

How To Grow Half Your Food

in a Backyard



Marjory Wildcraft

*Rich
Duck's*

August Dunning

Extraordinary results. Yours may differ.

The Creature from Jekyll Island

by G. Edward Griffin

A Second Look at the Federal Reserve



“Working on a problem reduces the
fear of it.”

“Look deep into nature, and then
you will understand everything
better.”

Albert Einstein

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grownetwork™

A movement of approximately 500,000 people who are
stopping the destruction of the Earth via home grown
food

**You really can grow half of your own
food, in a backyard sized space, in less
than an hour per day**

grownetwork™

How Many Calories?

2,000 calories per day

½ of what you need

Is 1,000 calories per day

365 days per year

= 365,000 quality calories



Three Component System

with > 365,000 calories

1

2

3

Three Component System

with > 365,000 calories



2

3

Chicken:
eggs

**Did you know how amazingly
productive backyard chickens are?**

**1 laying hen produces
about 250 eggs per year.**



A backyard flock with 1 Rooster and 6 laying hens produces 1,500 eggs per year.



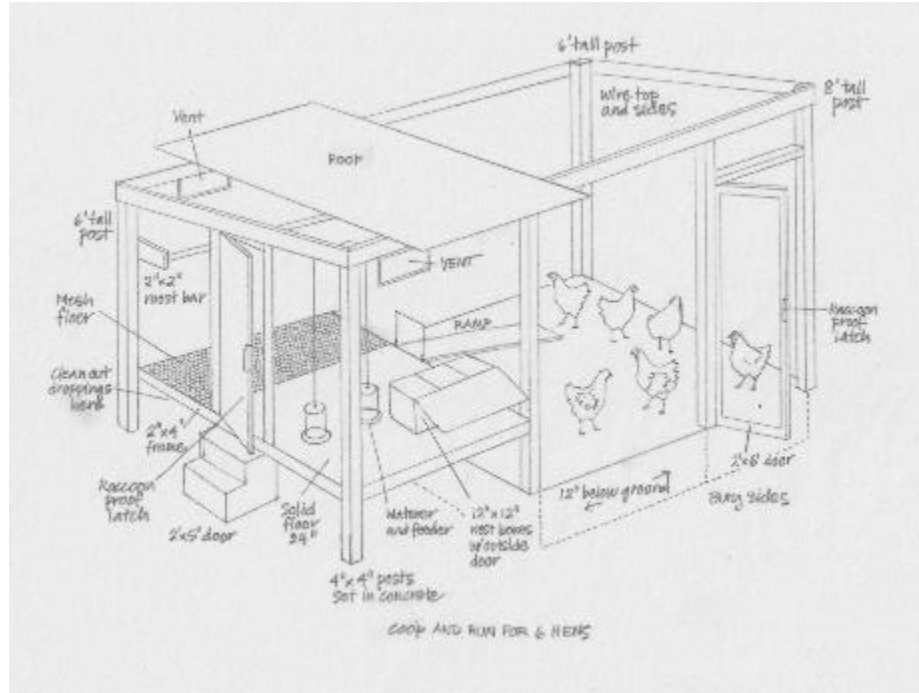
1 medium egg = 63
calories

1500 eggs =
94,500 calories



**Chicken coop and
run fits in a
parking spot:**

**Approx 8' x 16'
= 126 sq.ft.**



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Yum, yum...





