
# PRODUCE OASIS

## CULTIVATE YOUR OWN PRODUCE IN THE APOCALYPSE... EVEN IF YOU DON'T HAVE A BACKYARD

# Cultivate Your Own Produce in the Apocalypse… Even if You Don't Have a Backyard

If you're not growing your own vegetables, you're relying on a system that is broken.

Since the dawn of civilization, man has relied on the land to grow food. Whether it's a farmer plowing a field, a gardener tilling a bed, or a homesteader raising a crop — it has been the **land** that has provided our food.

But, times are changing. Today, our system of agriculture is straight out of 1984. Most of the world's food is produced by only five corporations (Monsanto, Dow Chemical, DuPont, Syngenta, and Bayer).

These corporations have taken agriculture, and **monopolized** it, using the land to maximize their profits and squeeze out farmers who refuse to bend the knee.

For instance, Monsanto controls the seed market through patents. So when farmers use seeds that have been genetically modified to resist pesticides, they must pay royalties to Monsanto.

Furthermore, Monsanto owns patented technology to breed "sterile" seeds, which yield crops with ZERO viable offspring seeds for the next planting season. This forces farmers to purchase new seeds every year from Monsanto – keeping the price of seeds high and your food costs higher.

So by owning the seed, and controlling the breeding of those seeds, Monsanto controls the entire farming process… and… therefore… controls your entire food supply.

This is isn't capitalism — this is fascism. And, we are fast approaching a time when it will no longer be legal to plant simple produce without the permission of *Big Agriculture*.

# But We Don't Have to Take it Lying Down.

You can still put food on the table without depending on the tyrannical control of a few mega-corporations.

Because you don't need acres of land to grow fresh produce. You don't even need a HUGE backyard!

You can grow just about anything — including most produce sold in stores — in a space the size of a small cooler.

And you wouldn't have to worry about pests, weeds, space, soil, weather, or anything else – except providing water.

You see, once you get the basics down (water, fertilizer and pest control)...

# Growing Your Own Food is Really Easy... And CHEAP!

According to the National Gardening Association, the average family spends $70 on their "crops"...

But grow an estimated $600 worth of fruits and veggies[1]. That's enough produce to feed the average family for one year... and then some![2]

And that's exactly why I wrote this guide.

Produce Oasis reveals a simple, compact, low-cost way to grow produce in a small space.

You can use it indoors or out. It works anywhere. And the best part? It's so easy to setup. You can get it up and running in just 15 minutes[3].

You'll be amazed at how quickly you can fill your home with fresh fruits and veggies. And you don't need any special skills or equipment to set it up.

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1 https://blog.nationwide.com/tips-for-planting-garden/
2 https://www.valuepenguin.com/how-much-we-spend-food
3 https://themicrogardener.com/fast-food-diy-instant-veggie-garden-part-1/

# Building Your Produce Oasis

Even if you're a beginner gardener or on a tight budget, this is still the best way to ensure your family never goes hungry in times of crisis. You'll have a continual supply of fresh, healthy foods right at your fingertips.

In addition, you'll be reducing your family's exposure to toxic chemicals and pesticides, which will lower your family's risk of cancer and other health problems.

## Materials List:

- Table or Workbench (Lined with Newspaper)
- Landscaping Gloves
- Face Mask (For Potting Mix)
- Trowel
- New/Undamaged Polystyrene Box (18" x 12" x 12")
- Potting Mix (Organic 50lb Bag)
- Paper Towels
- Watering Can
- Liquid or Powdered Seaweed
- 1 Tablespoon Molasses (To Feed Soil Microbes)
- Choice of Ready-to-Plant Seedlings
- Support Stakes (For "Climbing" Plants)
- Organic Mulch (Coir Peat, Sugar Cane, or Aged Lawn Clippings)
- (Optional) Shade Cloth
- (Optional) Spray Bottle

## Preliminary Step: Soak Your Seeds

You'll want to soak your seeds in scolding hot water 12-24 hours before building your Produce Oasis. Why so hot?

Because Mother Nature is a BEAST! Most seedlings practically endure hell before falling into soil, pummeled with harsh heat or devastating cold. So soaking them in hot water before planting tells your seedlings:

"Hey guys, the worst is over... You're good to grow!"

