



The Lamplighter Report

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Happiness is a Warm Gun

Mark Walters Interview, Part 2

By Wallace Streete



As you know, we only seek to provide the best information to you, Lamplighter Report reader, and today we are happy to present the second of a two part interview with Mark Walters, a member of the United States Concealed Carry Association (USCCA) and the host of the Armed America Radio program.

Mark is not only is a member of the USCCA, but he actually lives the organization. Even if you have never heard of Mark before, I promise that you will enjoy this interview. In Part 2, Mark talks about how firearms are making the nation safer by preventing crime, how concealed and carry laws are prevailing in the states, and how social media plays a key role in our right to self-defense. He also explains how and why Starbucks has entered into the gun rights fray. (You'll be surprised.)

Turn the page and start reading Part 2 of the Mark Walters interview.

Wallace: Mark, why do gun owners need to be a member of the USCCA?

Mark: Well, number one is education. The USCCA is the top resource for the armed citizen, period. We have more resources, more educational material, more videos, and more books than anywhere else. For someone who has made a decision to carry a firearm for personal protection, we are the place for you.



Another would be the training. If you've made a decision to carry a firearm, you have a responsibility to train with that firearm. And I don't mean you have to become a member of a S.W.A.T. crew. I simple mean that going and shooting holes in a paper target at the gun range is a lot of fun. I've never taken anybody shooting who's said, "Oh man, that sucked! I never want to do that again!" In fact, it's just the opposite, like "Wow! Can I do that again? That was a blast!"

I admit that real life isn't shooting holes in paper targets. But even that training's better than none because it gives you the feel of your firearm, which is very important. You understand what noises your firearm is going to make. You understand what recoil you're going to feel. You understand what the firearm is capable of doing. If you have to fire that firearm in a self-defense situation, at least you have some kind of knowledge and feel for what your firearm is going to do, how it's going to feel, how it's going to react and how you're going to react as you fire it.

The third and most important is camaraderie. There are tens of thousands of USCCA members in all fifty states across the country. And they're just like you, mainstream America. I read this statistic on Armed American Radio last night that "America is awash in firearms." I love that. Because it means that we're a free society. There are an estimated three hundred million firearms in America today and three hundred and ten million people; but we didn't have three hundred million murders today, did we?

Wallace: Uh, no.

Mark: Exactly. The anti-gun crowd is a bunch of extremist wackos. Here are the facts: Forty-five percent of Americans identify themselves as firearm owners. Fifty percent of those firearm owners own at least one handgun. That's just people who identify; the number is probably far higher than that. There are a lot of anti-gunners who would probably not want to tell you that they have a firearm in their home because it's hypocritical. But they do. And we've seen instances where they've had to use their firearms in the past.

The amount of firearms in America is growing by almost four million per year. And those numbers scare the crap out of the lunatic fringe – the extremists, the gun haters, the freedom haters and the gun grabbers. Let's get something straight: Crime is falling at a record pace as gun ownership and concealed carry permits rise faster than at any point in history. There are now 49 states out of 50 – Wisconsin was the latest, in November of 2011, to enact some form of Concealed Carry Law. Violent crime continues to fall at record numbers. Don't take that from me. Go to the FBI.gov website and look at the uniform crime statistics in every single category. So the argument

that more guns equal more crimes is patently false and can be verified right at the Department of Justice and FBI.gov websites.

Wallace: I agree with that. Just look at your own situation, right? And whatever happened to the people that tried to carjack you?

Mark: I have no idea, but here's the deal: They didn't. They probably would have if I hadn't stopped them. Later on that day, I called a friend of mine who happened to be a Hillsborough County Sheriff's deputy in Tampa to talk to them about what happened. I knew that I wasn't in violation of any law. I could have stayed right there and called the law and told them exactly what happened, because I knew Florida law. There was disparity of force; it was a forcible felony. I had every right to pull that firearm. In fact, I probably could have squeezed the trigger and faced no charges whatsoever, because of that disparity of force. They had two people that were attempting to get into a vehicle. That is a forcible felony.

Wallace: I think that's a good example of what you just said, you know, being that crime is falling – and I don't have any opinion on the human worth of these individuals, I don't know their story – but what I do know is that attempted carjacking could have resulted in loss of life, whether it was yours or theirs. No one ended up losing their life because you were able to prevent it by just having a firearm with you.

Mark: The current estimates right now, depending on who you want to look at, on the low end, from the Department of Justice, are approximately 800,000 defensive uses of a firearm per year. And in ninety-five percent of those cases, a shot is never fired. The firearm never has to be used.

In fact, the vast majority of police officers never pull their gun during the commission of their duty. And those who do, very few of them actually have to fire their gun. Most police officers go through their entire career without having to fire their weapon, and in many cases, never have to un-holster their weapon. We only read about the ones that do. But there are hundreds of thousands of police officers across the nation today that are not pulling their firearms on anybody.

Now, on the high end of that number, it's estimated by Gary Kleck, famed researcher and economist out of Florida, that there are up to 2.5 million defensive uses of a firearm every year, and again, in approximately ninety-five percent of those cases, a shot is never fired. So if you do the math – and let's just take a number in the middle and say there's 1.5 million. And let's divide that 1.5 million by 365 days in a year. That gives us 4,109 defensive uses of a firearm that save lives every single day.

