

THE INVISIBLE SURVIVAL GARDEN

How to Safely Grow Your Own Food During a Blackout



INTRODUCTION

When I was just a young buck, my folks laid the groundwork for a lesson that's held fast throughout my life: self-reliance. See, we weren't a family to just stroll down to the local grocery store and mindlessly toss items into a cart. No, we were hands deep in the soil, coaxing tomatoes, corn, green beans, and carrots from the earth's bounty. Our meals were a testament to patience, hard work, and the understanding that Mother Nature can provide if you respect her.

And hunting? I've been drawing a bow and sighting a rifle since I could walk.

Drop me anywhere on this great continent of ours, just as I am, and I'll make it. Come Thanksgiving, it's always my own bird we carve into, that I skin, gut and prepare. The satisfaction that comes with providing for your own table? Nothing quite like it.

In the event of a prolonged EMP blackout...

it's these kinds of survival skills that can make the difference between helplessness and control, fear and confidence.

And that's what this guide is all about. I want to share with you how to ensure your family has enough to eat, all while keeping a low profile to avoid attracting unwanted attention.

Imagine having a typical garden in full view of the neighborhood. It'd be akin to flashing a neon sign screaming "Plenty of grub here, come and get it!" And in a crisis, that's an invitation to every desperate soul or criminal mind looking for an easy mark.

But what if there was another way?

That's what "The 'Invisible' Survival Garden: How to Safely Grow Your Own Food During a Blackout" is all about. I'm going to show you how to grow food secretly and effectively. We're talking a feast of carrots, potatoes, tomatoes, spinach, arugula, peppers, beets, and so much more. All the food you'll need, hidden right under everyone's noses.

Now, don't fret if you've never so much as pulled a weed before. I'll guide you through this process step by step, teaching you how to create a garden that not only provides a sustainable source of vegetables, potatoes, fruits, and legumes, but does so without making you a target.

Are you ready to embrace self-reliance and take control of your family's food security? Well, let's dig in.

I. LAYING THE GROUNDWORK

1: The Importance of Self-Sustenance in a Blackout

In the wake of a blackout, things can get mighty complicated, very quickly. Picture it: lights out, heating systems kaput, and your usual grocery store runs? Forget about it. There's no delivery trucks making their way to the local supermarket in a blackout scenario.

So, where's your food coming from?

This question is what brings us to the importance of self-sustenance.

You see, when the lights go out, your resourcefulness has got to shine. One key way of doing this is by securing your own food supply. I'm not talking about a stockpile of canned goods that'll last you a few weeks, tops.

**But a sustainable, continuous supply of fresh food,
right in your own home.**

By growing your own food, you're not just filling bellies; you're taking control, ensuring your family's survival without depending on external, and often unreliable, factors. You're guaranteeing a level of nutrition that canned and processed food just can't provide. Fresh fruits, vegetables, legumes - these are the things that'll keep your family healthy, strong, and ready to face the challenges of a blackout.

And it's not just about survival either. It's about thriving in adversity.

There's a deep sense of satisfaction, a real heartwarming pride that comes from tending your own garden and eating the fruits of your labor. It's about reclaiming your independence, and knowing that, even in the toughest of times, you've got the ability to provide for your family.

That is the true power of self-sustenance.

But let's not forget one essential thing: in times of crisis, scarcity can lead to desperation, and desperation can turn even the kindest folks into potential threats. So, it's important that you grow your food smartly and discreetly.

And that is where the “invisible” part of this survival garden comes in.

More on that in a moment. For now, remember this: when the lights go out, being able to grow your own food isn't just important; it's a life-saving skill that guarantees security, nutrition, and independence.

2: What Makes a Garden “Invisible”?

Let's now move on to a critical piece of the puzzle - what exactly is an “invisible” garden? And how do we make it?

What we're aiming for is subtlety, about cultivating your crops in a way that doesn't scream, “Hey, look, we've got a banquet of fresh food over here!” to every Tom, Dick, and Harry in a mile radius.

