



seeds for LIFE

**Preservation, Extraction,
Storage, and Trade of Seeds**



S P E C I A L R E P O R T

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Dear Reader,

Today's rapidly changing world has shifted our focus from self-sufficiency towards rampant consumerism. This is a huge mistake which will soon come back to haunt millions of Americas. We have forgotten that survival comes first and that our ability to depend on ourselves trumps anything we can purchase or have someone else do for us.

The primary problem concerning our personal safety and liberty today is not military conflict, political breakdowns or even the potential collapse of our financial system. The danger lurks in our unreliable food supply. The reality of the situation is that food distribution supply lines in America are roughly three days long. This means that in the blink of an eye we could be facing empty supermarket shelves and runs on food, which would resemble the bank runs of the Great Depression.

This situation is worsened by the fact that everyone needs food to survive. We ignore this never-changing reality and many of us will pay for it with empty stomachs and starvation. It is our duty, both to our country and to our self to prepare for the coming food shortages.

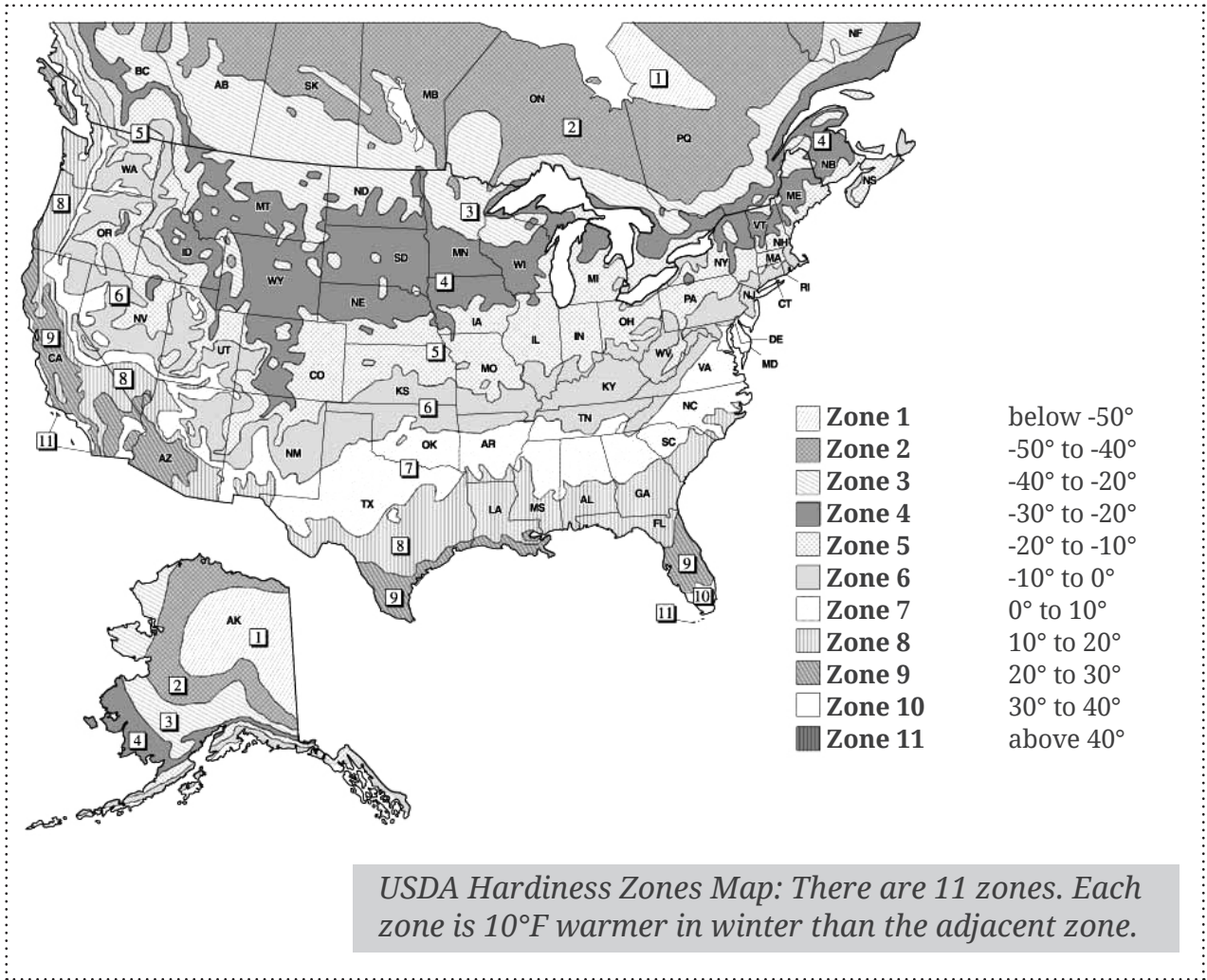
The root of our false sense of security lies in the notion that "it cannot happen to us." Most Americans laugh-off examples such as the Argentine food riots of 2001 and the

food riots which took place in Mogadishu, Somalia earlier this year. It is a huge and potentially fatal mistake to think that this sort of scenario will not play out in the United States.

The added component of financial volatility further destabilizes the situation. With the U.S. dollar in a constant state of flux, our economic uncertainties could easily exacerbate a massive food shortage. Remember that food producers will sell their products to the highest bidder and if the dollar defaults, as some have predicted, even locally grown foods may find their way overseas to buyers who bid with stronger currencies. This situation would leave gainfully employed Americans unable to purchase the food they need to feed themselves and their loved ones. Relying on the three-day food supply machine is not only risky; it is downright stupid and self-destructive.

Americans must turn back to our agricultural roots. We are blessed with some of the most fertile soil in the world. Each region of the United States presents the ideal breeding ground for various seeds which grow into foods that can ensure survival during a food shortage or famine.

Before we can turn to this sort of preparation, however, we must address the mistakes we currently make. Simply diving into the



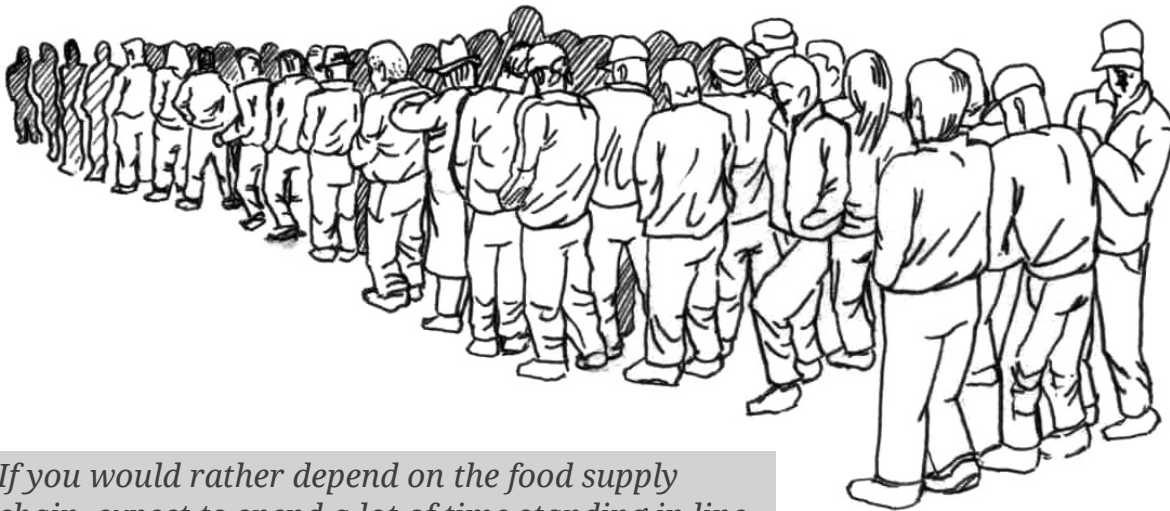
world of seeds is pointless if we don't understand where we currently stand. We need to know where we are coming from if we want to know where we are going. In order to figure out which path to take, we must eliminate our current mistakes and misconceptions.

Did you know that the average American family of four actually may be throwing away hundreds of pounds of potential food yield per year? This is a shocking bit of speculation derived from the well-known fact that the average American family discards between twenty and thirty pounds of seeds

every single year.

If you are reading this report, chances are that you are not one of those people. If that is the case then congratulations are in order. You are well-aware of the impending troubles facing our country and are doing the right thing by educating yourself further.

Unfortunately, most folks are not educating themselves. Most folks are living with their heads in the clouds. Most folks will not know what to do or how to survive once they are faced with empty supermarket shelves and defunct supply lines.



If you would rather depend on the food supply chain, expect to spend a lot of time standing in line.

My personal experience with food rations was harrowing. Standing in a mile-long line for food at the crack of dawn is one thing. Finally entering the store by mid-day and finding the shelves stocked with absolutely nothing, is quite another. Please do not put yourself in the position to ever have this kind of experience. We are blessed with fertile soil and we must arm ourselves with the knowledge to use it to its fullest potential. We must learn to utilize the power of seed and we must learn to do it quickly and efficiently, before it is too late.

The only way to be fully prepared, as far as growing plants is concerned, is to practice. Initially, when beginning to plant a garden, start small and work your way up. Have a small garden plot or do container gardening if you are short on space. Make sure the seeds that are purchased are heirloom or non-genetically modified varieties. These seeds will continually produce, unlike hybrid varieties which only produce for one season.

The more you garden, the more you will learn. Eventually, you will be able to build a larger garden. When researching what types of fruits and vegetables to grow, you will need to think about what your family will need for an entire year. Keep in mind that if you are lucky enough to have livestock, you will have to grow grains and grasses for them to consume. Everything comes back to seeds.