Look, this is a country of 310 million people. It's a huge country. It's a lot bigger than the little map that you see the weatherman talk in front of on the television set every day. It takes 5 hours to fly from coast to coast at 500 miles an hour. It's a huge nation. And we tend to forget that. Because we look at our TV screens and our computer screens and we see the weather map, and most of us never leave our neighborhood. We never leave our towns. We live in this little, myopic world. And we do so at our own peril. You fall into that trap at your own peril.

So you have to look at the numbers objectively and rationally. And it's not gun owners who are

extremists. Gun owners are mainstream Americans. The problem that we face is a gun-hating media. We have a gun grabbing, freedom hating government, and those people are the ones who get the press. It's a very dangerous situation in America today because the mainstream media is pushing a political agenda. And part of that political agenda is a gun hating, freedom hating agenda. The mainstream media hates firearms, period.

Wallace: Right. And you take it a step further where they certainly hate Americans carrying concealed firearms.

Mark: Well, there's a reason. You have to look at it objectively. You have to get out of the bubble, float above that little map and look down. You have to understand where this is coming from. Most of the media is concentrated in large, urban environments like New York City. Most of the elite media are schooled in this urban environment. They do not understand what they refer to as "flyover America." They don't understand you. They wouldn't know what life is like outside that concrete jungle. They don't get it. And they won't. And that's part of the reason that we see gun hating bias in the media.



Let me give you an example of how powerful the media is: There's an anti-gun group – I won't even give their name, they're not even worth discussing – they've got under two hundred followers on a Facebook page. But because the founder of this group had a couple media connections, he sent a press release out to boycott Starbucks for following the concealed gun laws in Georgia.

The media picks up on his press release and makes it national news. Now all of a sudden, there's this large boycott against Starbucks by anti-gun activists. Every gun owner in America is now going to Starbucks tomorrow, on Valentine's Day, to show their support during this little, one-man band supposed boycott. But this is the danger of the mainstream media. That they can take one nut and turn it into a tree of nuts, simply by repeating and regurgitating this ridiculous story. And they do so with impunity. They ran with it because it's an anti-gun story and they are anti-gun.

Wallace: What role do you see social media playing in the emergence of organizations like the USCCA? How can we, as gun owners and concealed carriers, bring our message through those avenues, in your opinion?

Mark: Well, we're already doing it. The USCCA page is now over 120,000 fans strong in less than three or four months. It's just exploded and it's continuing to grow. Armed American Radio has exploded and is close to 12,000 fans now and growing by 1,000 to 1,500 a week over the last few weeks. And the bigger it gets, the bigger the snowball gets, because it continues to roll. More people recommend it, more friends and so forth.

But yeah, social media is huge. In the Starbucks example, this guy really is not using social media, he got it through a press release to one big media outlet, because it's anti-gun and it's Starbucks

and the media just eats that stuff up, and they make this little one-man band look like a big orchestra, when he's not.

And you know he's going after Starbucks because they follow state law. In other words, Starbucks' corporate deal is, "Look, if it's legal for someone to carry a gun in Georgia openly on their hip, then we welcome them in our store. That's state law. That's fine with us. We're not banning them. We want their business." That's all Starbucks does and did.

But social media right now is rolling across the nation to our advantage. There's a social media site that has tens of thousands of members on it supporting Starbucks. And you've got national recognition via social media; the mainstream media has not said one thing about the gun owners supporting Starbucks. Not one. And it's all been done on social media. And I guarantee you – I know Starbucks will never give us the numbers - but they're going to see an uptick in their numbers, not a downtick. Because every gun owner will support Starbucks and they're hearing about this on social media, not the national media. So it's wildly important at this point. Much as I hate to admit that.

Wallace: Well, I wouldn't say that I'm old, but I'm definitely past the social media prime, right? I mean, I can use it, but it's amazing how things go by really in a hurry, and I think that's a unique opportunity for messages like ours. So I think it's kind of cool.

But let me ask you a question, Mark. Did you see the shooting in Indianapolis at the Kroger grocery store the day after Christmas? Did you see the press on that?

Mark: I'm not familiar with it, no.

Wallace: There was a gentleman there, day after Christmas, he carried a concealed firearm. He had a permit. Now Kroger will not allow employees to carry concealed firearms – I want to talk to you about that in just a second – but basically there was a person in the store who had cornered an employee in one of the stockrooms and was attempting to commit a violent act, and the armed gentleman tried to stop it. And when the attacker lunged toward him, the gentleman drew his firearm and killed him. I was just curious if you had seen that, because it does validate your point; you never really know where this is going to happen.

Mark: Well, we see that every day. I'm familiar with dozens and dozens and dozens of those stories. It happens every day in America. I read one last night where a woman from Houston was home alone with her ten year old child, and her seventeen year old had already left for school. She had a big 200 pound English Mastiff and a little Maltese dog. As soon as the seventeen year old left, the Maltese wound up being locked in a dryer by a couple of crooks. And the Mastiff, locked in another room, or something like that. They then attempted to break into the house. The only thing that kept her and her ten year old alive was her firearm.

This happens all day, every day across America; hence the figure here of thousands of defensive uses of a firearm every single day in this country. But the media won't tell you that! You have to go out and find it. That's why the USCCA is important. It's why the NRA is absolutely vital. It's why Armed American Radio is critical, because we put this message out over the nation's airwaves

every single day. It's why social media is vital, because the mainstream media is not going to portray you, as a gun owner, in a positive light. They're not going to give you the positive press that they are going to give the anti-gunners, the freedom haters, and the gun grabbers. That's a fact. And we know that. Social media is huge in this respect.

