How To Grow Food Fruit & Veggies ‘YEAR ROUND’!
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How To Grow Your Own
Food, Fruit & Veggies
YEAR ROUND
I grew up in a time where farming and agriculture was the backbone of society. When a hard day's work meant rising from bed before sun up and working until sun down. It wasn't until I was older that I realized the importance of being self-sufficient, and how important agriculture has been to humanity as a whole. Our civilization is based on the foundational principles of agriculture. It's about the abundant supply of food that modern agriculture has provided the human race for tens of thousands of years. For without such advancements in agricultural technology we would not be here today. There would not be 7.2 billion human beings on our planet, and without modern technology we certainly wouldn't be able to feed them all.

Before we get into how to grow your own food I think it's best to lay a solid foundation of knowledge about the history of agriculture (and technology) and how it has changed our world.

“Agriculture involving domestication of plants and animals was developed around 12,000 years ago, although earlier people began altering communities of flora and fauna for their own benefit through other means such as fire-stick farming prior to that.”[1][2]
Agriculture has undergone significant developments since the time of the earliest cultivation. The Fertile Crescent of Western Asia, Egypt and India were sites of the earliest planned sowing and harvesting of plants that had previously been gathered in the wild. Independent development of agriculture occurred in northern and southern China, Africa’s Sahel, New Guinea, parts of India and several regions of the Americas.[3] Agricultural techniques such as irrigation, crop rotation, the application of fertilizers were developed soon after the Neolithic Revolution but have made significant strides in the past 200 years. The Haber-Bosch method for synthe-
sizing ammonium nitrate represented a major breakthrough and allowed crop yields to overcome previous constraints. In the past century, agriculture in the developed nations, and to a lesser extent in the developing world, has been characterized by enhanced productivity, the replacement of human labor by synthetic fertilizers and pesticides, selective breeding, and mechanization.” ~ Wikipedia: History of Agriculture

The Purpose of Agriculture

The sole purpose of agriculture is simple. To feed people. But it reality it goes much deeper than that and is far more complex.

Growing food has been a fundamental skill for the advancement of humanity
since the dawn of modern humans. It started of course with ancient hunter-gatherers and evolved into what it is today. Starting with small groups of people realizing that they could control the growth of plants and animals through planting/transplanting and by corralling animals, and through selective breeding.

Since ancient times, farmers and ranchers have been trying to increase yield per acre of land by selectively picking the best crops, fruits, grains, and livestock, and transplanting, modifying, and breeding to produce larger crop yields and bigger livestock. This all has the intended and hopefully the added effect of producing more food per square foot of land than the year previous. Each subsequent harvest (in ideal circumstances) should pro-
duce more food, and nowadays hopefully more income.

World Population Growth Is Directly Related To Agriculture

World Population Growth

The increase in food sources (and industry) has allowed us to grow the human population from 1 billion to 7.2 billion people in less than 200 years.

You see, the increase in human population is a direct effect of two major factors. The advent of agriculture helped somewhat, but that happened more than 12,000 years ago. What really made the human population explode is the combination of modern agriculture with modern technology. More specifically the discovery of oil and the advent of the Industrial Revolution between 1760 and 1820.

When modern technology combined with agriculture it caused a population boom such that the world has never seen before in the history of humankind. Better sanitation, higher production rates through mechanical technology, and selective breeding of plants and livestock produced higher yields and an abundance of food. And when food becomes abundant any population will grow. Transportation, production, and communication all helped increase the human population over time, however it wasn’t until about 200-250 years ago that things really changed.

Higher Technology Means Higher Food Yields

Since the early 1800’s we’ve had the machines we needed to plant, grow, and harvest more food per acre than ever before. And that number keeps growing, every pun intended. Now agriculture is computerized, harvesters are automated, and on some large factory farms the harvesters are controlled by GPS satellites from space.

A lot has changed, but a lot has stayed the same. We still need to plant, grow and harvest. The methods have changed over time but the fundamental basics have stayed the same and likely always will.

