



## **GROW FOOD, NOT LAWNS**

### **Declaration of Intention**

- To share functional and philosophical ideas for altering our lives in small ways that have big impact.
- To motivate all to take the responsibility and joy of growing your own food in to your own hands, for the benefit of yourself, your health, your family, your community, and our planet.
- To discuss the benefits of rejoining the organic world.

## Why

- Gardening is about easing up your life, reducing costs, enriching your health, and bringing food for the table
- The addition of edible landscaping can brighten properties and provide low labor and low cost food for families.
- If you have an interest in food, you have an interest in growing it. No farmers, no food.
- Enjoy the Fruits of your labor. Veggies and Flowers are delicious, nutritious, and beautiful.
- Security: Knowing where your food is coming from, where it was stored, that you have some stored, and being involved in the process brings incredible peace of mind. It avoids dependency on foreign food products.
- Health. "Let thy food be thy medicine".
  - Be proactive. Avoid Food poisoning, GMO foods, rising costs, bacteria, food recalls, rising health care costs, Oh my!
  - "If you think organic food is expensive, have you priced cancer lately? "
- Freedom: Being capable and able to produce for your own needs and being able to grow the types of foods you enjoy and use is true freedom and independence. We all remember victory gardens.
- Responsibility. "The average person is still under the aberrant delusion that food should be somebody else's responsibility until I'm ready to eat it." –Joel Salatin. **Be above average. Be smart.**
- On a philosophical and sociological level ,
  - With gardening as a focus of cooperation and compassion, we can tilt the scales in favor of human freedom and to usher in an age of planetary peace and renaissance.
  - Heal the greater cultural discomfort and disconnection from Earth itself.
  - Gain a feeling of satisfaction of enjoying your creation, of knowing you are doing beneficial actions.
  - Jesus was an organic gardener. Other religious figure heads support the notion of clean eating, enjoying the gardens of the earth.

## How

Time seems to be moving faster than ever and the importance of efficient use of our time and resources grows.

### As a consumer

- Remember you cast a vote about our food system every time you shop. Buy local organic and seasonal food and support farmers markets and independent shops. Buy in bulk, befriending farmers can cut costs and strengthen the local economy. In the grocery store, produce with a barcode on it will have a four digit code starting with a 9, 8, 4, or 3. 9 are organic and the wisest decision for your family, 4 is “conventionally” grown, and 8 and 3 labels GMO produce.
- Cut out processed foods. Food additives including MSG (monosodium glutamate), nitrates (found in processed meats), and the artificial sweetener Aspartame have all been linked to headaches. To reduce your chances of getting a headache, stick with whole foods and dig a little deeper into the ingredients list to find additives that are often overlooked. For example, sulfites in the wine you drink may cause you to have headaches when you drink. Experiment by trying sulfite-free wine.

- **In the Community**

- Frequent the Freight house farmers market in Davenport, or the farmers market in the lot of Trinity hospital in Moline. Make a connection to farmers this summer and find bundles of savings.
- Make it your 2013 goal to befriend a local farmer. This countries problem is often one of distribution. Farmers could grow twice as much food but it would still rot in the fields unable to be shipped before spoilage, or it would rot on the warehouse. Help your community and your wallet by buying direct.
- Connect with QC edible landscapes. This group has a lot of useful and practical information, and is acting as an agent of change in the area. Contact Chris Rice. There is also an Urban Gardeners group just starting up, Contact Mike Brennan. [Bmike78@gmail.com](mailto:Bmike78@gmail.com). There is also the Davenport Horticultural Society.

### As a Producer

#### Grow your own Food Garden.

The simple method for this is to till the soil, stick the organic (hybrid or heirloom seed) in the soil, and trust the sun and the rain to grow it. Plant edible perennials. Have fun. Be creative. There is no one right way. Neat and trending

ideas include permaculture, companion planting, food forests, composting, crop rotation; grow beds, green houses, hydroponics, and aquaponics.

