather than stored. Hydroxyl gas has been used by jewellers (as 'Brown's Gas') for decades as it has unique burning and melting qualities suited to working with metals. It can be used as a welding gas and even to fuse stone etc.



While some inventors have revealed technologies claimed to make water gas a viable fuel – you are unlikely to be able to reproduce these results. However, using the spare electricity generated by an alternator during driving to generate water gas to then mix into the fuel supply offers significant fuel savings and is an ‘amateur mechanic’ level project worth considering if needed.

Links:

- ▶ HHO Generator – Water to Fuel Converter
- ▶ Making a Simple HHO Generator under 5\$
- ▶ Improving A Hydrogen Generator
- ▶ DIY Hydrogen/Oxygen Generators From Grocery Store Items (HHO Fu...)
- ▶ Superpowerful Flame 5072 °F · Produce Hydrogen from Water – Do it y...

### **Biodiesel – Difficulty 4-7**

Biodiesel is diesel derived from a biological source such as seed oil. It is relatively easy to make with some basic chemistry skills. Certain elements that would otherwise compromise the engine must be removed before it is safe for use. It is likely your oils will be more valuable as foods, but long term, if you can produce oils you can make biodiesel.

Links:

<https://www.motherearthnews.com/sustainable-living/green-transportation/home-biodiesel-production-zm0z15aszmar/>

- ▶ How We Make Biodiesel (2018)
- ▶ The simple way to make bio diesel.
- ▶ How to make Biodiesel at Home in 5 Minutes..! | Biofuel From used Ve...

### **Plastic to Fuel – Difficulty 7**

Waste plastic can be used to derive petroleum and diesel products. The process, called ‘pyrolysis,’ is relatively simple, and can be achieved by any

reasonably 'handy' person with a modicum of chemistry knowledge. The requirement, mainly steel drums or containers, should be accessible wherever there are people.

Links:

▶ Plastic to fuel | How to make free petrol from plastic waste

▶ Turning waste plastic into Petrol | The Better India

<https://www.instructables.com/Waste-Plastic-to-Fuel/>

<https://lens.monash.edu/@environment/2019/08/23/1351620/turning-plastic-into-fuel>

▶ Make Car Fuel as EASY as Coffee Step by Step Instructions Also make ...

### **Biogas - Difficulty 4-7**

Biogas is methane produced by natural processes such as decay and certain microbial activities. Farmers in India, Pakistan and many other nations harvest biogas from cattle dung. Food waste and most organic waste materials can be used to generate biogas. From a small barrel for cooking gas to a sophisticated system with multiple large tanks for generators and heating, biogas has thousands of designs. Biogas can be stored in large sealed bags or large inner tubes. By placing a weight on the storage bag or tube, pressure is created to supply the gas without needing a sophisticated compressor set up.

**Fire safety precautions should be taken with any explosive or flammable substance. Have water buckets on hand and a fire blanket (or wet blanket).**

Links:

▶ How to make Biogas in Drum - How to make Biogas plant at Home | B...

▶ How to Make Homemade Biogas Digester Plant

▶ How to Make Fuel Gas by fruits and vegetables waste | Bio Gas Plant

<https://www.instructables.com/Biogas-at-home-Cheap-and-Easy/>

<https://www.motherearthnews.com/sustainable-living/renewable-energy/generating-biogas-zebz1305zstp/>

## **Key Trade Opportunity - could you make fuels for yourself and/or the local community?**

### **Wind**

If you have reasonable levels of wind you can utilize wind power to generate electricity or even to grind grains, as in the old windmills. There are many innovative designs, both simple and complex, to be found on the internet. Vehicle and bicycle parts can be used to construct the electrical generation, while the variety of wind harvesting designs has no limits.