Three Component System

with > 365,000 calories



2

3

Eggs:
94,500
calories

Three Component System

with > 365,000 calories



Eggs:
94,500
calories

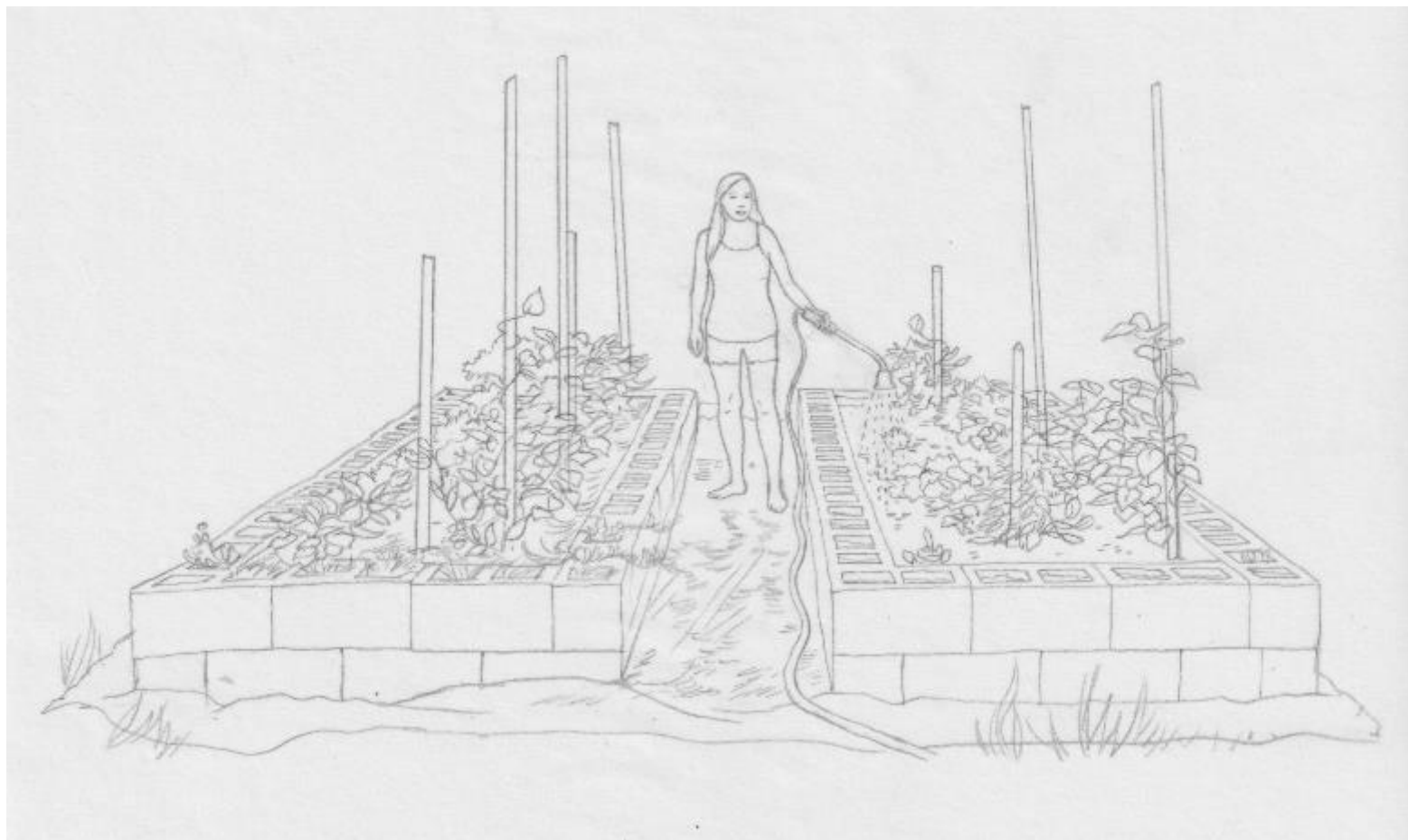


Garden:



I'm not talking about a large garden, in fact, quite the opposite.



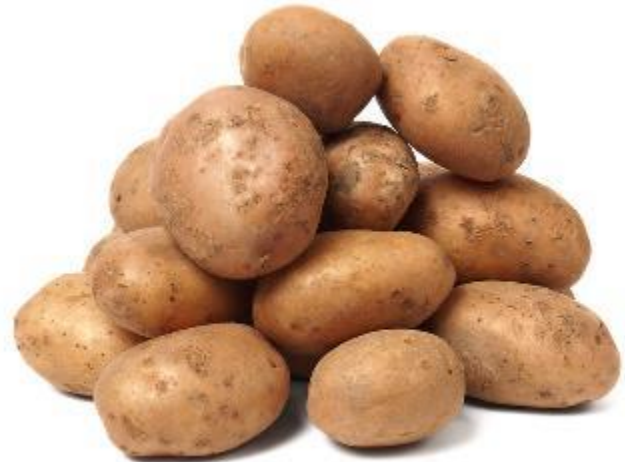


**See what you can produce in your
backyard in a 100 sq. ft. garden**

You can grow

Potatoes
4 months
100 lb.