To soak your seedlings:

1. Fill a bowel with HOT tap water — as hot as your tap will get.
2. Dump your seeds into the water.
3. Let them cool in the water for 12-24 hours.
4. Lay them on a towel before planting

**WARNING**: Your seeds will drown if soaked too long. So make sure you only leave them soaking for 12-24 hours **MAX**.

## Step 1: You're Gonna Need a Good Box...

And not just any box, a "polystyrene" box (Which is just a technical term for "styrofoam"). You'll find these in a lot of different sizes, but you're looking for these dimensions:

- 18 Inches Long
- 12 Inches Wide
- 12 Inches Deep

Pro Tip: Go to your local greengrocer or fish monger and ask for a few used styrofoam "curbside pickup" boxes. Typically they have no problem giving these away, as they're gonna end up in the dumpster anyway. Just make sure it comes lined with drainage holes at the bottom.

## Step 2: Line the Box With Paper Towels

Line the bottom of your box with a few paper towels, and dampen them with water from your spray bottle. Alternatively, you could run the paper towels under water and then "ring" them out as dry as possible.

Either way, doing this will prevent potting mix from leaking through the drainage holes in the bottom.

## Step 3: Add Your Potting Mix

Put on your gloves and safety mask and dump potting mix into your box about 1-2cm below the "lip" of the box. The actual mix will "settle" in the box once you water it, so it's best to pour in a little more than you think you'll need.

## Step 4: Prepare the Soil

6Take your trowel and make small holes in the soil for each seedling. Depending on the size of your chosen produce – you'll want to space these holes out appropriately to give each seed room to grow. You may also consider building multiple boxes at a time for bigger crop yields.

On the following two pages, I've included a nifty spacing and seasonal planting chart to help you out:

| NAME | HEIGHT | SPACING PER SQUARE FOOT | EDIBLE SEASON | WEEKS FROM SEED TO HARVEST | SEED STORAGE |
|---|---|---|---|---|---|
| Asparagus (*Asparagus officinalis*) | To 5' | 1 | Spring, early summer | 2 to 3 yrs. | NA |
| Basil (*Ocimum basilicum*) | 1 to 2' | 1 or 4 | Summer | 12 | 2 yrs. |
| Beans (*Phaseolus vulgaris*) | 12 to 18" (bush); to 7' (pole) 9 | 8 to 10 | Summer | 3 to 4 yrs. | 2 yrs. |
| Beets (*Beta vulgaris*) | 12" | 9 or 16 | Spring to fall | 8 | 4 to 5 yrs. |
| Bok Choy (*Brassica rapa* subsp. *Chinensis*) | 1 to 2' | 4 | Fall | 6 to 7 | 4 yrs. |
| Broccoli (*Brassica oleracea* var. *italica*) | 18 to 24" | 1 | Spring, fall | 16 | 5 to 6 yrs. |
| Brussels Sprouts (*Brassica oleracea* var. *gemmifera*) | 2½' | 1 | Spring to fall | 20 | 4 yrs. |
| Cabbage (*Brassica oleracea* var. *capitata*) | 12 to 18" | 1 | Spring, fall | 16 | 5 to 6 yrs. |
| Carrots (*Daucus carata* subsp. *sativus*) | 12" | 16 | Spring to fall | 10 | 3 to 4 yrs. |
| Cauliflower (*Brassica oleracea* var. *botrytis*) | 18 to 24" | 1 | Spring, fall | 14 | 5 to 6 yrs. |
| Celery (*Apium graveolens*) | 12 to 16" | 4 | Spring to fall | 12 to 14 | 4 to 5 yrs. |
| Chives (*Allium schoeneprasum*) | 6 to 12" | 16 | Late spring, summer | 16 | 2 yrs. |
| Cilantro (*Coriandrum sativum*) | 1 to 2' | 1 | Late spring, summer | 5 (leaves) | 12 (seeds) |
| Collard Greens (*Brassica oleracea*) | 2 to 3' | 1 | Spring to winter | 8 to 10 | 6 yrs. |
| Corn (*Zea mays*) | 5 to 6' | 4 | Summer | 9 to 13 | 1 to 2 yrs. |
| Cucumber (*Cucumis savinus*) | Vine | 2 | Summer | 9 | 5 to 6 yrs. |
| Dill (*Anethum graveolens*) | 3' | 1 | Summer | 5 | 4 to 5 yrs. |
| Eggplant (*Solanum melongena*) | 24 to 30" | 1 | Summer | 19 | 5 to 6 yrs. |
| Fennel Herb (*Foeniculum vulgare*) | 30 to 72" | 1 | Spring to fall | 6 | 5 to 6 yrs. |
| Garlic (*Allium sativum*) | 18 to 24" | 9 | Summer, fall | 12 | No |
| Kale (*Brassica oleracea* var. *sabellica*) | 10 to 24" | 2 | Spring, fall | 6 | 4 yrs. |