Links:

▶ DIY Homemade Wind Turbine for \$32!!! 💰

▶ How to Make Wind Turbine Generator - Clean Energy

▶ I make 220v electric Wind Turbine generator

▶ Powerful Wind Generator DIY / Free Energy / Green Energy

▶ The Easiest Wind Generator You'll Ever Make

<https://thumbwind.com/2020/07/21/diy-renewable-energy-projects/>

<https://www.instructables.com/How-I-built-an-electricity-producing-wind-turbine/>

<https://www.pinterest.com/kooram9574/homemade-wind-turbine/>

<https://www.motherearthnews.com/sustainable-living/renewable-energy/diy-wind-turbine-zm0z17amz/>

### **Atmospheric**

There is an electrical potential difference between the ground and the air, which rises as you go up in height. This power source is not very strong,

but if you have the will, a device capable of charging phones and even laptops can be made using a very high electrode and a 'ground' connection (literally into the Earth). Some folk use nails in trees to tap into this ambient energy source.

Links:

- ▶ How Powering with Atmospheric Electricity Works
- ▶ Green Power: Making Electricity out of Thin Air
- ▶ Atmospheric Electricity. How much of it can be harnessed?
- ▶ 'Free' Energy For Charging Your Phone

### **Wood Burning (Rocket Stoves) Difficulty 3-5**

If you are going to use wood or any combustible material for burning it will be a resource you must constantly replenish. It therefore makes sense to use it as efficiently as possible. One important design innovation, the 'rocket stove' burns solid fuels much more efficiently than a standard design wood stove. Rocket stoves can be easily made using bricks, cement, concrete blocks, scrap metal etc. If you are going with a wood stove, review your options carefully on youtube etc. before making your choice if possible. Once you have decided, don't put action off, inflation will increase prices and it may not be available at all once the system reaches a certain level of dysfunctionality.

Links:

- ▶ 8 Simple Rocket Stoves - How to Make Simple Camping & Survival Sto...
- ▶ Homemade wood burning Rocket stove
- ▶ World's Best Rocket Stove!! - How to Build a Simple Camp Stove

<https://morningchores.com/rocket-stove-plans/>

<https://homesthetics.net/rocket-stove-plans/>

- ▶ How to make a brick rocket stove for \$6.08

## Alternative Lighting Option:

▶ Medieval living: How Did Medieval Peasants Light Their Homes?

— — —

## Alternative Sources of Labor and Machinery

In a crisis situation, the normal course of employing people and running machines to perform essential tasks can be disrupted by payment issues, worker absence due to transport issues and return to family, power outages, fuel shortages etc. etc.

If the land you must cultivate is larger than the workforce or machines available can handle, lateral thinking must be employed. There are often simple solutions that require only creativity to discover.

### Animals

Dogs, horses, donkeys and cattle can be used to assist with heavier labor tasks.

### People

There will undoubtedly be many people left unemployed in a crisis situation. These folk will probably be willing to negotiate work for food and and/or a share of the profit.

Before trying to replace sources of labor and power, do consider whether there might be ways to reduce the power and work requirements by

changing your approach to the challenge. Question why every task needs doing. Is there an alternative?

## **Assigning 'Energy Exchange' Labor**

### **Allotments and Sharecropping**

Labor arrangements can be set up in many ways. The allotment or sharecropping style approach would be to create parcels of land and assign a person, family or group to each parcel. Sharecropping was used as a means of controlling and impoverishing the poor repeatedly throughout history, but that doesn't mean it can't be used in a fair system – just beware of exploitation.

In sharecropping, produce is split by an agreed share between the land holder and the workers. Allowing each allotment to have autonomy – while still collaborating with the community effort – is advisable. This will allow knowledge to be shared, give beneficial detailed attention to every plant and reveal the most successful strategies and techniques.

A sharecropping type arrangement has some advantages over monoculture farming. The likelihood of pests causing serious harm is much reduced, partly because a diversity of plants attracts a diversity of pests. This in turn attracts an equally wide variety of pest predators such as birds, bats and other insects and bugs – all of which add both nutrients and 'quantum coherence' or 'harmony and balance' to the ecosystem – not to mention fertilizer...

