

8 Nutritious Plants That Thrive in Cold Settings

Growing your own food is an essential part of living off the grid or preparing yourself for an emergency.

Gardening is a crucial skill that every survivalist needs. You'll need a steady supply of food year-round even though your climate may only have a short growing season. Here are eight vegetable plants that thrive in cold environments.

[1] Beets

As a root vegetable, beets are a great addition to any cool season garden. They are quick to grow and come packed full of nutrition. You'll find a few varieties of beets including red, yellow, and white options. Beets can survive in freezing and warm temperatures, making them an excellent wintertime food supply. Soak beet seeds in water before planting if you live in a dry area. Continue watering throughout the growing season for the best harvest.

[2] Broccoli

This vitamin-packed vegetable likes cooler temperatures with plenty of sunshine. It is a whopper of nutrition that can add many vitamins, iron, folic acid, and fiber to a diet. Plant broccoli throughout the summer in those climates that don't get too hot. Plant seeds far enough away so that the plant can grow well without becoming crowded. Cut off the broccoli heads before they go to seed as well.



[3] Brussels Sprouts

As a member of the cabbage family, brussel sprouts are robust and easy to grow. You'll find this protein-packed food is an essential part of a healthy diet. Brussel sprouts take longer to mature than other cool-season varieties, so make sure to plant a lot to last longer once harvested.

[4] Cabbage

This hearty vegetable is an integral part of a survival garden. You'll find the leaves are quite tough making it easy for this plant to stand up to cold temperatures. Space cabbage away from broccoli in the garden, since the two plants compete for soil nutrients. Harvest cabbage when the heads are firm and easy to hold.

[5] Carrots

Choose loose soil for this easy to grow root vegetable that can tolerate freezing temperatures. Carrots are a fantastic choice for the garden and are quite resistant to pests. They are high in sugar and vitamins making them a welcome addition to a survivalist diet. Try a few spots in the garden to grow carrots to find the best loose soil that will allow the

carrots to grow large and strong.

[6] Lettuce

As one of the easiest and quickest vegetables to grow, lettuce is a common plant found in many gardens. It germinates and matures quickly, making it a steady addition to any diet. Lettuce comes in all shapes, sizes, and colors so choose different varieties to cut down on boredom. It can also survive a light frost making it an excellent addition for those climates that experience harsher winters.

[7] Potatoes

These tubers are great for cold environments since they grow underground. Potatoes are a welcome addition to a survivalist diet as they are hearty and filling as well as easy to store. Planting them on a hill will encourage them to grow more and prevent them from getting sunburnt.

[8] Radishes

Easy to grow, radishes can be sown multiple times throughout the year. Plant radish seeds directly in the garden but leave enough space for them to spread out. Choose loose soil so the plant can develop properly. Make sure to also use the top part of the radish plant after harvest for zesty greens added to a meal. It's an early harvest plant so you can sow the seeds multiple times a year for more output.

Many of vegetables that enjoy cold climates grow underground. These cool-season vegetables also provide vital nutrition. Consider these eight food plants that thrive in cold environments when learning yourself or teaching children the fun in growing your own garden.



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