### For your Information

- **Organic Pest control:** Aphids caterpillars + other insects: Soap, spray on leaves, use grey water from dishes. Grasshopper + caterpillar: Mix a cup of molasses into one liter of water and spray it over the foliage. Scale + mealy bugs: Make an oil mixture that suffocates them by mixing four Tblps of dishwashing liquid into one cup of veggie oil. Mix one part of that mixture to about twenty parts water, put in your sprayer and spray the affected plants. Nematodes: Add half a liter of molasses to two liters of water and spread over one and a half sq meters of affected garden area. Fungicide: Mix one level tsp of bicarbonate soda into one liter of water. Add one liter of skim milk and a pinch of Candy's crystals which you can get from horse equipment suppliers. Shake thoroughly and spray. Insecticide: Chop four large onions, two cloves garlic and four hot chillies. Mix them together and cover with warm soapy water and leave to stand over night. Strain off the liquid and add five liters of water. Shake and spray. Herbicide. Add a cup of common salt to a liter of vinegar. After it dissolves brush it directly onto the weeds. Remember it's not a selective weed killer. It will kill anything it touches so stay careful.
- **Compost material** turn food and yard waste into new life. Reduce the amount of garbage you generate. The concept of composting is easy: Dig a hole, make a pile. Left alone these items will decompose but proper aeration will accelerate the process. The secret is the correct carbon to nitrogen ratio. One "recipe" is to create a pile 1.5m high. One third of this should be manure (animal dung – horse or cow is good) and two-thirds carbon rich materials (also known as 'browns'), which can include: ashes, wood, cardboard, corn stalks, fruit waste, leaves, newspaper, peanut shells, pine needles, sawdust and straw---- –Another recipe is 1 part very fine woodchips/sawdust, 1 part green matter such as lawn clippings (excellent heat source) and 3 parts manure such as horse, cow, although you can use other manure such as sheep you will get the best compost if you use horse or cow poo. Also research cover crops and mulching. This can save a lot of weeding later on.
- For us city folk, the internet is our friend. A lot of resources are out there for urban gardeners. Quickly learn how to prepare seed beds, discover key hole gardens, look up innovative planter boxes designs and other creative methods like Straw bale gardening and coconut shell planters. Find lots of rewarding projects like do it yourself seed tape, and pre sprouting before planting. In our age, we are blessed to have awesome Green house designs, Vertical planting (grow walls), Plants from ceilings, garden Roof tops, and more. Be sure to practice up cycling when choosing materials to build the foundation of these structures.

### In the Wild

There is food all around. Find on the internet more about edible "weeds" and local bounty. Wild mushrooms, morel hunting. Hickory nuts and walnuts, berries (June berries) and wild fruits, and a few edible weeds we gather free. Go fishing. Learn to hunt.

# 32 COMPANION PLANTING Tips



## The problem

**Monsanto (Monsatan):** The CEO of Monsanto eats organic and wouldn't touch his own products. There is a mysterious labeling debate crossing the country. Workers wear gas masks while spraying pesticides on the crops. Nature is being patented and is facing a felony. Something is most certainly amiss. Monsanto is the company which has brought us GMO's, genetically modified organisms. (Genetically modified organisms have had their DNA tampered with in strange ways. In contrast, there are **hybrid seeds**, is seed produced by cross-pollinated plants. and **Organic and Heirloom**, *Heirloom* varieties are open-pollinated--*meaning* that unlike hybrids, *seeds* you collect from one year will produce plants with most of the characteristics of the first generation *Organic* is that which is grown without added toxins.. GMO's have led to a 404 million pound increase in pesticide use between 1996 and 2011. The toxicity of the world can be felt everywhere, from the algae, to the bees which are dieing, to the high cancer rate, to increasing infertility rates in the US. Monsanto practices Monoculture, which has failed before and is failing again. Entire crops are failing this year because of draught. 1913 Corn is 100% farmer owned. 2013 Corn is 95% corporation owned, and 90% of the corn in the world is GMO. "Simply, in this country we subsidize high fructose corn syrup, but not carrots. While the surgeon general is raising alarms over the epidemic of obesity, the president is signing farm bills designed to keep the river of cheap corn flowing guaranteeing that the cheapest calories in the supermarket will continue to be the unhealthiest." Michael Pollan.

The natural symbiosis between plants is cut off. The soil is being dematerialized, which on our level of the food chain translates to a weakened terrain as well to fight off germs and increased toxicity. Worldwide, Monsanto has been causing destruction and harming indigenous populations, controlling seed flow. Monsanto and the FDA are in bed together. This is like a fox guarding the hen house. Clarence Thomas worked as a Monsanto attorney for four years. Now he is a Supreme Court Justice and has ruled in favor of Monsanto against the people every time. This is a huge conflict of interest demonstrating the above the law and above nature mentality Monsanto has.

## Joel Salatin Quotes

"This magical, marvelous food on our plate, this sustenance we absorb, has a story to tell. It has a journey. It leaves a footprint. It leaves a legacy. To eat with reckless abandon, without conscience, without knowledge; folks, this ain't normal."

— [Joel Salatin, \*Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World\*](#)

"We don't need a law against McDonald's or a law against slaughterhouse abuse--we ask for too much salvation by legislation. All we need to do is empower individuals with the right philosophy and the right information to opt out en masse."

— Joel Salatin

“The first supermarket supposedly appeared on the American Landscape in 1946. That is not very long ago. Until then, where was all the food? Dear folks the food was in homes, gardens, local fields and forests. It was near kitchens, near tables, near bedsides. It was in the pantry, the cellar, the backyard.” - Joel Salatin.

“The stronger a culture, the less it fears the radical fringe. The more paranoid and precarious a culture, the less tolerance it offers.”

— [Joel Salatin, \*Everything I Want to Do Is Illegal: War Stories from the Local Food Front\*](#)

“You, as a food buyer, have the distinct privilege of proactively participating in shaping the world your children will inherit.”