### **Traditional Labor Structure**

On the other hand, a knowledgeable and experienced farmer may prefer to stick with an organic monoculture model and assign labor as needed. Of

course, agreeable recompense arrangements must be embedded within any such arrangement and made very clear. Some crops such as grains are very hard to cultivate efficiently on a small scale, so the approach needs to fit the circumstances.

### **Nature's Little Helpers**

Labor input can be vastly reduced by using natural processes to replace many activities. A good example of this would be 'no till' farming. This is a methodology that recognises the important role of soil ecology in plant wellbeing and performance. Below the ground a myriad of organisms and life forms interact and build vast communication networks, nutrient highways and self balancing ecosystems.

### **Soil Life**

Soil tilling destroys these complex living systems and sets them back essentially to square one. Among these myriad types of living organisms, one of the most useful and important types are fungi. Some fungi set up vast complexes of mycelium that can connect with root systems and extend their reach several fold.

Through an underground mycelium network, information and materials flow, allowing nutrients from, say a decaying animal or a geological source of minerals, to be transported and shared with plants needing those specific nutrients.

The purpose of tilling is to break up compacted soils to facilitate aeration and nutrient delivery. This is often only needed because the heavy machinery used on the land compacts the soil. Tilling, alongside chemical inputs works well in terms of food production, but the methodology of

modern farming is often at odds with – and damaging to – everything around it.

If you have hard, compacted soil, there is unlikely to be much soil life below. In this case, partial tilling and the introduction of compost or other organic matter initially – ‘hybrid no till’ – you could say, may be more effective. Tilling or part tilling may be the fastest way to get started.

The production and use of earthworms, waste vegetation mulches, composts and even ‘chop and drop’ weeds, can help to achieve superior nutritional, culinary and yield results with minimal labor or energy input.

### **Use Earthworms**

Add earthworms and place mulch materials such as compost, decaying vegetation, food scraps and other compostable materials like cardboard, twigs, wood chips, sawdust, leaves and eggshells etc. on your soil. The mulch will preserve moisture and provide a food source for worms and myriad other little creatures. Mulch provides a habitat for many supplementary organisms to live, and as it composts down naturally, the nutrients will get washed down to the roots by rain, watering or irrigation, effectively a ‘compost tea’ treat for your plants.

Earthworms can be harvested during rain or can be tricked into surfacing by imitating the sound of rain falling on the ground – a trick birds often use to get breakfast. They can be found in areas you aren’t currently cultivating and released where you are. As long as there is a source of decaying vegetable matter they will hang out and breed. You might want to consider also taking the soil the worms lived in back to your cultivation location or ‘wild cultivating’ where the worms live by leaving some seeds, tubers or what have you there.



## **Stealth**

Food security can be enhanced by stealthy cultivation. There are hundreds of ways to hide food cultivation and stored food. At the very least, your valuable food and possessions should not be obvious in a crisis scenario. Hungry people will do whatever they need to do to get food, so obviating your food sources or resources is a huge no no.

## **Stealthy wild cultivating**

Edible fungi can be inoculated into dead wood. Blackberry seeds can be planted around your cultivation and/or living area to provide an excellent security fence that also provides a food source in Autumn. Nettles are healthy and nutritious and can also double as a security fence. Strawberries can be laced around your neighborhood.

Agriculture did not appear spontaneously, it started when food scraps thrown around the hunter gatherer camps began to grow. Hunter gatherers soon began deliberately planting food plants on their routes and stop over locations. Reverting to these very sensible techniques makes absolute sense. Uncultivated plants left in a good spot can produce plenty of supplementary foods as a backup option if all else is lost.

## **Garden Stealth**

A typical 'food forest' style garden bears little resemblance to a neat suburban cultivated garden. It looks more like an overgrown garden and this effect can be enhanced by the clever placement of tall grasses, bushes, bins etc., and the placement and mix of plants cultivated. Growing a hotchpotch of food bearing plants and leaving some wild plants can disguise a food garden - thus the placement of plants can be used to make your cultivation all but invisible.