This is a good thing and a bad thing. With anything there are pros and cons. We’ve talked about the boons, now let’s consider the negative effects of industrialize factory farming. In our industrial controlled world agriculture has become almost invisible in mainstream society. Agriculture is no longer a part of the daily life for most people and in fact it has taken a backseat to career and profits. People nowadays are less concerned with where their
food comes from and oddly they even seem apathetic as to what ingredients are in the food they eat and feed their families.

As with anything (industrial farming included) moderation is needed or else there can be a disconnect that is damaging to society as a whole. I think we’ve reached that point and are beginning to see the error. There is an imbalance and it needs to be brought back into balance or we’ll topple over.

This is not to say that agriculture is not useful, or modern technology is a bad thing. Not at all. On the contrary, technology is a great boon to humanity, for without it we wouldn’t be where we are today. There’s more food now than ever, production is high, food supply is high, and incomes are even higher. Where we need to change is the quality of food and increase the health benefits of the food we consume by eating healthier.

How To Grow Your Own Food Year Round

Ok... So, how do you grow your own food? For the purpose of this article we’ll focus on modern technological advances in planting and growing fruits and vegetables as well as raising livestock.

We Have Advanced Technology. USE IT!

The key points will concentrate on maximum yield and the advanced technological methods used to grow the most food per square foot. In fact, maximizing the use and yield of any given space is what agriculture is about simply because the more efficient you grow the more food your produce, and therefore the more people you can feed.

Control The Climate

We can’t control the weather, at least not yet. But we can control the climate our fruits and veggies grow in. We do that by sealing off the outside world and controlling the temperature and humidity inside a building. For most of us, that building is a simple greenhouse. Greenhouses have been around since the 1800’s and have changes the way we grow food.

Hybrid Growing System

Taken to the next level, greenhouses coupled with hydroponics aeroponics, and aquaponics are now becoming more and more popular because of the amount of food that can be grown in a controlled environment. It uses less water, up to 90% less water than traditional row cropping and
has the added benefit of being able to control the amount of nutrients in the water. This allows you to fine tune your grow techniques to produce the highest yield and flavor for your food possible.

Minimal Pests & Less or No Chemicals

Growing food inside a greenhouse also reduces or completely eliminates the need for chemical pesticides. Being an enclosed environment makes it easier to control bugs and other pests like rabbits, deer, and other animals that might get into your garden and destroy your crops.

Vertical is Better

Growing vertically produces up to 10 times the food per square foot because it allows you to “stack” crops on shelves designed to grow food vertically. Vertical farming, high den-
sity vertical gardening, work on the same principle. You stack each row of crops above the other. Depending on how tall your greenhouse is and how close you plant your plants together will determine the yield.

Will Allen of Growing Power in Milwaukee, Wisconsin grows 1 Million pounds of food, fish and veggies on 3 acres of land annually. He has perfected this technique and is teaching it to people from all over the world. That kind of massive yield can only be accomplished through hybrid growing techniques. By combining techniques and using them to their fullest potential.

Growing Indoors

You don’t have to limit yourself to growing your own food in a greenhouse. You can also grow inside your home or apartment in pots and wall mounted hanging planters. Not the traditional kind mind you, but the pocketed kind, which turns your wall into a vertical garden. In most homes, this vertical space is mostly unused save for a few pictures on the walls. You could grow you food vertically on the wall and it would also double as a beautiful garden decoration.

Growing Underground

There’s an underground greenhouse called a Walapini, which basically is a greenhouse that’s buried halfway into the ground. The temperatures are easier to control and you can grow just like you would in a traditional greenhouse. It does however take more work because you must dig out the ground and build up the walls to support the weight of the dirt. But it works and many people use this technique.

Food For Your Family

The purpose of growing year round is you can produce more food for your family. And in the case of an emergency you will be prepared. Also, eating food you’ve grown yourself gives you a sense of satisfaction and accomplishment much greater than simply going to the grocery store. When you know how to can and preserve food, you can combine that with your new high tech growing systems to store abundant food for years to come. You will never run out of food as long as you can grow year round and store your food.

That is the definition of sustainable living.