



INDOOR GROWING

Container gardening on a balcony is a good way to go if you live in the city. Be mindful of the weight your deck or balcony is able to hold. Tomatoes, peppers, herbs, and lettuces all work great in containers. The rooted vegetables and vines like squash, cucumber, etc, take too much soil and room to grow them off the ground, however. Look into terrariums and sunrooms for ground-level houses, where whole trees grow indoors surrounded by many windows and skylights.



Vertical gardening is another fun strategy that's being adopted in apartments, and businesses to maximize room. As long as you have windows you can grow almost anything on racks or in pots. In a doomsday, long-term survival lifestyle, this would be a lifesaver to learn about now. Why not begin to grow herbs and your own lettuce anyway? It's \$4.99 for a bag of organic lettuce and many times, we don't even want that much. Have you ever tasted fresh picked arugula? It's incredible. You can use grow lights if you have a way to power them. They run on 30 to 60 watts so it's low maintenance. The lights can even be used on a supplemental basis when the sun isn't shining.



Hydroponic gardening is amazing. It only requires water, some nutrients, rock wool, and a small pump used in a fountain or fish tank. (also consider keeping fish because their water is so good as plant food).