In order to survive off the soil, you will need to become a seed expert. Expertise, however, is a step-by-step process. Before building a beautiful, bountiful garden you will have to learn the basics. You will need to learn which seed suits your needs best. You will then need to figure out how to acquire them. For the average consumerist, this sounds like an easy, linear process. It is not. It is actually quite complex and it is very easy to throw your money away on useless products.

You see, seeds are big business. Seeds are a huge business, actually. Large commodity markets such as the Chicago Mercantile Exchange trade billions of dollars-worth of seed-based commodities every single day. Even though most folks don't think about it, almost all food and grain commodities rely on the seed industry. Seeds are the backbone of corn, wheat, soybean, vegetable oil and even pork bellies markets.



Huge agricultural companies, such as Monsanto, hold patents on almost every type of seed imaginable. In the event of a food crisis, individuals will be persecuted and even prosecuted for using such a company's seeds without authorization.

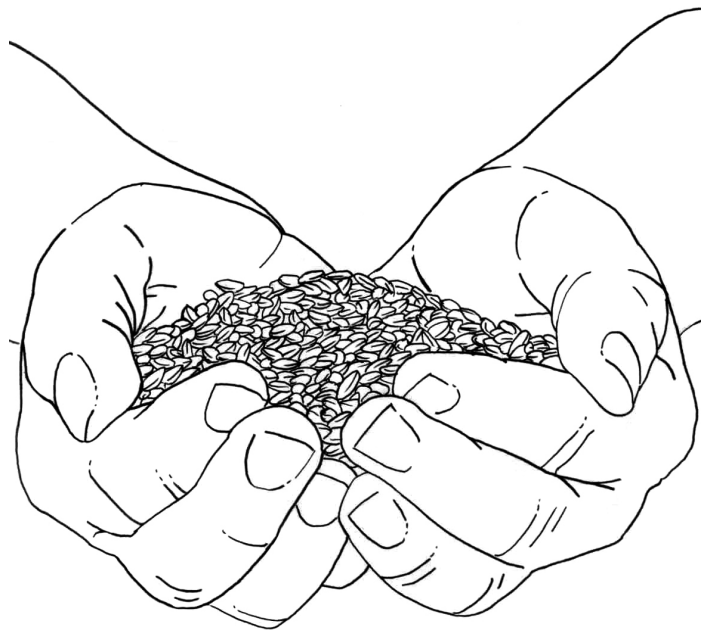
This means that you could literally be prohibited from feeding your family with items which you legally purchased and took possession of. This is another reason why obtaining the right seeds is so important. In fact, many folks in the know are hard at work producing or procuring, the seeds which will guarantee their families nourish-

ment and keep them out of legal trouble.

This is why an in-depth education on seed is of such crucial importance to us all. Quality seed is not only difficult to find, it is expensive to buy. 12 lb. seed kits featuring 40 different types of seeds can retail for upwards of \$500. The figures really are staggering, and highlight the severity of the situation. The funny thing is, you don't have to pay anything for these seeds if you are properly educated.

Unfortunately, Americans are still mired in the consumerist mindset. We want to purchase the feeling of security, when actual security can only be achieved through proper education, preparation and action.

What would you say if I told you that you could easily procure twenty to thirty pounds of organic survival seed per year for absolutely free?



This is precisely the sort of power you can attain by arming yourself with the right information. Your tools will go far beyond simple gardening tools. Your most valuable tool will be information and knowledge. The key piece of information when it comes to seed is a bit counterintuitive for most beginners. It is easy to grasp once we break it down, however. So, let's do that immediately.

If you have ever spoken to experienced gardeners they all hate pests. A pest is a healthy garden's worst enemy. A pest can be a germ or a plant-eating virus. A pest can be a local animal which eats your crops. A pest can be something living in the soil or an external factor which contaminates your growing environment. There are endless arrays of pests that can kill your garden and render your valuable seed useless.

Well guess what? There is also one great and very valuable pest, one which will help you to protect, preserve, extract, store and maximize your seeds and help feed your family while others starve to death.



What Is A P.E.S.T And How Can It Save Your Family?

PEST is an acronym. It stands for: Preservation, Extraction, Storage and Trade of seeds. If you can master PEST, not only will you survive, but you will also thrive. Mastering the PEST technique will help you feed yourself and your loved ones. Manage your seeds so that your plants, fruits, vegetables and sprouts renew each season and even learn to extract the economic benefits from your seed supply.

But before we break PEST down and analyze each crucial segment, let's spend some time discussing the essential seeds that you will need to become familiar with. Many of these seeds are already familiar to you in their end-product forms. This list will help get you brainstorming on which seeds you will want to acquire and which seeds best suit you and your family's needs.

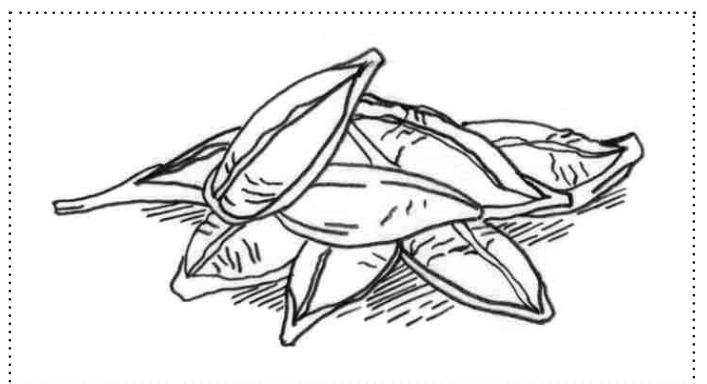
This list is by no means exhaustive and limited. There are many more types of seeds out there and part of the fun of this project is stretching the boundaries of your knowledge and adding more seeds to your initial list. The following seeds were chosen based upon their yield quantities, ease of growth, nutritional content and the time of year that they should be planted.

This part of the report may be a little bit dry and academic. Stick with it. It is very important to understand the conceptual background of the issues involved. Familiarizing yourself with the seeds which are most efficiently grown will only make your job easier once you begin.

Seeds You Will Need

The Essentials

- **Barley** – Can be planted in the spring and winter and has the best results when it is planted early in the season. This grain has loads of health benefits and a variety of purposes, such as feeding livestock, grinding the grains for flour, as well as making beer. Barley is high in dietary fiber and manganese.

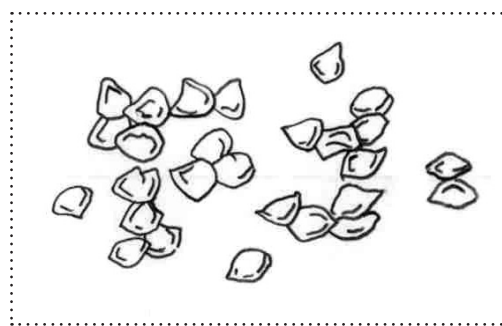


- **Beans** – Beans should be planted in the early summer. They are one of the easiest vegetables to grow. Beans have different varieties such as pole beans and bush beans, kidney beans, chickpeas, lima beans, red/black/white beans, pintos, etc. Pole beans begin and end earlier than bush beans. In comparison, pole beans give a higher yield. A stake is needed for pole beans. Staggering your plantings will give continuous yields. Beans are very high in fiber, calcium, Vitamins A, C and K.
- **Broccoli** – Plant broccoli seeds in mid-to-late summer so they can be ready for the fall harvest. Broccoli is one of the easiest vegetables to grow. This plant has a tendency to yield past its first harvest and can take light frost without a problem. Broccoli is a good source of protein, Vitamins A and K.
- **Carrot** – Carrots prefer cooler weather and should be grown in the fall, winter and early spring. They are one of the easiest vegetables to grow. They are very high in beta carotene and vitamin A.
- **Cauliflower** – Cauliflower is a cool season vegetable. It harvests over a short period of time and cuts out a high head yield. Cauliflower is high in dietary fiber, Vitamin C and K.
- **Corn** – Corn is a warm weather crop and should be planted after the last frost. Corn supplies a good amount of protein, calcium and iron. The corn plant produces two ears per stalk.
- **Cucumber** – Cucumber is a warm weather crop and one of the easiest vegetables to grow. There are large varieties and smaller varieties for pickling. Continuous picking increases the cucumber plant's production. Cucumbers are good sources of Vitamins A, C, K and potassium.
- **Eggplant** – Eggplants are warm weather plants and should be planted after the last frost. This vegetable is a night shade and is high in fiber, antioxidants, and a good source of vitamins B1 and B6. This is a very versatile vegetable to cook with as it can provide great variety for your pallet.
- **Lettuce** – Plant lettuce two weeks before the last frost, as well as, in the fall 6-8 weeks before first frost date. Lettuce is one of the easiest vegetables to grow and one of the earliest crops to harvest. There are many different varieties offering various nutritional benefits. This plant grows quickly and harvest can be extended by taking a few leaves at a time. Lettuce is packed with essential vitamins along with: protein, iron and calcium and Vitamins A, B6, C, and K.

- **Melon** – Plant melon 4 weeks after the last frost as these fruits are intolerant to cold weather. Cantaloupes and melon varieties need lots of space to grow. Getting the dwarf size of these fruits can save space. One melon plant will produce two melons. Melons are a good source of fiber, B6 and folate.
- **Okra** – Plant Okra 2 weeks after the last frost. This vegetable has a variety of uses such as: in soups, pickled or canned. Okra is high in Vitamin A, K and folate, and calcium.
- **Onions/Garlic** – Onions and garlic are among the easiest vegetables to grow. Plant your onions in mid-to-late October. Onions can be pulled earlier and used for green onions. They are a good source of dietary fiber, Vitamin B6, Vitamin C, folate and potassium.
- **Peanuts** – The peanut is a hot season plant and should be planted from April until Early June. Peanuts are a good source for healthy fats, Vitamin E, protein and antioxidants.
- **Peas** – Peas are a winter loving plant which and are resistant to frost. Peas are among the easiest vegetables to grow. There are many varieties of the pea plant, such as shelling, snap, snow and sugar pod. Most varieties are fast growing. Peas are a good source of

protein, fiber and provide a good supply of 8 different vitamins including Vitamin A, B6, and K.