So when stories like that occur, we tell them on Armed American Radio. We make people aware of these stories. I wrote a book about it, "Lessons from Armed America" where I talk about seven different cases and I tell the story of the gun use or the person who wished they had a gun at the time, whichever story it is, and my co-author, Kathy Jackson analyzes them from a professional standpoint.

So this happens every single day in America. And I ask your readers again, right now, right here, why would you go outside without any protection? You never know when this is going to happen. If you live your life in denial, you do so at your own peril. But do not call me paranoid, because I choose to have some form of defense on my person, period. I may be there to save your ass one day.

Wallace: Where can newsletter readers go to check out your radio show? What's your website there, Mark?

Mark: They can visit ArmedAmericanRadio.com.

Wallace: Are there any archives available, past shows, that kind of thing?

Mark: Yeah. They can go into the archives, they can go into the show archives and they can listen to every broadcast dating back to the first one hour show, before it was syndicated, up to yesterday's program. They can also visit the "Where to Listen" tab up there and find a station near them in a city and state across the country, wherever they may be. If they don't have a station they can listen to in their neighborhood, they can simply follow the "Where to Listen" buttons and either listen right there live by visiting one of the sites on the show, on the website live, or they can pick up one of the apps. The instructions are on the page.



Wallace: Awesome. And when do the live shows air?

Mark: Armed American Radio airs every Sunday night from 8 to 11 Eastern, 5 to 8 Pacific from coast to coast. From Alaska to Florida, New England to California.

Wallace: Very cool. And so, if they want to get more information about the USCCA, we're going to get them a link to that. Just wanted to ask you, though, real quick about the association. I'm assuming a lot of people have questions like "Can I carry a firearm to work?" "Can I carry it into restaurants?" "What do I do if I'm going to the airport?" I'm assuming that all those questions are answered within the website of the association?

Mark: Absolutely. It is the number one resource in America for the armed citizen. If you've made a decision to carry a firearm for your personal protection, even if you haven't and you have one at home, whatever your question is, the answer is at the USCCA website. You can find it there.

The image shows a screenshot of the USCCA (United States Concealed Carry Association) website. At the top, the USCCA logo is displayed with the text 'NEED HELP? CLICK OR CALL! 877-677'. Below the logo is a navigation bar with links: Home, Membership Info, Newsletter, Free Tips Report, Store, CCW Library, About Us, and Customer Service. The main banner features the headline 'Protect Your Family With A Gun' in large white letters on a blue background. Below the headline, it says 'What you MUST Do Before, During, & After A Violent Encounter Will Be Revealed During This Event'. To the left of the main image, there's a section titled 'Plus, get... 3 FREE BONUSES!' showing booklets: 'Home Defense 101', 'How To Improve Your Shooting Skills In English', and 'The Concealment Holster Guide'. The central image is a close-up of a silver and black semi-automatic handgun. To the right, a red box says 'REGISTER Registration is 100% extremely limited. C before it's too late.' Below that, a blue box says 'HURRY TIME IS' and 'Choose Your V' with a radio button selected for 'Wednesday, I'.

If you want to learn how to travel with your firearm, the information is there. There is a forum there. You can get on and deal and talk with other members of the organization. If you don't have an answer, they do. There are links to every piece of information that you need relative to carrying a firearm. Where to go to find out about the law if you're driving from Georgia to Alabama and you want to know what the law is in Alabama, there's a link for you there.

There's also a reciprocity map. Where is your permit good, where isn't it good? Where can I carry, where can't I carry? How do I carry if I move – once I travel across the state line from Georgia into Tennessee? Or from Georgia into Alabama? What happens if I fly into California, or if I'm moving from a gun-friendly area to New Jersey or New York? Well, if that's the case, then you've got bigger problems than your firearm. However, if that's what you have to do from a job-related standpoint, you'll find all of that information there. Everything about the law, about training, reciprocity, how to get a permit, where to go to get a permit, costs, and what you need as far as training to get that permit is there. There's also plenty of information on where you can go to get your firearm training. I think you get the idea. It's all there at USConcealedCarry.com.

Wallace: Outstanding. One last thing, if you don't mind spending a couple minutes on it. I know you guys have a real unique insurance program. You don't have to go into micro-details, but that's something that a lot of people don't think about, if they use their firearm – which we know it doesn't happen very often, but if you have to – there's a unique program that you guys offer. Can you tell them about that?

Mark: The USCCA offers an insurance program for its membership base. There are three different levels of USCCA membership. Each of the three levels of membership offers the self-defense insurance program. You have the first level will give you a certain amount of coverage, the second a little bit higher, and the third a little bit higher. It gives you legal fee coverage up to X amount of dollars of the three packages and also offers you civil liability protection in the event that you get sued because you had to use your firearm. Maybe you shot someone who was attempting to rob you and that person is now a paraplegic and their family is suing you for the defensive use of your firearm. The insurance offers you self-defense protection. And that self-defense insurance is vital, but it's available to you as a member, regardless of the level that you choose.

And it's unlike any other insurance out there, because as a member, you don't have to apply for the policy yourself. It's called the "Self-Defense SHIELD." And it is just that, it's a shield. It provides you money up front. It provides you money for your legal fees, and it provides you with a layer of protection in the event of a civil lawsuit. That protection is available to you as a member of the organization. It's a blanket policy that covers all members of the organization.

Wallace: Okay. Perfect. Do you have anything you want to add? Anything that you think our subscribers could use, with regards to carrying a concealed firearm?

