

Orchestrating An Ecologically Wise En Masse Homesteading Movement

**Orchestrating An *Ecologically Wise* Homesteading Movement with**

**Heirloom & Native Seed**

# **Homesteading Starter Kits**



**Many “early American” homesteading techniques have been *devastating* to native ecosystems— *cattle ranching, hog confinements, large-scale monocropping, & so on.* “Homesteading Starter Kits” are built for *today's* movement with *today's* knowledge. Campaign Contributions to Wild Willpower enable our “peaceable assembly of civilians” to compile these kits & get them out to “as many people as possible”.**

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- 1 **Distance Everheart:** <http://www.wildwillpower.org/about-wild-willpower/our-civil-pac/distance-evehearts-bio>
  - 2 **Download GIMP *graphic design editor*:** [www.gimp.org/downloads/](http://www.gimp.org/downloads/)

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**Wild Willpower PAC offers *several kits including:***  
**“Full Sunlight, Low Water” Starter Kit**

**Heirloom Peppers**



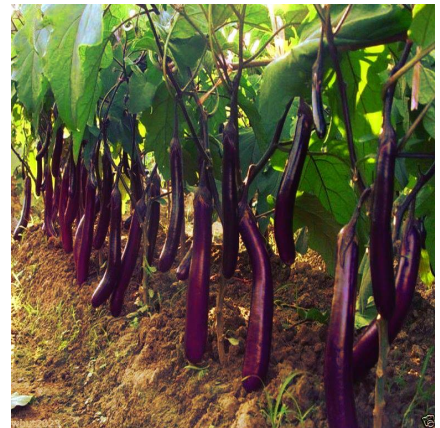
Heirloom Peppers- 5 colors:  
<http://www.groworganic.com/pv-org-pepper-rainbow-bell-mix.html>

**Black Beauty Eggplants**



“Black Beauty” Eggplants:  
<http://www.americanmeadows.com/all-american-veggie-flower-kit>

**Chinese Long Eggplants**



“Chinese Long” Eggplants:  
<http://www.ebay.com/itm/Black-Beauty-Eggplant-100-thru-1000-seeds-Heirloom-NON-GMO-USA-sustainable-35-/121456532140ebay.com/bhp/eggplant-seeds>

**Clemson Spineless Okra**



Photo source:  
<http://parkseed.com/clemson-spineless-okra-seeds/p/05195-PK-P1/>

**Emerald Green Okra**



Photo source:  
<http://www.rareseeds.com/store/vegetables/okra/>

## Giant Mammoth Sunflowers

The plants shown on these pages represent just *some of the plants* found in the various “full sunlight, *low water*” starter kits which *each* include corresponding companion plants, pest-deterrent plants, & “highly-efficient gardening techniques” instructions *for each plant*. See website for details.



Photo by Sara Hill):

[http://www.cleveland.com/sunstarcourier/index.ssf/2010/09/reaching\\_for\\_the\\_sun.html](http://www.cleveland.com/sunstarcourier/index.ssf/2010/09/reaching_for_the_sun.html)



Photo source:

<http://www.pandpseed.com/Merchant2/graphics/00000001/GSUNFDS.jpg>



Photo from Renee's Garden:

