

# Are You Making These Steps To Resilience?

People strive for independence from big government for different reasons. Maybe you're a "traditional" prepper who is worried about, and preparing for, a future disaster. Until then, you may be perfectly happy living with all of the modern conveniences. On the other hand, you may be seeking to be self-sufficient today and in the future.

Some people do this because they're concerned about the planet. Others may do it in order to be able to feed themselves without depending on the government or grocery stores. Maybe you're worried about all of the chemicals used in commercial farming. Or maybe it's a combination of all of these.

I consider myself to be resilient. The old analogy "watch your pennies and the dollars will take care of themselves" applies here. I'm taking care of myself and my family today in ways that will insure that we will be able to take care of ourselves in the future, even when fragile food systems may fail. Survival is built into everything I do – I just call it being self-sufficient, present, and forward-thinking.

There are many reasons you may want to be self-sufficient, or resilient, but many of the basic tools and knowledge that you need will be the same regardless of your reason. And I'm here to tell you that as long as you have a little space, you can grow enough food to survive.

Entire communities are developing around this principle. That may seem counterproductive, but it's really not because every household is practicing home food production and is moving away from dependence on outside manufactured products.

The entire community will be relatively unaffected should

commercial foods become unavailable due to cost or disaster because they're already growing everything they need. They may even profit because at that point, they'll basically command the market. Of course, profit is only a side benefit, not the reason that people choose to live resiliently, but it's there.

[Learn from our ancestors the old lessons of growing your own food!](#)

## **Three common resilient goals**

### **Gardening without chemicals**

Find gardening methods that don't require commercial fertilizers or chemical insecticides/pesticides. These include composting, permaculture, and growing your own food.

### **Growing meat at home**

You're going to need protein, as well as (possibly) furs to keep you warm and leather to make shoes, etc. One resilient solution to raising cattle, sheep, etcetera, is to raise animals that are more efficient such as rabbits and chickens.

### **Finding renewable energy solutions**

Dependence on the power grid is probably the single most way that the government has most of us hamstrung. Finding [ways to use renewable energy](#) from the sun, wind, and water to power our homes is a clean solution to the energy crisis that we're facing even as I write this. It's also the one step that you'll have to take if you're shooting for total self-sufficiency.

## **Skills that you'll need to be**

# resilient

Just the definition of “resilient” pretty much sums up the skills that you’ll need to become self-sufficient. You’ll need to be able to adapt and find solutions to both immediate and long-term problems.

Roll with the punches and find a way to fix things over the long haul. Other synonyms, or words closely related to resiliency, include flexibility and adaptability, and they certainly apply. I’ll throw patience and consciousness in for good measure.

You also need to shift your strategy to the long game, if you haven’t already. This simply means that you’re looking to make changes today that will leave you relatively unaffected by outside changes, and self-sufficient to the greatest degree that your situation will allow.

Finally, you need to be able to recognize, and admit, that you’ve failed. This isn’t so that you can give up; you need to know so that you can start over without wasting valuable time and resources.

Those are the basic personality traits you’ll need, so now let’s talk about technical skills. This part is the easy one because there is very little about becoming self-sufficient that you can’t learn, either from personal experience or from the experience of others. It’s not possible to know too much.

## Gardening skills:

- Learn everything you can about your plants before you even buy the seeds.
- Make a list of plants that you’d like to grow, then find out if they grow in your zone.
- Learn the size of the plants that you want to grow and choose wisely according to the space that you have

available.

- Know the sunlight needs of your plants. This is important, because photosynthesis is a critical part of growth.
- If you're planting in the ground, know at least the basics about your soil, and match that to the needs of your plants.

You can pretty much apply these rules to raising animals, too.

# Best Cost effective Veggies & Herbs to Grow at Home



Growing your own vegetables can be not only cost-effective but also convenient. Being able to just walk in your own garden and pick fresh and healthy vegetables and herbs to use on your meals while also saving some money in the process it is something everyone should try experiencing, whether you are an expert in gardening or not.

Find out which are the best Cost effective Veggies & Herbs you can grow at home.

Disclaimer: All vegetables listed are grown from seed or plants which won't cost more than a few dollars to acquire. They will grow in the majority of soils and climate conditions. All data presented in this infographic are approximates based on real life experience.

### Tomatoes (Roma, Cherry & Big Beef)

**#1**

**Recommended growing months:** March to July

**Harvest Time:** 80 - 85 days

**Cost / Effectiveness:** A single tomato plant on average can yield up to 20 pounds of fruit.

**Tips & Hints:** Having a supply of tomatoes for the winter months adds value, since the price of tomatoes goes up in winter.

### Zucchini

**#2**

**Recommended growing season:** Early spring

**Harvest Time:** 50 - 60 days

**Cost / Effectiveness:** A single zucchini plant can produce an average of 6 to 10 pounds of fruit.

**Tips & Hints:** Zucchini produces the best fruit in summer. It's best not to overplant to avoid an excess of zucchini at harvest.

