

Gardening Articles for week ending 29<sup>th</sup> NOVEMBER 2014

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## TASTE THE DIFFERENCE

Each week a good number of gardeners phone me with questions about their gardening. A good percentage of these callers are retired and have thus lived for a good number of years.

One of the advantages of living the years is remembering what things used to be like compared to how things are today.

When comparing the now time to the eras of the 50's, 60's and 70's its like we are on a different dimension and certainly not for the better.

Back in the 50's for instance if there was a murder in your locality it would be front page headlines in the local papers for weeks. Now days there is likely a murder every day and only mentions in passing unless it is an unusual case.

People were healthier, there was no waiting lists for medical attention, people were happier, there was no such thing as ADHS (which is Attention deficit hyperactivity disorder, I had to look it up)

If you had a health issue you went to the doctor got diagnosed, given a prescription for a week or two and 99 times out of a 100 that was it, cured.

Now days the medicine cant be as good as often it has to be taken for ever and then other meds to overcome the side effects on what you are prescribed. Some people are taking 30 odd pills a day and they never seem to improve health wise.

The father of Western Medicine is Hippocrates and his most famous saying is;

“Let food be thy medicine and medicine be thy food.”

Likely the food back in 460BC to 377BC was different to the food we have today in regards to nutritional values.

Two other says from Hippocrates are;

“The natural healing force within each of us is the greatest force in getting well.”

“Everything in excess Is opposed by nature.”

I dont know and likely no one else can tell me what the nutritional value of the food was like in the years that Hippocrates lived but I can tell you how good it was 50 odd years ago.

Scientists tell us that it had 80% more nutritional value than conventional food these days.

Nutrition is the amount of vitamins, minerals, antioxidants or healthy goodness in what you eat.

Vegetables grown from open pollinated seeds and heritage seeds only need a healthy soil food web to grow extremely well.

They do not grow quickly as it takes time for the plant to absorb the nutrients it needs to be healthy and resist pests and diseases. These plants tend to mature at different times which is ideal as not all will be ready at once.

The soil should be rich in humus, compost, minerals and elements. In soil like this there will be lots of earthworms along with beneficial microbes & fungi while the soil is kept moist .

Watering only with non-chlorinated water most important.

Gardeners can easily create these growing conditions by using raised gardens about 60cm tall

When you eat your vegetables grown in this manner, your body will be receiving the best medicine in the world. Strange as it may seem, they will taste very good having delicious flavors and your body will crave for repeated servings.

Now if we look at conventionally grown produce and the land that they grow in we are likely to find a vast difference.

Modern hybrid seeds which are fast growing and designed so that all will mature on the same day!

These seeds are so sophisticated that a commercial grower who wants to harvest say every two weeks a acre of cabbages would consult the seed merchant's chart then need to plant a different hybrid

seed each time. This is so the maximum growth is obtained allowing for seasonal change and day light hours for his location.

The soil that they are planted into will either be void of soil life or near enough to it. No worms just fragile dirt that is prone to blowing away if allowed to dry or washing away when it rains.

The plants grow because of chemical fertilisers are applied in heavy doses to force growth.

(Its very much like growing hydroponically but in dirt instead of water)

These forced unnatural plants have little or no defense against insect attack so they must be protected till harvest by regular applications of chemical insecticides and fungicides.

(We cant have any holes or blemishes can we otherwise it would not sell)

When you apply chemicals to plants and soil, the plants will take up those chemicals along with the chemicals to make them grow.

So when the crop is harvested what do we have? A perfect looking product that has very little nutritional value and is hiding a range of chemicals in it foliage or even worse in its roots.

It is likely to have between 10 to near 30 chemicals for you to chew upon and digest.

What about taste? Oops sorry we bred and grew that out so its going to be fairly bland to our taste buds.

But never fear we can fix that with various sauces laden with sugars and fats.

This is why us oldies who know better, encourage people to grow as much of their own food as possible using natural foods and minerals.

This means using good purchased compost such as Daltons or Oderings (no herbicides as those brands are not using green waste) Use animal or chicken manures, sheep pellets, BioPhos, blood & bone,

garden lime, gypsum, dolomite, Rok Solid, Ocean Solids and Magic Botanic Liquid.

The easiest vegetables to grow are silverbeet and lettuces. Followed by spring onions, multiplying onions, parsley, cabbages and other brassicas.

These can all be easily grown in reasonable size containers or one of my favorites is polystyrene boxes which can be obtained from wholesale fish places and sometimes supermarkets, where they often give them away to get rid of them.

Adding some of your own home grown food to your food chain will make a big difference to your health. You can grow wheat grass with the minerals Rok Solid and Ocean Solids to obtain 114 minerals for your body when you either juice or use it in a green smoothie.

So easy to do and so good for you. If you are able and have the space build a raise garden or two using sheets of roofing iron.

A chicken house with a small number of good laying hens will give you more better tasting eggs than you can buy.

Just give them plenty of greens and cook up some pet mince with rice along with poultry laying pellets and wheat. They will also supply you with excellent chicken manure for your gardens.

You will taste the difference in your home grown and be far healthier for it.