

# ***The Low-Tech, No Grow Lights Approach to Abundant Harvest***

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*Pamela Holloway, RN, MS  
Environmental Health Consultant*

[www.RadicalResilience.Health](http://www.RadicalResilience.Health)

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## **Year-Round Indoor Salad Gardening**

How to Grow Nutrient-Dense,  
Soil-Sprouted Greens in Less Than 10 Days

✿ PETER BURKE ✿



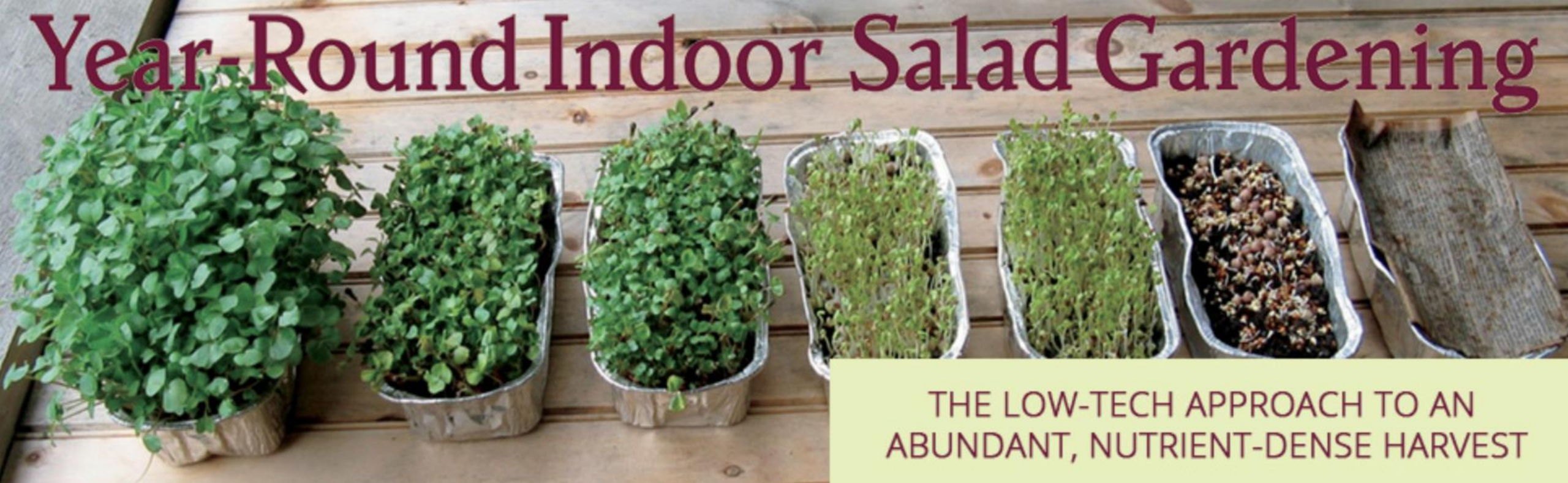
# Why Grow Your Own Soil Grown Indoor Salad Greens?

- \$2 per pound to grow vs. \$25-\$50 per pound for microgreens
- One small tray yields approximately 3 ounces of greens per planting.
- Plan on 12-14 ounces per day for a family of four (5 Small Trays).
- Flavor of soil grown sprouts has a depth of flavor and nutrition not found in the water grown sprouts.
- Most researchers agree that sprouts grown in soil are more nutritious due to roots draw full nutrients from soil, compost & sea kelp meal.
- Fresh nutrient density year round that doesn't require electricity.
- Avoids the issues occurring with vaccines being introduced to lettuce, etc.





# Year-Round Indoor Salad Gardening



THE LOW-TECH APPROACH TO AN  
ABUNDANT, NUTRIENT-DENSE HARVEST

## SEED BOX

**Seeds- Sunflower, Pea, Radish, Buckwheat, Broccoli**

**Measuring Cups & Spoons**

**5 small glass or 3 ounce plastic cups**

**Small Strainer**

**1-gallon plastic bags**

**Newspapers or newsprint sheets (or paper napkins)**

**Scissors**

## SOIL BOX

**Soil-2 gallons moistened mix, 1 gallon dry mix**

**Small cup of sea kelp mix**

**Larger container of compost**

**1 gallon plastic juice container**

**Watering Can**

**Measuring Spoons**

**Strainer**



## Year-Round Indoor Salad Gardening by Peter Burke

[www.RadicalResilience.Health](http://www.RadicalResilience.Health)



# Get Ready Guide To Plant 5 Trays



Five 3-inch by 6-inch trays (half-loaf bread pans) or 5 6-inch ceramic cereal bowls.



