

P A T R I O T  
G A R D E N S



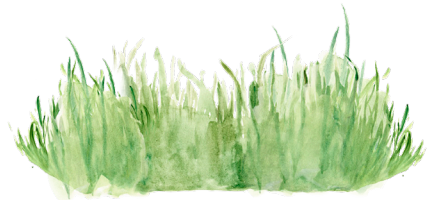
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**BARDS FM**™  
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# MISSION STATEMENT



County by County is a grassroots, patriot-led movement founded in FAITH and KNOWLEDGE that utilizes peaceful, bold, and loud engagement actions on a local and county level with the intention of returning America to her Constitutional Republic origins.



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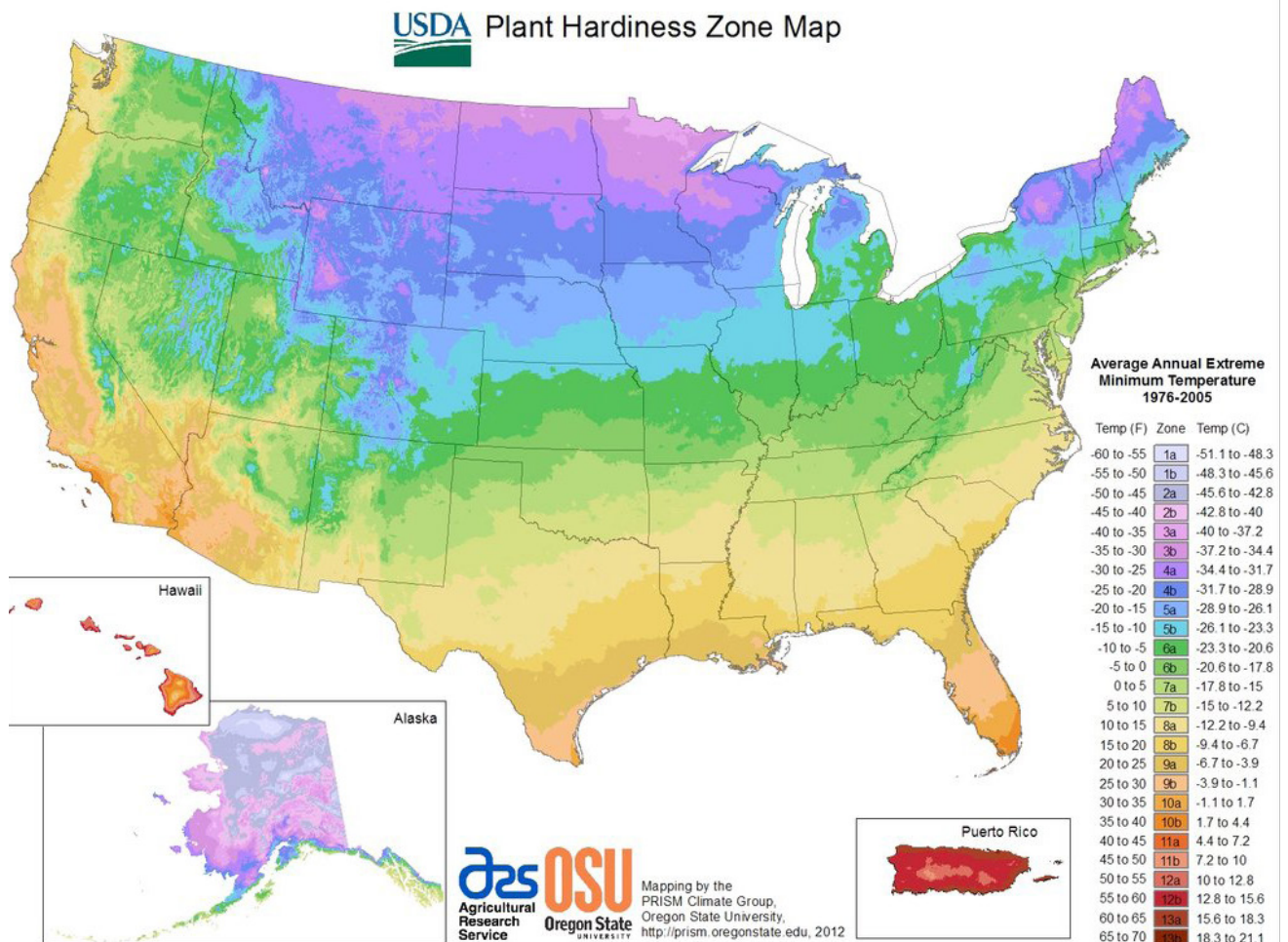
# Growing Zone

Start by identifying your growing zone.