<http://www.reneesgarden.com/articles/grow-sunflower.html>

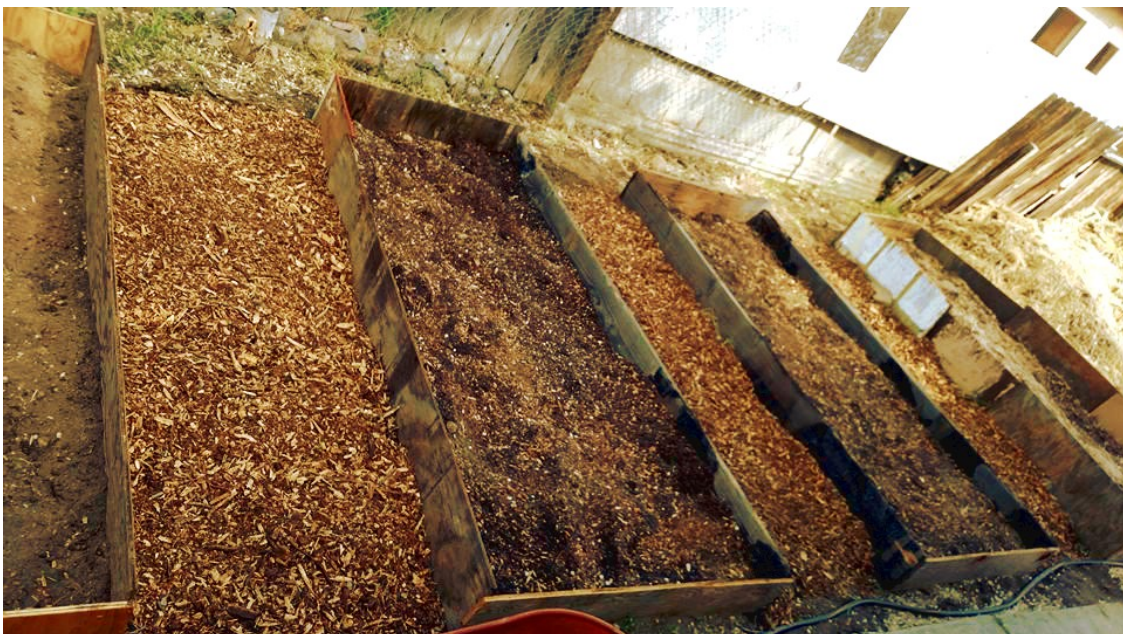
## “Great For Raised Beds” *Starter Kit*



*Asparagus photo Source:*  
<http://whatwouldbettydo.com/2011/06/06/try-something-purple-asparagus/> — in Pleasanton, California.



*“Heirloom Carrots” photo Source:*  
<https://www.etsy.com/listing/125298233/rainbow-carrot-mix-seven-fancy-heirlooms>



*Edible saprophytic mushrooms such as Candy Caps {*Lactarius rubidus*} will grow on the mulch through winter; candy Caps are used in flavoring syrup- having a somewhat "cinnamon" flavor.*

*Directions found inside each kit make growing food a very simple process; we've compiled need-to-know information, & nothing else.*

## About *Growing Asparagus*

Asparagus does best in areas that have either cold winters during which the ground freezes, or very dry summers. It's a hardy & adaptable plant, but it's much harder to grow in areas with mild winters & wet summers, such as the Gulf Coast of the United States.<sup>3</sup>

You *can* plant asparagus in the ground, but it *really thrives* when planted in a raised bed when planted in a staggered fashion about a foot apart. Start them from seeds, or *for faster results* plant their crowns.

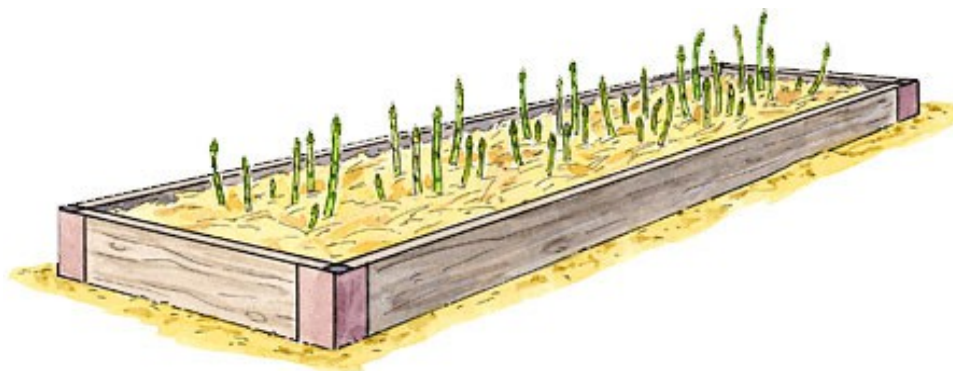


Diagram from: <http://www.gardeners.com/how-to/growing-asparagus/7343.html>

Growing asparagus is a long-term investment; it takes 3 years before you can take a full harvest from your plants (taking one or two spears from each plant in Year Two is admissible). If you are too impatient your plants will never “grow up big & strong”. Even in the *third* & subsequent years you must be restrained: *stop harvesting spears at about the end of June*. Tradition says that “you ought not to harvest after Midsummer’s Day— 21 June”.<sup>4</sup>

*Once the asparagus has fully established* the bed will produce an abundant crop of spears spring after spring for at least the next 20 to 30 years.<sup>5</sup>