- **Peppers** – Peppers grow after last frost. There are many varieties of peppers as well as choices between hot and mild. Sweet peppers are one of the easiest vegetables to grow. The more peppers are harvested, the more the plant will produce. Peppers are high in Vitamin A and C.



- **Potatoes** – Plant potatoes 4-6 weeks before last frost. 1 plant yields 5-6 young potatoes. Potatoes are high in fiber, Vitamin B6, Potassium and Vitamin C.
- **Pumpkin** – Start pumpkin seeds in the late spring. Pumpkins require lots of room for their vines to grow. Pumpkins are packed with thiamine, niacin, Vitamin B6, folate, iron, Vitamin A, C and E.
- **Radish** – Radishes can be started 4-6 weeks before last frost. Many folks have had success growing radishes in the fall, as well. One of the easiest vegetables to

grow. They are very tolerant of weather conditions. Radishes are high in Vitamin B6, dietary fiber, Vitamin C and iron.

- **Spinach** – Spinach grows best in cool weather, but some varieties like warm weather. Many call Spinach a super food based on its abundance of Vitamin A, C, iron, thiamine, thiamine and folic acid.
- **Squash** – There both summer squash and winter squash varieties. It is among the easiest vegetables to grow and most are prolific producers. Picking squash regularly encourages a higher yield. Squash is an excellent source of Vitamin A, B6, C, K, and dietary fiber.
- **Tomato** – Plant tomatoes in the late spring and again in the late summer. One of the easiest vegetables to grow. Tomatoes are a good source of Vitamin A,

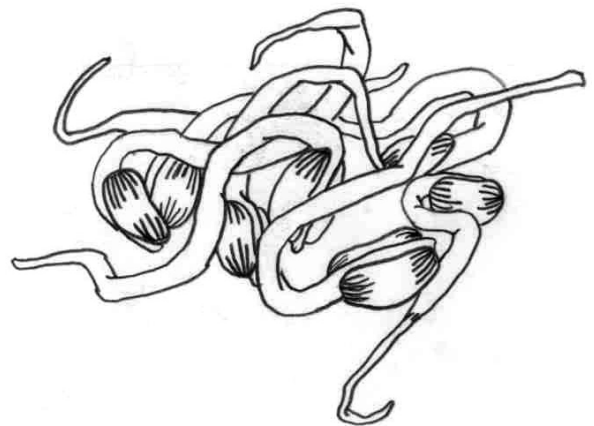
C, K, E, Potassium, thiamine and Niacin.

- **Turnips/Rutabagas** – Seeds should be sown in late May or early summer. Turnips are fairly disease free and easily cared for. The greens can be eaten along with the roots. Turnips are high in B6, Vitamin C, Iron and Calcium.
- **Wheat** – Winter wheat can be planted from late September to mid-October. This is the preferred variety due to its nutritional content as well as the protection it provides the soil in the wintertime compared to spring wheat. Spring wheat is planted in early spring. This is one of the most commonly used food crops in the world. Wheat is high in copper, zinc, iron and potassium. Planting a 10×10 plot will yield between 10-25 loaves of bread.

The Miracle Sprouts

Sprouts are widely recognized as being some of the most nutritious foods on the planet. Since sprouts are very easily digested and absorbed by the body, you can rest assured in knowing that all of the vitamins, minerals and phytonutrients they contain, are actually being absorbed by your system instead of simply passing through the body.

In addition, it is important to highlight that if you are following directions and primarily focusing on using heirloom seeds you will

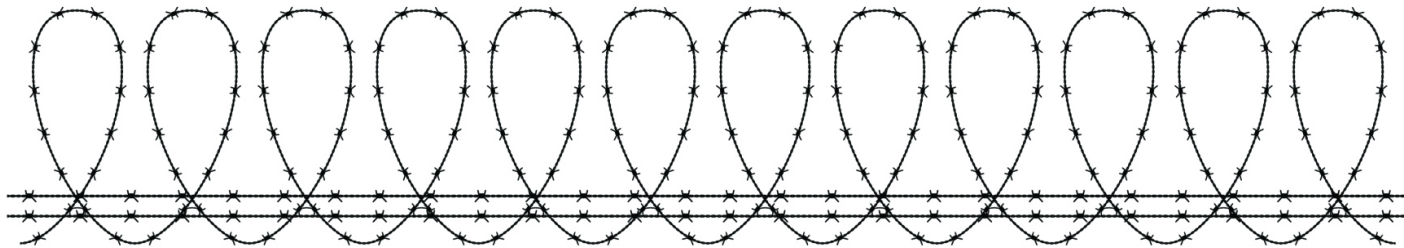


Mung beans provide valuable Protein, Iron, Potassium, and Vitamin C.

not wind up with a nutrient deprived end product. Many of the sprouts, fruits and veggies we have mentioned and will mention are almost fully depleted of essential nutrients by the time you buy them at the grocery store. Growing your own sprouts from your own seeds ensures that you will be nourished and full. By deriving the maximum nutritional value from each bite, you will be less tempted to gorge and go in for seconds and thirds at mealtime.

- **Alfalfa** – Essential for healthy reproduction, vision, immune function, healthy bones and the regulation of bodily functions. Alfalfa sprouts are loaded in Vitamins A, B, C, E, K and various minerals.
- **Garbanzo Beans** – Also known as Chickpeas, they merit separation from other beans due to some added benefits. Garbanzo beans are loaded in protein, fiber and carbohydrates. They can take the nutritional place of meats and dairy in our diet by providing muscle-maintaining protein. They can be a go-to sprout for fast fresh food. They provide enough caloric value for several days of subsistence, in a pinch.
- **Green Lentils** – These provide Vitamin C, Protein, Iron and other minerals. Another extremely healthy sprout which is essential to good muscle and cardiovascular health.
- **Black Eyed Peas** – Another Carb/Fiber/Protein packed powerhouse. They are another example of a subsistence diet worthy sprout and should be always kept on hand for dire circumstances.
- **Mung Bean** – This sprout is crucial to muscle health and mass retention. It can keep your body from withering and losing crucial muscle tone and strength at a time when you only have access to plants. Mung beans provide Protein, Iron, Potassium, and Vitamin C.
- **Fenugreek** - Rich in Iron and Phosphorous, Fenugreek sprouts support DNA replication, repair and production of body cells. This sprout is crucial for expectant moms or those who are nursing.

Area 51 Herbs



The following is a list of herbs that the government doesn't want you to know about. They are so rare and obscure that even discussing them in print may be dangerous. You see, pharmaceutical companies are also very interested in seeds. Many of today's most profitable medicines utilize natural ingredients and their chemical derivatives. To advise anyone of the free benefits available to them in their own backyard is to step on the toes of the powerful multi-billion dollar pharmaceutical industry. It is therefore crucial that you understand that the following herbs are not intended as cures, medicines or anything that you would normally rely on a doctor to prescribe to you.

You are not about to receive medical advice or physician approved suggestions. You are simply going to see a list of "off the grid" remedies and treatments which folks like you may use if they do not have access to a hospital or FDA approved medication. You may want to consider, however, that some of these plants, herbs, sprouts and roots have been used by human beings for thousands of years and may wind up of great value to you, as well.

- **Arnica Montana (Arnica)**
Breaks down into a cream or ointment which can be effective in soothing muscles, reducing inflammation and healing open wounds. When it is brewed as a tea, it can relieve stress, sleeping problems and emotional trauma.
- **Actaea Racemosa (Black Cohosh)**
It is known for relieving menstrual cramps and symptoms of menopause, hot flashes, irritability, mood swings and sleep disturbances.
- **Eupatorium Perfoliatum (Boneset)**
May be able to treat symptoms of influenza and is helpful in treating aches, pains and fever.
- **Calendula Officinalis (Calendula)**
Widely used for relieving upset stomach, ulcers and menstrual cramps. A tincture made with calendula leaves can help heal wounds. Calendula is a high-end ingredient in many expensive cosmetic products.

- **Nepeta Cataria (Catnip)**
Has been used as a digestive aid for centuries. A natural sedative which also helps ease digestion, colic and diarrhea. Can also be brewed as a tea.
- **Capsicum Annuum (Red Pepper)**
Aside from its edible form, red pepper can treat osteoarthritis, rheumatoid arthritis and shingles. A very diverse item.
- **Anthemis Nobilis (Chamomile)**
Soothes and calms. Even known to prevent nightmares, explaining its popularity with children. A tea brewed from the leaves and flowers of the chamomile plant can help ease stress, anxiety and panic attacks.
- **Cichorium Intybus (Chicory Root)**
A natural sedative and anti-inflammatory which can be used to treat jaundice. It helps the body resist gallstones and liver stones and aids in reducing the levels of LDL cholesterol in the bloodstream. Can be very useful in ridding the body of parasites.
- **Symphytum Officinale (Comfrey)**
Can be used as a first aid treatment for external wounds. Can reduce inflammation associated with sprains and broken bones.
- **Echinacea Purpurea (Purple Coneflower)**
Used for over four centuries in treating infections, wounds, blood poisoning, malaria and diphtheria. Echinacea tea helps the body regain strength and rids it of the common cold up to three times faster than doing nothing. Easily grown.
- **Oenothera Biennis (Evening Primrose)**
Great for eczema, dermatitis and other skin related allergies and ailments. Reduces inflammation, eases bloating caused by menstrual discomfort and strengthens functions of the liver. It can also alleviate some of the symptoms of multiple sclerosis and other nerve disorders.
- **Foeniculum Vulgare (Fennel)**
The Chinese have used it for centuries to treat hernia, indigestion and abdominal pain. Chronic cough can be alleviated by brewing it as tea. Fennel oil can be used as an external pain reliever for sore muscles.
- **Tanacetum Parthenium (Feverfew)**
Helps relieve migraines and prevent constriction of blood vessels in the brain, one of the leading causes of migraines.
- **Hyssopus Officinalis (Hyssop)**
Hyssop goes so far back that it is mentioned in the Bible. It is a great expectorant and stimulant. It is often

used for relief of muscular rheumatism, as well as, for bruises and contusions. Tea made from the flowers of this herb can be helpful for asthmatics.