Discover plants from around the world that work in your growing zone!

1

## USDA Growing Zone Map with Key



2

## Heritage Seeds

Resources for heritage seeds from around the world:

- **Baker Creek Heirloom Seeds**  
(Highly recommended)
- **Smart Seeds Emporium**
- **A Way To Garden**



3

Some seeds will do fine planted straight into the soil. (ex: greens, beans, squash)



### Seed starting guide and ideas:

#### Great all-around growing resources

- *Reader's Digest Complete Book of the Garden* (1968)
- *The Encyclopedia of Country Living*, Carla Emery

#### Plant specific instruction

*The Garden Primer*, Barbara Damrasch

Seed Starting Master Class

Seed Planting Schedule

#### Beginners

You can even use milk jugs for mini-greenhouses to start seeds. Then separate the plants early. You need heat, water and light.

4

Potatoes and onions are common staples but do not generally grow from seeds.



**Seed potatoes** can be purchased at greenhouse or use grocery store potatoes. Cut them in pieces which include at least 2 eyes. Let the pieces dry for a few hrs or overnight before planting. Cover loosely with straw and soil. As the green grows, cover all but top leaves with more straw, dead leaves, grass clippings. That's why some people grow these in vertical containers or even stack old tires.

**Onion sets** are purchased and look like baby onions. They are placed just barely under the surface of loose soil. The top should be visible. Onions like it dry. Tops can be harvested all season. "Walking onions" produce their own onion sets on top of the greens in late summer.



5

Plants purchased from a greenhouse are a terrific fail-safe.

Tomatoes in particular are nice to buy as plants. When you plant them, bury the bottom portion of the plant as well, as they are vines and will root out from the stem, creating a stronger plant.

Tomatoes do best staked, but small metal ring type stakes will need additional support.



## References

### **USDA Growing Zone Map**

[https://cdn.shopify.com/s/files/1/0773/5915/files/USDA\\_Hardiness\\_MAP\\_2a83acda-64ca-4982-aab3-55b65fcb74e\\_1024x1024.jpg?3855006496554372174](https://cdn.shopify.com/s/files/1/0773/5915/files/USDA_Hardiness_MAP_2a83acda-64ca-4982-aab3-55b65fcb74e_1024x1024.jpg?3855006496554372174)

### **Baker Creek Heirloom Seeds**

<https://www.rareseeds.com/?SID=9d9bcafd8dbb5a3a5384cc31f46292c2>

### **Smart Seed Emporium**

<https://www.smartseedsemporium.com>

### **A Way To Garden**

<https://awaytogarden.com/plant-categories/>

### **Seed Starting Master Class**

<https://www.masterclass.com/articles/how-to-start-seeds-indoors#which-seeds-should-be-started-indoors>

### **Seed Planting Schedule**

<https://www.johnnyseeds.com/growers-library/seed-planting-schedule-calculator.html>



# List of Considerations

## 1 Soil consistency and pH

Look at the extension office for your locale and learn about the soil, and even have your soil tested for free. If you're overwhelmed and starting small, don't worry about it. Throw something in the ground!



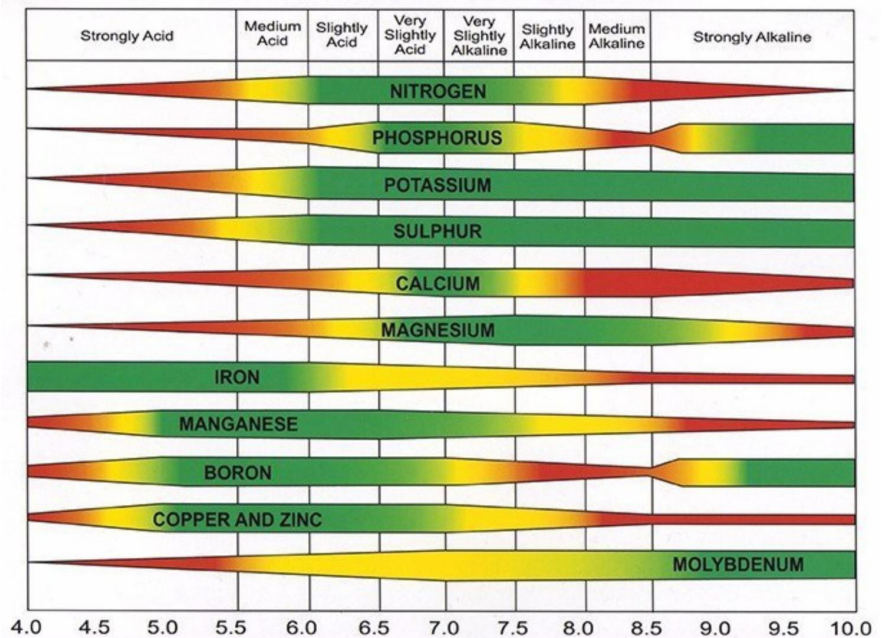
Soil pH testers are available that can be used over and over. PH can tell you a lot about what your soil will grow, or what supplement or fertilizer is needed.