51,000 calories





You can grow

Green Beans

4 months

7,200 calories



You can grow

Tomatoes
4 months

8,200 calories



That is enough
tomatoes to make
thirty-three pints of
thick tomato sauce







You can grow

Yellow Squash

3 months

8,400 calories



You can grow

Carrots

4 months

17,600 calories



As your skills develop you'll be able to double, triple, and in some cases, grow five times to ten as much

You can grow

Strawberries

5 months

5,760 calories



You can grow

Sweet Potatoes

4 months

33,538 calories



Have you ever tasted sweet potato fries?

Sweet
Potatoes
Fries!

Delicious



It's pretty easy to produce a lot more than 38,000 calories from your 100 sq. ft. garden.

Three Component System

with > 365,000 calories



Eggs:
94,500
calories



Garden:
38,000
calories



Three Component System

with > 365,000 calories



Eggs:
94,500
calories



Garden:
38,000
calories



Rabbits:

Four breeders:

- 1 buck
- 3 does



**A doe has
approx. 8 babies
per kindle, and
can be bred 3 to
4 times in a year**



**3 does can
produce more
than 75 rabbits
per year.**



- Harvest at 5 months old
- Harvest weight about 7 lb.
- 3.5 lb of meat, plus organs, bones, and hides.



**Each breeder
gets their own
hutch with
approx. 10 to
12 sq.ft.**



**A total of 50
sq.ft. for all 4
breeders**



**Once the
babies are
weaned,
moved to
“tractors”
3'x8' = 24
sq.ft.**



**You'll need 3
tractors for
the babies,
for a total of
 $3 \times 24 = 72$
sq.ft.**



- 4 Breeders 50 sq.ft.
- 3 Tractors 72 sq.ft.

TOTAL 122 sq.ft.



