



How To Prevent Malnutrition, Diabetes, Obesity, and Heart Disease In The Tropics

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Eat Your Greens, Belize!

This is a salad from a garden I started from scratch last September. And by ?scratch, ? I mean ?jungle.? I started making compost, and by Decem- ber I was eating salads and pesto. I got a late start this year due to travel, so most of these plants were started June 13. This photo was taken August 12. Magic? No; compost! So we got yer Bok Choi, Katsuma, Red Garnett Ama- ranth (Calaloo), Red Valentine Lettuce, Georgia Southern Collard Greens, Golden Giant Amaranth, Mesculun Let- tuce Mix, Early Wonder Beet, French Breakfast Radish, Thai Basil, Genovese Basil, Mexican Marigolds, Red Vel- vet Okra Flower, and Red Velvet Okra leaves. Good, and good for you!

These are all open-pollinated heirloom varieties. This means you can save the seeds and the same plant will grow from them. This will not happen with hybrids/GMO?s.

Growing conditions in the tropics are harsh. The rain will expose roots. The wind will blow plants over. The heat means some plants won't grow properly. The insect life is unimaginable, and fungi, bacteria, and viruses all thrive in these condition. But with perseverance, compost, and by creating micro-climates, you can grow almost anything that grows in more temperate climates. I said ALMOST.....

Image (optional):