Bags of soil can be placed high in trees – in your garden or anywhere – with a small area of canopy cut away to allow light to reach the plant. Valuable crops likely to be in high demand such as cannabis medicines, can be cultivated in this way in relative safety.

Fungi are an obvious candidate for indoor stealth growing as they need little or no light. Fungi can produce more food per square foot than any plant crop. A basement, cupboard, garage, loft or other small or large space can be utilized as a food production powerhouse. Fungi can also be cultivated in your garden or the wild and appear to be nothing more than natural activity to the untrained eye.

Check the links below and discover the many stealth options you can employ to cultivate surreptitiously. Some of the links relate to stealth cannabis growing – but the same techniques and principles can be applied to other plants.

Links:

- ▶ Survival, growing food that is hidden in plain sight
- ▶ 12 Plants for a Thief-Proof SHTF Stealth Food Forest Garden
- ▶ Use These 4 Tips to Keep a Grow 100% STEALTH
- ▶ Gurilla Growing: Location, Location, Location !! – [finding your grow s...
- ▶ DON'T GROW OUTDOORS TILL YOU WATCH THIS (watch how this gar...

## **Shelter, Security and Defense Considerations**

Inevitably, if there are hungry people, they will potentially exceed social norms to get food. This is a danger that cannot be ignored. It is important to assist those who need help if possible, but not at serious risk to your own wellbeing or survival. Treat everyone and everything with healthy

skepticism. A person lying in the road may be a trap – a visitor may be assessing you for a robbery – officials may not be officials or may be abusing their position – be vigilant and alert.

▶ [How to Handle Non Preppers When They Coming Knocking after SHTF](#)

▶ [13 Things Not To Do During SHTF](#)

▶ [12 Dangerous Criminals to Avoid after SHTF](#)

## **Secure Essential Items**

It is imperative to protect any items or goods that are important to your continued survival. Tools and equipment, food supplies, gardening tools, solar panels, must be protected from or kept safely away from those who might wish to steal them.

## **Don't Advertise**

Light, generator sounds, food smells, looking too well dressed or too healthy can all be clues that will be picked up by desperate people and be turned against you. Grow a beard or don't wear makeup and designer clothes if things are seriously broken!

## **Securing your Location**

Try to choose your location with defense in mind if possible. Otherwise try to create a defensive strategy for what you have. Issues like perimeter security and security animals must be considered. There are plenty of resources online that can help with defensive considerations. I have included some of these below.

Links:

▶ [How to Protect Your Home When Help Is Not Coming](#)

▶ [Military Tips for Defending your Homestead](#)

▶ [Prepper's Home Perimeter Defense Analysis](#)

- ▶ [Guide to Bugging In your House for Disaster Scenario's](#)
- ▶ [How to Fortify Your Homebase](#)
- ▶ [5 Ways to Protect Your Home During Chaos: Critical Layers of Security](#)
- ▶ [10 easy steps to prevent home invasions](#)
- ▶ [10 Easy & Inexpensive Hacks to Burglar-Proof Your Home](#)
- ▶ [15+ Unusual Tricks to Make Burglars Stay Away from Your House](#)

## Population Density

In a system crisis with a breakdown in supplies of food and other essentials, population density will be directly related to the level of chaos and panic likely to occur. In other words, being in a densely populated city significantly lowers your survival chances as more people will be competing for fewer resources.

Links:

- ▶ [How to Survive in an Apartment after SHTF](#)
- ▶ [The Best Places To be When SHTF: Strategic Relocation](#)

There is a distinct possibility of total food absence in cities, something that is far less likely in less densely populated or rural areas. In addition, the chances of gangs and looters will be much higher in cities where concentrated pockets of lawlessness already exist, waiting to explode when the normal rules - and enforcement - are limited or absent.

I sincerely recommend you consider being away from cities if possible, and even away from the outskirts of cities as these will likely suffer with the hungry from the inner city areas bleeding out of the city.