One gallon soil mix (standard germination mix), usually peat moss, vermiculite, perlite & lime.



5 Tbs. compost, one per tray.



3 tsp. liquid sea kelp mixed with water or 3 tsp. dry kelp meal (½ tsp per tray).



1 Tbs. Each sunflower, pea, radish and buckwheat seeds.



1 tsp. broccoli seeds (or Chinese cabbage, kohlrabi or other brassica).



A stack of newspapers- one full sheet per tray (or paper towels, newsprint, packing paper or paper napkins).



# Quick Start Guide 5 Trays

Year-Round Indoor Salad  
Gardening by Peter Burke

1. Soak the seeds in small cups covered with plenty of water.
2. Add 4 cups of water to the 1 gallon soil mix in a ziplock bag and set aside.
3. Wait a minimum of 6 hours for the seeds to sprout.
4. Fold newspaper to serve as covers, each a little larger than the tray.
5. When seeds are ready to plant soak folded newspaper covers in water.
6. In the bottom of each tray mix  $\frac{1}{2}$  tsp of kelp & 1 Tbs of compost.
7. Fill the trays with about 1  $\frac{1}{2}$  cups moistened soil mix.
8. Level the soil, leaving at least  $\frac{1}{2}$  inch to top of tray for seeds and paper cover.
9. Drain water from seeds with small strainer.
10. Spread moistened seeds over soil so they touch but do not overlap each other.
11. Press soaked newspaper cover into tray so it is in contact with the seeds.
12. Place planted tray in a warm, dark place for 4 days.
13. One day 5 remove cover, water tray, and place on a well-lit windowsill.
14. Once a day water with about 2-4 tablespoons per tray.
15. After 3-4 days of grown and greening in the light, harvest shoots with scissors.
16. Wash harvested greens, and remove any remaining hulls.
17. Chop greens into  $\frac{1}{4}$  to  $\frac{1}{2}$  inch pieces and toss into a salad.



# All Star All Sprout Salad

1 cup chopped sunflower greens

1 cup chopped pea shoots

1 cup chopped radish greens

1 cup chopped buckwheat lettuce

½ cup chopped broccoli greens

2 Tbs. Olive oil

2 Tbs. Balsamic Vinegar

Herb Salt to Taste

Mix chopped greens in bowl with herb salt. Add oil & vinegar & toss.

Variation: Add 2 peeled and grated carrots to add a contrasting color and body to the salad. Any salad is enhanced with one ripe avocado, peeled & diced.