### Lettuce

**#3**

**Recommended growing months:** Spring & Summer

**Harvest Time:** 40 - 75 days

**Cost / Effectiveness:** A single (\$2.00 - \$3.00) package of seeds can keep you supplied with fresh salad every day for approximately five months if replanted every 2 or 3 weeks.

**Tips & Hints:** Plant only a small amount of seeds - otherwise the lettuce will bolt. Use the remaining seeds for replanting throughout the growing season to ensure a steady supply of fresh greens.

### Bell Peppers

**#4**

**Recommended growing season:** Late winter or early summer

**Harvest Time:** 70 - 90 days

**Cost / Effectiveness:** A single bell pepper plant can produce six peppers on the least.

**Tips & Hints:** Leaving some plants unpicked will make the peppers turn yellow or red and to sweeten; however, these plants will produce fewer peppers.

### Garlic

**#5**

**Recommended growing months:** Mid fall - early spring

**Harvest Time:** 7 - 8 months

**Cost / Effectiveness:** Planting and growing your own cloves can save you up to approximately seven times the garlic's market value.

**Tips & Hints:** Be careful not to overwater the plants once they are mature to avoid losing the crop. Also, save the remaining cloves for replanting the following season.

### Green Beans

**#6**

**Recommended growing season:** Mid Spring

**Harvest Time:** 50 - 60 days

**Cost / Effectiveness:** A single plant can produce around 3 pounds of green beans.

**Tips & Hints:** Harvesting early and often will guarantee the green beans are tender and tasty, while also promoting blooming, ensuring a steady supply the whole season.

### Basil, Rosemary and Parsley herbs

**#7**

**Recommended growing months:** Middle to late spring

**Harvest Time:** 10 - 40 days

**Cost / Effectiveness:** Each grown herb plant can provide up to 50 times more quantity than market's bought package.

**Tips & Hints:** Herbs commonly require four to six hours of sunlight per day, making them easy to grow; you can grow them in your kitchen by setting up small pots near a window that gets the required amount of sunlight.

### Broccoli

**#8**

**Recommended growing season:** Spring & fall

**Harvest Time:** 50 - 100 days

**Cost / Effectiveness:** A single plant can produce about 2 pounds of broccoli.

**Tips & Hints:** Broccoli can be blanched and frozen for up to one year. When watering, do not let developing heads get wet as it might ruin the crop.

There are other vegetables and herbs which are cost-effective to grow. But you should know that growing vegetables is about more than just saving money; growing your own vegetables and herbs means a healthier life for you and your family.

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# Start Your Resilience with Growing Food

Resiliency isn't about just gardening, but that's a good place to start because you can do it from anywhere and with next to no money.

Gardening is relatively simple as long as you know the needs of your plants, and can be done for next to nothing with relatively little space. If you're growing a container garden or even a [vertical garden](#), you can do so in small containers, or in [5-gallon buckets](#). There are many different articles that I've written about this topic and I'd recommend that you read [some of them](#), and even print what you think may be useful to you.

Now that you've studied the plants and made sure that you have the space to grow them, it's time to get started.

It's always best to use heirloom [seeds](#), because those are the ones that are going to give you the same plant every season. In other words, if you plant a beefsteak tomato plant from the seeds of last year's beefsteak tomato plant, you're going to get the same fruits. Open pollinated plants would be next choice. Hybrid plants aren't reliable from one season to the next, so just skip them.

The next thing you'll need is containers. You can buy 5-gallon buckets at Home Depot, but you can get them for free from restaurants and bakeries. They buy their food in bulk, then throw away their buckets. If you're [growing tomatoes](#) or other vining plants, you'll need stakes or trellises.

Finally, you just need your seeds and soil. The soil, of course, depends on what you're growing, but should consist of a combination of compost and soil. Sand is often good to mix in, too, especially if you live in an area that has a clay-based soil.

These are extremely general tools, but if you have these basic components available to you, you can grow your own food.

As always, knowledge is power and when you're working to feed yourself, it's much better to learn from the mistakes of others than to have to learn from your own.

In summary, there are many techniques that resilient people utilize and work into their daily lives in order to be self-sufficient today, and in the future.

The goal is to live in pretty much the same manner after the disaster as we did before it, because we remain unaffected. Back in the days, our ancestors knew how to do it. It's time to go back to our roots and uncover their secrets that helped them survive harsh times.

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**To find more survival  
secrets that we lost  
to history**

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Are you making these steps to self-sufficiency? Why did you chose to be resilient?

If you live a resilient, self-sufficient lifestyle, or are trying to, tell us about some of your efforts in the comment section below. If you have any questions, please feel free to ask those, too!

*This article has been written by **Theresa Crouse** for*

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