Links:

- ▶ [5 Critical Urban Survival Skills to Learn Now](#)

## **Strength in Numbers**

If you cannot leave, and even if you can, you need, if possible, to create a community who can work as a team to protect and defend the lives and possessions of its members. This can succeed in most locations if well planned and well 'presented.' Through good logistical, situational and psychological planning, most of the less than honest types you need to be wary of can be convinced the fight is not worth it. If you look organized, tough and determined - and project these qualities - bad guys will go look for easier targets.

It should be noted that a chain is as weak as the weakest link and being in a community or group may expose you to danger. If a member of the group is bribed or forced to reveal information on other members your security would be compromised. It is important to only share what you need to and keep locations and info on what you have as secret as possible.

## **Forge Alliances but Avoid The Unprepared**

Begin to assess your neighbors and friends with a view to forging alliances. Don't tell everyone you are prepping! Your unprepared neighbors will remember you have stored food and prepared and you will need to reject or include them when they inevitably come knocking. The unprepared will be desperate and must be avoided at all costs.

## **Weapons and Warriors**

However pacifist your ideology, in a crisis, philosophy is a luxury. You must be prepared mentally and practically to warn, fend or fight off marauders. To meet such a challenge, tactics, weapons and defense strategies must be prepared in advance. In a crisis scenario, 'toxic' masculinity suddenly makes sense again, and the tougher individuals

need to be acknowledged and assigned where their prowess will be most useful.

## **Military Experience**

It makes sense to turn to capable military veterans. However, beware of those who might be too conflict damaged, or who claim such skills but are useless in reality. Also beware of any tendencies to be over-controlling or demanding by those tasked with security positions.

## **Hidey Holes and Stashes and Caches**

A well hidden hidey hole can safely conceal stored food, tools or other valuables. Keep a small stash in or around your shelter with no more than day to day items to a level you can afford to lose. If you were robbed, you could let the daily supplies go, knowing you have the main, secret stash to fall back on. Food will be like gold - precious and much sought after. Robbers will not be idiots, so the set up has to be believable and well rehearsed in case that scenario arises. Have a plan for everything.

Links:

- ▶ [Far Cry 5 - All Holland Valley Prepper Stash Locations](#)
- ▶ [Do This While You Still Can: Building a Survival Supply Cache](#)
- ▶ [10 Secret Hiding Places Already in your Home](#)
- ▶ [Digging up a Survival - Bug Out - SHTF Cache after 1 year - Coyote W...](#)
- ▶ [Hiding a Survival Multi-Cache by TheUrbanPrepper](#)

## **Hidden Shelters**

Hidden shelters can save lives in an emergency. At the very least, a bug out plan should be drawn up so that whoever is part of your project can move out quickly if needed and have a plan on where to go and how to get there. That means that ways to hide or transport the most valuable goods

- and what those most valuable goods are - must be thought about in advance.

Links:

- ▶ Camouflage and the Wilderness GRAY MAN Camp: Invisible in the W...
- ▶ 5 Type Of Backyard Underground Bunker You Should Build | Doomsd...
- ▶ Building a Stealth Shelter/Observation Post | ON Three
- ▶ MY SECRET WAR SHELTER FOR RUSSIAN INVASION
- ▶ Uncovering my Underground Bunker after an ENTIRE Year..
- ▶ Build Secret Bushcraft Survival Stealth Shelter In The Wild with Hand...

### **‘Gray Man’ Skills**

Being able to blend in and become invisible is a skill commonly known as becoming a gray man. Such a skill allows one to bypass many issues and challenges by simply being irrelevant. Obviously this is harder - but not impossible - for groups. Having at least one gray man among the group or developing the basic understanding of the skill is recommended.

Links:

**Excellent General Gray Man Channel:**

- ▶ Gray Man Theory for World War 3 | Are You Prepping All the Wrong G...

### **Bug Out Bag**

It is important for each individual to have a ‘bug out bag’ backpack with emergency food, water and container, shelter, first aid, fire making kit, knife, cup, pan, spoon and other survival related materials inside. Plan for the worst and expect the best is an excellent motto to adopt for bug out planning purposes.

