

Food Comes from Plants so Plants Can Come from Food!

STUFF YOU CAN PLANT FROM THE GROCERY STORE

November 2, 2010

NOTES FROM A LECTURE BY:
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This morning, I asked on Facebook, for ideas of things you can get at the grocery and plants in the garden - now, in the fall. Then I went to Kroger and found tons of stuff (\$65 worth) and pared it down to 3 projects that would be easy and fun to do with children. The goal: to remind adults and teach children that food and plants should be the same thing, interchangeable.

Buy Organic! Most things in the grocery have so many chemicals inhibitors on them, they just won't grow! The food companies don't want them too!

TWO OUTDOOR FALL PROJECTS

1. ELEPHANT GARLIC AND FLAX CONTAINER

You know all those beautiful Allium in bulb catalogues? Most won't grow here, but this one has killer gray winter leaves and giant, lavender flowers in May.

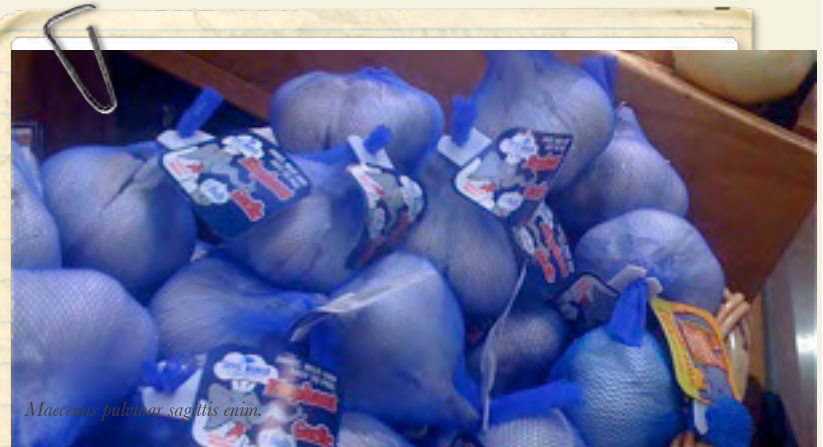
I use this in gardens all the time.

Just open the little net package, divide a few bulbs and stick them in soil of a container. Leave a tiny bit of the tip exposed. Sprinkle with flax seed and cover with a quarter inch more soil. Leave it on the porch with your pansies -

ON A LARGER SCALE

I use these same plants and techniques in gardens too. On a rainy day, walk around and scatter flax seeds in the garden. Little silver leaves and stems topped by blue spring flower look especially good growing with bulbs.

You can order larger quantities of elephant garlic from Peaceful Valley Farms. Do you know that BBC recently reported that with in 30 minute of eating garlic, you blood vessels become more flexible? Eat Lots!



Maecense pulchrum sagittis enim.

Above, elephant garlic in the veggie section.
Right, Flax seed in the flour section.



Below: My garlic and flax pot. I added a poppy plant too.



Later, we discussed toxins in moderns veggies, their lack of nutrients and more....

My intro to this topic was an organic potato with a few spouts compared to a 'microwave ready' potato complete w a plastic tab that read 'OPEN'. I asked why only the former had sprouts.

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It doesn't have to be about actually growing a lot to eat, its about the process, the connections between stuff on the grocery shelf & that stuff in yard - dirt.

My niece Caroline helped me prepare all this - after the demonstration, she and I made all the garden club ladies a smoothie with the pineapple chunks, vanilla protein mix, and organic, incredible tasting, IsaGreens!

NUTS ARE SEEDS

2. PECANS, WALNUTS, CHESTNUTS...

I cherish a memory of picking up acorns in Clemson, as a boy. Then not even realizing that I'd given them perfect conditions, the acorns in a glass jar in the fridge, sent out giant white roots!

To germinate nuts, fresh pecans are easy, put them in a plastic bag, with a little wet compost for a week. Then soak them over night in water and plant. Do it in a clear container and watch the roots grow. You can put this on a porch or somewhere not too cold. It will live outside, but you won't see anything till spring.

Remember there are nut like seeds in pears, apples, citrus and pine nuts are seeds too.

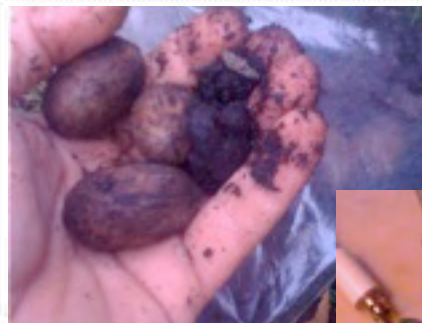
AND A TROPICAL TRICK

An avocado seed on tooth pics is classic. Pineapple tops too. But there are a few tricks - first, grab the fruit in one hand and the leaves in another and twist. Strip the bottom inch of leaves. Lay this out for day or two then plant in soil. Use a little pot, sit in a saucer of water and keep this inside till summer.

In weeks it will root, in a few months you'll have a dramatic house plant, in a few years - a new pineapple!



Avocado, Pine Nuts, Jicama



Nuts in wet compost, ready for the fridge. The scientific name of this process is stratification.

Other things you can plant now:
Jerusalem Artichokes
Wheat & Barley
Shallots
Fava Beans
Jicama, Chyote & Pappya (inside)