### Soil pH Effects On Nutrient Availability Chart



How soil pH affects availability of plant nutrients.



SOURCE: <https://www.emporiumhydroponics.com/what-is-ph-1-to-14>



# Jonathan Green Soil pH Help Chart



## CHECK YOUR SOIL BEFORE PLANTING GRASS & PLANTS

### Soil pH Range



**6.0 to 6.8**

**Ideal for Lawns**

#### HOW TO CHECK YOUR SOIL pH with a Jonathan Green Soil pH Test Kit

Take a sample of loosened soil with a clean trowel or spoon from about 4" below the surface. Remove cap from tube. Remove capsule. Fill the tube with soil to the first line. Carefully twist and open capsule and pour powder into tube. Add water (preferably bottled) to the fourth line. Replace cap and shake tube thoroughly. Allow soil to settle for about 5 minutes. Compare color of solution to the pH color chart to the right.

|                       |
|-----------------------|
| pH 8.0<br>Alkaline    |
| pH 7.0<br>Neutral     |
| pH 6.0<br>Acidic      |
| pH 5.0<br>Very Acidic |

#### Check your results with the desirable pH range of a few popular plants.

| Turfgrasses        | pH Range | Vegetables | pH Range | Flowers & Shrubs | pH Range |
|--------------------|----------|------------|----------|------------------|----------|
| Perennial Ryegrass | 6.0-6.8  | Beans      | 6.0-7.5  | Chrysanthemum    | 6.0-7.0  |
| Fine Fescues       | 6.0-6.8  | Cabbage    | 6.0-7.5  | Daffodil         | 6.0-6.5  |
| Kentucky Bluegrass | 6.0-6.8  | Carrot     | 5.5-7.0  | Erica            | 4.5-6.0  |
| Tall Fescue        | 6.0-6.8  | Lettuce    | 6.0-7.0  | Hydrangea blue   | 4.0-5.0  |
| Bermuda Grass      | 6.0-7.0  | Onion      | 6.0-7.0  | Hydrangea pink   | 6.0-7.0  |
| Centipedegrass     | 4.5-5.5  | Tomato     | 5.5-7.5  | Rhodo & Azalea   | 4.5-6.0  |
| Bahiagrass         | 6.5-7.5  | Potato     | 4.5-6.0  | Carnation        | 6.0-7.5  |

#### How to alter pH

Altering pH does take time, so do not expect too rapid a change. Rather, work steadily towards giving the plant the ideal conditions. After adding MAG-I-CAL or lime to raise pH to your soil, retest for pH level in 30 days. To reduce pH, add sulfur based on chart below.

| Material   | pH Change              | Sandy  | Loamy  | Clay  |
|--|------------------------|--|--|---|
| Dolomitic or calcitic limestone<br><small>(apply to raise pH+)</small> | + 1/2 unit<br>(0.5 pH) | 1-2 lbs./100 sq ft<br><small>(10-20 lbs/1,000 sq ft)</small> | 2-3 lbs./100 sq ft<br><small>(20-30 lbs/1,000 sq ft)</small> | 4-5 lbs./100 sq ft<br><small>(40-50 lbs/1,000 sq ft)</small>                          |
|  | +1 unit<br>(1.0 pH)    | 2-3 lbs./100 sq ft<br><small>(20-30 lbs/1,000 sq ft)</small> | 4-5 lbs./100 sq ft<br><small>(40-50 lbs/1,000 sq ft)</small> | *5 lbs./100 sq ft<br><small>(retest 30 days later &amp; apply desired amount)</small> |
| Sulfur or iron sulfate<br><small>(apply to lower pH-)</small>          | -1/2 unit<br>(-0.5 pH) | 1/4 lbs./100 sq ft   | 1/2-1 1/2 lbs./100 sq ft                                     | 1-2 lbs./100 sq ft  |
|  | -1 unit<br>(-1.0 pH)   | 1/2-1 lbs./100 sq ft   | 1-3 lbs./100 sq ft   | 2-4 lbs./100 sq ft  |