- ▶ Bug Out Bag Set up Be prepared
- ▶ How to Build Bug out Bags for a Family 2021

## Bug Out Plan

You should consider in advance where you will bug out to. Make sure everyone has made the route and is familiar with the location. Stealth plant food bearing plants along the route and at the location to give you options in case you need them. Try to have things you will need already at the bug out location and arrange with your group or community places where you can meet or leave messages. Don't forget to plan for pets in your bug out plan.

- ▶ [Can't Afford a Bug Out Location? Alternatives You Should Consider](#)
- ▶ [How To Bug Out With Pets In An Emergency](#)
- ▶ [How to Bug Out - A Step by Step Guide](#)

## Communications:

When the system is broken, communication becomes a challenge. Without communications you will have no intelligence, no idea of events that might affect you and no warning of imminent threats. Plans on where and when to meet and where to secretly leave messages must be drawn up, drilled and rehearsed. There is nothing like actually practicing communications, hiking your bug out route and going through the motions - thus ensuring everyone knows what to do and where to go. This can be healthy fun that could also save your life.

Good coms can help warn others of danger, bring medical help or muscle quickly and generally improve your situation and survival chances.

Walkie Talkies are the obvious solution, although you must account for charging batteries. There are a few other solutions - please check the links and follow up on anything you think might work for you.

Links:

- ▶ [An EASY Guide to Radios for Preppers](#)



- ▶ To Communicate is to Survive | Doomsday Preppers
- ▶ 8 Overlooked Ways to Communicate When the Grid Goes Down
- ▶ The Frightening Truth About HAM Radio Failure after SHTF - Preppe...
- ▶ Developing a COMMS Plan for a Prepper Community
- ▶ Top 10 SHTF Communications
- ▶ Send Text Messages After SHTF (No cell Service) Motorola T800
- ▶ Automatic Link Establishment (ALE)
- ▶ Wireless, Off-Grid, No-License Communication For \$27.99 (LoRa M...

## OpSec

Operational Security is essential. Keep your plans secret, don't discuss with friends, neighbors or even family you are not close to and even then only share what you have to share and no more. Remember you have no control over what others may say once they know your situation - they may be persuaded or compelled to share your information. Information will spread quickly, especially regarding food and essentials. From the start, keep any activities of preparation completely secret and drill it into all members of your group to say absolutely nothing about it. Cite 'The Purge' as a graphic example of what could emerge later should they let crucial information slip out.

## Securing Key Resources

Everything you *really need* must be very secure. Your location should be set up around the security of your shelter, your food supplies, tools and implements and other valuable items. If your water supply is too far from your location, it is a vulnerability. If your perimeters are unsecured, it is a vulnerability. Consider everything that could go wrong and find a solution.

## EMP

An Electromagnetic Pulse or EMP, which can knock out electronics permanently, is a possibility. The use of a 'Faraday Cage' to protect data, coms and other electronic devices is recommended. A car or vehicle may offer some protection due to their Faraday-like metal shell and electronic protection systems. Experts believe about ten percent of vehicles would be disabled. Metal buckets, drums, cupboards and other containers can be used to protect important electronics. Check the links below for more detailed information.

Links:

- ▶ EMP Prepping: Building a Good Faraday Cage | Inergy Kodiak Genera...
- ▶ Prepper Basics: Faraday Cage
- ▶ EMP Myths Debunked by NASA Engineer | 2020
- ▶ Faraday Cage: Garbage Can, Really?
- ▶ How to Make a Faraday Cage for Your Solar Generator - Portable Pow...
- ▶ What to Put in Your Faraday Cage
- ▶ Faraday Cage - Chicken Wire vs Aluminum Foil
- ▶ 5+ Items For Your Faraday Cage (EMP & WW3 Prep)
- ▶ EMP Proof Your Truck in 5 Minutes - The Ultimate Prep For Your Dai...