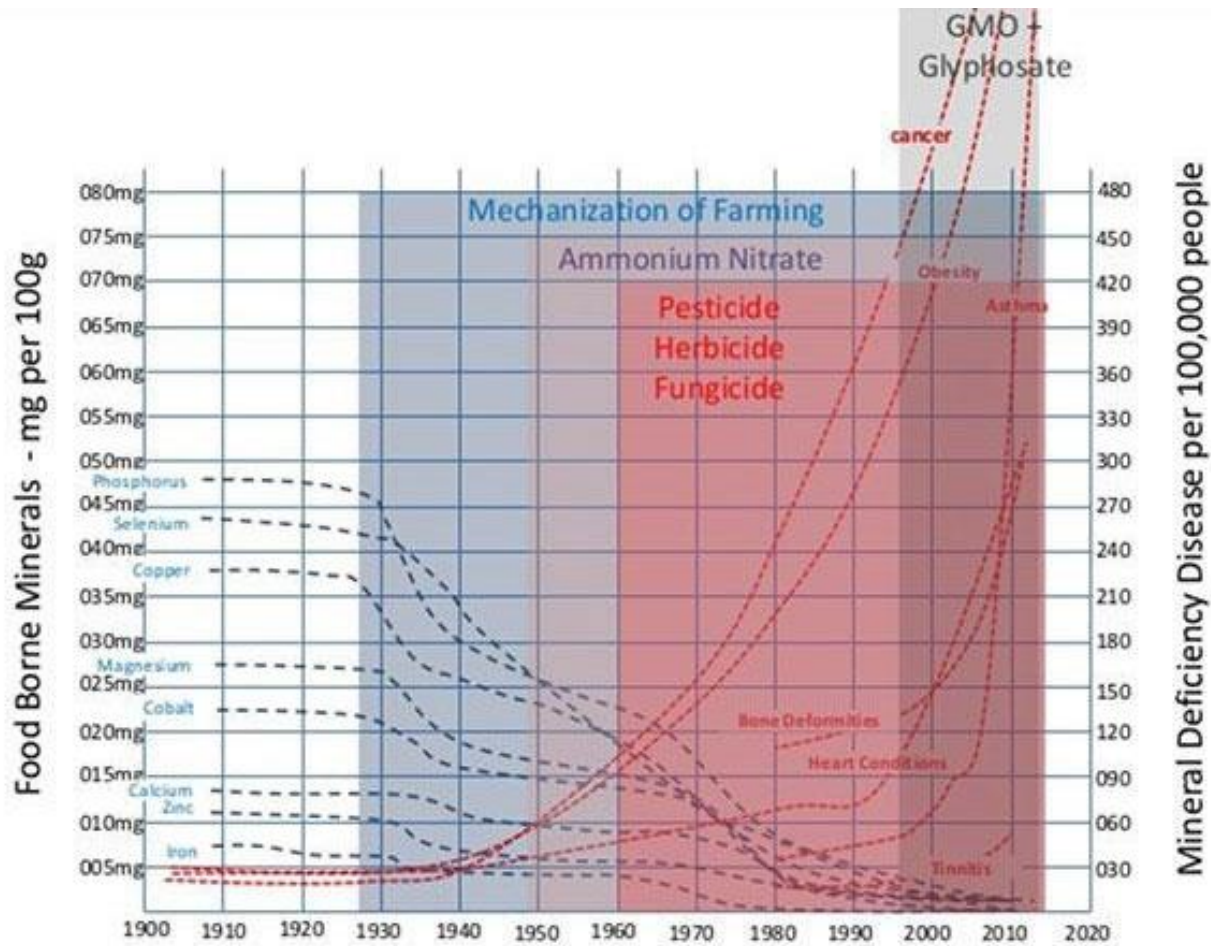
1 lb. rabbit meat = 893
calories

75 rabbits, 3.5 lbs. of
meat each

234,413 calories



Your health
your life
depends on
Backyard food production



Get a copy of the chart
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Bonus!

**Super nutrition in the organ
meats; liver, kidneys, heart...**

And the bones..

**OK, you might not be thrilled
about eating organ meats,
but check this out about liver.**



Ounce for ounce, liver contains more nutrition than any other food.

- An excellent source of high-quality protein
- Nature's most concentrated source of vitamin A
- Contains all the B vitamins in abundance, particularly vitamin B12 and B 9 (folate)
- Iron in a highly usable form
- Trace elements such as copper, zinc and chromium;
- CoQ10, a nutrient that is especially important for cardio-vascular function.

NOTE:

I would never recommend you eat organ meat from animals raised in the commercial food systems – they have accumulations of toxins from stress and poor diet these animals were forced to eat.

Another Bonus!

Simmer the bones and egg shells for broths rich in calcium, magnesium, phosphorus..



Yum, yum...



Grand Total = 369,913
> 365,000 calories



Eggs:
94,500
calories



Garden:
38,000
calories



Rabbits:
234,413
calories

Three Component System

with > 365,000 calories



Eggs:
94,500
calories



Garden:
38,000
calories

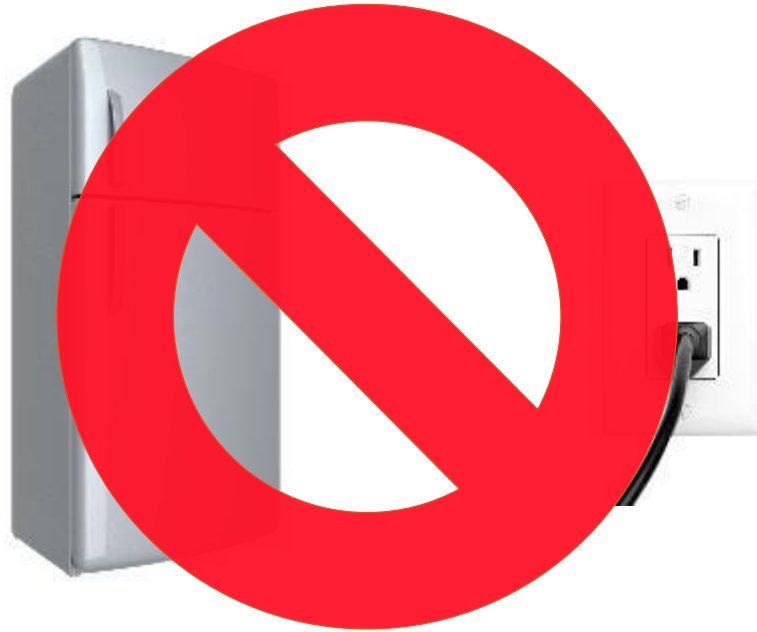


Rabbits:
234,413
calories

No refrigeration or electricity needed!