**Note:** There are several other plants included in the “Raised Bed” Kit as well.

3 WikiHow, “How to Grow Asparagus”: <http://www.wikihow.com/Plant-Asparagus>

4 Mark's Veg Plot, “The First Asparagus”: <http://marksvegplot.blogspot.com/2011/04/first-asparagus.html>

5 Gardener's Supply Company, “How To Grow Asparagus”: <http://www.gardeners.com/how-to/growing-asparagus/7343.html>

Each kit comes pre-packaged with  
**Companion Plants**

such as

**“The 3 Sisters” Starter Kit**

"The 3 Sisters" method of growing corn, beans, & squash together is a form of "companion planting" (when done properly), this technique has been performed for thousands of years by several Native American tribes, including the Haudenosaunee people (called "Iroquois" by the French), the Tewa, the Anasazi, & others. a wise, simple form of highly-productive, renewable resource acquisition:

- 1) Plant the corn after danger of frost has passed.
- 2) Plant the pole beans when the corn is 5 inches high.
- 3) Plant squash seeds one week later.



IMAGE CREDIT: MOTHER EARTH NEWS

The beans hang off the corn leaves, and add nitrogen to the soil, which the corn (especially) uses.

Corn, beans, & squash together as a dish is a form of "succotash".

The large leaves of the squash help keep the moisture in & the weeds from growing up, amounting to less work, less water usage, & greater yield!

*Please see "The Outgrow The Economy" Campaign on [www.WildWillpower.org](http://www.WildWillpower.org); May the Forest Be With You!!*



## Companion Planting:

- Tomatoes & carrots share space well, & do even better when they share space with chives, onions or leeks, which can help repel harmful pests.
- The differing heights of spinach & peppers makes them perfect plot partners. Sun-loving peppers reach toward the sky, *providing cover for shade-dwelling spinach.*
- Pair deep-rooted plants with shallower companions. For example, arugula & carrots won't need to compete for root space.

### ***“The 4<sup>th</sup> Sister”- Rocky Mountain Bee Plant***



*Referred to as "The 4th Sister" because many tribes plant this next to the 3 Sisters traditionally. Photo source:*

*[http://media.americanmeadows.com/media/content\\_pages/ami-fall-is-for-wildflowers/rocky-mountain-bee-plant.jpg](http://media.americanmeadows.com/media/content_pages/ami-fall-is-for-wildflowers/rocky-mountain-bee-plant.jpg)*

## **Kits include Ancient “Heirloom” Seeds which grow *Robust Vegetables***

These seeds have been passed down through various family lines &/or Native American tribes for *centuries*— prized possessions of “gardening families” who prided themselves in *helping to feed humanity* for thousands of years.

### **Glass Gem Corn:**



Photo from "Sacred Ecology":  
<http://sacredecologyfilms.com/the-story-of-glass-gem-corn/>

### **Bantam Sweet:**



Photo source: <http://www.organic-heirloom-seeds.com/product-p/corn-golden-bantam.htm>

### **Black Sweet Corn:**



Photo source:  
[http://www.aliexpress.com/store/product/Original-packaging-sweet-corn-seeds-black-waxy-corn-seeds-organic-vegetables-rich-nutrient-good-taste-12/816236\\_32362601669.html](http://www.aliexpress.com/store/product/Original-packaging-sweet-corn-seeds-black-waxy-corn-seeds-organic-vegetables-rich-nutrient-good-taste-12/816236_32362601669.html)

## Rattlesnake Snap Beans



*Rattlesnake Snap Peas- photo source:  
<http://www.nantahala-farm.com/rattlesnake-beans-seeds-s.shtml>*



*Rattlesnake Snap sprout.*

## Scarlet Runner



*Photo source:  
<https://savorthesouthwest.wordpress.com/2014/12/19/foods-to-celebrate-the-solstice-tide/>*

## Anasazi



*Photo source: <http://www.zursunbeans.com/beans/>*

## *Summer & Winter “Leafy Greens” Starter Kits*

### **Arugula:**



*Photo of heirloom Arugula:  
<http://www.vanilleverte.com/arugula-mung-bean-beet-and-citrus-salad/>*

### **Bibb Lettuce:**



*Bibb Lettuce photo from:  
<http://www.eatlikenoone.com/harvesting-bibb-lettuce-some-bitter-leaves.htm>*