## Dealing with Gangs and Marauders at Your Location

Avoiding confrontation, if possible, is the best option, but not at the expense of conceding things you should not concede. Unfortunately, some folk have lost or will lose the moral fortitude to operate in a socially viable way and will resort to theft, threats or violence.

There are a few things to consider. Avoiding serious consequences may boil down to the **impression** any interlopers get at initial contact with you or your group.

## **Deception**

Humans have the ability to deceive because it is a huge survival trait. You can lie your way out of trouble and may need to resort to such means to survive in a crisis situation.

Several red lasers can be used to give the impression precision weapons are in abundant supply and that any conflict is likely to be too costly to initiate. Giving the impression of heavy back up is one, excellent option.

You must project the impression that if there is no option other than a violent confrontation then you or your group have a plan and are prepared to win at any cost. Once again, planning ahead for such situations is the best defense.

A hidden lookout in a tree might be more effective than a watchtower, but a watchtower might give a perception of strength and resources. Some might argue that knowing about trouble before trouble knows about you is a good thing. It might be that both an obvious watchtower and a hidden watcher might work well together.

These types of choices are going to have to match the situation, resources and skills you have available. It is undoubtedly a good thing to have people with combat knowledge and experience as part of your group. Crisis is not known for politeness – toughness and robustness will be required whatever your opinion of ‘tough’ types in everyday life. It is important to project whatever impression you want to give, be it strength, confidence

and a willingness to fight if you have to, or other impressions that will put bad actors off.

A raggedy sign saying medicines and food are needed and the appearance of a very sick looking person will likely be a very effective deterrent.

Alternatively – an official looking ‘Biohazard’ sign could be used beyond this point. ‘Infectious Diseases – Keep your distance!’ With fencing and the appropriate warning icons can all but eliminate your chances of significant contact with unwelcome visitors. All this should be planned before contact. Whatever your ‘presentation’ plan is, strength and security should be built into your set up.

If a group of tough individuals is encountered, could they become aligned? Perhaps they can provide additional security for food or other goods? Perhaps you can barter with them. It is always most productive to find ways to align efforts with others and avoid conflict. However, always be prepared to fight rather than concede control.

Links:

[▶ How to Deal With Bad Guys After it Hits the Fan](#)

[▶ A Navy SEAL Reveals Home Invasion Survival Tips](#)

## **Internal Community Challenges**

Communities are just as likely to be destroyed or weakened catastrophically from within as by outside forces. Each member of a community must be willing to challenge anything they feel is overreach or that could possibly lead to negative consequences for the community downline. Any community that does not do this will eventually collapse as the spirit needed to maintain togetherness will erode until it cannot be sustained. At the same time, toughness and directness are needed in

situations where there is a major challenge afoot, so being too placating and soft will likely also lead to disaster.

Strong leadership is needed but must be tempered by transparency, accountability and an openness to being challenged freely - if reasonably. In terms of security at least, there must be a delegated power structure for emergencies, or inaction and confusion could lose the day.

## **Security Animals**

### **Dogs**

Dogs can be a very potent deterrent, and a fierce looking dog or two - in view of any who might hold nefarious intent - is very off putting. Dogs can replace human watch guards or supplement their efforts substantially. I highly recommend finding a way to keep at least one sizable dog. Make sure, however, to consider the extra food and care that will be required to safely keep dogs.

### **Geese**

Many ancient cultures, whose exposure to criminals elements was often quite high, used geese as a dual food source and warning system. Geese are highly territorial, very alert and very noisy when disturbed. They can also be eaten occasionally and their downey feathers can be used for bedding and pillows if needed.

### **Other Security Measures**

There are numerous clever tricks and hacks for camp security. Trip wires attached to tin cans can startle an intruder and warn you they are present. Please check the links provided and give security measures the status they will deserve in a socially chaotic scenario.

## **Toilet and Water Location**

Toilet and water collection locations can be a security issue. Make sure that vulnerable people are not put at risk by being too far away or out of sight. Using a portable toilet at night, for example, could cut this type of risk way down.

