



## **Our Mission: Reviving the “Victory Garden” for a New Generation! What’s coming up in 2022, our 8<sup>th</sup> year!**

The Black Forest Victory Garden Club was founded -- and is facilitated by -- husband and wife team, Paul Smith and Emmy McAllister. Its members continue to dispel the myths that growing vegetables in Black Forest above 7000’ elevation is complicated, takes a lot of time and money, requires a greenhouse and is doomed to fail because of hail!

This year, Paul and I will again be focusing on self-reliant, sustainable and “survival” vegetable gardening, featuring 1) dependable crops that give us high yields for the space allotted and the time and resources invested; and 2) the kinds of vegetables that store extremely well for long periods of time without freezing, canning or drying – basically the kinds of vegetables that our ancestors grew long ago to keep them well-fed over the winter months! It’s amazing how many delicious vegetables can be easily preserved for many months once you know how!

Our club provides information applicable to any kind of outdoor vegetable gardening, and also training in creative gardening strategies and techniques, such as “Winter Seed Sowing” and “Back to Eden Gardening”, both of which have proven to be so easy, inexpensive and productive here in Black Forest!

“Winter Seed Sowing” is a *mind-boggling* way to grow our own vegetable seedlings – outdoors, during the winter -- and without any electricity or fuel of any kind! So easy, so inexpensive and so totally unbelievable! New members will be receiving our club’s e-book on Winter Seed Sowing early this year.

“Back to Eden Gardening” is the ultimate in low maintenance gardening: No tilling, no fertilizing and almost no watering or weeding. For most of our club members, it produced amazing harvests the very first time they tried it! To see the free documentary film that started the whole world-wide Back-to-Eden movement, visit [www.BacktoEdenfilm.com](http://www.BacktoEdenfilm.com) and scroll down to the bottom of the page. New members will be receiving our club’s e-book on Back-to-Eden gardening shortly.

Paul and I also plan to provide everyone with an e-book on seed-saving this year! Some seeds -- like those for beans, peas and tomatoes, for example – are no-brainers and easy to

save. Others take some planning ahead, and still others require some *strategic* planning! That's why our e-book will contain detailed, step-by-step instructions, so that even those of you who are new to seed-saving can experience success your very first time!

Now some of you may not be familiar with the term, "Victory Garden." What IS a Victory Garden anyway???? Well, back in World War II -- when not only were many food staples like coffee, butter, eggs, meat and sugar in short supply and rationed, but also fresh fruits and vegetables were in short supply too, due to lack of men working on the farms and lack of fuel to transport produce to markets -- the government called upon ALL Americans to plant "Victory Gardens" to help keep Americans fed. Working together, they rallied and mobilized and made the almost-unimaginable happen!

They grew Victory Gardens in every nook and cranny, from rooftops of tall buildings to vacant lots and in back yards! And they ended up growing almost 40% of all the fruit and vegetables grown during those trying years! In the city of Chicago, 90% of those who created Victory Gardens had never gardened before!

Neighbors worked together to do whatever it took. They shared expertise, seeds, tools, labor and land. They co-mentored. They made themselves available to one another. Often, neighbors bartered produce or formed food co-ops to share their seeds and crops with one another. And they often shared meals and feasted on what they had grown.

The missions of the Black Forest Victory Garden Club are 1) To revive the kind of passion for growing food that our ancestors had in those trying years; 2) To revive comradery, pride and "community" around growing what we eat; and 3) to provide education, so that gardeners can improve their gardening skills and their enjoyment of gardening! Some of the most fun members of our club have is when we share growing techniques that we have experimented with, and found to work in our challenging environment! We also enjoy our group purchases, which save us a lot of money on plants, seeds and gardening supplies!

Over the course of the year, our club members receive many e-mailed just-in-time info sheets and how-to sheets! Paul and I ask that our members purchase large 3-ring binders so they can store all this valuable gardening information in hard copy as well as digitally.

Everyone is welcome to participate in our club, whether they live in Black Forest or not, although we focus on growing above 7000 feet elevation. Membership and meetings are free of charge.

The Black Forest Victory Garden Club is a project of the Black Forest chapter of the Weston A. Price Foundation, an international non-profit organization that provides education on how to use food to create health and on how to prevent and reverse the widespread diseases and medical conditions of our time. Emmy McAllister is the Volunteer Chapter Leader of the Black Forest chapter. That's me. To inquire about becoming a member of our garden club, just contact me, either on my land line, 719 494-1546, or by e-mail: [HealthSolutionsNow@earthlink.net](mailto:HealthSolutionsNow@earthlink.net).