Mark: Carry one! My advice on the air when I sign off every hour of the three hour program is "Carry on, carry often and carry everywhere." You have a unique right in America; you have a right as a human being to be able to defend your life. People have been defending their lives with tools long before the firearm was invented. Today, the best tool we have is the firearm. You have the unique right, recognized by our Constitution in America, to carry a firearm for self-defense. Use it. Carry on, carry often and carry everywhere.

Wallace: Perfect. Well, hey Mark, I appreciate you spending the time. I think it's going to be real valuable information and I think it's going to resonate with a lot of our readers.

Mark: No problem, man.

Wallace: And I'll be sure to catch the show Sunday.

Mark: Sounds good to me, dude.

Wallace: Cool, man. If you need anything from me, you know you can reach out.

Mark: Count on it, brother. Appreciate it much, Wallace.

Growing Your Own Food in an Urban Apartment Garden

By Janet Lee Voss

If you find yourself in a situation where you need to grow your own food, but you're living in the city or an urban area, it's still possible. You just need a little

creativity and planning. From gardening on your balcony to growing sprouts in containers above your refrigerator, you can grow your own food. If you have little bit of space on a balcony or rooftop, you can grow even more. Here's how you can grow food for your family, even if you don't have a lot of space or a way to get large quantities of gardening materials to your house.

Challenges of Survival Gardening in the City

While you can grow food inside, it is more challenging than growing outside. Living in the city where gardening supplies aren't so easily found can also make gardening a headache.

Issues for City Gardeners

- **Gardening Supplies:** Where to find what you need and how to have them shipped.
- **Growing Space:** It's difficult to grow larger plants in smaller spaces, naturally. You have to get creative.
- **Light:** Edibles need a lot of light, which is much lower indoors than out.
- **What to plant:** If you choose carefully, you can select plants that grow well in the shade.
- **Pollination:** How do you get fruits from plants that require pollination?

You can work around these issues. Here's how:

Finding Gardening Supplies

You can find almost everything you need online and get it delivered right to your door. Thank goodness for the Internet! However, if that's your method to grab supplies, you'd better work on it now, before supply chains are cut off. Read the book *Fresh Food from Small Spaces* by R.J. Ruppenthal for ideas about repurposing items from around the house as gardening containers. You can even make your own self-watering container out of a plastic Rubbermaid container, some PVC pipe and a colander.

Gardening in Tight Space

There are lots of things you can grow that are healthy, nutritious, and require relatively little space.

- **Sprouts:** You can grow a lot of food in a small space by sprouting. The easiest and best seeds to sprout are: radish, mung bean, garbanzo bean, broccoli, clover, alfalfa, lentil, wheat, and buckwheat. Within less than a week, a tablespoon of seeds can give you all of the greens you

need to provide calories, vitamins, minerals and proteins to keep you and your family healthy. The top of the refrigerator is a perfect place to grow sprouts.

- **Dwarf fruits and vegetables:** There are many varieties of fruits and vegetables that can be grown in pots. Citrus trees, small patio apples, peaches, and other fruit trees grafted onto dwarfing rootstocks grow well in pots. Plant lettuce or smaller vegetables in the pot around the fruit trees to make use of all of the available space. You can "espalier" fruit trees, which means growing them against a wall so the tops are flat and flush with the wall. "Determinate" or bush-type tomatoes can be easily grown in containers. Add a grow light and you'll have plenty of fruit.
- **Vines and climbers:** Train peas and pole beans to grow up instead of out. Grow these climbers on a trellis to take advantage of all available space and light.

In addition to growing specific plants to make use of space, you can also creatively use the small space you have to grow. Here are some ideas for spreading plants out in the space that you do have.

- **Hanging plants:** You can grow plants in traditional hanging baskets. You can also hang them upside-down (the topsy-turvy tomato planter is an example of this), or grow them in a wall pocket or gutter garden. Pole beans and cucumbers grow well this way. You can also plant herbs in hanging baskets.
- **Plant Stands or Terrace gardening:** Use plant stands and boxes to create a terrace garden in your living room.
- **Trellising and Training:** Create a trellis or train your beans and other climbers to grow up instead of out. You can even grow them up a lamp!

Dealing with Low Light

One of the most important concerns for growing food in the city is limited light. Some plants need more light than others. Any warm-season crop that produces fruits (think: tomatoes, peppers, eggplants) needs at least 6-7 hours of full sun a day. An unobstructed (as in, no tree or other building in front of it) south-facing window should provide enough sun to try these plants. But, if this isn't possible, here are some plants that can grow in shadier conditions:

- Lettuce
- Peas
- Bush beans
- Potatoes
- Carrots
- Turnips
- Spinach
- Kale
- Cabbage

Each of these plants will eventually produce enough to eat, though it might take longer than if the plants are growing in full sun. Therefore, if you're really dependent upon the crops, you might need to plant more or try to invest in a grow light. (A fluorescent light bulb can work wonders in terms of getting more food out of a smaller space.) Potatoes will, believe it or not, grow well inside, so plan to grow potatoes to give you a leg up on calorie production.

You can also set up a system to reflect light from the outside onto your vegetables. Position a board painted white, a piece of cardboard covered in foil, or a shiny piece of metal near a window so that it reflects light back onto the plants. Do not use a mirror or glass because that focuses the light to the point that it can start fires.

Pollination

Fruiting crops (where the part you eat has seeds inside it) need to be pollinated in order to produce fruit. In the outdoor garden, that's not a problem, because honeybees and other insects take care of pollination. If you're growing these crops inside, you'll have to pollinate them yourself. You can simply use a Q-tip to move pollen from the stamen (where the pollen is) to the pistil (the sticky area in the center of the flower) to pollinate the plants.