### **Jericho Lettuce:**



*Jericho Lettuce photo from  
<http://parkseed.com/jericho-hybrid-lettuce-seeds/p/05170-PK-P1/>*

## Cool Season Vegetable Gardens



*Photo from Sunset, "Plant a cool-season vegetable garden":  
<http://www.sunset.com/garden/fruits-veggies/winter-greens-planting-plan>*

## **“Cold Frame” *Starter Kits***

**Broccoli, Cabbage, & Cauliflower are all grown similarly. They're "cool weather plants". Cauliflower can be planted the earliest— as early as January. The best way to grow these plants is using a Cold Frame**



*Photo Source:*

*<http://www.houzz.com/ideabooks/3439193/list/how-to-start-a-cool-season-vegetable-garden>*

## ***Several Types of Cauliflower***



*Several types of Cauliflower- photo source:*

*<http://masterofhort.com/tag/vitaverde-cauliflower/>*

## ***Thick Heirloom Cabbage***



*Heirloom Cabbage- photo source:  
<https://lopezislandkitchengardens.wordpress.com/tag/sautee-d-collards-and-cabbage/>*

**Many more kits available soon!**

***Did You Know?***

## ***Cabbage Can Be Re-Grown From Leaves!***

**Cabbage is relatively easy to grow from scraps. Simply place your leftover leaves in a bowl with just a bit of water in the bottom. Keep the bowl somewhere that gets good sunlight & mist the leaves with water a couple of times each week. After 3 or 4 days, roots will begin to appear along with new leaves. When this happens you can transplant the cabbage into soil.<sup>6</sup>**

***In fact, many vegetables  
can be re-grown from scraps...***

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<sup>6</sup> “25 Foods You Can Re-Grow Yourself from Kitchen Scraps” by Vanessa Beaty:  
<http://www.diyncrafts.com/4732/repurpose/25-foods-can-re-grow-kitchen-scraps>

## Within Starter Kits, Vegetables *Which Can Be Regrown Are Indicated As Such.*

### **Basil:**



*From "13 Vegetables That Magically Regrow Themselves" by Ariel Knutson:  
<https://www.buzzfeed.com/arielknutson/vegetables-that-magically-regrow-themselves>*

### **Yams:**



*Illustration 1: Photo from "Home Joys; Hoe To Grow Sweet Potatoes":  
<http://homejoys.blogspot.com/2011/06/growing-sweet-potatoes.html>*

### **Beets:**



*Posted on Pinterest from:  
<https://www.pinterest.com/davearcher108/indoor-vegetable-garden-ideas/>*



## **Carrot Greens Can Be Regrown, But Not The Roots:**

*The greens taste wonderful cooked!*



*From "13 Vegetables That Magically Regrow Themselves" by Ariel Knutson:  
<https://www.buzzfeed.com/arielknutson/vegetables-that-magically-regrow-themselves>*

## **Celery:**



*From "Stop Trashing Your Scraps: 16 Produce Items to Re-Grow at Home" by David Wolfe:  
<https://www.davidwolfe.com/stop-trashing-your-scraps-16-produce-items-to-re-grow-at-home/>*

## **More Vegetables That Can Be Regrown**

### **Onions:**

### **Scallions:**



© junbelen.com

<http://blog.junbelen.com/2012/02/24/how-to-regrow-green-onions/>



*Photo from World of Architecture:  
<http://www.worldofarchi.com/2016/07/15-vegetables-magically-regrow-from.html>*

### **Garlic:**



*Photo from "Regrow Food From Kitchen Scraps":  
<http://features.faithtap.com/3981/regrow-food-from-kitchen-scraps/>*

## Ginger:



*Photo from "How to Grow an Endless Supply of Ginger Indoors":  
<http://www.craftsy.com/blog/2014/11/how-to-grow-ginger-indoors/>*

## Fennel:



*Photo from Krafty Kat's Blog:  
<http://craftkat.blogspot.com/2013/05/regrown-anise-fennel-update.html>*

## Romaine Lettuce:



*Photo from [www.DontWasteTheCrumbs.com](http://www.DontWasteTheCrumbs.com)*

**Each kit *includes* corresponding  
*Chem-Free!***

# **Pest Control Plants**

## **& Other Practical Solutions**

- **Plant herbs & flowers among veggies. *Marigolds, chamomile, cornflowers, & morning glories* are just a few plants known to attract predators that can keep troublesome insects at bay.**
- **Put smelly pest-repellers alongside plants that bugs love to snack on. Aphids & ants don't like garlic, & are likely to stay away from its next-door neighbor, too.**
- **Consider keeping similar plants apart. Plants from the same family are often susceptible to the same kinds of pests & may compete for nutrients, water & sunlight.<sup>7</sup>**