Firstly, we'll be focusing on an indoor survival garden. With this setup, we are already one step ahead over everyone else in our neighborhood, keeping our bounty out of prying eyes. It might be your basement, your attic, or that spare room you've been using as a storage dump - heck, even a closet can work.

The key here is to maximize what you've got, and I'll be showing you exactly how to do that.

But don't go thinking an indoor garden means we're limited to just a few pot plants on the windowsill. No, we're talking about an impressive food factory that'll keep your table laden, no matter how long the blackout drags on.

**And the beauty of it is, unless you invite someone in,
no one would ever know it's there.**

However, just being indoors isn't enough to keep our garden concealed. We've also got to be smart about what we grow and how we grow it. Choosing crops that aren't instantly recognizable, that can blend into the rest of your home's greenery, that's part of the strategy. And I'm going to guide you through that as well.

I understand if this sounds daunting right now. But trust me, by the time we're done here, you'll be equipped with the knowledge and skills to create a garden that's as invisible as it is productive.

And the best part?

You won't be broadcasting your survival advantage to the whole neighborhood when the lights go out. Now, how about that for peace of mind?

3: Selecting the Right Plants for Survival

You may be thinking that all plants are the same. They all just need sun, water, and some good 'ole soil, right? Well, that isn't exactly the truth. When it comes to survival, we've got to be picky about what we're planting.

Firstly, you want to go for plants that are sturdy, reliable, and high-yielding. We're not here to grow the prettiest petunias or award-winning roses. We're aiming for crops that give us a solid bang for our buck. Think potatoes, carrots, tomatoes, spinach, peppers, beets – hardy plants that don't need a whole lot of fussing over and can provide a healthy harvest.

Next, we want to consider the nutritional value. In a blackout situation, we can't afford to have a one-note diet. You want a variety of fruits, vegetables, and legumes that will keep you and your family fit and well, regardless of how long the power's out.

From proteins to vitamins, we'll be making sure our garden's covering all the bases.

Lastly, and most importantly, we want our garden to stay invisible. This means choosing crops that aren't instantly recognizable as food sources to the untrained eye. We're not laying out a salad bar for the whole neighborhood here.

We're discreetly growing our survival menu, remember?

All this might seem like a tall order, but I promise you, it's doable. And once you've got your green thumbs on the right seeds, you're already halfway to securing your food source in any blackout situation.

So stick with me here, and we'll be turning you into a survival gardening pro in no time.

4: Using Your Space Efficiently

Not all of us have the luxury of sprawling gardens or expansive backyards, especially if we're in the city. But space - or lack of it - is no reason to stop us producing a bountiful crop.

We just simply need to learn to use the space we've got more efficiently. So, don't let the lack of a big plot deter you. You'd be surprised how much you can squeeze into that tiny backyard, balcony, or even that spare room collecting dust.

Firstly, we have to put on our strategic hats here. We're not throwing seeds around willy-nilly.

We need to plan out our garden like a field general plotting a battle strategy. We need to make sure our crops are placed in a way that they get the right amount of sunlight, don't crowd each other out, and are easy for us to tend to.

A good garden is a well-thought-out garden, no matter its size.

Vertical gardening is one trick that can work wonders when space is tight.

Think about it: why limit ourselves to the ground when we've got all that untapped potential stretching up towards the sky? Trellises, shelving units, hanging baskets – these are all tools in your arsenal when space is at a premium.

Outdoors

The key to crafting an “invisible” vertical garden is to work with what you've got. Got a chain-link fence around your property? Perfect. Train vining plants like peas, beans, and cucumbers to grow up the fence.

Not only do you get a bumper crop,

but the dense growth also offers a green privacy screen that most folks won't look twice at.

Hanging baskets are another way to go if you are short on space.

You'd be surprised what you can grow in them: strawberries, cherry tomatoes, even some varieties of peppers. Hang them under your eaves, on your porch, or around the walls of your house away from windows - and prying eyes.

