Prep Blog Review: 8+ Food Crops To Grow In Your Survival Garden

Growing your own food makes you more independent, helps you save a lot of money and allows you to enjoy fresh ingredients any time of the year.

It may be challenging to start growing your own food, but you will thank yourself later, in a survival situation, when all the shelves will be empty and you will have fresh crops to feed the bellies of your loved ones.

Starting your own survival gardening is on your resolutions list for this year? For this week's Prep Blog Review I've gathered five articles on this topic.

If you have other suggestions, please share them in the comment section.

1. **Eight Efficient Food Crops To Grow**

“Becoming self-sufficient is one of the many good reasons to want to grow your own vegetables. Nothing beats home grown food and for many people, there’s a great appeal to grow efficient food crops. The food you grow is cheaper, fresher and often better tasting than the one you get from the supermarket.

Starting your own garden may be challenging and most people give up after the first try. To boost your confidence, you should start by growing efficient food crops. After you acquire the proper experience, you can try growing more challenging crops.”

Read more on Prepper’s Will.

2. **Plant These Edible Flowers in Your Garden**

“The first edible flower I ever ate was a nasturtium. We had giant nasturtium plants growing in our herb garden, nearly taking over, in fact, and decided we would start consuming the orange and yellow blossoms and leaves. They have a peppery flavor with a little bit of a kick. It’s always fun to discover plants in your own backyard you can eat.

Nasturtiums aren’t the only edible flower that is commonly found in backyards and growing wild. Here is a list of some of the most common. This list is by no means complete, but is meant to be a starting point for further study of the flowers you have in your yard. Just because you see the name of a flower on this list, do not assume you can run right out and start eating them.”

Read more on Preparedness Advice.

3. **Indoor Gardening Ideas**

“There are certain times of the year where, no matter your climate, you’ll have a hard time getting vegetables to grow in your outdoor garden.

However, this doesn’t mean that you have to go without fresh, home-grown veggies, or buy them from the grocery story.

Instead, you can grow some vegetables indoors, wherever you have space. Here’s how.”

Read more on Be Self Sufficient.

4. **Container Gardening: Grow a Fig Tree in a Pot**

“Tight on garden space? Maybe you live in an apartment with only a balcony for growing food. Maybe you have a rental place and you can’t dig up the back yard. Or just maybe you have a postage stamp yard with no room for a garden. Fig trees grown in containers may be ideal for your limited space or limited opportunity situation.”

Read more on Attainable-Sustainable.

5. **3 Great Ways to Stop Weeds This Year Without Using Harsh Chemicals**

“Weeds can ruin more than the just the look of your property. By robbing the soil of vital nutrients, they also wreak havoc on yields in the garden, and can keep flowerbeds from staying healthy and vibrant.

But before all hope is lost, there are actually some great ways to reduce or even eliminate your weed woes completely. Even better, none require the use of harsh, man-made, synthetic chemicals. Here are 3 of our favorites.”

Read more on Old World Farms Garden.

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*This article has been written by **Drew Stratton** for Survivopedia.*