- **Lavandula Officinalis (Lavender)** – Though popular in soaps, shampoos and fragrances; Lavender is also a natural remedy for insomnia, anxiety, and depression. It is known for its soothing effects and is even thought to be able to help prevent hair loss.
- **Melissa Officinalis (Lemon Balm)** – It is a member of the mint family and is used to help treat sleep disorders when brewed as a tea. It can also be rubbed on the skin to ward off mosquitoes.
- **Althaea Officinalis (Marshmallow)** – Useful for treating asthma, bronchitis, sore throat, cough and the common cold. It can aid in milk production for breast feeding mothers. It also helps to dissolve kidney stones and improves kidney function.

- **Valerian Officinalis (Valerian)** – Used as far back as the 2nd century A.D. in treating insomnia, anxiety, nervousness, seizures and epilepsy. Valerian is a natural anti-anxiety remedy. Also useful for treating headaches and migraines.
- **Achillea Millefolium (Yarrow)** – Used for treatment of minor bleeding, inflammation, fever and infection. You can use it topically to ease discomfort of hemorrhoids, stop bleeding, and as an anti-inflammatory to ease swelling. Tea brewed from the flowers and leaves will help stop diarrhea and purge the body of bacterial infections.
- **Rosmarinus Officinalis (Rosemary)** – Used for help with indigestion, to treat muscle pains, arthritis, and to improve circulation. Tea brewed from its leaves can slow brain degeneration resulting from Alzheimer's disease. It is also thought to be able to counteract the nerve degeneration caused by Lou Gehrig's disease.

Keep in mind, you want to be using non-GMO seeds. Unfortunately, even though we may see some of these plants and herbs in our store-bought teas and ointments, they are far less impactful than they should be. The reason is that few big companies bother with using heirloom seed, and those that do charge the consumer heavily for the end product. Seed quality is just as important as seed type. You can have all of the aforementioned seeds stocked and neatly prepared. They will do little good, however, if their nutritional and holistic benefits are gone before they are ever planted.

Other seeds to take into consideration are crop cover seeds, such as hairy vetch or clover. These crop covers loosen up the soil and feed the soil nitrogen which feeds the plants for

the following season. These crop covers are also food for livestock such as cattle and sheep. When the crop cover is mowed, the cuttings can be used as natural mulch.

Possessing a vast array of food choices when times get tough will lift spirits, maintain nutrition, and provide energy. Do the necessary research and find the best plants for you and your family. Become familiar with local planting cycles. Finding pertinent information regarding soil conditions, natural fertilizers, and seed germination will get you ready for a good planting season. Each region of the country is beneficial to the growth of specific seeds. Consult the map on page 2 and the regional lists on page 18 to see which seeds are right for your region.

Seeds not only provide dependable crops year round, but can also be used to produce edible sprouts which have an extremely high nutrient and vitamin content, as well as helping save money. Traditional varieties of seed can be saved and used, but hybrid seeds have a one-time use and therefore should be overlooked if possible. They will not grow back each year and are often deprived of essential nutrients. Non-genetically modified seeds (non-GMO) or heirloom varieties are the way to go.

The Seed Collection Process

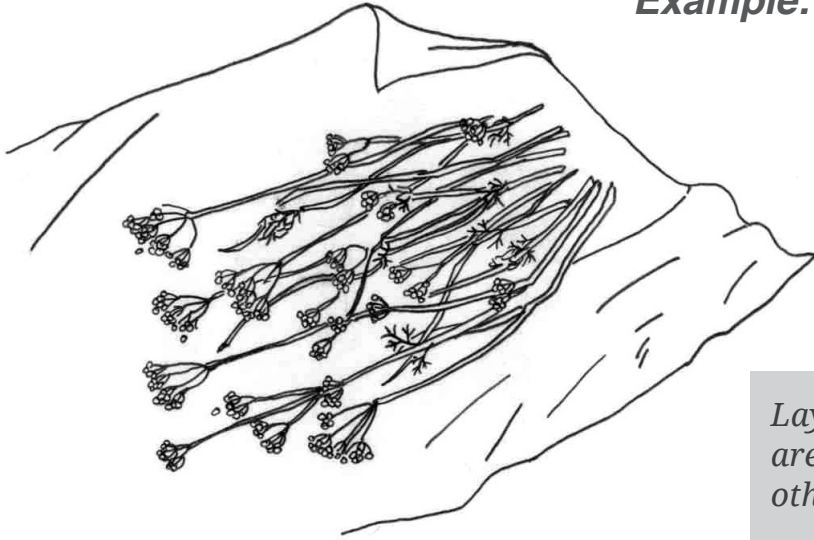
- Collect seeds when they are mature and drying on their stalks. Lay them out in a shady spot during warm weather for 2-3 days. They should be ready to store after that time. Remember: the drier the seed, the better. There are some seeds that might take a little longer to dry. Listen to the sound the seeds make when you break it to decide if it is dry enough. When the seed is dry, large, flat seeds, like pumpkin seeds, make a snapping sound when twisted. Large, thick seeds, like maize or beans, make a cracking sound when bitten. Small seeds make a cracking sound when squeezed between fingernails.
- Make sure you choose healthy seeds that are not abnormally shaped, small or damaged. Choose seeds from plants with special qualities (high yield, better during hot weather, etc.) By only choosing the best seeds from your crop, you are making crop improvements year to year.
- Diversifying and finding seeds with special qualities make crops less vulnerable to disease, pests and unusual weather conditions. Sometimes, having identical crop varieties growing will result in a crop failure. There will be times when you will have crop failures. This is due to the purchase of seeding from companies that do not diversify their seeds. They will produce similar plants and tend to be vulnerable to bad elements (weather, insects, and disease).



At this point it is important to reiterate the threat posed to you, the individual grower and seed preserver by large seed companies. Not only do they create inferior seed to the heirloom variety that you will be using, but their patents can endanger you as well. Worst of all, these companies employ industrial spies and military tactics in enforcing their patents. For example, the so-called *Monsanto Police* has had farmers arrested and harassed for ridiculous reasons.

One example is that of a farmer who was NOT using Monsanto seeds. His neighbor, however, was using Monsanto seeds. On the cusp of the two adjoining properties a wind gust blew some of the neighbor's seeding on to our farmer friend's property. Monsanto industrial spies entered his property and took soil samples from his crops. The bit of Monsanto seeding that had been blown over by the wind had begun to sprout. Since Monsanto's Genetically Modified seeds can be analyzed with computers, our farmer friend's soil samples came back positive for Monsanto strains. He was ordered to torch his entire plant crop, because a few Monsanto seeds had wandered over onto his land. Needless to say, the financial loss and the aggravation were huge. Do not let this sort of thing happen to you. Stay away from GMOs and big company seed.

Example: Collecting Coriander Seeds



Lay out stalks to dry in cool shaded area on a sheet of canvas, plastic, or other material to catch the seeds.



Once dry, separate the major stalks, stems, and clusters of seeds. Many loose seeds should easily drop.



Separate the individual seeds from the rest of the material. Then, sort the seeds by appearance and quality.

Choose Your Seeds in Three Different Ways

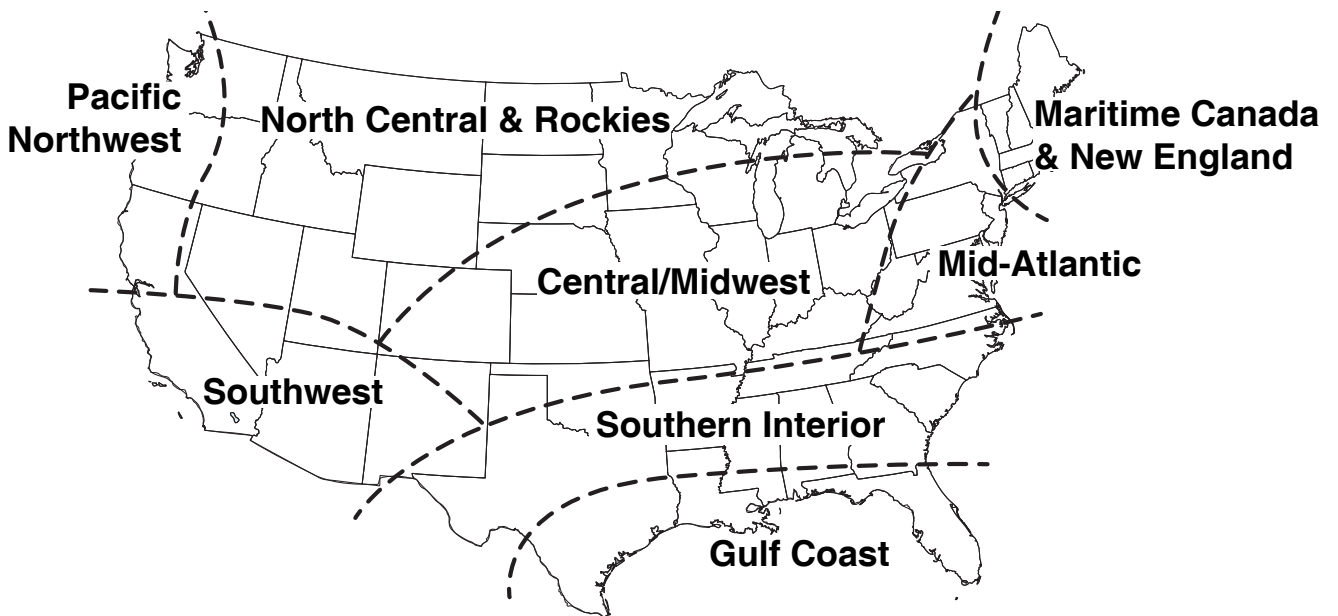
- Look for seeds from plants which have particular characteristics that you like. For example, you might collect seeds from plants that stayed small, because they will need less water to grow. Or you might choose plants with multiple seed heads, or plants whose pods or grain heads are large. You might also look for plants that suffered less pest damage than others. Seeds from these plants are likely to produce more plants the next season, which retain the same qualities.
- Choose seeds from plants that are different from each other. Pick seeds from plants of different colors, sizes, and with differently-shaped leaves. Diversity breeds healthy genetics.
- Select some seed from each area of the field, and from a many different plants. Just pick whatever seeds you come across, at random.