### **The Sprouthouse:**



*A glass-covered "Sprouthouse" can be used to get seeds sprouted & to prevent birds from eating them at this stage..*

<sup>7</sup> HGTV, "Veggie BFFs: Companion Planting for a Healthier Garden" By: Meagan Francis:  
<http://www.hgtv.com/outdoors/gardens/planting-and-maintenance/veggie-bffs-companion-planting-for-a-healthier-garden>

## Row Covers:

Row covers work great to protect your crops from a wide variety of pests, including: cabbageworms, flea beetles, squash bugs, potato beetles, root maggots, leaf miners, cucumber beetles, army worms, grasshoppers, squash vine borers, deer, rabbits, & birds.



In many organic gardeners' storage sheds lurk what look like stashes of dirty bed linens. These are actually sheets of reusable fabric row covers, which serve as barriers between plants & those creatures that would destroy them. Without ever picking up a sprayer, you can use row covers to eliminate problem insects, & prevent browsing by rabbits & deer, too.

When combined with a weed-suppressing mulch- *such as straw or grass clippings spread over wet newspapers*- row covers often increase yields of peppers, strawberries & cucumber-family crops by more than a third.

Unlike plastic, which blocks rain & quickly heats up in the sun, the zillions of tiny holes in fabric row covers let rain in & heat out. Perforated plastic row covers do vent out hot air through thousands of holes or slits, but they are much less durable than breathable fabric row covers, which can be reused for several years & serve multiple purposes. With fabric row covers in place over your spring salad patch, you can stop worrying about biting winds & hungry rabbits. In summer, you can sleep easy knowing your melons are safe from four- and six-legged saboteurs that sneak in at night.<sup>8</sup>

<sup>8</sup> "Row Covers" on *Mother Earth News*: <http://www.motherearthnews.com/organic-gardening/row-covers-zmaz08fmzmcc.aspx>

## Gopher Purge aka Mole Plant

The scientific name is

*{Euphorbia lathyris}*.



Photo from ZONAR, "Euphorbia lathyris, Wolfsmilch, Caper Spurge": [http://www.zoonar.com/photo/euphorbia-lathyris-wolfsmilch-caper-spurge\\_519873.html](http://www.zoonar.com/photo/euphorbia-lathyris-wolfsmilch-caper-spurge_519873.html)

**Repels: *Moles, Voles, Gophers, Other Rodents:***



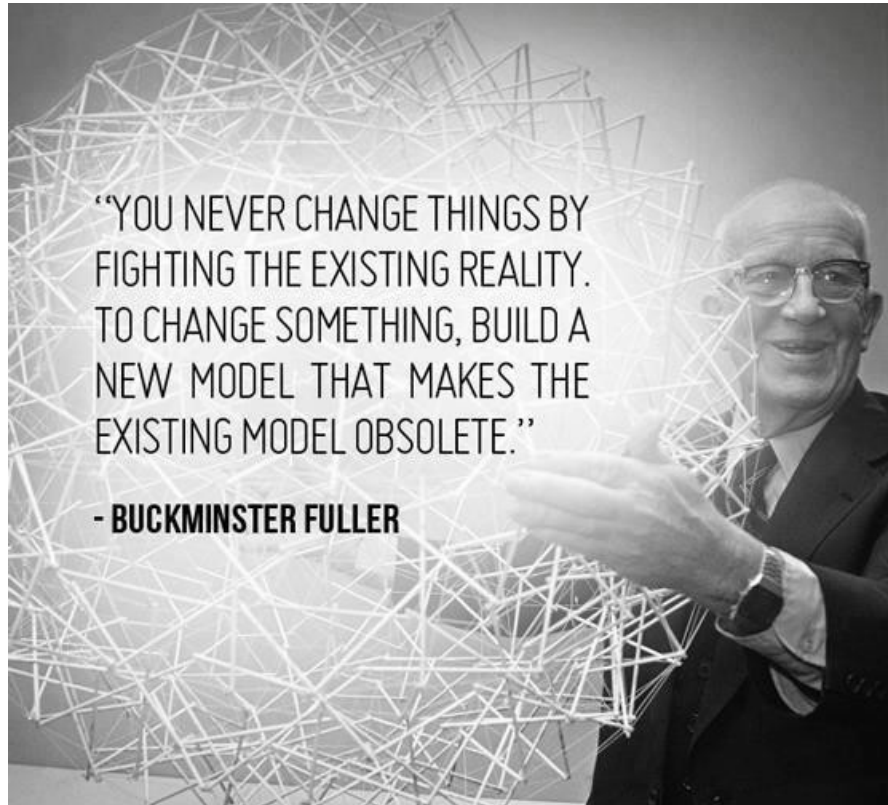
Photo from article "How To Get Rid of Moles":  
<http://learntogetridof.com/how-to-get-rid-of-moles-your-surefire-solutions-to-mole-removal/>