Fertilizing Plants

If you're growing plants outside, the easiest way to feed them is with a liquid organic fertilizer, but you can't do that if you're gardening inside because these fertilizers are much too smelly to use in an enclosed space! A way to get nutrients for your plants and avoid the odor is to compost with worms. You can keep a worm compost bin under your sink and solve two problems at once: getting rid of food scraps and feeding your plants.

Here's how to make an indoor worm bin:

Supplies

- Drill
- Rubbermaid container with lid (not clear)

- Shredded paper
- Screen
- Glue or duct tape

Instructions

- Drill two holes of about $\frac{3}{4}$ inch across in each side of the container and the top. (Not the bottom)
- Cut a square of screen to fit over the holes and glue or tape into place. (These are air holes)
- Soak the paper until wet, and then wring it out until it is about as damp as a wrung-out sponge.

- Then, add your worms!

Red wigglers are the best worms for indoor composting. Each $\frac{1}{2}$ pound of worms can eat about a pound of food per day. Don't feed the worms animal products. Coffee grounds help absorb odor. Keep the worms fed, and occasionally remove the "castings" and add them to your plants.

Growing food indoors or in a small space does take a bit of creativity, but it is worth the trouble! With a little planning, you can provide food for your whole family.

Happy Harvesting!

Growing and Saving Seeds for Your Survival Seed Stash

By Janet Lee Voss

It isn't enough to know how to grow vegetables for harvesting. You also need to know how to keep your survival seed stock going. To do that, you have to first grow the vegetable for one (or sometimes two) seasons, and then harvest, clean, dry, and store the seeds. Here's how to do that for the most nutritious and commonly-grown foods for your backyard home garden.

Pumpkins

Starting Seeds Indoors

Temperature: Squash seeds need soil with a temperature of at least 70 degrees Fahrenheit. If you are starting seeds indoors, you may need to buy a heating

mat to place under your seedling trays or pots to keep the temperature warm enough.

Time before Last Frost: Start pumpkin seeds indoors about three weeks before the average last frost date, if you live in an area with fewer than 100 frost free dates with soil temperatures above 70 degrees. Sow two or three seeds per pot in four to six inch pots.

Care: If you have to start pumpkin seeds inside, it is a good idea to start them in biodegradable pots made of newspaper that can be directly planted in the ground. You can also use peat pellets, peat pots, un-waxed paper cups, etc. Pumpkins are particularly susceptible to transplant shock, which means that they do not do well when started indoors and then moved outdoors. If a pumpkin plant's roots are disturbed, which happens during transplanting, the



plant will grow more slowly for a few weeks while it recovers. Once the seeds have sprouted, pinch off all but 3-4 of the strongest seedlings.

Planting and growing

Starting seeds outdoors: Pumpkin seeds germinate relatively easily when direct-sown into the garden. The soil temperature must be at least 70 degrees Fahrenheit for the seeds to germinate.

Transplanting seedlings: If you must transplant squash plants, try to disturb the roots as little as possible. You need to plant the pumpkins outside by the time they develop their second true leaves (It will appear as though they have three sets of leaves, the first being the seed leaves.) If squash plants become pot-bound, they never really recover when being planted outside. Thoroughly prepare the hill for the transplants by adding compost and loosening the soil. Then dig a hole large enough to accommodate the peat pot, or the bit of soil in the transplant pot. Place the plant in the ground, and replace the soil.

Spacing: The spacing depends upon the variety of pumpkin grown. Obviously, larger pumpkins will require more space to grow. Large pumpkin varieties, like Connecticut field, need four feet between rows. Smaller varieties like sugar pie need about half of that space. You can grow pumpkins in a cornfield, a landscape bed, or between other plants.

Soil type: Rich, well-drained soil. The best soil will be crumbly and dark—like brownie crumbs! If your soil is overly sandy or has a high clay content, work compost into the soil before planting pumpkin seeds.

Sunlight: Pumpkins need full sun to develop properly, and to keep pests and diseases at bay.

Pollination

Squash flowers last for only one day and must be pollinated by insects for good fruit set. Rainy weather can affect squash fruiting. You can hand-pollinate these plants if you don't have enough insects. Simply

use a Q-tip to move pollen from the anther of the male flower to the stigma (the sticky part in the center of the flower) on a female flower. Male flowers have thin, straight stems directly below the flower. Female flowers have a swollen area under the flower. That is the ovary, which will become a pumpkin after the flower is pollinated.

Squash will cross-pollinate with other plants in the same species. If you want to save seeds from your pumpkins, you need to grow them at least 1/4 mile away from other cucurbits (squash family members). (Note: There are four species of squash: *C. maxima*, *C. mixta*, *C. moschata*, and *C. pepo*. This allows you to grow four different species of squash and save pure seed in the same garden.) The different "varieties" of pumpkins recommended for growing are from the same species, but have been further refined to exhibit distinct characteristics.

Harvesting seed

Seeds should be taken from fruits that have gone past maturity by 3 weeks. In other words, harvest the seeds from the pumpkins that are left lying around after the hard frost. You can also clean and prepare seed for saving from pumpkins that you have stored for a month or two, and are ready to eat.

Preserving seed

Cleaning Seeds: Rinse the pumpkin seeds thoroughly, removing all flesh from the seeds. You can use a very lightweight wire brush and a strainer to scrub any additional flesh off of the seeds, and strain the water out.