Random Seed Collection

Having a wide variety of seeds will help acquire a good collection of seeds with different qualities. Not all plant differences are visible to the naked eye. Some of the diversity which helps plants resist pests and diseases or adapt to changes in climate is contained in the seed itself. That is why you should collect some seed at random. The random sample ensures you are getting a good mix of different qualities, including ones which you cannot see.

Grow Them Geographically

Perhaps the most important, yet often forgotten, aspect of quality yield is geography. Planting the right seed in the right soil will lead to the right results. Anything left up to circumstance can easily result in failure. Planting the wrong seeds in the wrong region will leave you with nothing. If you happen to be a fan of experimentation, a trial and error process may suit you just fine. If you want to ensure good growth and healthy yield, however, you will want to pay attention to the list below. It points the light at some of the seeds you will want to plant in your part of the country.



Pacific Northwest

- Pole Snap Beans
- Snow/Snap Pea
- Potato
- Garlic
- Cherry Tomato
- Summer Squash
- Chard
- Lettuce
- Onion
- Carrot
- Collards
- Kale
- Kohlrabi
- Arugula
- Shallot
- Hot Peppers
- Artichoke
- Leak
- Scallion
- Rhubarb
- Cucumber
- Pumpkin
- Winter Squash
- Tomatillo
- Snap Beans

North Central & Rockies

- Bulb onion
- Cherry tomato
- Carrot
- Spinach
- Snow/Snap Peas
- Lettuce
- Bush Snap Bean
- Slicing tomato
- Potato
- Radish
- Cabbage
- Collards
- Kale
- Tomatillo
- Asparagus
- Beet
- Shallot
- Garlic
- Sunchokes
- Shell Peas
- Sorrel
- Cucumber
- Summer Squash
- Winter Squash
- Fava Beans

Central / Midwest

- Slicing Tomato
- Sweet Pepper
- Cherry Tomato
- Onion
- Bush Snap Bean
- Carrot
- Garlic
- Paste Tomato
- Snow/Snap Pea
- Lettuce
- Arugula
- Collard Greens
- Lettuce
- Mache
- Mustard Greens
- Peas
- Radishes
- Spinach
- Turnips
- Beet
- Parsnip
- Rutabaga
- Cucumber
- Pumpkin
- Cabbage

Southwest

- Potato
- Garlic
- Cherry Tomato
- Bulb Onion
- Slicing Tomato
- Carrot
- Summer Squash
- Snow/Snap Pea
- Tomato Paste
- Sweet Pepper
- Arugula
- Beets
- Bok Choy
- Collard Greens
- Kale
- Kohlrabi
- Leeks
- Lettuce
- Mustard Greens
- Parsnips
- Peas
- Radishes
- Spinach
- Swiss Chard
- Turnips

Southern Interior

- Sweet Pepper
- Slicing Tomato
- Bush Snap Bean
- Summer Squash
- Broccoli
- Garlic
- Bulb Onion
- Pole Snap Bean
- Cherry Tomato
- Hot Pepper
- Cabbage
- Collards
- Kale
- Eggplant
- Asparagus
- Okra
- Rhubarb
- Scallion
- Sweet Corn
- Sweet Potato
- Rutabaga
- Shallot
- Chard
- Watermelon
- Winter Squash

Gulf Coast

- Sweet Pepper
- Cherry Tomato
- Bulb Onion
- Slicing Tomato
- Garlic
- Lettuce
- Spinach
- Potato
- Cucumber
- Summer Squash
- Broccoli
- Collards
- Cucumber
- Pumpkin
- Watermelon
- Winter Squash
- Arugula
- Chard
- Mustard
- Okra
- Eggplant
- Peppers
- Sweet Potato
- Turnip
- Beets

Mid-Atlantic

- Slicing Tomato
- Sweet Pepper
- Cherry Tomato
- Pole Snap Bean
- Bush Snap Bean
- Garlic
- Potato
- Snow Pea/Snap Pea
- Summer Squash
- Bulb Onion
- Cucumber
- Winter Squash
- Arugula
- Chard
- Lettuce
- Mache
- Mustard
- Spinach
- Parsnip
- Radish
- Rutabaga
- Shallot
- Okra
- Turnip
- Scallions

Maritime Canada & New England

- Carrot
- Cherry Tomato
- Cucumber
- Slicing Tomato
- Summer Squash
- Bulb Onion
- Bush Snap Bean
- Pole Snap Bean
- Lettuce
- Garlic
- Broccoli
- Kale
- Kohlrabi
- Winter Squash
- Arugula
- Mache
- Mustard
- Edamame
- Parsnip
- Potato
- Peppers
- Leek
- Rhubarb
- Scallions
- Sweet Corn

The lists above are by no means all-exhausting. There are other fruits and veggies whose seeds will sprout in the various regions of the United States. These lists comprise the most popular and well-known options. Anything you see listed above will grow well in its assigned region, provided that you have quality seeds and follow the basic PEST protocol.

Becoming A P.E.S.T.

Seed Preservation (P)

Survival seeds are one of the essential emergency preparation supplies that every family should have. When a survival garden is needed, you will be happy to have invested in such an important item. In exchange for your energy and time, you will want a survival garden that will provide your family with abundant food. Non-GMO, heirloom seed is best. These seeds produce seeds you can save for future harvests. Stocking up on a few packets of GMO seeds is not bad for an emergency back up. You can never have enough seeds. If stored properly, this seed can last much longer than expected expiration.

Storing seed will ensure that in a long-term disaster you will have access to needed nutrition and energy for more physical exertion and mental clarity. Those who have started their survival gardens have learned from mistakes along the way. Through these mistakes, gardeners have stumbled upon wisdom and improved their skills. These experienced gardeners have taken certain factors into consideration before the seeds are planted, and through experience found which varieties are easier to grow.

Types of Seeds

From the point of view of their preservation, seeds are usually distinguished in two groups; orthodox or recalcitrant. Orthodox seeds can be desiccated down to moisture contents of 4-7% and even ultra-desiccated down to contents of 1-3%. This way the moisture factor can be used without restrictions in helping to achieve added longevity. Recalcitrant seeds do not tolerate desiccation well. This makes added procedures necessary. Desiccation, by the way, is the actual procedure of drying seeds.

General Principles

Low moisture, low temperature, low ethylene concentration and low oxygen concentrations are the most relevant factors to keep in mind when thinking about arranging efficient long term seed preservation.

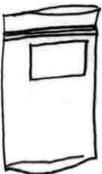
Low moisture and low temperature concentrations are traditionally considered factors. Over the past few decades, however, low temperature concentrations have received much

more attention, while an efficient control of low moisture has been largely neglected. In order to guarantee efficient long term preservation of orthodox seeds, you must control seed moisture content.

Two major points should be taken into account:

- Your container of choice should be perfectly tight, preventing water vapor intake. If the container is not perfectly vapor tight, the seeds will balance with external air humidity. Any potential benefit of low temperature concentration will be offset by an increase in seed moisture. Keep in mind that relative humidity inside any uncontrolled cold room is usually very high. Unfortunately, the use of inadequate containers has been commonplace in seed gene banks.
- Some experts point to this factor in contributing to Americans' increasing obesity. Namely, since the gene banks often rob their seeds of valuable nutrients, the subsequent fruits, vegetables and plants grown suffer from nutrient deficiency. As a result, eating two, three or four tomatoes, may leave the human body desiring that ominous extra bite. The reason is that even though a person has eaten a seemingly large amount of food, their body is still craving the nutrients in which the original seed of the plant was deficient. No matter how healthy our tomato looks and how delicious it tastes, it is likely lacking the nutrients our bodies crave.

Choice of Containers

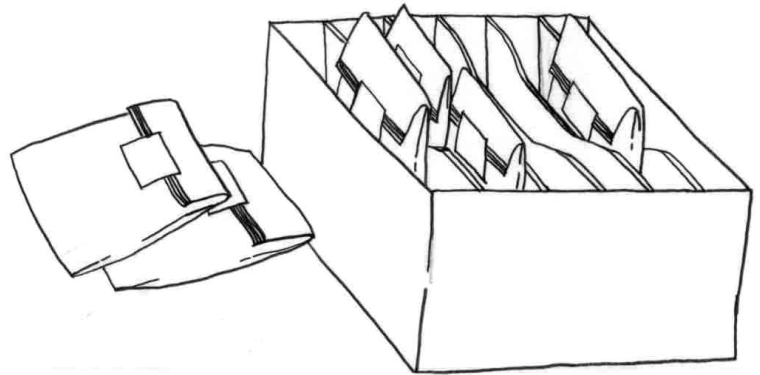


For many years it has been widely accepted that containers which are appropriate for cold drinks or to store chips for a few months, are also appropriate for long term seed storage. This is simply not true. You should question any source which makes this sort of claim. The results of a recent survey on 40 different container types - some of which are widely used in gene banks - showed that 36 of them allowed moisture to get inside in less than three years. In order to properly preserve your seed you will need a set-up which will allow you to store your seed for very long periods of time, without any moisture getting in. If 90% of the containers used by gene banks allow moisture to get in, it is no shock that GMO seeding is getting such a bad rap around the world.

