

The Survival Show Podcast: Show Notes

Forever Food: Small Plot Food Production - Almost Anywhere: The Disaster Ready Home - Part 4

Links Mentioned in Podcast:

David's Introduction to BeeKeeping Video: <https://youtu.be/RvNjbehd5l>

Excalibur Food Dehydrators <https://excaliburdehydrator.com/>

Baker Creek Heirloom Seeds <https://www.rareseeds.com/store/vegetables>

Heirloom Garden Seed Kit <https://amzn.to/34YlxEq>

No Dig Gardening Book <https://amzn.to/3rQLHBX>

Back to Basics (Classic Book) <https://amzn.to/3BnevFg>

Visit Today's Guest Co-Host - Creek Stewart

Go Check Out EVERYTHING Creek is Up To (and Grab His FREE Wild Edible Course) @

CreekStewart.com

The Disaster Ready Home (New Book by Creek Stewart) [on Amazon](#)

Free Ultimate Survival Tips Survival E-Mag: <https://ultimatesurvivaltips.com/>

Tiny First Aid Guide and Save 20%...

It's been a blessing to see it receive rave reviews and becoming a #1 NEW Release in First Aid over on Amazon - So to get this guide in your hands as soon as possible - go over to UltimateSurvivalTips.com and use CODE: **FIRSTAID20 (at checkout) for 20% off Tiny First Aid Guides**. Also check out David's [MSK-1 Knife](#) and EDC Gear at [Tiny Survival](http://TinySurvival.com).com

HARVEST RIGHT Freeze Dryers (Save Around \$1,000) - [Use this link](#) to get FREE SHIPPING, a Premiere Pump Upgrade and a FREE Starter Kit of Bags, Oxygen Absorbers, Heat Sealer - Everything you need when you use this link: www.ultimatesurvivaltips.com/freeze

David's Freezer Dryer Setup and "How to Video": And for my full VIDEO review on YouTube - <https://youtu.be/mMNR0ofO1Fk>

[OVERVIEW]

Today Creek and I are gonna finish up our discussion on building a “FOREVER FOOD” system... Which is all about how you can grow, raise and forage for some or all of your food needs FOREVER in the event of a catastrophic / long term interruption in your food supply.

Today We'll Get Into:

- Everything you need to start a highly productive, raised bed garden (almost anywhere) using Heritage seeds.
- Urban and Rural Beekeeping.
- Why having a small footprint food production plan is so important.
- Edible and medicinal plant landscapes around our homes.
- Traditional ways to preserve your food
- How to UTILIZE your FOREVER FOOD - Surplus as a valuable BARTER asset in a worst case scenario situation...
- And a lot more...

[DISCUSSION POINTS]

CREEK! Welcome to the show brother.

MAIN TOPIC: Long Term Food Storage for Sheltering in Place: PART 3: **Forever Food**

Small Plot / Small Footprint Food Production - OVERVIEW [Creek] David add...

- **Who is this FOR?**
- **Why is it IMPORTANT?**
- **Can Anyone Do this?**

URBAN or Apartment Dwellers - Discuss Simple Options (For Urban Folks and Apartment Dwellers):

For those who may not have the option for large scale farming but still want to produce at least some of their own food.

- Container / Trellis / Window Garden / Victory Garden
- Reintroduce Sprouting - EVERYONE Can Sprout.
- MANY Cities have community gardens and CSA (we'll talk more about this later).

Urban and Rural BEE KEEPING

- David's Experience
- Thoughts?
- Creek limited Experience
- LINK: David's Introduction to Beekeeping Video

Gardening w/ Heritage Seeds

- Raised beds
- Tips for Getting Started (Creek)
- What to Plant for Beginners?
- Composting / Up Cycling Food Scraps / Grass Cuttings (Carbon (leaves, cardboard) / Nitrogen (greens/ grass clipping))
- Volunteers - Wild things that grow in gardens that you want to leave: Purslane, Lambs Quarter

Edible Landscaping

- Fruit trees
- Berry bushes
- Herbs
- Flowering Trees
- Ostrich Ferns
- Solomon's Seal
- Roses
- Milkweed
- Daylily

Preserving Produce

- Freeze Drying
- Canning (Meats - Pressure Canning)
- Cold Storage (winter) - Root Cellar
- Smoking Meat
- Dehydrating

WILD FORAGING

- How to Get Started?
- Practical?
- Local parks
- Foraging Maps
- Strategic Planting (Secret Wild Survival Gardens) - Milkweed, Jerusalem Artichoke, Parsnip

NEXT BEST THING TO FOREVER FOOD – Know Someone with FOREVER FOOD or BE Someone with Forever Food

Discuss the Power of FOOD Bartering - You can't eat silver and gold. A long term food stash is a powerful barter item.

Work Part-time at Farm for Barter

- All farms need help and may be open to trading part time work for food
- Services/goods for barter
- Key: Establish Relationships NOW!
- Dairy
- Honey (the Original Sugar)
- Beef
- Chickens
- Produce
- Hay / Alfalfa (for feeding rabbits, etc.)

Find and Join a CSA (Community Supported Agriculture) and Volunteer in trade for a share of the Food.

If you enjoyed today's EPISODE I would be honored if you would help us GET the word out by doing TWO things:

- Subscribe to this podcast - if you have not already done so... AND give US a SWEET 5 Star Review on Apple iTunes or Your Favorite Podcast Platform.
- And... please pay it FORWARD by sharing this Episode with your friends and loved ones via text, email or on social media. ITs free to do so and it's a win, win win for everyone.

AND... Go check out today's sponsors OutdoorCore.com (To Learn Outdoor Skills - Online) - or to Become an Instructor Yourself and Make Some Extra Jingle.

And don't forget to go over to UltimateSurvivalTips.com where you can also grab today's show notes - for FREE by clicking on the Podcast at the top of the page ... AND while you're there checkout my MSK-1 survival knife and my COMING SOON super secret NEW knife - PLUS - my custom designed EDC survival kits and take 20% off my NEW Tiny First Aid Guide by using CODE: FIRSTAIID20 at check out...

All right everyone, thanks for Joining us today! We'll see YOU next time... on the Survival Show Podcast.

And Remember to... **Keep it simple, Be positive and Stay Sharp!**