

PREPPERBASE – SURVIVAL GARDEN GUIDE

Section 1: The 7 Essential Crops

THE 7 ESSENTIAL CROPS

1. POTATOES

CALORIES / 100 SQ FT	32,000
GROWING DAYS	65-120
STORAGE	4-8 months
FAMILY	Solanaceae
ROTATION	3-4 years minimum

2. DRY BEANS

CALORIES / 100 SQ FT	15,000
GROWING DAYS	50-100
STORAGE	Indefinite (dry)
FAMILY	Fabaceae
SPECIAL	Nitrogen fixer

3. WINTER SQUASH

CALORIES / 100 SQ FT	11,000
GROWING DAYS	85-120
STORAGE	3-6 months
FAMILY	Cucurbitaceae
CURE TEMP	80°F, 10-14 days

4. FIELD CORN

CALORIES / 100 SQ FT	30,000
GROWING DAYS	100-120
STORAGE	Indefinite (dry)
FAMILY	Poaceae
ISOLATION	250 ft from sweet corn

5. WHEAT

CALORIES / 100 SQ FT	24,000
GROWING DAYS	210-240
STORAGE	Indefinite (dry)
FAMILY	Poaceae
SPACE NEEDED	>5,000 sq ft

6. ROOT VEGETABLES

CARROTS STORAGE	4-6 months
BEETS STORAGE	3-5 months
TURNIPS STORAGE	4-5 months
FAMILY	Apiaceae / Amaranthaceae
TYPE	Light feeders

7. CABBAGE

CALORIES / 100 SQ FT	11,000
GROWING DAYS	60-120
STORAGE	3-4 months
FAMILY	Brassicaceae
ROTATION	3 years minimum

WHY THESE 7 CROPS?

- ▶ Combined production: 1.4+ million calories from 5,800 sq ft
- ▶ All store without electricity (root cellar or dry storage)
- ▶ Beans fix nitrogen for other crops (free fertilizer)
- ▶ Diverse nutrient profiles prevent deficiency
- ▶ Proven survival crops used for centuries
- ▶ Seeds can be saved for true independence

QUICK REFERENCE: CALORIE DENSITY

HIGH (>20,000 cal/100 sq ft): Potatoes, Corn, Wheat

MEDIUM (10,000-20,000 cal/100 sq ft): Beans, Squash, Cabbage

LIGHT (Nutritional value): Root vegetables – vitamins & minerals