Yields: 4 servings



# A Well Stocked Rotational Pantry

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# What Foods to Store

*1) foods you're not allergic to,*

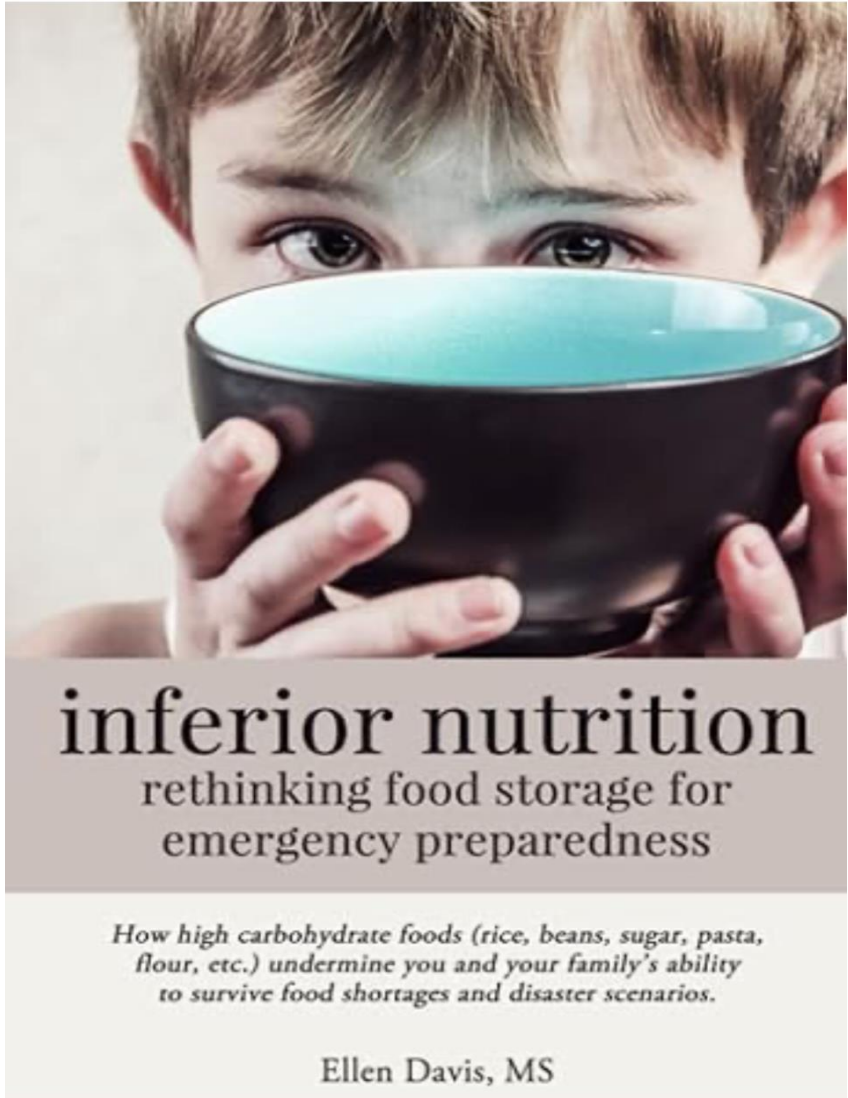
*2) foods you're familiar with and know how to cook, and*

*3) foods that are packed in containers that are easy to access when you need them.*



12 Weeks	Keys Study	Yudkin Study
1500 Calories Per Day	Pasta, Bread, Turnips, Potatoes <i>LOW PROTEIN &amp; FAT, HIGH CARB</i>	Meat, Fish, Butter, Eggs, Cheese, Leafy Vegetables (no root vegetables, fruit, pasta, rice, bread) <i>LOW CARB</i>
Mental	Impaired concentration & comprehension, poor judgment, <i>eventually psychotic</i>	"Increased feeling of Well-Being"
Emotions	Depressed, Anxious, Irritable	"Decreased lassitude"
Social	Loss of Interest in World Events, No Libido, Food obsessed	"Increased feeling of Well-Being"
Physical	Loss of muscle mass, cold/lightheaded, visual/auditory disturbances	Increased Vitamin/Mineral Intake. Improved Physical Health

**FOOD QUALITY MATTERS!**  
***TWO TALES OF HUNGER...***



***Also, Fermented Foods Improve Health!***



Get your home ready for two weeks of self-reliance

# Food Examples for Thriving without Refrigeration

Oils/Fats	Timeframe for Storage
Beef Tallow/Pork Lard	1-3 years shelf / 4-6 years refrigerator
Ghee (Grass-Fed)	1-3 years shelf / 4-6 years refrigerator
Butter (Grass-Fed)	2-4 years freezer / months in refrigerator
Virgin Coconut Oil	2-4 years in cool, dry, dark place
Coconut Cream	5 years shelf stable
Olive Oil/Avocado Oil	Dark Glass/1 year cool, dry, dark place
Handy Proteins	Timeframe for Storage
Canned Fish / Meat	1-2 years in cool, dry, dark place
Beef Jerky / Pemmican	1-2 years in cool, dry, dark place
Canned Sardines in Oil	Up to 5 years in cool, dry, dark place
Protein Powders	2-3 years in cool, dry, dark place
Peanut Powder	5-10 years in cool, dry, dark place
Eggs (Local Farmer Only)	Unwashed, 6 mo. In fridge
Hard Cheeses in Wax	5 years unopened, 6 mo. Opened in fridge