**One *fantastic* part about "keeping away the rodents"  
is that *in turn* you keep away**

***Snakes!***



Photo touched up from Alabama Snake Man's website:  
<http://alabamasnakeman.tumblr.com/page/2>



Graphic Source: <http://www.goodreads.com/quotes/13119-you-never-change-things-by-fighting-the-existing-reality-to>

**“R. Buckminster Fuller was renowned for his comprehensive perspective on the world’s problems. For more than five decades, he developed pioneering solutions that reflected his commitment to the potential of innovative design to create technology that does 'more with less' & thereby improves human lives.”<sup>9</sup>**

***-R. Buckminster Fuller, 1895 – 1983***

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<sup>9</sup> From The Buckminster Fuller Institute, *Biography*: <https://bfi.org/about-fuller/biography>



**Each Starter Kit contains directions for**  
**Highly-Efficient**  
**Gardening Techniques**

*Such as*  
**The Double-Planter Technique**  
**for Yams & Potatoes:**



*Special thanks to Humansphere on Pinterest for this photo!*

## Cucumber Teepee



10

## *Hang*ing Makes Cucumbers Get Nice & Plump



*Photo from "101 Ideas": <http://101ideer.se/12-hangande-tradgardar/>*

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10 “Vertical Gardening: Teepee Trellis” by *Michelle Haynes*:  
<https://serendipitylifegarden.wordpress.com/tag/bean-teepee/>

## Strawberry *Overhangs*:

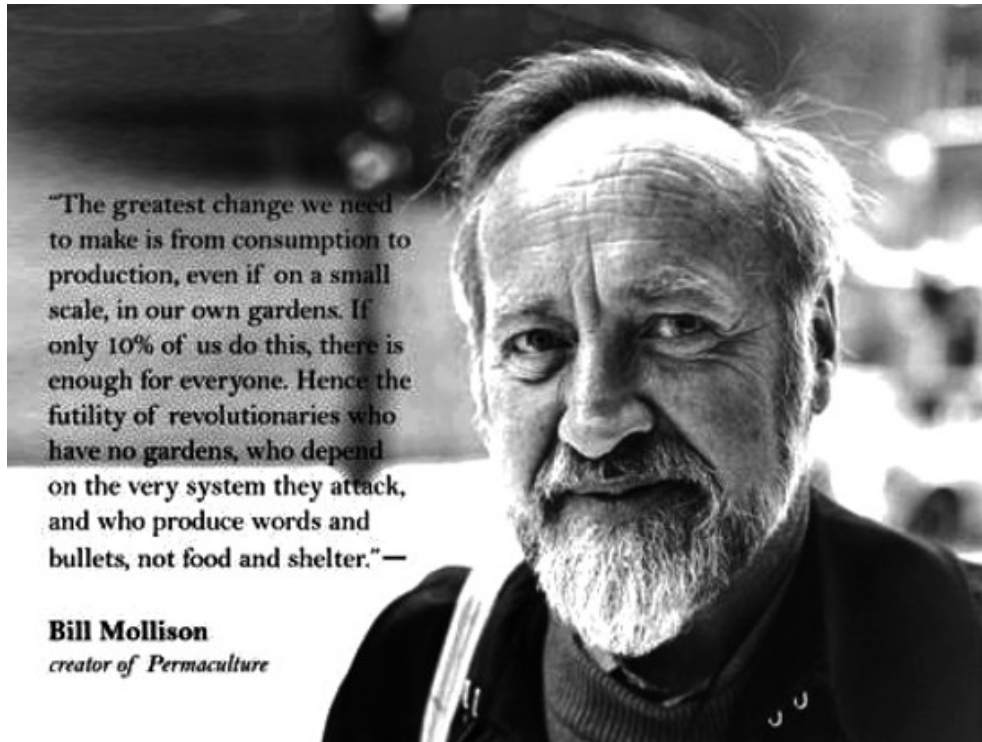


*Illustration 2: Photo from Fun2For.blogspot.com, saved on Pinterest: <https://www.pinterest.com/pin/4996249559303139/>*