**\*Do not add more than 5 lbs. of sulfur in one application.**





# 2

## Composting



Turn organic matter back into nutrient-rich soil!

Get a bucket under your sink if you don't have one. It's too easy and doesn't smell bad if kept covered and rinsed. Good soil is built with good compost!

Some people who don't garden will keep compost buckets (even small restaurants will) in trade for garden goodies.

Lots of ways to compost outside:



**01** Passive piles layered with food, green, and brown organic matter. Turn now and again to speed decomposition.

**03** [compostguy.com](http://compostguy.com)  
Fun and Informative resource!

**02** Turning barrels: efficient. Fun to experiment with. These are part of an array of active composting methods.

**04** One of the few things NOT to compost is diseased plants. Fungus, etc. can stay in the soil and reinfest future plants. Burn these instead. Also do not compost chemically treated scraps like citrus peel. The chemical stays in the soil (even after decomposing).



3

Learn about hybrids vs. heritage seeds and plants.

# SEEDS EXPLAINED

## HEIRLOOM, HYBRID, GMO

### DEFINITION

**heirloom seed**  
seed that is produced through open-pollination by a natural means

**hybrid seed**  
seed that is produced by artificially cross-pollinating plants

**GMO seed**  
seed that has had it's DNA altered using techniques of genetic engineering

### CHARACTERISTICS

Heirloom plants are typically "true to type". Plants are like the parent of the seed.

Hybrid plants typically have improved characteristics such as better yield, greater uniformity, improved color, disease resistance, etc

GMO plants typically have modified or unique traits that the plant wouldn't otherwise possess.

### ADVANTAGES

Greater selection of plants to choose from.  
Resistant to pests, disease, extreme weather.  
Non-homogenous tastes.

Very popular, easy to find.  
Produce high yield, uniform crops.  
Plants may be more disease resistant.

??

### DISADVANTAGES

Not as hardy, disease-resistant as hybrid plants.

Taste is homogenous, no variety in flavor.  
Can be costly. Seeds from first-generation plants can't be saved and replanted.

Not proven to be safe for consumption.  
Linked with serious health risks including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system.  
Can cross-pollinate with non-GMO plants and crops.

Prepared by Laura Wendling for Dr. J. Renae Norton, www.eatingdisorderpro.com.  
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PATRIOT GARDENS

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## 4 Nutrient enhancers

Lots of info is available to learn how to increase the nutritional density of food crops, as well as strengthen their productivity. ORGANINC fertilizer is always best. Check out worm castings (make your own!), sea minerals, fish emulsion, char, etc....

Resource

● [Methods To Replenish Soil Nutrients](#)

● Also see your state's website [Example.](#)