| NAME | HEIGHT | SPACING PER SQUARE FOOT | EDIBLE SEASON | WEEKS FROM SEED TO HARVEST | SEED STORAGE |
|---|---|---|---|---|---|
| Kohlrabi (*Brassioca oleracea* var. *gongylodes*) | 12 to 18" | 9 | Spring, fall | 4 to 5 | 3 yrs. |
| Leaf Lettuce (*Latuca sativa*) | 6 to 12" | 4 | Spring, fall, winter | 7 | 5 to 6 yrs. |
| Leeks (*Allium ampeloprasum porrum*) | 24" | 9 | Fall | 14 | 2 yrs. |
| Melons (*Cucumis melo*) | Vine | 1 per 2 squares | Summer | 12 | 5 to 6 yrs. |
| Mint (*Mentha* spp.) | 1 to 3' | 1 | Summer | NA | NA |
| Mustard Greens (*Brassica juncea*) | 20 to 24" | 16 | Spring, fall | 4 | 4 yrs. |
| Okra (*Abelmoschus esculentus*) | 18 to 24" | 1 | Summer | 12 | 2 yrs. |
| Onions (*Allium cepa*) | 12" | 16 | Summer, fall | 20 | 1 to 2 yrs. |
| Oregano (*Origanum vulgare*) | 1 to 2' | 1 | Spring to fall | 16 | NA |
| Parsley (*Petroselinum crispum*) | 6 to 12" | 4 | Spring to winter | 14 | 2 to 3 yrs. |
| Parsnips (*Pastinaca sativa*) | 10 to 15" | 4 | Fall | 15 to 17 | No |
| Peas (Sugar Snap) (*Pisum sativum*) | Vine | 8 | Spring, fall | 10 | 3 to 4 yrs. |
| Peppers (*Capiscum* spp.) | 12 to 24" | 1 | Summer | 19 | 4 to 5 yrs. |
| Potatoes (*Solanum tuberosum*) | 12 to 24" | 4 | Spring to fall | 12 | NA |
| Pumpkins, Winter Squash (*Cucurbita* spp.; pumpkins are *Curcurbita pepo*) | Vine | 1 per 2 squares | Summer to fall | 12 | 5 to 6 yrs. |
| Radishes (*Raphanus raphanisturm* subsp. *sativus*) | 6 to 12" | 16 | Spring to fall | 4 | 5 to 6 yrs. |
| Spinach (*Spinacia oleracea*) | 6 to 12" | 9 | Spring, fall, winter | 7 | 5 to 6 yrs. |
| Strawberries (*Fragaria* × *ananassa*) | 6 to 12" | 4 | Spring, fall | NA | NA |
| Squash/Zucchini (*Cucurbita pepo*; zucchini is *Cucurbita pepo* var. *cylindrica*) | Bush or Vine | 1 (bush), 1 per 2 (vine) | Summer | 8 | 5 to 6 yrs. |
| Swiss Chard (*Beta vulgaris* subsp. *vulgaris*) | 12 to 18" | 4 | Spring to winter | 8 | 4 to 5 yrs. |
| Tomatoes (*Solanum lycopersicum*) | 3' (bush); 6' (vine) | 1 per 4 squares (bush) | Summer | 17 | 4 to 5 yrs. |

## Step 5: Plant Your Seedlings

Grab your pre-soaked seedlings and pop one into each hole, then cover and "pat over" with soil. You want to pat each one down firm so the seedling "root hairs" are completely touching the soil.

## Step 6: Water With Seaweed/Molasses Mix

In your watering can, mix powdered seaweed and 1 tablespoon of molasses into your water. Then pour mixture over your seedlings.

### Step 7: Top With Mulch

Lay about 3cm of mulch on top of the soil, but not over the seedlings themselves. You want to leave 1-2cm of space for the seedling to grow through.