Pantry Items & Spices	Timeframe for Storage
Salt (Variety)	Indefinite
Canned Broth	2-4 yrs cool, dark
Canned Vegetable	1-2 yrs cool, dark
Canned Stews	2-6 yrs cool, dark
Unshelled Nuts	12-18 mo past dates in cool, dark
Shelled Nuts	3-12 mo past dates in cool, dark & dry
Dried Spices	2-4 years dry, dark
Honey	2-10 yrs cool, dark
Cocoa / Chocolate	2 yrs cool, dark
Vitamins/Minerals	2-10 yrs cool, dark
Electrolytes	2-10 yrs cool, dark



Get your home ready for two weeks of self-reliance



# Quality Food

- **Beans:** [Pinto Beans](#), [Black Beans](#), [White Beans](#), [Green Peas](#), [Brown](#) or [Green Lentils](#), [Red Lentils](#).
- **Fats & Oils:** [Coconut Oil](#), [Palm Shortening](#). Olive Oil may be stored for up to a year, must be rotated.
- **Nuts & Seeds** [Almonds](#), [Peanuts](#), [Sunflower Seeds](#), [Sesame Seeds](#)
- **Dried Fruit:** [Raisins](#), [Coconut](#), [Banana Chips](#)
- **Spices/Condiments:** [Onion Granules](#), [Garlic Granules](#), [Cayenne Pepper](#), [Ginger Root Powder](#), [Turmeric Root Powder](#), [Black Pepper](#), your favorite spice blends (such as [Italian Seasoning](#) or [Taco Seasoning](#)), [Apple Cider Vinegar](#).
- **Salt:** [Himalayan Pink Salt](#), [Celtic Sea Salt](#), [Sea Salt](#)
- **Sweeteners:** [Honey](#), [Molasses](#), [Coconut Sugar](#)
- **Favorite Sprouting Seeds for Storage:** [Sprouting Seed Mix](#)
- **Favorite Garden Seeds:** [Brim Seed Garden Seed Kits](#)



# 10 Best Foods to Always Stock in Your Pantry

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- Lentils
- Rice
- Olive Oil
- Coconut Oil
- Apple Cider Vinegar
- Beans
- Honey
- Oats
- Nuts
- Himalayan Salt







# Glass Jars

For short-term storage, glass jars are an excellent, easy-access option for storing food. And they look nice in the pantry too!

- **Buckets & Pails:** Placing a heat-sealed mylar bag with oxygen absorber into a bucket with a regular lid, is the best way to store food for an extended time.

- Plastic buckets/pails are great for keeping out water and rodents. 5-Gallon size buckets can hold up to 37 pounds of wheat or corn. Less dense products such as macaroni may fill the bucket up but only weigh 21 pounds. Beans generally weigh 33-35 pounds in a 5-Gallon pail.
- A 2-gallon bucket may make handling more comfortable. Choose a size you can manage safely when it's full.



- **Lids:** Gamma Seal Lids are very convenient and keep your food safe from rodents and moisture. If you need easy access to what's in the bucket, yet want it to be secure, the Gamma Seal Lid is a marvelous invention. These are also a favorite for folks who get into these buckets frequently for such things as animal feed, pet food, etc.



- **For Long-term Storage** when it's important to keep oxygen out for the duration, it's best to go with regular lids. They're made for extended storage... not for easy frequent access.

- Plastic lids attach to the plastic bucket and simply require pounding them on with a hammer, using a piece of wood to protect the plastic while hammering.





# Easy Access Meals in A Bucket

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- Packing [25 pounds of pinto beans](#) with [oxygen absorbers](#) in a giant [mylar bag](#) into a [five-gallon plastic pail](#) is one way to approach food preparedness. But, our experience through the food-storage flurry of 1998-99 (Y2K) gave a new perspective.
- Try putting a variety of dry foods, seasonings, and salt into the bucket (in their properly packaged [mylar bags](#), of course). Everything you need for meals is there in reasonable amounts.
- <https://www.youtube.com/watch?v=pQ3sprjlw5g>
- Picture a [bucket](#) with an [easy-open Gamma-seal lid](#). Inside pack five pounds of your favorite beans, five pounds of rice or millet, five pounds of barley or other grain, a pound of mineral-rich salt, your favorite seasoning mixes (like taco or chili) and spices (like black pepper). Opening up these smaller packages gives you the liberty to enjoy as-needed.