Links:

**SAS Survival Guide - Free - Insights and advice from the ultimate professionals:**

<https://www.scribd.com/audiobook/402825930/SAS-Survival-Guide-The-Ultimate-Guide-to-Surviving-Anywhere>

**How to win a gunfight**

<http://clkjupponrdd.wordpress.com/>

## **Other Considerations**

### **Toilet Hygiene**

Failure to properly handle human waste can lead to increased risk of disease. At the same time, human waste is a rich and valuable source of nutrients. The obvious course is to safely utilize it and process it into a safe organic form. The simplest solution is the 'compost toilet' - a technology now well established, tried and tested. Various iterations and applications of this technology can be found from single person to community scale solutions.

Another solution is to use BSF or other insects such as dung beetles or common flies to more rapidly convert human waste into readily usable resources. The days of having our waste conveniently washed away at the press of a button may end and may be gone for an unknown length of

time. However, when resources are in short supply, it is a criminal waste of rich resources to wash away your waste.

The sewage system may still work for some time, but if you can afford to dispose of valuable organic matter - do make sure not to waste clean water on flushing - use water that is too dirty to be recycled as plant water. Unless you have an abundant water supply, it will become a precious resource and the ways you use it and think about it may have to adapt considerably.

### **Feeding Pets**

Pets need food just like people do, and this fact becomes an issue in a food crisis. Many pets end up being 'harvested' by their owners or others when food is scarce. As horrific as this sounds, we are programmed to put niceties aside to survive. Better to never have to reach that point by having a pet food plan in your food plan.

Dogs and cats are capable of eating much lower food quality than humans. They are also happy to eat foods humans would find very hard to stomach. It is hard to justify feeding an animal and allowing a human to die. All human edible foods should be kept for humans.

At the same time, pets are important psychological assets, friends, morale boosters and they have protection and security angles that can't be ignored. So, finding a food source to keep pets healthy is a key issue to address.

Dogs are pretty versatile, can greatly assist with hunting and can scavenge a wide range of foods in the wild. They have tough stomachs and will eat almost anything if hungry enough. Dogs can also catch rabbits

and other wild critters to feed themselves, but are generally somewhat dependent on their humans for food. Cats can be more independent and can often hunt their own food, and will if hungry. The very presence of a cat is a deterrent to rodents, who fear their urine. Keep the litter tray or use litter in a strategic location to take advantage of this. Either way, a hungry cat makes a much better enemy of rodents than a full one, and pests may seriously compromise your food supplies. It may well be best to keep the cat fed just enough to make it rely on some hunted food...

Insects are a nutritious source of food that most pets enjoy, so consider harvesting them or raising them to supplement a pet's diet. Food scraps can, of course, be used to help feed pets, and in a food cultivating environment there will be many pet food opportunities to exploit. It is better to consider this issue ahead of time and have solutions or at least ideas in your plan.

Links:

- ▶ The Prepper Dog EP7 Preparing your Dogs for SHTF Now!
- ▶ How To Bug Out With Pets In An Emergency
- ▶ A Preppers Guide to Dogs for Survival and Prepping

## AFTERWORD

I do hope you have found some useful information and links within this guide. If you see any errors or omissions, please let me know, I will gladly address them. Contact me via [www.gcityhealth.com](http://www.gcityhealth.com) or email me at [freemanchance99@gmail.com](mailto:freemanchance99@gmail.com).

Abundance is normal. Embrace your vast, hidden survival potential and don't forget to savor the experience of sustaining yourself in partnership with nature - the supply chain that never stops.



**SUPER Important Resource!:**

**The Ultimate Survival Manual - FREE - absolutely packed with information on hundreds of survival techniques, skills and solutions.**

<https://www.scribd.com/book/411759215/The-Ultimate-Survival-Manual-Practical-Guide-to-Help-You-Survive-Any-Crisis-You-Might-Encounter>

**Donations:** If you benefited from this book and wish to donate to the author:

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