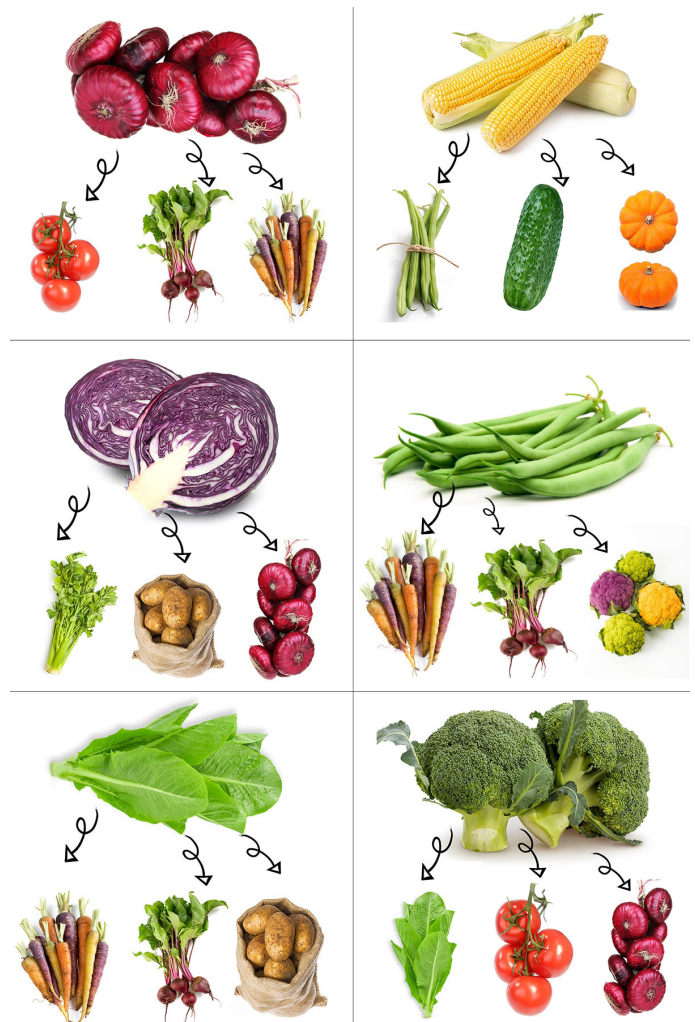
## 5 Companion Planting

● *Carrots Love Tomatoes,*  
Louise Riotte

● *Native American Gardening,*  
Gilbert L. Wilson.

(plant beans, corn and potatoes together in the same bed/ plot to let them symbiotically sustain each other, while also saving garden space)

● [Companion Planting Chart](#)



6

Herbs

One of the easiest things to grow. Many are perennial. Great in containers.

Plant herbs with other food crops to keep away pests and complement production

HERB COMPANION PLANTING SLIDE

# Herb Companion Planting Chart

Gardeners have been companion planting with herbs for centuries. Select plants that not only repel the pests you need to get rid of, but have compatible needs for water, feeding and sunlight.

| Herb        | Companions  | Pests Repelled   |
|-------------|---|--|
| Angelica    | Avoid Dill  |  |
| Basil       | Tomatoes<br>Dislikes Rue                                      | Flies, Mosquitoes  |
| Borage      | Tomatoes, Squash, Strawberries                                | Tomato Worm  |
| Caraway     | Plant throughout the garden to loosen the soil.<br>Avoid Dill |  |
| Catnip      | Eggplant  | Flea Beetle, Ants  |
| Chamomile   | Cabbage, Onion  |  |
| Coriander   |   | Aphids   |
| Chervil     | Radish  |  |
| Chives      | Carrots   |  |
| Dead Nettle | Potatoes  | Potato Bug   |
| Dill        | Cabbage<br>Dislikes Carrots and Caraway                       |  |
| Fennel      | Most plants dislike this herb                                 |  |
| Feverfew    | roses   | attracts aphids away from roses  |
| Flax        | Carrots, Potatoes   | Potato Bug   |
| Garlic      | Roses, Raspberries  | Japanese Beetle, Aphids  |
| Horseradish | Potatoes  | Potato Bug   |
| Henbit      |   | General Insect Repellent   |
| Hyssop      | Cabbage, Grapes<br>Dislikes Radishes                          | Cabbage Moth   |
| Lavender    |   | Moths -- combine with southernwood, wormwood and rosemary in an anti-moth sachet |
| Marigolds   | Plant throughout the garden                                   | Mexican Bean Beetles, Nematodes, others  |
| Mint        | Cabbage, Tomatoes   | White Cabbage Moth, aphids, flea beetles   |

<https://image.slidesharecdn.com/114936315-herb-companion-planting-chart-herbalgardens-121129193754-phpapp02/95/herb-companion-planting-chart-herbal-gardens-1-638.jpg?cb=1363460222>