All plastic containers allow moisture inside. The water molecule is small enough to get through the pores of the polymers used to make the plastics and in the medium and long term, that fact is unavoidable. Polyvinyl bags are especially permeable to humidity. An

additional reason for the failure of plastic containers with a lid is because the two pieces are usually made of different materials. They expand or contract in a different ways when temperatures change. This creates fissures which allow humidity to get inside the container. This problem appears not only in plastic containers, but also in most glass containers with twist-off or screw lid. Even plasticized twist-off type jelly jars often show oxidation stains after some time has passed.

Aluminum foil bags also merit mention because of they are still used in gene banks. It has been a long time since bi-laminated bags (coated with plastic only on one side) were rejected on the basis of their inefficiency. Tri-laminated bags (coated on both sides) are widely accepted, however.



Ultra Drying

The most commonly used procedure to date, has consisted of drying seeds with different procedures until they reach a moisture content of approximately 5-7%. Afterwards, the seeds are placed in containers whose vapor tightness is most often untested and the success is mainly trusted to low temperatures. Ultra drying has been used by no more than 50 gene banks out of more than 1,500 existing in the world. Extensive studies prove that ultra-drying orthodox seeds proves of comparatively lesser importance than the temperature used for storage of ultra-dried seeds themselves.

It should be noted that moisture content of 4-5% may be enough for the efficient conservation of some orthodox seeds, such as those of many legumes (beans). Generally speaking, ultra-drying can be viewed as very efficient with regards to orthodox seeds.

Freeze Drying

Freeze drying has been successfully used to obtain ultra-dry levels of moisture. This procedure consists of freezing the seed water and sublimating the ice afterwards. Freeze dried seeds do not suffer any decrease in their viability due to the process. Many folks will simply tell you that keeping your seeds in a cool dry location is best. Some use the fridge or the freezer, while a cool closet will be fine for most. If you do store them in the freezer, you need to let the container come to room temperature before opening.

Seed Extraction (E)

Seed extraction can differ in its fine points, when moving from plant-to-plant. There is, however, a relatively simple step-by-step process which can be utilized for most fruits and vegetables.

Step 1

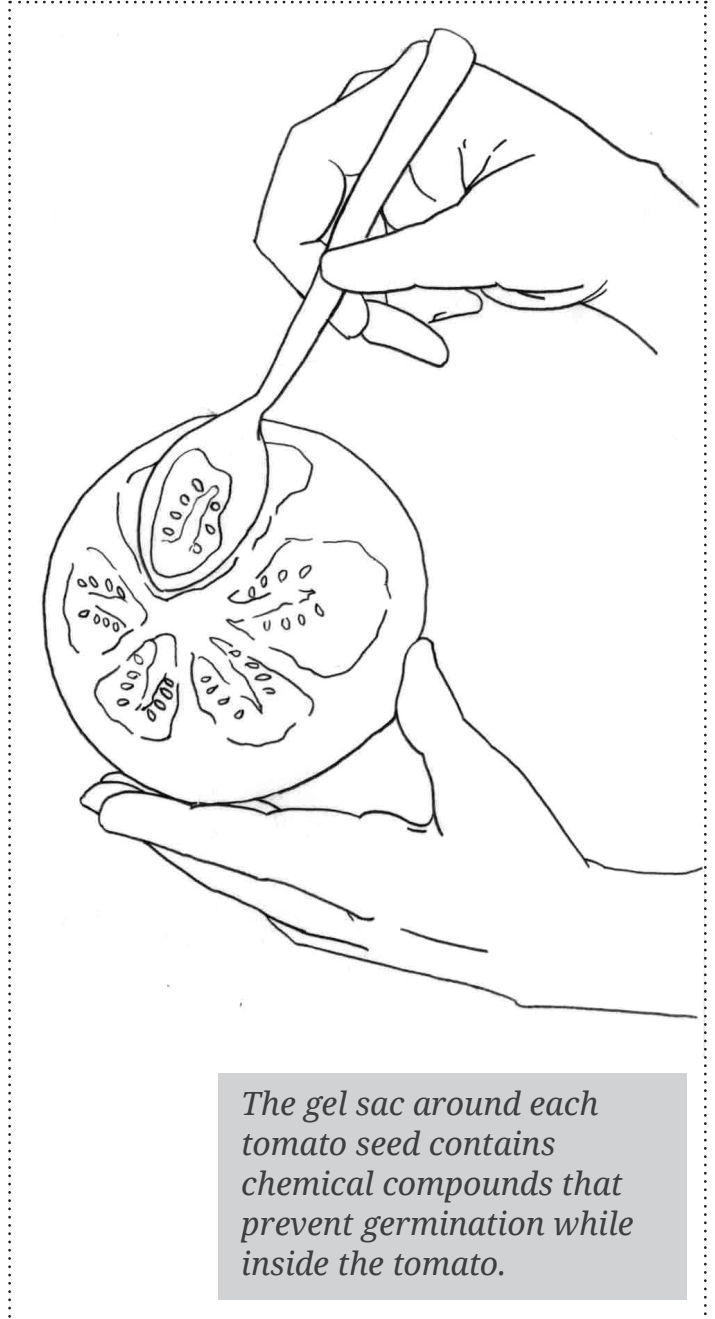
Harvest seeds toward the end of the growing season. Let the peppers, tomatoes, squash and cucumbers you intend to get seeds from grow to maturity. Your peppers will turn yellow or red, and cucumbers will turn yellowish.

Step 2

Let all the beans and pea pods that you want to collect seeds from dry on their vines.

Step 3

Harvest fully ripe vegetables, and slice them open, removing the seeds. Spoon seeds onto a cookie sheet. Put the tomato seeds in a glass and set them aside in a cool area for 2 days to ferment.



The gel sac around each tomato seed contains chemical compounds that prevent germination while inside the tomato.

Step 4

Wash all of your seeds thoroughly under running water. *Wash your tomato seeds after two days.* Pat your seeds dry with a towel, and lay them in one layer on the cookie sheet. Let them dry in a cool location for a week.

Step 5

Open your pea pods and beans to remove the seeds. These seeds are already dry and ready for storage.

Step 6

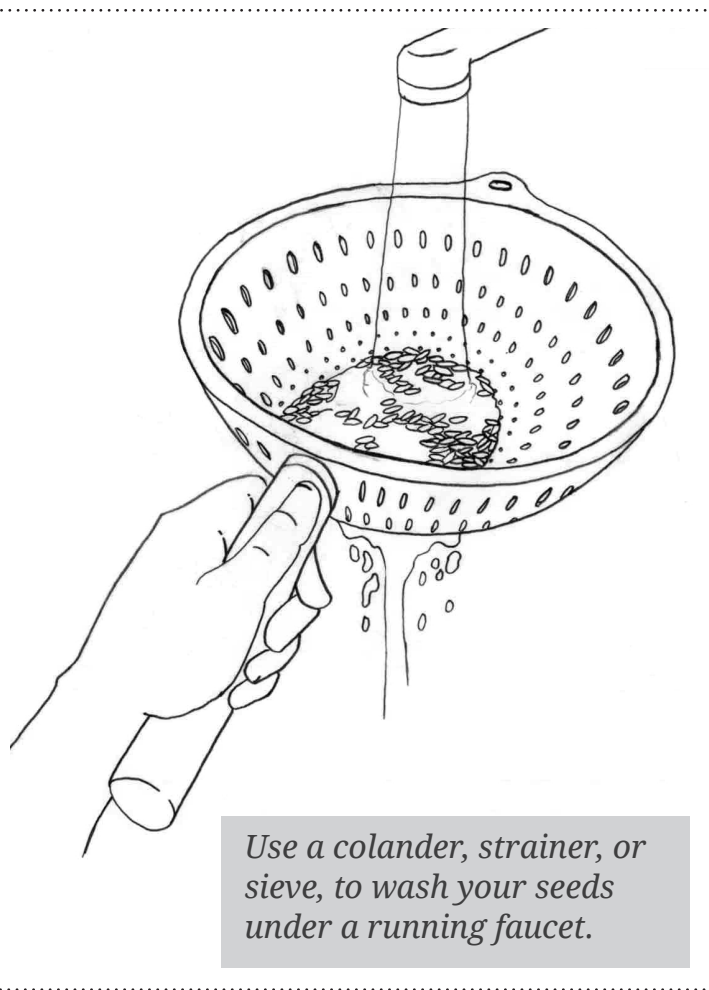
Plants like mustard and radish will flower and then begin to produce seed pods. Harvest the seed pods once they dry on the plant. Open the pods and remove the seeds for storage.

Step 7

Harvest spinach seeds after they have flowered and produced seeds. Let the entire plant dry in your garden, and then remove the seeds by pushing them off with your thumb.

Step 8

Wait until the following season to get seeds from your broccoli, brussel sprouts, or cabbage plants. They will produce seeds after going through cold weather in their second year of growth. These plants will flower and produce seed pods. Remove the seed pods once they dry on the plant. Open the pods to release the seeds.



Use a colander, strainer, or sieve, to wash your seeds under a running faucet.

More specific processes exist for each individual fruit and vegetable. For instance, there are two methods, dry and wet, in processing pepper seeds. The dry method is adequate for small amounts. Cut the bottom off the fruit and carefully reach in to strip the seeds surrounding central cone. In many cases, seeds need no further cleaning. To process the seed from large amounts of peppers, cut off the tops just under the stem, fill a blender with peppers and water and carefully blend until good seeds are separated and sink to bottom. Pepper debris and immature seeds will float to the top where they can be rinsed away. Spread clean seeds on paper towel and dry in cool location until seed is dry enough to break when folded.