In the end, you'll end up with something like this:

Your Produce Oasis is now ready to go!

# What to Plant In Your Produce Oasis

Ultimately, what you plant in your Produce Oasis will depend on what you like to eat, your climate zone, and how deep you made your container. Like I said, some produce will need up to 30cm for the roots to grow.

But these are some of my favorite easy-to-grow plants to give you an idea of what you can plant right away (and the root-depth needed):

### Home Grown Herbs & Spices

- Basil (3")
- Oregano (3")
- Mints – Peppermint, Chocolate, & Spearmint (6")
- Nasturtium & Thyme (6")

- Cilantro (8”)
- Lemon Balm (8”)
- Sage and Rosemary (8”)
- Dill and French Tarragon (10”)
- Curly-Leafed Parsley (8”)

## Salad Greens

- Lettuce (4”)
- Silverbeet (6”)
- Arugula (6-8”)
- New Zealand Spinach (8”)
- Mustard greens (8-10”)

## Summer Veggies

- Beans (6-8”)
- Capsicum, Peppers & Chilies (8”)
- Eggplant & Aubergine (8”)
- Peas (8”)
- Okra (10”)
- Cucumber (10”)

## “Skyscraper” Veggies (15-20” Each)

- Shallots
- Chives
- Onions
- Garlic
- Spring onions
- Garlic
- Bunching onions/onions

## Small Batch Fruits

- Strawberries (8”)
- Pineapple (12”)

**Root Vegetables**

- Beetroot (6”)
- Turnip and Onion (8”)
- Carrot (short, round and miniature varieties) and Potato (12”)
- Sweet Potato (12”)
- Arrowroot, Ginger, Galangal and Turmeric (12”)

# Do Yourself a Favor and Grow Some Spinach

When it comes to the single crop you should rotate in your oasis, spinach is a no-brainer.

Not only can you grow spinach year-round…

But spinach is chock full of copper – essential for bone development, heart heath, and immune function (especially in children).

And since it’s a dark green leafy vegetable, it’s an excellent source of iron, which is crucial for energy production and red blood cell formation.

’Melody’ and ‘Baby’s Leaf Hybrid’ will yield best results in your Produce Oasis.

# Top 3 Crops to Grow in ANY Climate

Aside from spinach, there are 3 more “any climate” veggies I think you should include in your crop rotation:

### 1. Keep It Spicy With Peppers

Wintertime isn’t much of an issue with peppers. Actually, they like it cool. And there are so many varieties to choose from, you’ll have no problem finding something you like.

You can start your pepper plants inside and move them to a sunny windowsill as soon as the weather starts to warm up.

### 2. Thick-Skinned Eggplants

Eggplants are one of the easiest plants to grow. They need very little water, hardly any fertilizer and they give off a lot of oxygen.

In addition, they are very easy to prepare and they have a delicious, sweet, mellow flavor.

Eggplants are great for canning, freezing, drying, sautéing, adding to stews and soups, stuffing, and making sauces. They are also an excellent source of potassium which is important for healthy muscle function and nerve impulses.

### 3. Can't Go Wrong With Okra

Okra is super nutritious and has a ton of health benefits due to high levels of fiber, potassium, iron and B-complex vitamins.

It also has a lot of vitamin A which is good for your eyes and skin, and vitamin C for your immune system.

Just remember — okra should be harvested early and often. If you leave it on the plant too long, it will develop a fibrous stalk and become stringy and inedible.

# Feed Your Crops With "Soak" Sock Fertilizer

Stop by the World AG Expo — the largest farming convention in the U.S. — and you'll probably leave will 100 different ways to fertilize your crops.

But right now, I'm going to show you my way. And my way is dead simple, all you need is a bucket of water, some worm shit, and a "soak" sock:

**Step 1** – Stop by your local Garden Center or Home Depot and pick up a sack of worm castings (aka shit).

**Step 2** – Grab an old tube sock (without holes in it) and fill it with about 2 cups of castings. This sock is now your "soak" sock.

**Step 3** – Fill a 5-gallon bucket with rain water. You can use tap water, but let it sit overnight to evaporate the chlorine.

**Step 4** – Time to soak some work shit. Drop your sock into the bucket, and let it soak overnight.

**Step 5** – First thing next morning, grab that soaking wet sock from the bucket and ring out that worm juice. Don't feel ashamed for using a pair of dish gloves here… it's about as gross as it sounds.