Drying Seeds: Seeds must be completely dry, and shatter when hit with a hammer in order to keep well. You can dry seeds in silica gel, which is available for purchase at most hardware stores. You can also dry seeds on a cookie sheet, plastic tray or other solid surface in a dry location away from direct sunlight. Do not dry on paper products, because they will stick to the seed.

Storing Seed: Pumpkin seeds keep best when stored in air-tight containers, such as a glass jar with a lid, a refrigerator, or a freezer.

Spinach

Starting Seeds Indoors

Spinach, for the most part, grows best when directly seeded into the garden. If you have had problems with successful germination in the past, you might consider “chitting” the seeds, or placing seeds between two wet paper towels, in a plastic bag, in the refrigerator overnight before planting. This will allow the seed to begin germinating. The seeds can then be sown outdoors as normal.

Planting/Transplanting

Starting seeds outdoors: Sow seeds outdoors approximately three times the depth of the seed when temperatures are between 45-60 degrees Fahrenheit. Spinach grows best in cool weather and should be planted early in the spring or in late summer to produce a fall crop. For best yield, harvest continually and make successive plantings every 10 days.

Spacing: Mature spinach plants generally need at least six to ten inches of space between them. Because the germination rate of directly seeded spinach varies greatly depending upon the soil, sun, and weather conditions, and because immature spinach leaves are great in salads, it is better to sow rather thickly, and thin out extra, unnecessary plants as they grow. Spinach grown too close together will bolt more quickly.



Soil type: Happiest in a soil pH of 6.0-7.5 and a soil rich in organic matter.

Sunlight: Full sun

Seasonal Care

Watering: Spinach needs to stay evenly moist throughout the growing season, and responds to light, frequent watering.

Feeding: This is a heavy feeder. Soils should be amended with compost prior to planting, and then side-dressed with an organic fertilizer every three or four weeks during the growing season. (Side-dressing means sprinkling fertilizer along the planting row, about three to four inches from the plant stem.)

Pollination

Spinach is wind pollinated. If you want to save your own spinach seed, let the plants bolt and produce flowers. Harvest the seeds when they are dry and about to fall off the plant.

Harvesting and Preserving Seed

Harvest seeds when they are completely dry on the plant. It may be necessary to wear leather gloves because the seeds can be very prickly. Seeds should be stored cool and dry.

Tomato

Starting Seeds Indoors

Temperature: Tomatoes are warm weather plants. Using a heating mat under the seedling flat will keep plants compact, rather than leggy.

Time before Last Frost: Sow indoors ¼” deep in pots or flats 6 weeks before the last frost.

Care: Thin seedlings when 2” tall and transplant into individual pots. Remove all but the top four leaves, and bury the rest of the plant in the soil.

Planting/Transplanting

Transplanting seedlings: Transplant outside when all danger of frost is past. Remove all but the top few leaves from the plant, and bury the rest of the stem in the soil. This encourages deeper rooting, and better growth.



Spacing: Plant outdoors two feet apart in rows 3 feet apart. Indeterminate vines will require support. (These are non-bush forming tomato plants.) Never underestimate the power of a tomato plant to overcome and destroy any sort of support system.

Soil type: Tomatoes do best in slightly acidic soil, with a pH of 5.8-7.0. They are heavy feeders and do well when compost or fertilizer is worked into the soil at least one week before planting.

Sunlight: Tomatoes need full sun to produce heavily. If planting tomatoes in a smaller garden, always plant them on the north side (northern hemisphere) or south side (southern hemisphere) so that they do not block the sunlight from other vegetables.

Seasonal Care

Watering: Tomatoes need even moisture throughout the growing season. A wet/dry/wet/dry watering situation will cause blossom and rot of the tomato fruits.

Feeding: Tomatoes are heavy feeders, and do well in rich, organic soil. Keep high Nitrogen fertilizers away from the plant once it starts flowering, or the plant will produce lots of healthy green leaves, but few fruits. During fruiting, a fertilizer that is higher in phosphorous will help with production of larger harvests.

Pollination

MARCH 2012

Tomatoes must be insect pollinated (or hand-pollinated, in the case of greenhouse grown crops) in order to produce fruits.

Harvesting seed

Tomatoes, for the most part, do not cross-pollinate with each other, so you do not need to worry about isolating tomato varieties in order to save seed. To harvest the seed, simply save several tomatoes (label them by variety), and scoop the seeds out of the fruit. In order to remove the gelatinous coating from around the seed you will have to "ferment the seed." In order to keep your tomato varieties separate, you will need to ferment them in separate dishes. Here's how you ferment the seed:

- Squeeze the seeds and gel coverings into a plastic container
- Set them in a garage, or somewhere away from the kitchen for about three days
- Once a layer of mold has completely covered the seed mixture, bring the container back inside and pour out into a strainer
- Wash the seeds by running water through the strainer and rubbing the seeds gently against the strainer

Drying Seeds: Direct sunlight. Do not dry on paper products, because they will stick to the seed.

Storing Seed: Seed needs to be completely dry and stored in a cool, dry, dark place. Do not dry the seed in an oven.

Broccoli

Starting Seeds Indoors

Temperature: Broccoli sprouts best in temperatures of 50-80 degrees Fahrenheit.

Time before Last Frost: Start seeds indoors between one and two months before last frost.

Care: Seedlings should grow to a height of about 6 inches, or 8 cm before transplanting. Seed indoors appropriately.



Planting/Transplanting

Starting seeds outdoors: Broccoli can be direct-sown outdoors. It will germinate in low temperatures, but grows best between 60-65 degrees Fahrenheit.