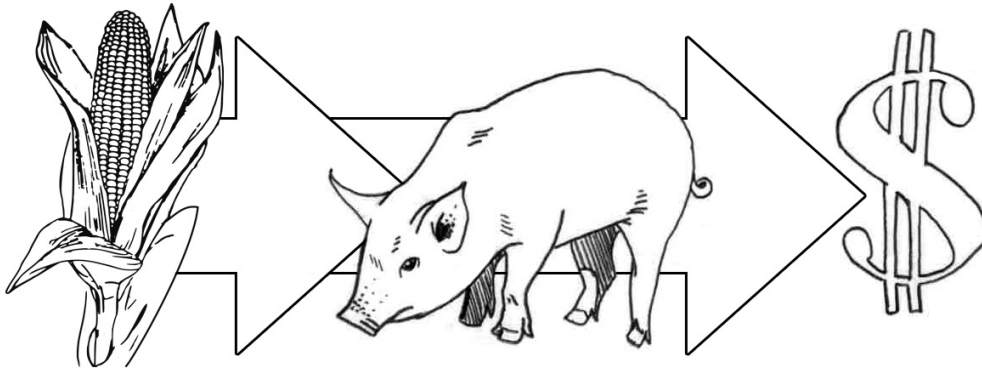
The procedure can be expanded to chili peppers. Pick the fruits only when they are fully ripe or just past ripe. De-stem and cut in half. Place in a tall glass or plastic container and mash down. Only fill the glass half-way. Cover with water just over the top of the mash. Cover the container and let it sit 7-10 days. Give it a good stir once or twice a week. The mash should ferment and boil. This breaks down the pulp and helps kill some seed-borne diseases. Use a potato masher on the end of a long stick and mash the mash to help separate the seed from the pulp. Fill the container with water and stir, the seeds will settle on the bottom.

Now, pour-off the pulpy liquid and refill with water again. Do this until the water is clear. The seeds that do not sink fast are not worth keeping so don't worry about losing light weight seeds. Pour the water and the seeds into a large sieve or screen to capture the seeds; let sit and drain well.

Spread wet seeds on paper towels or newspaper in a thin layer to dry. Change the paper and use a slow speed fan to speed the drying process. Let everything dry for at least one week or longer before bulking together. Seeds can mold if dried too slow or not enough before bulking. This process can also be done on a small scale using 1/2 gallon canning jars.

This information is just the tip of the iceberg, however. You can get extremely creative in your seed collection procedure. Recall our mention of the large scale global commodities markets. Do you know *who* consumes most of America's corn?

Be careful, it's a trick question.



The top consumers of America's corn are pigs. Feeder pigs consume mass quantities of corn in order to grow large quickly. They are then slaughtered and sold as *pork bellies*. This procedure is so mechanized and efficient that pork bellies contracts are a bona fide financial instrument which is traded via futures contracts worth billions of dollars on global commodities exchanges, like the Chicago Mercantile Exchange.

So why are we talking about pigs? Well, because feeder pigs also dine on vegetable waste. There exists a direct relationship between restaurants and farmers. Farmers often go to restaurants and purchase their vegetable waste. A great "outside-the-box" tactic you can use is to go to your local restaurants and offer to beat what the pig farmers are willing to pay for their vegetable waste.

Think about how many apple cores, tomato seeds and imperfect beans are thrown away by the average restaurant each month. For a one time investment, you can secure years-worth of nourishment for yourself and your loved ones by simply "thinking outside-of-the-box." This example illustrates how many of the big seed banks grow in size. Believe it or not, there is someone out there bidding on that plate you couldn't finish at the restaurant last week.

Seed Storage (S)

Seed storage is the preservation of seeds with initial qualities until they are needed for planting. The purpose of seed storage is maintaining seeds in good physical and physiological condition from the time they are harvested until the time they are planted.

The ability of seeds to tolerate moisture loss allows the seeds to maintain viability in dry state. Storage starts in the mother plant itself when it attains physiological maturity. After harvesting, the seeds are either stored in warehouses, in transit, or in retail shops. Back in the day, farmers saved seeds, in small amounts, but introductions of high-yielding varieties and hybrids, as well as, the modernization of agriculture necessitated the development of storage techniques to preserve mass quantities of seed.

The practice of storing seeds goes back to ancient times. Ancient practices, however, do not hold true for modern agriculture. A large variety of seeds and genetic modification of seeds are the reasons why. The type of seed to be stored pre-determines the techniques to be followed for safe storage.

Objectives of Seed Storage

The main objective of storing your seeds is to ensure they maintain initial seed quality, germination, physical purity, vigor etc., all along the storage period by providing suitable or even better conditions. This capacity for germination and emergence, it can only be accomplished by reducing the rate of deterioration to the degree required to maintain an acceptable level of quality for the desired period. Simply put, you want healthy seeds that will sprout healthy plants. Storing your seeds safely is the key to this process.

Purpose of Seed Storage

Seed storage is the maintenance of high seed germination and vigor from harvest until planting. It is extremely important to acquire adequate plant stands in addition to healthy and vigorous plants. Every seed operation should have a purpose; a clearly thought-out goal. The central purpose of seed storage is to maintain the seed in good physical and physiological condition from the time they are harvested until the time they are planted. Seeds have to be stored because there is usually a period of time between harvest and planting. During this period, the seed have to be kept somewhere. While the time interval between harvest and planting is the basic reason for storing seed, there are other considerations, especially in the case of extended storage of seeds.

Seed suppliers are not always able to market all the seeds that they produce during the following planting season. In many cases, the unsold seed are “carried over” in storage for marketing during the second planting season after harvest. Problems arise in connection with carryover storage of seed because some kinds, varieties, and lots of seed do not carryover very well. The additional problems associated with GMO seeding, combine with “carrying over” to explain many failed crops.

Seeds are also deliberately stored for extended periods so as to eliminate the need to produce the seed every season. Foundation seed units and others have found this to be an economical, efficient procedure for seed varieties which have limited demand. Some kinds of seed are stored for extended periods to improve the percentage and rapidity of germination by providing enough time for a “natural” release from dormancy.

Regardless of the specific reasons for storage of seed, the purpose remains the same maintenance of a satisfactory capacity for germination and emergence. The facilities and procedures used in storage, therefore, have to be directed towards the accomplishment of this purpose.

In the broadest sense the storage period for seed begins with attainment of physiological maturity and ends with resumption of active growth of the embryonic axis, i.e., germination. Seeds are considered to be physiologically and morphologically mature when they reach maximum dry weight. At this stage dry-down or dehydration of the seed is well underway. Dry-down continues after physiological maturity until moisture content of the seed and fruit decreases to a level which permits effective and efficient harvest and threshing. This stage can be termed, *harvest maturity*.

There is usually a time interval between physiological maturity and harvestable maturity, and this interval represents the first segment of the storage period. Any delays in harvesting after the seeds reach harvest maturity can prolong the first segment of the storage period – often to the detriment of seed quality.

The second segment of the storage period extends from harvest to the beginning of conditioning. Seed in the combine, grain wagon, and bulk storage or drying bins are in storage and their quality is affected by the same factors that affect the quality of seed during the packaged seed segment of the storage period. The third segment of the storage period begins with the onset of conditioning and ends with packaging. The fourth segment of the storage period is the packaged seed phase which has already been mentioned. The packaged seed segment is followed by storage during distribution and marketing, and finally by storage on the farm before and during planting.

Stages of Seed Storage

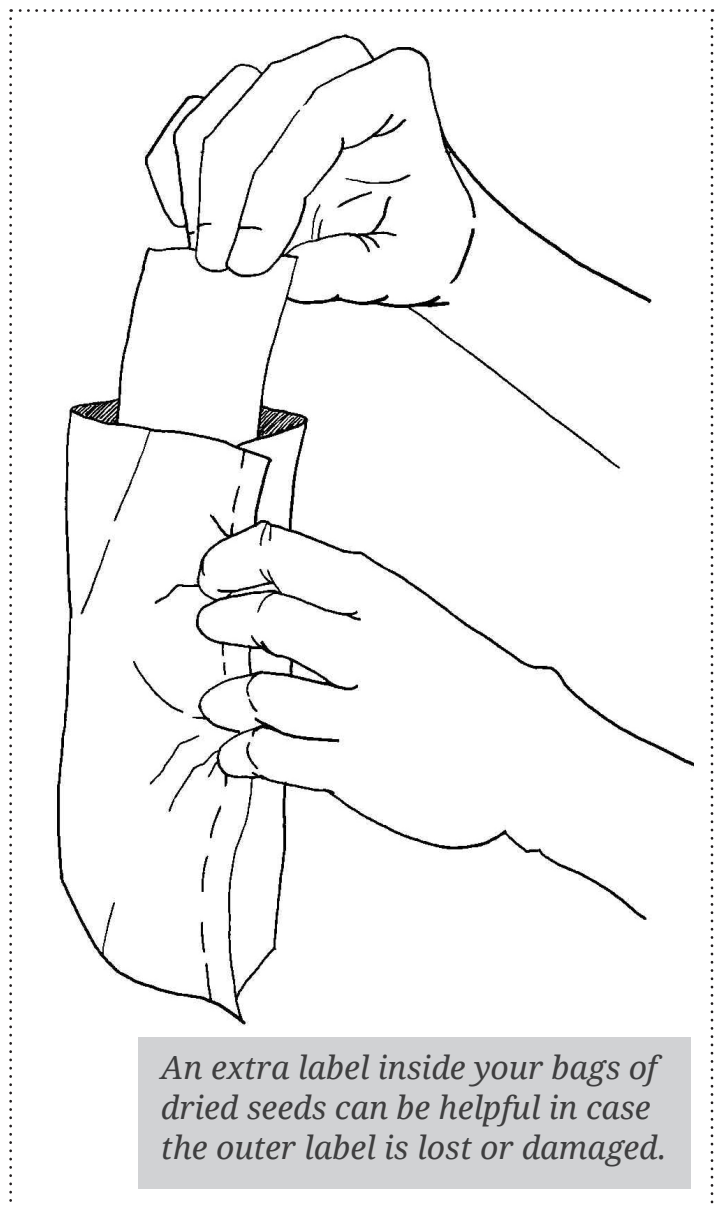
- The seeds are considered to be in storage from the moment they reach physiological maturity until they germinate or until they are thrown away because they are dead or otherwise worthless.
- The entire storage period can be conveniently divided into following stages.
- Storage on plants (physiological maturity until harvest).
- Harvest, until processed and stored in a warehouse.
- In - storage (warehouses)
- In transit (railway wagons, trucks, carts, railway sheds etc.).
- In retail stores.
- On the user's farm.