Another good place to set up an “invisible” vertical garden is on a balcony or a patio. You can use wall planters or shelves with potted plants. Choose edible plants that are also ornamental—like rainbow chard, ornamental peppers, or even edible flowers like nasturtiums. They'll look like decorative plants to the untrained eye.

Indoors

Growing food indoors takes a bit more planning and daily dedication, but the payoff? Indoor gardens offer us an opportunity to take control of our food supply while staying under the radar, which is critical during a blackout.

You don't need a sprawling greenhouse or a big sunroom to grow food indoors.

An unused corner in your living room, an empty wall in your kitchen, or a spare room, these can all be transformed into productive growing spaces. Even a windowsill can be utilized. Indoor gardens are compact, but they can produce a surprising amount of food.

When planning your indoor survival garden, think vertical.

Shelving units, wall-mounted planters, hanging pots, all these will let you maximize your growing space. You'd be surprised how much food you can grow in a small area if you make good use of vertical space.

Selecting the right plants is also key.

Focus on high-yield, easy-to-grow crops. Leafy greens like spinach, lettuce, and kale are good choices. You can also grow herbs, which are compact and provide a lot of flavor, and dwarf varieties of vegetables like tomatoes, peppers, and beans.

Being a controlled environment, you can grow food all year round, no matter the weather outside. You don't need to worry about pests or weeds, and you can regulate light, temperature, and humidity to create optimal growing conditions.

In terms of maintenance, indoor gardens require daily care - watering, checking the plants for disease, adjusting the light, and so on.

One more thing to consider: multi-purpose crops. These are plants that can pull double duty. For example, some crops like beans not only provide food but also enrich the soil. This helps other plants around them to grow better.

5: Understanding Your Soil

The foundation of any good garden is the soil. Understanding your soil is going to help you know what and when to plant, giving you a reliable food source for months, even years.

Now, soil may look like a bunch of dirt to the untrained eye, but it's much more complex - and lively - than that. Good soil is teeming with life and full of nutrients that your plants need to grow strong and healthy. When we're talking about indoor gardening, though, we have to think a bit differently.

In indoor survival gardening, we're dealing with containers or pots. And the

soil requirements are different from those of an open ground. That's why we typically use potting mix, a special kind of soil that's designed to drain well and hold the right amount of water.

It's crucial to understand that not all potting mix is the same. You want a mix that's rich in organic matter. It should be dark, crumbly, and smell like the earth after a good rain. That's a good indicator that it's full of the nutrients your plants need. You can buy a quality potting mix from a garden center, or make your own by combining compost, peat moss or coco coir, and perlite or vermiculite.

Maintaining the soil in your indoor garden requires regular attention.

You'll need to water carefully, avoiding overwatering which can lead to waterlogged soil and root rot. You'll also need to feed your soil. Remember, every time you harvest, you're removing nutrients from the soil that need to be replaced. You can use organic fertilizers or make your own compost.

But what do you do if you run out of soil? Sounds unlikely, but in the city this could easily be the scenario. Can you reuse old soil? In an ideal world, I'd say no. Old potting soil usually heads straight into the compost bin. But, when you're in survival mode, you might not have the luxury of fresh soil on demand.

If you're facing a soil shortage, you can certainly reuse the old stuff, but you've got to do it right.

Before you dump that old soil into a new pot, you've got to make sure it's sterilized and ready for new plants. We're talking about killing off any critters or bacteria that might be hiding out in there.

You can do this so long as you have an EMP protected oven... grab an oven-safe container - a metal baking pan, or glass dish - then pile in about four inches of soil. Seal it up nice and tight with some foil. You're going to bake this at a low heat, around 180 to 200 degrees Fahrenheit for about half an hour. What you're looking for is the soil itself to hit 180 degrees Fahrenheit. Anything hotter than that and you risk whipping up some nasty toxins.

Once you've got your soil nice and sterilized, yank it out of the oven and let it cool off. Keep that foil in place till you're ready to use it.

