

# SURVIVAL SEED VAULT



GET THE RIGHT SEEDS TO SURVIVE

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# INTRODUCTION

In a crisis, two of the most important things to have are food and water that you can use right away. While it's a good idea to store dried food in long term storage, this costs money and your stock will eventually run out.

In a long-term crisis, you want to be able to restock your pantry with fresh, nutrient rich

foods. That's why storing seeds is a great idea. Not only can you use them to grow delicious fruits and vegetables, you can also use them to barter for other goods.

In this guide, I'll show you which seeds are the best for survival, where to get them, and how to store them so they work when you need them.



## SEED QUALITY

Before we get into the specific seeds I personally recommend, I want to cover an important point and that is seed quality. You may or may not know this, but not all seeds are created equal.

Before I go any further, let me give you a few definitions:

**HYBRID SEEDS-** A hybrid seed is a seed that has been 'bred' and grown specifically to aid in production and resistance to disease. They are made by breeding two different plants together to get a third variety - the hybrid. Kind of like mating a horse and a donkey, they produce a mule.

**GMO-** Just like hybrid seeds, GMO seeds are created by crossing two things together, except they're combined with even stranger things that wouldn't naturally cross. This is something that's only possible in a lab.

**HEIRLOOM SEEDS-** Heirloom seeds are considered true plants because they're exactly the same as their parent plants. Seeds contained in crops grown from heirloom seeds can be replanted over and over again. They're not generally as uniform or as predictable as hybrid seeds (i.e. carrots won't all be exactly straight.) but they'll be nutritional and delicious.

Over the last 100 years, companies have been engineering seeds to produce crops that are resistant to pests and infection to increase yields. They've also been bred to meet consumers' expectations about what produce should look like. That means seedless, perfectly shaped and colored fruits and vegetables.

Yet all this comes with a price.

The seeds have been designed to produce consistent, aesthetically pleasing crops - not for long-term plantability. That means in a long term disaster, you may have to find some other source of food. Not exactly a situation you want to find yourself in.

But not to worry, later in this book I'll show you where to get high quality seeds that will produce high quality food, year after year.

# Survival Seeds

## FOR FOOD

So, what seeds are best for surviving a long-term crisis? Below, I've chosen seeds based on their yield quantities, how easy they are to grow, their nutritional value, and their growing season. Below is a list I've created based on these qualities, in alphabetical order.

### **BARLEY -**

**Planting:** Barley can be planted in both the spring and winter and is best planted early in the season.

**Nutrition:** This grain has lots of health benefits and is high in dietary fiber and manganese.

**Uses:** It can be used to feed livestock, ground into flour for bread and for making beer.

### **BEANS -**

**Planting:** This is one of the easiest plants to grow and should be planted in early summer. Some varieties may need stakes to raise the plant to get the most sunlight.

**Nutrition:** Beans are very high in fiber, protein, calcium, and vitamins A, C & K.

**Uses:** There are many varieties of beans to choose from that make delicious dishes that fill you up.

### **BROCCOLI -**

**Planting:** Best planted in mid to late summer and harvested in the fall.

**Nutrition:** Broccoli is a good source of vitamins A and K.

**Uses:** Food

### **CARROT -**

**Planting:** Carrots grow better in cooler weather so plant them in fall, winter and early spring.

**Nutrition:** High in beta carotene and vitamin A.

**Uses:** Food

### **CAULIFLOWER -**

**Planting:** Best planted in cool seasons. Cauliflower is a fast growing crop.

**Nutrition:** High in dietary fiber, and vitamins C and K.

**Uses:** Food

## **CORN -**

**Planting:** Corn likes warm weather and should be planted after the last frost.

**Nutrition:** High in protein, calcium, and iron.

**Uses:** Food, snacks.

## **CUCUMBER -**

**Planting:** This plant is very easy to grow and should be planted in warm seasons. Pick them as soon as they're ready, continuous picking increases yield.

**Nutrition:** Cucumbers are a good source of potassium and vitamins A, C, and K.

**Uses:** Cucumbers can be prepared many ways and are great for pickling.

## **EGGPLANT -**

**Planting:** Plant in warm weather after the last frost.

**Nutrition:** Eggplant contains fiber, antioxidants, and vitamins B1 and B6.

**Uses:** Food

## **LETTUCE -**

**Planting:** Lettuce is very easy to grow and can be planted several times between the last frost and up to 6 weeks before the first frost. You can cut the plant a few inches above the base and it will continue to grow.

**Nutrition:** There are many different varieties and each contain different nutrients including vitamins A, B6, C and K.

**Uses:** Food

## **MELON -**

**Planting:** Best planted 4 weeks after the last frost. Cantaloupes and Melons need lots of space to grow, so you may want to consider dwarf variations.

**Nutrition:** They're a good source of fiber, vitamin B6, and folate.

**Uses:** Great to add variety to your diet and a little sweetness.

## **OKRA -**

**Planting:** Plant 2 weeks after last frost.

**Nutrition:** High in folate, calcium, and vitamins A and K.

**Uses:** Can be used in soups, pickled, or canned.

## **ONION -**

**Planting:** Onions are very easy to grow and best planted in mid to late October. Green onions can be harvested early and used as onion bulbs are left to mature.