# Rotating Stock

***Don't just store-it-and-forget it. Learn to cook it.  
Eat from it. Use it. Restock it. Keep it fresh.***



- Foods naturally age. Beans can take longer to cook after they are several years old, for example.
- Create a long-term stash that;
  1. will last for the length of time you choose to prepare for, and
  2. contains as much food as you would like to be able to eat before adding fresher stock.
    - For example, if you want to always have food on hand at any time to last 3 months, yet you want to eat from it for one month before restocking it, you would need 4 months worth of food total to start.



# Medicine Pantry

- Allopathic Medical Kit has 145 items, including items that damage microbiome and promote future health issues.
- "Your food shall be your medicine" Medicine Pantry supports your health and prevent health issues
- Medicine Pantry Kits & access to formulary available to members at;

[HealthRecoveryMinistry.org](https://HealthRecoveryMinistry.org)

## Immune support (Systemic)

- \*Immune Charge (Quicksilver)
- \*Detoxadine (Global Healing Center)
- \*Vitamin C (Nutramedix)
- \*Liquid Vitamin C (Global Healing Or Quicksilver Lipo C)
- \*High Dose Vitamin D (50,000IU)- Ortho Molecular Products OR K2-D3 10,000 (XYMOGEN)
- \*Regular Vitamin D - Vitamin D Supreme by \*Designs for Health OR Ancient Nutrition Vitamin D
- \*MultiMushroom (Ancient Nutrition)
- \*Ancient Nutrition Organic Super Greens +Multivitamin
- \*Propolis Immune Support Spray (Beekeepers Naturals)
- \*Echinacea/Gold Propolis Throat Spray (Gaia)
- \*MG400+ Manuka Honey (Manuka Health)
- \*Superfood Honey (Beekeepers Naturals)
- \*PerfectAmino Electrolytes (Body Health)
- \*E-lyte (BodyBio)
- \*Perfect REDS (Body Health)

## Wellness/Inflammation

- \*First Aid Gel (Sovereign Silver)
- \*Active Skin Repair Hydrogel (Active Skin Repair)
- \*Active Skin Repair Burn Hydrogel (Active Skin Repair)
- \*Hydrogen Peroxide 3% (Heritage)
- \*Quinton Daily Nasal Spray Isotonic (Quicksilver)
- \*Silver Argentyn 23 Pro Nasal Spray (Argentyn 23)
- \*Nasal Spray Plus (Beekeepers Naturals)
- \*White Willow Plus (Nutra Biogenesis)- pain reliever
- \*Arnica Pain (Genexa)
- \*Iflammatone (Designs for Health)
- \*Your a knockout: sleep and stress support (Ora Organics)
- \*Magnesium L-Threonate (Codeage)/ NeuroMind (designs for health)/ MagMind (Jarrow)

## Probiotic/ GI Support

- \*MegaSpore
- \*Regenerative Organic Gut Restore Probiotic (Ancient Nutrition)
- \*SBO Probiotics Trinity (Ancient Nutrition)
- \*G.I Inner Calm (Biocidin Botanicals)
- \*G.I Detox (Biocidin Botanicals)
- \*UltraBinder (Quicksilver Scientific)
- \*Oxy- Powder (Global Healing Center)

## Liver

- Liver Cleanse (Gaia Herbs)
- Liposomal Glutathione (Quicksilver or Seeking Health)
- Dr.Shades Liver Sauce (Quicksilver Scientific)
- Hepatatone Plus (Designs for Health)
- Metal-Free and Chemical Cleanse (Bodyhealth)

## AntiMicrobial Support

- \*Biocidin (Biocidin Botanicals)
- \*Olivirex (Biocidin Botanicals)
- \*Oregano Oil (Global Healing Center)
- \*Loquat Respiratory Support (Planetary Herbals)
- Oscillocochinum (Boiron)
- \*Silver Hydrosol Argentyn 23 (Argentyn 23)
- \*Flue Fix (Genexa)
- \*Cold Crush (Genexa)
- \*Garlic Complex (Pure Encapsulations)
- \*Viragraphis (XYMOGEN)
- \*Air- Power (Natures Way)
- \*Mullein Garlic Oil (Herb Pharm)



# *Radical Resilience*

## **RAFFLE**

\$5 per ticket

(4 ticket minimum if cc)

## **PRIZES**

- Mylar Bags with Oxygen Absorbers (\$10 Value)
- GoPUR Water Filtration (\$25 Value)
- Dehydrator (\$86 Value)