Transplanting seedlings: Transplant outdoors when seedlings are at least six inches tall. Plant the seedling in the ground at least one inch deeper than it is in the transplant pot.

Spacing: Plants need between one and two feet between them to mature.

Soil type: The pH of soil is particularly important for Broccoli plants. They do best at a pH of 7.2-7.5, a very alkaline soil. This pH will help control club root, and other soil borne diseases that affect broccoli. If the soil pH is too low for broccoli, add lime to the soil to raise the pH.

Sunlight: Broccoli needs full sun to mature.

Seasonal Care

Watering: keep the soil evenly moist throughout the growing season.

Feeding: Broccoli is a heavy feeder. Make sure that the soil has plenty of compost in it before planting. Add lime if the soil is too acidic. Side-dress with organic fertilizer when the flower heads begin to form.

Pollination

Broccoli for eating is harvested before the flowers begin to open. They are pollinated by insects, and can cross with any plant in the cabbage family.

Special Requirements: If you want to save seed from broccoli plants, you need to be careful that there is not flowering mustard, cabbage, Brussels sprouts, or kale in the vicinity or you will end up with a very strange hybrid seed.

Harvesting seed

Save seed from at least six different plants to ensure that you have good diversity of crops. The seed pods need to fully ripen on the plant. Remove the seed pods from the bottom of the plant, moving up, when they are fully dry.

Preserving seed

Cleaning Seeds: The dried seed pods will shatter, and you should be able to winnow the chaff (dried part of seed coat) from the heavier seeds.

Drying Seeds: The seeds need to dry fully on the plant.

Storing Seed: Seed needs to be stored at very cool temperatures and low humidity. If the seeds are the least bit moist, they will rot.

Beans

Starting Seeds Indoors

Beans grow best when started directly from seed outside. They germinate quickly when the soil temperature is warm.



Planting/Transplanting

Starting seeds outdoors: Sow seeds directly outside when the danger of last frost has passed.

Spacing: Plant seeds 1" deep and 2" apart in rows. Pole beans or climbing beans will need support.

Soil type: Beans can grow in almost any type of soil,

because they grow symbiotically with nitrogen fixing organisms.

Sunlight: Beans need full sun to grow and produce well.

Seasonal Care

Watering: Beans are fairly drought tolerant, but will produce juicier beans for eating fresh when they are given ample water.

Feeding: Beans can fix their own nitrogen, but need to have enough potassium in the soil to grow well.

Pollination

If you are growing two different types of beans for drying, plant them on opposite sides of the garden, as they will cross-pollinate with each other.

Harvesting seed

Bean seed pods that are left on the vine to dry can shatter upon touch. Carefully close your hand around the pod and pull the entire pod off the plant and place it in your harvest container.

Preserving seed

Cleaning Seeds: Winnow the chaff away from the beans. Sift the small, dry plant parts away from the dry beans.

Drying Seeds: To kill bean weevils, freeze the seeds for at least three days before saving them in an airtight container. You will know that seeds are dry enough to freeze if they shatter when hit with a hammer.

Storing Seed: Storage conditions: It is always best to save seed from plants that ripen first and are free from disease. Harvest seed pods when completely dry, crush in a cloth or burlap sack and winnow the seeds from the chaff. If you have to pull your crop before it has completely dried, hang the plants upside down in a burlap bag and let them dry. As soon as they are dry, store them in a cool, dry, dark location.

Cabbage

Starting Seeds Indoors

Sow indoors ¼" deep in pots or flats 8 weeks before the last frost. Thin seedlings when 2" tall and transplant into individual pots.

Planting/Transplanting

Transplanting seedlings: Plant outside when a light frost is still possible. Plants can be transplanted 14-21 days before the average last frost, or 90 days before the first frost in the fall.

Spacing: Plant outdoors 24" apart in rows 36" apart.

Soil type: The pH of soil in which Cabbage grows is very important to avoiding diseases that strike plants in the cabbage family. A pH of 7.2 or above helps keep club root from occurring. Cabbage grows best with a soil pH of between 6.0-7.5. Adding lime raises the pH.

Sunlight: Cabbage needs full sun.

Seasonal Care

Watering: Water heavy early during the growing season, and taper off to even moisture as the heads begin to form.

Feeding: Cabbage needs heavy Nitrogen and Potassium feeding.

Pollination

Because you eat the leaves of the cabbage plant, pollination is not important for formation of the food aspect of cabbage. For a cabbage to "bolt" and flower, you may need to cut an opening in the top of the cabbage head.



Harvesting seed

Cabbage is biennial. Cabbage will cross-pollinate with all other Brassica oleracea, (broccoli, kale, turnips) so isolate by 1 mile the second year when going to seed, or bag the tops of the plants to isolate. Do not harvest heads on plants you intend to save for seed. Carefully dig the plants and pot them in sand. Store plants between 32-40° F. Plant back out in early spring and allow to bolt. You can cut an X in the top of the cabbage head to make it easier for the seed stalk to grow out of the head. Harvest seed pods when dry and clean by hand. The pods will ripen gradually from the bottom of the plant to the top of the stalk. The pods must come to maturity fully while still attached to the plant, or they will not germinate well the next year. Harvest each pod as it is ripe. If you want to save seeds from numerous types of Brassica, it is a good idea to alternate growing years for consumption and harvest.