II. TENDING TO YOUR SURVIVAL GARDEN

6: Planting and Nurturing Your Crops

We've talked a lot about what to grow and where to put it, but the real magic happens when you get your hands dirty and start planting those seeds.

Now, before you start dropping seeds all over the place, remember about understanding your soil? Well, it's time to put that knowledge to good use. Different plants have different needs, so be sure to match your crop with the kind of soil you got.

Check the seed packet for the right planting and growing conditions.

Next up is planting depth. As a rule of thumb, a seed should be planted about twice as deep as it is wide. But don't just go tossing them in and covering them up. Give each seed its own space so it's got room to grow in width as well as height.

After your seeds are snuggled in, it's time to water them. Now, here's where a lot of folks go wrong. They either drown the poor things or let them dry out. You want to hit that sweet spot where the soil is about as damp as a wrung-out sponge.

You need to provide the right conditions for your plants to thrive.

That means giving them enough light and maintaining the right temperature. Remember, in a post EMP environment we're aiming for stealth here, so no visible grow lights or anything unless you're planting in a blacked-out room. Regular sunlight from a window will do the job, or improvise with candles or oil lamps.

7: Pest Control Without Chemicals

Just like a juicy apple attracts you, it's also a dinner bell for pests. In the normal world, you might just run to the store for some pest spray, but this is a blackout situation. Not to mention, we want to keep things as natural as possible.

Healthy plants are a lot less likely to fall victim to pests. Just like a robust immune system keeps you from falling sick, healthy plants naturally resist pests. So, make sure you're giving your plants the TLC they need.

Now if some critters do decide to take root in your produce, nature has given us plenty of ways to fight back.

One of my go-to's is diatomaceous earth.

It's a type of powder made from fossilized aquatic organisms. Sounds fancy, but it's just a natural way to control pests without using any harsh chemicals.

Another trick I like is using plants themselves to deter pests. You'd be surprised, but some bugs don't get along with certain plants. So, if you plant some of these pest-repelling plants, like mint, basil, or marigolds, around your garden, it's like putting up a "No Trespassing" sign for bugs.

And then, there's the good old homemade insecticidal soap. Mix a little dish soap with water, and spray it on the affected plants. It's simple but effective.

The idea is to work with nature, not against it.

Pests are a part of the package, but with a little ingenuity, you can keep your invisible garden thriving without reaching for the chemical sprays.

8: Water Conservation and Irrigation Techniques

A garden can't survive without water, but in an EMP blackout, water becomes a scarce resource faster than you can say "drought". So we've got to be as clever as a fox in a hen house when it comes to watering our crops.

Let's start with conservation.

The way you water your plants can make a big difference.

Water at the base of the plants, not the leaves. Less water will evaporate this way. Do it early in the morning or late in the evening when the sun is weak and air temperature is low, and unable to evaporate off the excess moisture.

Another trick is using mulch. Mulch helps retain moisture, it keeps the soil temperature consistent, and it can even help keep those pesky weeds at bay.

You can use all kinds of things as mulch. Leaves, straw, wood chips, whatever you got. Spread it out as a layer on top of the soil - not too firm, you need to allow for free flow of air.

Now, onto irrigation. You might be picturing a fancy system with pipes and timers, but let's scale it back. Remember, we're working with what we have. In our case, we're talking about simple, gravity-fed systems.

One of my favorites is the good old drip system. You can rig this up by hanging some old bottles or cans above your plants. Just poke a few holes in them, fill them up with water, and let gravity do the rest. You'll need to judge how many,

and how large the holes are, according to the container they need to service. Just remember to refill regularly, but you don't want to be doing this more than once per day, so get them holes just right.

In a blackout, you need to make every drop count.

Your plants need water to survive, but we can't afford to waste a single drop.

With these techniques, your garden will stay hydrated, and you'll be conserving one of the most valuable resources we have.