**Step 6** – Pour your remaining "soak sock fertilizer" into a watering can and water your crops first thing.

### Why This Works So Well:

See — the worm castings are packed with organic matter like leaves and other plant material. These castings consist mostly of undigested vegetable material along with some animal material like feathers, hair and bone fragments.

In short, castings are an excellent source of nitrogen, potassium, phosphorous and other essential plant nutrients. They also have a very low pH which makes them easy for plants to absorb.

As far as prepping goes, I'd suggest throwing a few bags of worm castings in your storage. They never expire, they're super cheap, and they'll give off their nutrients as long as the plants need them.

And speaking of nutrients…

# The 3 "Vampire" Supernutrients You Can Grow in ZERO Sunlight

These are three of the most important (and most overlooked) nutrients you can grow yourself. Why? Because you can find them in one superfood that requires virtually ZERO sunlight to grow.

Can you guess what I'm talking about?

### I'm Talking About SEAWEED.

That's right, seaweed is a huge source of vitamins and minerals that will grow just as well — if not better — in complete darkness as it would under full sunlight.

This is vitally important during the winter months when the sun is not out and plant growth is at a standstill.

And growing seaweed is easy. You can buy it at your local pet store and grow it in an aquarium, a pond or even a bathtub. Just add some sea water (from the ocean) and some gravel to hold the plants roots in place.

The plants will quickly cover the surface of the gravel with a dense mat of green leaves that will keep you and your family going for months or even years.

NOTE: If you don't have direct access to sea water, you can boil 1 teaspoon of table salt per 1 gallon of fresh water, then let it cool before adding it to your aquarium.

So what types of seaweed pack these 3 "vampire" supernutrients?

## Iodine: Kombu Seaweed

Kombu is a dark brown seaweed and one of the most potent sources of iodine in the world. In just ONE gram of kombu, you can get 1,682% of your recommended daily intake (RDI) of iodine — meaning a little goes a long way.

What to Cook with Kombu: Kombu is great for adding flavor to soups and stews. It also makes an excellent stand-in for kelp in many recipes.

## B-12: Nori Seaweed

Formerly known as laver or laver seaweed, nori is now considered by many to be the best source of B-12 on earth. In fact, studies found that 100% of your RDI for B-12 can be found in only 4 grams of nori. It's a light green or brown colored seaweed that has a slightly sweet taste.

What to Cook with Nori: Use nori in place of Parmesan cheese in pasta dishes. Add it to omelettes or scramble eggs. Slice it up and use it as a wrap or sandwich filler.

### Antioxidants: Spirulina Seaweed

Spirulina is an antioxidant POWERHOUSE. Whereas vitamins and minerals are important, so is the ability to fight off disease and infection.

That's why spirulina is so popular in natural health products. One of the best sources of zinc, potassium, and B-12, it also contains significant amounts of anti-oxidants like beta-carotene and phytonutrients.

And not only that — spirulina is alco chock full of protein, making up to 70% of the plant's content.

What to Cook with Spirulina: Sprinkle a little on your morning oatmeal. Use it instead of salt to season your soups and stews. Add it to your smoothies and milkshakes.

Fun Fact: In a study of 25 people with Type 2 Diabetes, spirulina lowered "bad" LDL cholesterol and triglycerides, while raising "good" HDL cholesterol… with only 2g per day!

Now that you know all this…

# It Is Time For You To Get Serious About Growing Your Own Produce!

Every second matters when it comes to the safety of your family. One day… maybe sooner than you realize… you may have to flee with your loved ones from the destruction of a natural or man-made disaster.

If you're not prepared, it could literally be the difference between life and death for your family.

You need to be ready. Not just "ready" in a philosophical way… but in a real, physical way.

Because even now, our nation is struggling to provide food for its families. Produce that was just harvested is rotting in shipment containers, held up by God knows what.

# Produce Oasis is a Revolutionary System to Grow Fresh Produce…

…year-round in any location in the world — even if you don't have a backyard or a lot of living room space. It's easy to use and requires no special tools, and almost no effort on your part.

It's like having your own supermarket produce section inside your house!
You could rest easy in ANY emergency situation knowing that your family will be eating fresh fruits and veggies all year round. And even if the country's power grid goes down, you'll still have access to your very own Produce Oasis.