Corn

Starting Seeds Indoors

Unless you are growing corn in an area with cool, late springs, it is much better to start corn outside than inside. However, if you do live in an area with cool springs, you can sow corn in plug flats-one kernel per plug, about 1 inch deep. Transplant when the corn has its first two true leaves.

Planting/Transplanting

Starting seeds outdoors: Sow seeds outdoors only after the danger of frost has passed. Corn will not germinate properly when the soil is still cold in the spring. Sow seeds 1" deep every 3-4" in rows 3-4' apart. Thin the seedlings to 8" apart after the plants come up. Corn should be planted in a 3-4 row block to ensure well filled-out ears.



Soil type: Corn will grow well in a wide range of soil pH levels. It does need high levels of nitrogen.

Sunlight: Corn needs full sun to grow and fruit.

Seasonal Care

Watering: Corn is fairly drought tolerant, and will likely not need supplemental water unless there is severe drought.

Feeding: Corn is a heavy feeder. Make sure that soil has plenty of organic matter and compost added prior to planting. Side-dress with compost once a month during the growing season.

Pollination

Corn is wind pollinated, and needs to be planted close together to pollinate well and set good, filled-out ears.

Special Requirements: If you want to save corn seeds, you will need to isolate varieties by at least 1,000 feet.

Harvesting seed

All corn varieties are wind-pollinated and will cross-pollinate with each other. Varieties should be hand-pollinated or isolated by 1 mile to ensure purity. Allow ears to dry on the plants, harvest and shell. To preserve genetic diversity of seed corn, take ears from at least twenty five different plants to harvest.

Beets

Planting/Transplanting

Starting seeds outdoors: Beets germinate best in temperatures of 50-85 degrees Fahrenheit. They should be sown in the spring 2-4 weeks before the average last frost date.

Spacing: Beets can have spotty germination rates, so you will want to sow them thickly and thin them once they have begun setting their first leaves. Beet greens are great additions to salads, so the thinned beets won't go to waste.

Soil type: Beets need soils high in organic matter, and a low nitrogen-to-phosphorous ratio. Excessive nitrogen causes over-production of leaves, and small roots.

Sunlight: Beets need full sun.

Seasonal Care

Watering: Maintain an even moisture level in the area where you grow beets.

Feeding: Every two weeks, feed with a balanced organic fertilizer. Once the beet leaves are 4-6 inches long, feed with a fertilizer lower in nitrogen.

Special Requirements: Watch the nitrogen amount in the soil, because too much of it will mean lush tops but no roots.



Harvesting Seed

Beets are biennial, so they need to have a warm growing season, followed by cold, followed by more warmth. In cooler areas, to get seeds, you need to plant beets in mid-summer. Pull them up when the roots are 2 inches in diameter. Cut the tops, leaving one inch of leaves. Store them during the winter in a box of peat moss. Then, re-plant in the spring. They'll sprout, flower, and set seeds you can harvest. In warmer areas, sow seeds of beets outside in the garden in the fall and let them overwinter into the next spring to flower.

Kale

Planting/transplanting

Transplanting seedlings: Transplant Kale, burying the stem at least 2 inches below the soil line to provide extra support.

Spacing: Each plant needs about 1 1/2 feet of space, or 30 centimeters.

Soil type: Kale grows best in a soil pH of 6.0-7.0, and needs lots of organic matter.

Sunlight: Kale must be planted in full sun.



Seasonal Care

Watering: Water frequently throughout the growing season. Kale needs heavy water.

Feeding: Kale must be fertilized regularly.

Special Requirements: Companion plants include beets, bush beans, celery, cucumber, lettuce, artichoke, onions, peas, potatoes, and spinach.

Harvesting for Food

Which part of the plant to harvest: You will eat the leaves of the Kale plant.

When to harvest: Kale tastes best after a frost.

How to harvest: You can harvest a few leaves at a time or cut the entire plant at one time.

Harvesting Seeds

In order to save seeds, you need to let the Kale grow and flower. Once the seed pods turn brown, pull up the whole plant and hang it upside-down in the garage and let the seeds dry out. Spread a clean sheet or newspaper under the plants to catch the seeds.

Follow these tips and you will keep your survival seed stash going for years and years.

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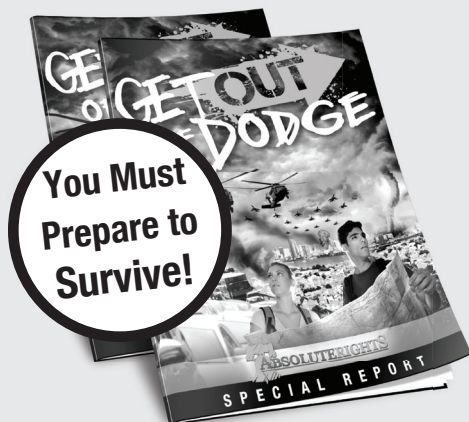
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Welcome To The Lamplighter Report!

I wanted to take a moment to say thank you for your membership to The Lamplighter Report. This issue is packed with some powerful information that will help you to prepare you and your loved ones in the event of a terrorist attack, natural disaster, economic collapse, or a pandemic.

Coming Up In Future Issues...

- ESSENTIAL Survival "How-To's" (3 - 5 EACH MONTH)
- New "Off-The-Grid" Books, Videos, and Sites
- Private "Intel Report" on Global, National and Local Situations
- Real Life "Case Studies" of How other Families are Preparing
- "What Went Wrong" - Analysis of COMMON Mistakes That Most Preppers are Making
- and much, MUCH more...

Until next month, make small forward steps every day in your preparations

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