— [Joel Salatin, \*Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm Friendly Food\*](#)

On a grander scale, when a society segregates itself, the consequences affect the economy, the emotions, and the ecology. That's one reason why it's easy for pro-lifers to eat factory-raised animals that disrespect everything sacred about creation. And that is why it's easy for rabid environmentalists to hate chainsaws even though they snuggle into a mattress supported by a black walnut bedstead.”

— [Joel Salatin, \*Everything I Want to Do Is Illegal: War Stories from the Local Food Front\*](#)

“A farm includes the passion of the farmer's heart, the interest of the farm's customers, the biological activity in the soil, the pleasantness of the air about the farm -- it's everything touching, emanating from, and supplying that piece of landscape. A farm is virtually a living organism. The tragedy of our time is that cultural philosophies and market realities are squeezing life's vitality out of most farms. And that is why the average farmer is now 60 years old. Serfdom just doesn't attract the best and brightest.”

— [Joel Salatin, \*Everything I Want to Do Is Illegal: War Stories from the Local Food Front\*](#)

“The same teen who can't legally operate a four-wheeler, or [ATV]...in a farm lane workplace environment can operate a jacked-up F-250 pickup on a crowded urban expressway. By denying these [farm work] opportunities to bring value to their own lives and the community around them, we've relegated our young adults to teenage foolishness. Then as a culture we walk around shaking our heads in bewilderment at these young people with retarded maturity. Never in life do people have as much energy as in their teens, and to criminalize leveraging it is certainly one of our nation's greatest resource blunders.”

— [Joel Salatin, \*Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World\*](#)

Food security is not in the supermarket. It's not in the government. It's not at the emergency services division. True food security is the historical normalcy of packing it in during the abundant times, building that in-house larder, and resting easy knowing that our little ones are not dependent on next week's farmers' market or the electronic cashiers at the supermarket.”

— [Joel Salatin, \*Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World\*](#)

“Farms and food production should be, I submit, at least as important as who pierced their navel in Hollywood this week. Please tell me I'm not the only one who believes this. Please. As a culture, we think we're well educated, but I'm not sure that what we've learned necessarily helps us survive.”

— [Joel Salatin, \*Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World\*](#)

A farmer friend of mine told me recently about a busload of middle school children who came to his farm for a tour. The first two boys off the bus asked, "Where is the salsa tree?" They thought they could go pick salsa, like apples and

peaches. Oh my. What do they put on SAT tests to measure this? Does anybody care? How little can a person know about food and still make educated decisions about it? Is this knowledge going to change before they enter the voting booth? Now that's a scary thought."

— [Joel Salatin, \*Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World\*](#)

"I saw a news report recently that measured average video game use by American men between the ages of twenty-five and thirty-five: twenty hours per week. Do you mean the flower of America's masculinity can't think of anything more important to do with twenty hours a week than sit in front of a video screen? Folks, this ain't normal. Can't we unplug already?"

— [Joel Salatin, \*Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World\*](#)

That many if not most people...who want fresh leafy greens in January buy them at the supermarket after they've been bleached and plastic-bag shipped from California or beyond is not a tribute to modern technology; it's an unprecedented abdication of personal responsibility and a ubiquitous benchmark of abnormality."

— [Joel Salatin, \*Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World\*](#)

Our animals don't do drugs. Instead, we move them almost daily in a tightly choreographed ballet from pasture spot to pasture spot."

— [Joel Salatin, \*Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World\*](#)

"How many of us lobby for green energy or protected lands, but don't engage with the local bounty to lay by for tomorrow's unseasonal reality? That we tend to not even think about this as a foundation for solutions in our food systems shows how quickly we want other people to solve these issues."

— [Joel Salatin, \*Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World\*](#)





## Resources

Quad cities edible landscapes: This group is a force of change in the community!

[https://www.facebook.com/groups/QC.EdibleLandscape/permalink/413118805438375/?notif\\_t=like](https://www.facebook.com/groups/QC.EdibleLandscape/permalink/413118805438375/?notif_t=like)

<https://www.facebook.com/GrowFoodNotLawns?fref=ts> Grow Food Not Lawns: this is the inspiration for the group title. Catchy, succinct, relevant.

<http://www.urbanorganicgardener.com/> ----- no excuses for any one!!!! Learn how to use your space and start.

<http://growtest.org/> --- Lots of resources and information on this website.

<http://www.seedsnow.com/>

<http://www.thebettermom.com/2011/10/6-tips-for-saving-money-on-healthy-food/> --- free download on organic supplies  
Books:

Seed to Seed by Suzanne Ashworth

Folks, this Ain't Normal – Joel Salatin

Holy Cows and Hog Heaven: The Food buyer's guide to farm friendly food.-Joel Salatin

Fresh-New thinking about what we are eating – Joel Salatin

You can Farm – an entrepreneurs guide to start and succeed in a farming enterprise – Joel Salatin.

Getting your hands dirty: How to teach your children to love work – Joel Salatin

Healing The Gerson Therapy :Defeating Cancer and Other Chronic Diseases.

The Gerson Therapy: The proven Nutritional Program for Cancer and Other Illnesses