**Nutrition:** High in fiber, folate, potassium and vitamins B6 and C.

**Uses:** Food

### **PEANUTS -**

**Planting:** This plant likes it hot, so plant between late April and early June.

**Nutrition:** Peanuts are a great source of protein and healthy fats.

**Uses:** Food

### **PEAS -**

**Planting:** This plant is resistant to frost and very easy to grow. There are many varieties and they grow fast.

**Nutrition:** Peas have lots of protein, fiber, and many other nutrients.

**Uses:** Food

### **PEPPERS -**

**Planting:** Plant peppers after the last frost. The more you harvest them, the more the plant will produce.

**Nutrition:** High in vitamins A and C.

**Uses:** Sweet peppers add great flavor to food while hot peppers can give foods some more spice. Can also be used medicinally as described in the next section.

### **POTATOES -**

**Planting:** Best planted 4-6 weeks before the last frost\*.

**Nutrition:** High in potassium and vitamins B6 and C.

**Uses:** Potatoes are one of the best survival foods. They're easy to grow, produce very high yields, and store well as long-term food.

**\*To get maximum yields, use the 100 pound potato planter design - you'll find the guide along with this eBook.**

### **PUMPKIN -**

**Planting:** Plant pumpkin seeds in late spring with lots of room for the vines to grow.

**Nutrition:** Pumpkins pack loads of vitamins such as thiamine, niacin, folate, iron and vitamins A, B6, C and E.

**Uses:** Food

### **RADISH -**

**Planting:** Radishes are very easy to grow and can be planted after the last frost and in the fall 4-6 weeks before the first frost.

**Nutrition:** High in fiber, iron, and vitamins B6 and C.

**Uses:** Food



### **SPINACH -**

**Planting:** Different varieties like different weather conditions, so check the seed package for details.

**Nutrition:** With too many nutrients to list, consider spinach a superfood.

**Uses:** Food

### **SQUASH -**

**Planting:** Squash is very easy to grow and they grow fast. You can choose between summer and winter varieties. It's best to have both so you can grow them twice a season. With squash, the more you pick, the more it yields.

**Nutrition:** High in vitamins A, B6, C, and K.

**Uses:** Food

### **TOMATO -**

**Planting:** Tomatoes are very easy to grow and can be planted twice a season. Once in late spring, and again in late summer.

**Nutrition:** High in potassium, thiamine, niacin, and vitamins A, C, K, and E.

**Uses:** Food

### **TURNIPS/RUTABAGAS -**

**Planting:** Plant between late spring and early summer.

**Nutrition:** High in iron, calcium, and vitamins B6 and C.

**Uses:** Remember both the greens and the root can be eaten.

### **WHEAT -**

**Planting:** Wheat can be planted in the spring or the fall depending on the variety. Winter wheat is preferred and can be planted from late September to mid October. Planting a 10x10 ft plot should yield enough wheat to make up to 25 loaves of bread.

**Nutrition:** High in copper, zinc, iron, and potassium.

**Uses:** Great for making bread and stores very well long term.

# Survival Seeds

# FOR MEDICINAL USE

In addition to storing seeds for food, it's a good idea to store a few more for medicinal use. Plants have been revered throughout history for their medicinal uses.

In a true crisis, over the counter medicine may no longer be available. This is where alternative medicine can be a life-changing resource.

Below is a list of some of the most invaluable seeds I recommend:

## **CAYENNE PEPPER -**

- Can be used as a digestion aid.
- Can help fight infections such as a sore throat or a cold.
- Can be used as a pain reliever on sore gums.

## **CHAMOMILE -**

- Can be used as a mild sedative to help calm people in stressful situations.
- Can be used as a warm compress.
- Can be used to aid sleep.

## **GARLIC -**

- Garlic is an absolute must for any medicinal garden. It has too many uses to list and it tastes great too.
- It can be used for its antibiotic properties to treat minor infections.

## **PEPPERMINT -**

- Helps with muscle spasms and cramps.
- Can help clear sinus infections.
- Works as a digestive aid.

## **SAGE -**

- Can be used to freshen breath.
- Sage has some antibacterial properties.
- Can be smoked to calm people.

### **TEA TREE -**

- Tea tree oil has antibacterial properties, making it a must for any herbal kit.
- Can be used to treat lice.

### **THYME -**

- Can be used as an insect repellent - a far more essential tool for survival than you may realize.

These are just a few of the wonderful plants God has given us to help with healing. I'd strongly suggest taking the time to research more for yourself - every little bit of knowledge helps in a crisis.

## **LONG-TERM STORAGE**

There's no point in spending money on seeds if they're not going to last. It's vital that the seeds are packed properly for maximum shelf life.

Seeds should be stored in extra durable, air-tight plastic packages and housed in a hard plastic pail for extra protection.

Thankfully, most good survival seed providers ship them stored this way.

## **WHERE TO BUY**

When it's time to buy your seeds there are a few things to look for. As I mentioned early, make sure they're heirloom, and that they are sealed properly for long term storage.

In addition, make sure the seeds you're buying are fresh. Ask when the seeds were harvested. If your supplier doesn't know the date, don't bother buying them - why would you ever rely on a supplier who can't tell you the most basic details about their product?

Seeds can be purchased locally in the spring or online year-round. You might want to check out a farmer's market if there's one nearby: they'll likely have a source for seeds that can grow well in the environment you live in.

# CONCLUSION



*In a real crisis, seeds will be priceless, so you can never have too many. There's a reason some of the most secure buildings ever created are seed vaults: keeping a full stash of seed types is vital for survival.*

Similarly, having a wide array of food choices when times get tough will keep spirits up, nutritional high, and can help keep your family and loved ones alive.

And remember, the only way to be fully prepared is to start practicing. Start your own garden, get comfortable planting your own food. Not only will you be eating healthier, you'll save money on groceries too. And if a disaster strikes, you'll be confident that you're prepared to feed your family through anything.