## HERB COMPANION PLANTING CHART

|                   |   |
|-------------------|---|
| <b>BASIL</b>      | Companion to tomatoes; dislikes rue intensely. Improves growth and flavor. Repels flies and mosquitoes.   |
| <b>BEEBALM</b>    | Companion to tomatoes; improves growth and flavor   |
| <b>BORAGE</b>     | Companion to tomatoes, squash and strawberries; deters tomato worm; improves growth and flavor  |
| <b>CARAWAY</b>    | Plant here and there; loosens soil.   |
| <b>CATNIP</b>     | Plant in borders; deters flea beetle  |
| <b>CHAMOMILE</b>  | Companion to cabbages and onions; improves growth and flavor  |
| <b>CHIVES</b>     | Companion to carrots; improves growth and flavor.   |
| <b>DILL</b>       | Companion to cabbage; dislikes carrots; improves growth and health of cabbage   |
| <b>FENNEL</b>     | Plant away from gardens. Most plants dislike it.  |
| <b>GARLIC</b>     | Plant near roses and raspberries; deters Japanese beetle; improves growth and flavor  |
| <b>LEMON BALM</b> | Sprinkle throughout garden.   |
| <b>MARIGOLDS</b>  | The workhorse of the pest deterrents. Plant throughout garden; it discourages Mexican bean beetles, nematodes, and other insects.                 |
| <b>MINT</b>       | Companion to cabbage and tomatoes; improves health and flavor; deters white cabbage moth.   |
| <b>MARJORAM</b>   | Plant here and there in garden; improves flavors  |
| <b>NASTURTIUM</b> | Companion to radishes, cabbage. Plant under fruit trees. Deters aphids, squash bugs, striped pumpkin beetles, improves growth and flavor.         |
| <b>PEPPERMINT</b> | Planted among cabbages, it repels the white cabbage butterfly   |
| <b>ROSEMARY</b>   | Companion to cabbage, bean, carrots, and sage; deters cabbage moth, bean beetles, and carrot fly.   |
| <b>SAGE</b>       | Plant with rosemary, cabbage, and carrots; keep away from the cucumbers. Deters cabbage moth, carrot fly.   |
| <b>TANSY</b>      | Plant under fruit trees; companion to roses and raspberries. Deters flying insects, Japanese beetles, striped cucumber beetles, squash bugs, ants |
| <b>THYME</b>      | Plant here and there in garden. Deters cabbage worm.  |

<https://image.slidesharecdn.com/companionplant377-121208150258-phpapp02/95/herb-companion-planting-chart-herbal-gardens-1-638.jpg?cb=1354979014>



# 7

## Wild edibles. Medicinal Plants and Herbs

Resources:

- [Field Guide To Edible Wild Plants](#)
  - [Wild Edibles of Missouri](#), Jan Phillips
- [Find one for your area here.](#)

- [A Handbook of Native American Herbs](#), Alma R. Hutchens
- [Instant Herbal Locator](#), Hanna Kroeger
- [Simon & Schuster's Guide to Mushrooms](#), editor: Gary H. Lincoff



# 8

## Sprouting

Extremely quick turnover of enzyme- and nutrient- dense food. Healing energy

Low-cost, year-round, needs very little equipment (seeds, jar, cheesecloth, window)

- [Dr. Axe Sprout Guide](#)
- [Sprouting Supplies](#)

# 9

## Container Gardening

Patio gardens can be productive food producers with well-chosen plants

- [Container Gardening For Beginners](#)



YouTube videos:

- [Container Garden How To](#)
- [Container Garden Set-Up](#)



# References

## **Soil pH Effects On Nutrient Availability Chart**

[https://richmond.ces.ncsu.edu/wp-content/uploads/2016/01/How\\_Soil\\_pH\\_affects\\_availability\\_of\\_plant\\_nutrients-1024x827.jpg](https://richmond.ces.ncsu.edu/wp-content/uploads/2016/01/How_Soil_pH_affects_availability_of_plant_nutrients-1024x827.jpg)

## **Jonathan Green Soil pH Chart**

<https://www.jonathangreen.com/wp-content/uploads/2014/12/Soil-pH.jpg>

## **Compost Guy**

<https://www.compostguy.com/composting-basics/>

## **Hybrids Vs. Heritage Seeds And Plants Chart**

[https://www.bornagaingardens.com/uploads/3/3/6/5/3365207/2304218\\_orig.jpg](https://www.bornagaingardens.com/uploads/3/3/6/5/3365207/2304218_orig.jpg)

## **Methods To Replenish Soil Nutrients**

<https://www.offthegridnews.com/survival-gardening-2/6-effective-methods-to-replenish-nutrients-in-your-soil/>

## **Companion Planting Visual Aide**

<https://www.savvyhousekeeping.com/wp-content/uploads/2013/06/Companion-Planting-FTFA.jpg>

## **Companion Planting Visual Only**

<https://www.littleyellowwheelbarrow.com/wp-content/uploads/2020/06/companion-planting-10.jpg>