9: Harvesting and Storing Your Produce

Harvesting isn't just picking fruits and veggies when they look good enough to eat. Each plant has its own cues to let you know when it's ready. For example, tomatoes are ready when they have a uniform color. Carrots, when their tops are about 3/4 to 1 inch in diameter. Peppers, when they're firm and shiny. Be gentle, and don't yank them out. You don't want to damage the plant or the produce.

And in a blackout, we can't rely on our refrigerators for storage. We've got to get creative.

First, you want to keep your harvest cool, dry, and in the dark as much as possible.

Root cellars are a great option if you've got the space for it. They provide a cool, constant temperature that's ideal for storing many types of the firmer fruits and vegetables, particularly potatoes, turnips, onions, garlic, carrots, parsnips, that kind of thing.

Dehydrating is another great way to preserve your food. This removes the water from your fruits and veggies, making them less hospitable for bacteria. The best part is, dehydrated food takes up less space, and it can be rehydrated with water when you're ready to eat.

You can air dry herbs and some vegetables by simply hanging them in a warm, dry place with good airflow. A porch, an attic, or even a car on a sunny day will do. Just be sure to protect them from dust and pests. You could use some cheesecloth for that.

You can sun dry fruits with a high sugar and low moisture content, like apples and peaches. It's as simple as slicing them up, laying them out on a clean surface, and leaving them in the sun. Though, you've got to watch out for pests here too. And remember to bring them in at night. Dew rehydrates them, and we don't want that.

And remember, when you're ready to eat your dehydrated food, you just rehydrate it by soaking in water. That's it. Now you've got an endless supply of food that takes up little space and doesn't spoil.

For those living in less sunny or humid areas, you could go the way of our Native American ancestors and build yourself a smokehouse. By exposing the food to low heat and smoke over an extended period, you not only dry it, but you also give it a nice smoky flavor.

Then there's an age-old method called pit storage, used for root vegetables and tubers. You dig a pit in a cool, dry place, put your vegetables in, and cover it up. The earth acts like a natural barrier against humidity, sunlight, and temperature changes, keeping your veggies nice and preserved.

10: Using Your Harvest: Nutritional Considerations

We've worked our way through some key survival gardening strategies - from setting up our invisible survival garden to harvesting and storing the fruits of our labor. Now, it's time to dig into the 'whys'... the reason why we're doing all this - the nutritional considerations of using your harvest.

A survival situation isn't a reason to ignore good nutrition.

**Our bodies are like engines; the better the fuel,
the better we perform.**

In a post apocalyptic survival situation, well... beggars can't be choosers - we got to eat what we can get our hands on, and if that means just getting by, then so be it.

But once we start to emerge on the other side of an EMP, we need to start thinking about eating well. Our invisible survival garden might be secret, but the nutrition it's going to provide us with is loud and clear.

We talked about choosing the right plants for survival - it was all about focusing on high-yield, easy-to-grow, nutrient-dense plants. And that's because we need a variety of nutrients to stay healthy - vitamins, minerals, proteins, carbohydrates, and fats.

Take potatoes, for instance. An incredible source of vitamin C and potassium. And those leafy greens - they're packed with vitamins A, C, and K, and a bunch of other essential nutrients. Your tomatoes? Loaded with vitamin C and potassium.

And don't forget about the beans and legumes. They're not just high in protein, but also fiber, iron, and B vitamins.

They're going to be the bread and butter of our protein intake in a situation where hunting game might not be possible.

But here's where it gets important - variety is the key. It's easy to fall into the trap of eating just your favorite veggies, but each plant offers a unique set of nutrients. The broader the variety of plants you eat, the wider the array of nutrients you get.

Remember, over the course of months, and after the immediate threat of death has reduced,

it isn't just about surviving, it now becomes about thriving.

And a well-rounded diet from your very own invisible survival garden is going to give you the strength and vitality you need to keep going when the going gets tough.

In the end, we're cultivating health, resilience, and independence. Because in an EMP blackout, those are the traits that'll help us keep the lights on.