Individual Seed Storage

Nobody expects or suggest that an individual go through all of the steps listed above. After all, your goal is to feed yourself and your family, not the entire country. It is very smart to familiarize yourself with how the process works on a mass-scale, however. Who knows when something you learned about the seed industry will come in handy in your PEST process.

Here are some different suggestions for individual seed cataloguing and storage:

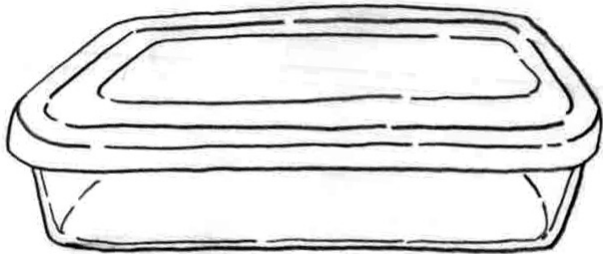
List all seeds in a spreadsheet program. Record the name, special treatment (freeze, cool etc.) and the plant date. Then run a sort by date analysis and create a hard copy for quick reference. Start seeding in January



and go through fall to keep organized. If the seeds are absolutely dry and you have a dry place to store them, plastic containers may be used for storage, e.g.

Use photo albums with slots for each photograph. Add a catalog picture & any pertinent information. Put the seeds in small baggies or Saran Wrap before putting in page. Other suggestions include:

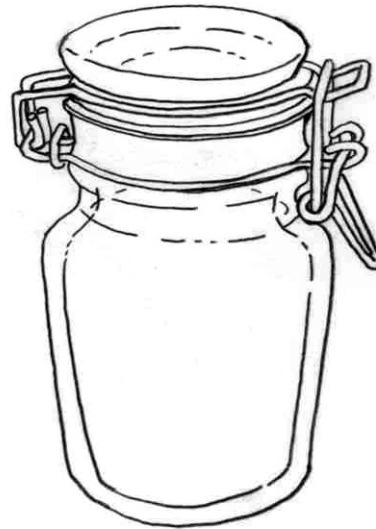
- 35mm-film canisters in a plastic box; especially, the transparent ones. Label with felt marker.
- Tackle boxes with lots of compartments.
- Jewelers have neat little (1" square or larger) zipper bags.
- Square, tin flour canisters during the winter.
- In spring, stand the packets up in a bread pan, divided by planting date: inside cool for the basement, inside warm for my plant room, outside cold for peas, etc., outside cool, outside warm.



- Oblong Tupperware boxes stack handily in the refrigerator freezer, and keep moisture and air out.
- Stick those little silica gel packets among the seeds to absorb moisture, and dry the packets out once a year or so.

Some folks feel that it is better, however, to avoid air tight containers. They would suggest the following procedure:

- Seed companies prefer paper.
- Save all the return envelopes from your junk mail. They can be stored in a spare box, drawer, or hanging plastic shopping bag.



- In the fall, collect the seeds into used glass or plastic jars along with a piece of newspaper or paper tissue to absorb moisture.
- Later, pick the right-sized envelope and label it with the plant name and the present year and any other information worth remembering.

- Fill out several envelopes, some to give away. Then fill them with seeds and seal them.
- Keep the envelopes in a cool basement or in the garage, either in big cookie jars or in the camping cooler which does not get used in the winter time anyway.
- In the garage, the container has to be tight to protect the content from mice; in the house it doesn't matter. Most people's basements are too warm to store seeds.

The preceding example is one of many different seed storage techniques, used by folks like you. Versatility and variety make our lives easier in times when we have to rely on ourselves. It would be wonderful, however, if we could combine all of the best possible tactics into one all-encompassing method.

The good news is that we can, and we will talk about that later.

Seed Trade (T)

Once our inadequate food supply system begins to malfunction on a mass scale, our preserved, extracted and stored seeds will skyrocket in value. It is no mystery that seeds become more valuable than gold during a food crisis. After all, even if you had every piece of platinum or gold and perhaps every last diamond on earth, you still couldn't eat them. When the going gets tough, the simple things become invaluable.

This is why the last letter of our PEST acronym is often the first thought in the minds of serious preparers worldwide. Think back to our previously mentioned example of restaurant vegetable waste. It is one of many strategies you can utilize today, to ensure the possession of valuable seed tomorrow.

What we have to keep in mind about a food shortage or famine is that traditional commerce will likely cease or be considerably altered. Our food deprived world will likely harken back to the commerce of yesteryear. We will certainly see barter return to prominence as a food crisis would almost certainly go hand-in-hand with the collapse of our financial system.

It is doubtful that folks will have money to purchase your seeds and their resulting yields. It is even less likely that money would still have usage or value. Seeds themselves may even become currency. Otherwise, we are certain to see item-for-item trading return to our daily lives. Those who are armed with quality seed and the techniques involved in procuring, protecting and cultivating them, will be the wealthiest among us.



There are currently a few sites online where you can go to trade your seeds with others. It must be kept in mind that these are sites for trading seeds, not selling them and engaging in speculation. That having been said, we must assume that if a serious food crisis breaks out, the most entrepreneurial among us will certainly take to some form of speculative activity surrounding seed.

It is important to recall that once upon a time Wall Street was just a buttonwood tree under which sellers and buyers congregated. Some would haul sacks of potatoes, turnips, wheat and sugar on their backs and trade them in person. The barter opportunities that seeds will present in a distorted food supply environment will surely have economic benefits. You would be wise to explore that aspect of being a proper PEST in great detail.

Barter Economy

Currencies developed as a response to the primitive barter economy which featured a straight-up exchange of goods for services or other goods. In formative economic times anything from furs to salt to weapons and precious metals could be used as a medium of exchange. Today, large financial exchanges trade anything and everything in bulk and use hard currency as the means of valuation and exchange. Currency allowed us to streamline bartering between 3 or more parties and among people on different time tables.

The reality of the changing world, however, is that each society determines its own exchange mediums. Bullets, cigarettes, gasoline, wood or food can be a currency, just like money. In reality, our society is still based on barter. The only real difference between today and a thousand years ago is that today we use a form of barter known as “delayed 3rd party barter.” This is just a fancy way of saying that you get paid currency in exchange for the goods and/or services you provide. You can then give that currency to anyone else immediately or at some time in the future in exchange for their goods and/or services.

The preceding two paragraphs highlight both the potential and the real value of seeds. Think of quality seeds as a strong currency. They almost never fall in value and generally maintain their worth well. In a time of crisis, however, the most solid currencies appreciate rapidly. Since your “seed currency” is backed by a physical product, there is no speculation to worry about. Nobody can short-sell seed values, and there will never be any credit downgrade of quality seed. Major seed producers utilize cost-efficient, but nutrient-deficient seed breeding techniques. The race amongst all major seed manufacturers, in fact, is to make the cheapest product possible. This is why quality, heirloom seeds are and will continue to be so valuable. Being able to protect, extract, store and trade your own seed will

become akin to having your very own, very stable, very strong currency. Those who are able to utilize it for barter will become wealthy or at least reap a ton of benefits. This wealth may not necessarily be financial, but will certainly contribute to a higher quality-of-life overall.

Regardless of whether you choose to fall into the hobby gardener or health-oriented farmer categories, your options will grow exponentially once you master the PEST process. Having a working knowledge of seed and how to deal with it is already a valuable skill. In a barter economy, you will not only be able to trade your seed, but your knowledge, as well.

Heirloom seed knowledge will be at the forefront of this opportunity. Think of it as being a car salesman with the most luxurious high-end cars. The only difference here is that unlike a Ferrari roadster or a Rolls Royce limousine, your product is necessary for survival. With such a huge reliance on GMO seeds in today's world, most people really do survive and nourish themselves at the mercy of giant seed producers. Any breakdown in the supply chain, any huge commodity price spike, any infertility epidemic and many people will find themselves in serious trouble. As knowledge spreads about the superiority of heirloom seeds, as well as their preservation, extraction, storage and trade; more people will want to know about them.

This is where your opportunity lies. You will learn how to build the product from scratch. The opportunity available to those with this product-in-hand will be limited only by the boundaries they set for themselves.

You may not be able to fiscally prosper from today's preparation immediately, but rest assured that you will be in the position to do so once things go haywire and people cannot feed themselves. Many folks, however, will be happy simply mastering preservation, extraction and storage. They will not think or desire to trade and monetize their seeds. For those with an eye towards the future, however, the option to acquire wealth via seed is one worth having.

But what's the best way to get started?

Well, did you know that with our seed PEST kits, you will be able to expand both your knowledge and supply bases from the very first day?

With our PEST seed kit, you will be properly equipped to make your journey towards food independence and securing your family's nutritional needs for a long time.

And when is the best time to get started?

Right now!

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