## **Herb Companion Slide**

<https://image.slidesharecdn.com/114936315-herb-companion-planting-chart-herbaldgardens-121129193754-phpapp02/95/herb-companion-planting-chart-herbal-gardens-1-638.jpg?cb=1363460222>

## **Herb Companion Guide**

<https://image.slidesharecdn.com/companionplant377-121208150258-phpapp02/95/herb-companion-planting-chart-herbal-gardens-1-638.jpg?cb=1354979014>

## **Wild Edible Guide**

[http://www.americaismyname.org/uploads/7/9/1/7/7917170/field\\_guide\\_to\\_edible\\_wild\\_plants.pdf](http://www.americaismyname.org/uploads/7/9/1/7/7917170/field_guide_to_edible_wild_plants.pdf)

## **Wild Edibles: Find One For Your Area**

<https://www.growforagecookferment.com/foraging-books/>

## **Dr. Axe Sprout Guide**

<https://draxe.com/nutrition/sprout/>

## **Sprouting Supplies**

<https://sproutpeople.org/sprouting-supplies/>

## **Container Gardening For Beginners**

<https://www.thespruce.com/vegetable-container-gardening-for-beginners-848161>

## **Container Garden How To YouTube Video**

<https://www.youtube.com/watch?v=GTrpFlprOY>

## **Container Garden Set Up YouTube Video**

<https://www.youtube.com/watch?v=RhgH2c15RW4>



# Watering



1

Types of plants grown affect how you should choose to water them. For example, tomatoes do best when watered at the roots, avoiding the leaves, in order to reduce mildew growth.

2

Refrain from shallow daily watering. Allow roots to develop naturally growing deeper when seeking water. Weekly rain is often enough.

3

Time of day: Consider watering in the morning or evening if the afternoon temps are very high. Leaves can burn when watered mid-day at high heat. Some regions must also consider water conservation.

4

Use a rain-collection system. Make a rain-barrel and use this water for the garden!



**How To Make A Rain Barrel**



**Add A Drip Line!**



**Hydroponics**



**Build Your Own Hydroponics System**



**Edible Water Gardens**



**(Fish Make Fertilizer)**



**Trench Gardening**





# References



## **How To Make A Rain Barrel**

<https://davesgarden.com/guides/articles/view/1549>

## **Add A Drip Line!**

<https://beansbulletsbandagesandyou.com/bullets/2018/07/13/drip-irrigation-rain-barrel/>

## **Compost Guy**

<https://www.compostguy.com/composting-basics/>

## **Hydroponics**

<https://www.epicgardening.com/hydroponic-systems/>

## **Build Your Own Hydroponics System**

<https://dengarden.com/gardening/Build-your-Own-Hydroponic-System-A-Step-by-Step-Guide>

## **Edible Water Gardens**

<https://watergardenadvice.com/edible-water-plants/>

## **Fish Make Fertilizer**

<https://extension.oregonstate.edu/news/transform-fish-waste-food-aquaponics-garden>

## **Trench Gardening**

<https://seasonalpreferences.com/how-to-trench-garden/>



# Harvest



1

Dried food and herbs how to book: *Making and Using Dried Foods*, Phyllis Hobson.

You might be surprised at how easy and practical dehydrating produce is! Dried green beans are a special favorite. They are reconstituted slightly in water, and oven roasted.

You can dehydrate produce on trays in the hot sun very quickly. Cover with netting (bugs).

2

Canning is an amazing traditional way to preserve produce! Find an antique recipe book and reignite this amazing and practical art-form. You will need only a few simple supplies. Acidic foods like tomatoes can well using a simple water-bath method. Others, like beans (and even meat) require the use of a pressure canner.



## How To Can Food

<https://morningchores.com/how-to-can-food/>

3

Fermenting.

Some of the most delicious and gut-friendly foods are naturally fermented on the kitchen counter. If you have never made raw kraut, what are you waiting for?



## Traditional Recipes & Advice

<https://www.culturesforhealth.com/learn/natural-fermentation/how-to-ferment-vegetables/>

4

Natural food storage

*Root Cellaring: Natural Cold Storage of Fruits and Vegetables*, Bubel.



# Seed Saving



## Seed Saving Chart

<https://www.seedsavers.org/seed-saving-chart>



## Seed Saving Guide

[https://seedalliance.org/wp-content/uploads/2010/04/seed\\_saving\\_guide.pdf](https://seedalliance.org/wp-content/uploads/2010/04/seed_saving_guide.pdf)

*Happy  
Gardening*



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