## Hanging Gourd *Tunnels*:



*Photo from "Fine Crafts Guild", saved on Pinterest: <https://www.pinterest.com/pin/137711701077891473/>*



"The greatest change we need to make is from consumption to production, even if on a small scale, in our own gardens. If only 10% of us do this, there is enough for everyone. Hence the futility of revolutionaries who have no gardens, who depend on the very system they attack, and who produce words and bullets, not food and shelter."—

**Bill Mollison**  
*creator of Permaculture*

*Posted by Bill Mollison on Pinterest: [https://za.pinterest.com/explore/bill-mollison/?from\\_navigate=true](https://za.pinterest.com/explore/bill-mollison/?from_navigate=true)*

**An Australian researcher, author, scientist, teacher, & biologist, he is considered the "father of permaculture".<sup>11</sup> With *David Holmgren Mollison* he developed the idea of *Permaculture*— *the harmonious integration of landscape & people by establishing agriculturally-productive systems with the diversity & stability of natural ecosystems*. Mollison wrote many books about Permaculture, *founded the Permaculture Institute (1978)*, & addressed audiences around the world. Informal, energetic and engaging, Mollison was extremely successful & Permaculture gained popularity worldwide.**

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<sup>11</sup> "The Companion to Tasmanian History". *University of Tasmania, Australia:*  
[http://www.utas.edu.au/library/companion\\_to\\_tasmanian\\_history/M/Bill%20Mollison.htm](http://www.utas.edu.au/library/companion_to_tasmanian_history/M/Bill%20Mollison.htm)

# How To Propagate Fruit & Nut Trees From *Cuttings*



*This graphic from "Food Is Free Project" was utilized by Wild Willpower on the website.*

## Step 1: Select Your Cuttings:



*Apricot cuttings.*



*Peach tree cuttings.*

## Step 2:

### Cutting The Branches *Cleanly* Helps Them *Take Root*:



*To cut cleanly, a knife is held against the cutting, & then a rock is slammed down onto the knife.*



*Slamming the rock down on the knife.*



*Performing a clean cut.*

## Preparing The Cuttings *To Take Root*:

### Step 3:



*Measure each cutting so they fit inside the plastic jug, which is filled with about 2 inches of water.*

**Keep the jug in a partially shady area. It is important that every two days the cap to the jug is loosened to release the gas buildup- then sealed again.**

**After about 2 weeks, the cuttings will begin sprouting leaves, & white "nubs" will cover each cutting— that means they're ready to plant!**

### Step 5:



*White nubs on cuttings indicate they're ready to put in the soil; a tarp may be placed over them after the transplant.*

### Step 4:



*Place the cuttings into the "greenhouse".*



## Step 6:

**Cover with tarp or keep in a greenhouse until they take root. Fruit & nut trees generally take about 5 years to begin fruiting.**



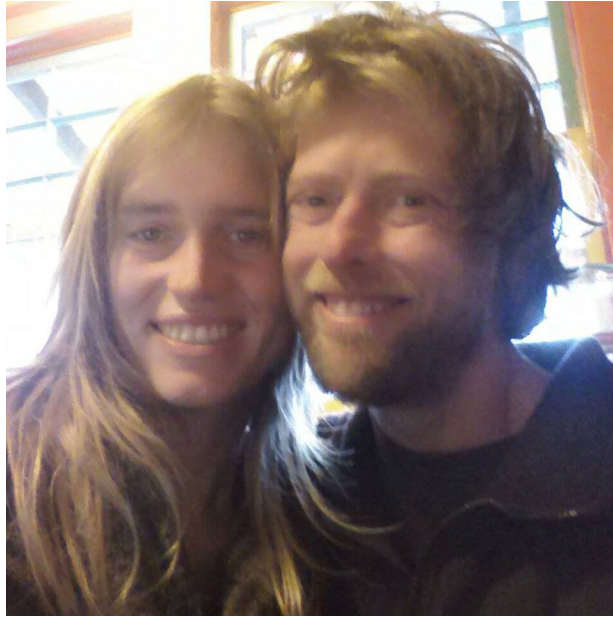
*After 2 weeks they have just been transplanted- the leaves are new growth!*