No refrigeration or electricity needed!







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VG, CANNING, AND PRESERVING

remain silent and be thought a fool than to speak and to remove all doubt.

Lincoln

do you use/preserve chestnuts?

Posts: 151
ember 16 144.163.77.34

I be a good year for chestnuts and my 3 trees are producing madly. Unfortunately, I really don't know what to do with after I eat a few roasted. If anyone has ideas for ways to use them I'd be very grateful and, if anyone wants some for be happy to share. They germinate easily and are pretty easy to maintain. My trees are all 20-30 years old and we just ually taking care of them last year. We used a physical barrier for insects climbing up them and sprayed need oil as ould reach. Last year's crop had a huge number of borers but this year seems much, much better.

nut, preserve chestnuts, chestnut recipes

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is

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you made chestnut flour or butter?

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truts don't grow near me so I am not accustomed to having an abundance to do anything with, so these are suggestions that my use of chestnut products rather than making the products from scratch.

I have never made this before but I know it is very expensive to purchase for use in baked goods. You can make it sweetened ree. Following is a link to a recipe for sweetened puree and some suggestions for use. You can also freeze any leftovers.

[thespruceeats.com/sweetened-chestnut-puree-recipe-p2-1136178](http://www.cocktailsandbars.com/how-to-sweetened-puree-recipe-p2-1136178)

queur. I had this once and it was very good. I found this recipe online. Besides cocktails, I would use this liqueur in any recipe that nut liqueur such as Amaretto, Nocino or Frangelico. Be nice in a chocolate cheesecake.

and me to get a family member that lives in chestnut country to harvest some for me.

nut-liqueur/

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7 Strategies for those without yards

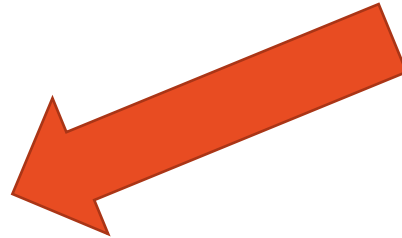
1. Herbs on a windowsill

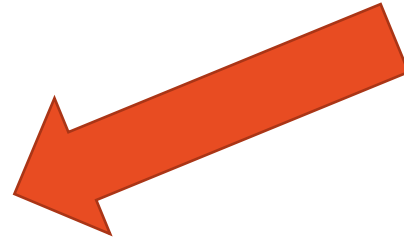


Tremendous power in just a few herbs!



Everything you learn from these herbs







7 Strategies for those without yards

1. Herbs on a windowsill
2. Community gardens



7 Strategies for those without yards

1. Herbs on a windowsill
2. Community gardens
3. Others yards, shared Earth



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I Need Land
or Tools



I Have Land
or Tools to Share

7 Strategies for those without yards

1. Herbs on a windowsill
2. Community gardens
3. Others yards, shared Earth
4. Guerilla gardening







7 Strategies for those without yards

1. Herbs on a windowsill
2. Community gardens
3. Others yards, shared Earth
4. Guerilla gardening
5. Foraging





7 Strategies for those without yards

1. Herbs on a windowsill
2. Community gardens
3. Others yards, shared Earth
4. Guerilla gardening
5. Foraging
6. Sprouts



7 Strategies for those without yards

1. Herbs on a windowsill
2. Community gardens
3. Others yards, shared Earth
4. Guerilla gardening
5. Foraging
6. Sprouts
7. CSA workshares



“All the worlds problems can be
solved in a garden”

Geoff Lawton



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 The Grow Network  September 28, 2020
 Natural Medicine

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 The Grow Network  September 26, 2020  Education

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The scariest moment is always just before you start.

-Stephen King

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Margaret Mead

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