*A tarp may be placed over them following the transplant, or they can be kept in a greenhouse.*

## Alexandra Wilson & Kevin Byrd

### Founders of Wild Willpower



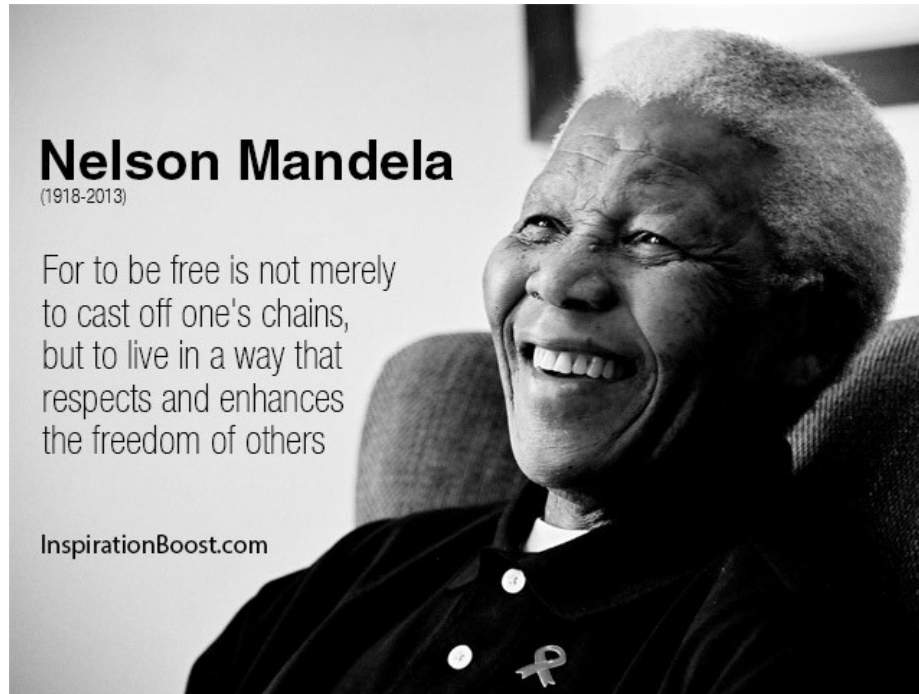
**Wild Willpower PAC ([www.WildWillpower.org](http://www.WildWillpower.org)) is currently fundraising to move our organization forward & begin assembling Homesteading Starter Kits to make available *ASAP*.**

**Please contact [Distance@WildWillpower.org](mailto:Distance@WildWillpower.org) to offer a contribution & help us *move forth the movement*. There's also a “campaign fundraiser” link that can be found on [www.WildWillpower.org](http://www.WildWillpower.org).**

**“In 2 or 3 *organized* planting seasons, humanity could end ecological scarcity on this planet for all people, & then provide 'rent-free housing & a place to grow *as a human right*' as a *gift* to humanity— *as an inherited gift from God given for all His children.*”**

**– Reverend Distance Everheart, *Universal Life Church***

*Thank you for reading!*



*Thank you [www.InspirationBoost.com](http://www.InspirationBoost.com) for sharing this exceptional commemorative quote by Nelson Mandela.*

**We are seeking to raise \$40,000 to purchase a RAV4 *Electric Hybrid* from Toyota of Marin (\$30,000), printing supplies, & overhead.**

**We are also currently seeking *land* in order to *model the movement* being broadcast on [www.WildWillpower.org](http://www.WildWillpower.org).**

**One goal of ours includes opening up a “vast wild living space & permaculture paradise” as a community space which combines, *permaculture & ethnobotany* among a *native animal sanctuary* (*elk, pronghorn, porcupine, etc.*), & to *set precedent* to enable others seeking to *foster similar projects to follow suit*.**

**We are creating a *fund* specifically to *secure land* for this purpose and to continue broadcasting “the movement”.**