

# Grow Your Own Food

## Marjory Wildcraft



Marjory Wildcraft is the founder of [The Grow Network](#), an online community of 450k+ people who are growing their own food. National Geographic featured Marjory as an expert in off-grid living, she hosted Mother Earth News Online Homesteading Summit, and she is listed in Who's Who in America for having inspired hundreds of thousands of backyard gardens. She is featured in Reuters award winning article on Food Sustainability.

### SHOWS, SEGMENTS, & ARTICLES

- ✓ **How to grow your own food.** What's the most nutritious, what gives the biggest yields, the easiest, and what's the most fun to produce. How much space and time you need for each.
- ✓ **3, 5, or 7 Strategies for urbanites to grow food.** There are lots of creative options beyond the windowsill
- ✓ **What is the best way for beginners to get started in the garden this fall.** Which supplies, how much time, and space you actually need to produce your own groceries during the autumn season!
- ✓ **5 Keys for getting kids to love backyard farming.** How to get kids into green time versus screen time including the 7 most popular crops kids love to grow and eat.

*note: full sets of talking points, high res photos, and b-roll for each – just ask!*

#### Television

- National Geographic's "Doomsday Preppers"
- PBS "Spotlight On!" Segments on growing food
- Lead testimonial in Time-Life Infomercials with Robert Kiyosaki
- Good Morning Texas
- Good Morning San Antonio and dozens of other local stations

#### Radio/podcast

- 9 shows with Coast to Coast AM
- 2,981 radio and podcast interviews



**Media Contact:**

[media@marjorywildcraft.com](mailto:media@marjorywildcraft.com)  
(312) 971-7214

Available on any Device. Wherever You Go

ISSUE 07 APRIL 2017

# MASTERS

## OF HEALTH



Happy  
Earth  
Day

**MARJORY  
WILDCRAFT**

**"GROWING YOUR OWN FOOD IS LIKE  
PRINTING YOUR OWN MONEY"**

WE ARE NOT VICTIMS OF OUR GENETICS, WE ARE MASTERS OF OUR HEALTH

# SURVIVAL STILL®

EMERGENCY DRINKING WATER SYSTEM



TM

An emergency water purifier so effective that you can even purify ocean water, forever!

January 23rd, 2018

To Whom, It May Concern,

I am the owner and inventor of the Survival Still, a non-electric water distiller. I am a second generation 'water man'. For most of my adult life I have worked at my family's business; Pure & Secure, LLC. which is the leading manufacturer of premium water distillers in the world ([www.MyPureWater.com](http://www.MyPureWater.com)). Pure & Secure's customers include large multinational corporations from Boeing and Raytheon, to oil companies, universities, laboratories, dentists, doctors and many families around the world. Many US Embassies use Pure Water products to protect their employees from harsh water conditions and potential terror threats on the water supply. Currently I run my own business, but my focus is still on providing people with high-purity water.

I have known Marjory Wildcraft and have been partnering and cross promoting with her organization, The Grow Network Inc., since May of 2012.

Marjory Has done an amazing job building and growing The Grow Network Inc. She is an exemplary business woman. Her personal brand is profoundly influential to people involved in herbal medicine, growing food, homesteading, and preparedness. People really resonate with her down to earth, honest, get'er done, style. Marjory recently did a promotion for the Survival Still that was so wildly successful we not only ran out of inventory, but were back ordered for several months. Marjory is also very responsive and dedicated to customer loyalty. For example, during that last campaign, she quickly created a short personal video for my customers to understand the delays in delivery due to the high volume of sales.

If you are considering working with Marjory Wildcraft and The Grow Network you won't find a partner with higher integrity and values.

If you would like to contact me directly, please call me at my office 402 617 9469. I can also be reached via email at [glenn@survivalstill.com](mailto:glenn@survivalstill.com).

Sincerely,

*Glenn Meder*

Glenn Meder

Owner, Inventor, The Survival Still



# SUN OVENS INTERNATIONAL, INC.

39W835 Midan Drive  
Elburn, IL 60119  
Phone: 630-208-7273  
Fax: 630-208-7386  
Web Site: [www.sunoven.com](http://www.sunoven.com)  
Email: [info@sunoven.com](mailto:info@sunoven.com)

November 21, 2017

To Whom, It May Concern,

We make solar powered cooking ovens which have been on the market for 30 years and are widely used in the US and around the world.

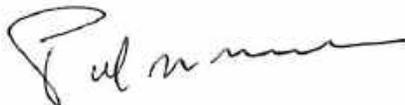
I have known Marjory Wildcraft and have been partnering with her organization The Grow Network Inc., since August of 2015. We have benefited a great deal from our partnership with Marjory and the Grow Network and found them very highly creative and very easy to work with.

Recently we worked with Marjory and her staff to offer an online class on Sun Ovens to Grow Network subscribers. Marjory created a video showing her unboxing her Sun Oven and used it to invite her followers to register for the class. The end result was an overwhelming response and record breaking sales.

Marjory is a dedicated and conscientious business woman. And more importantly, her personal brand is highly influential in the health, homesteading, and preparedness sectors. We have promoted several Grow Network programs to our customers and have had nothing but positive feedback. We trust that we will be able to continue working with the Marjory and the Grow Network for many years to come.

Please feel free to contact by phone or email as shown above if you I can provide any additional Information.

Warmly yours,  
Paul M Munsen



President  
Sun Ovens International Inc.

# premiere NETWORKS

*March 1, 2017*

*To Producers and Hosts,*

*Since 2011, Marjory Wildcraft has been a repeat guest on Coast to Coast AM, the largest overnight talk radio show in the U.S., Coast to Coast AM, which airs on over 620 affiliates in the U.S., and worldwide on the Internet.*

*Marjory is my go-to guest for both practical and fanciful matters relating to the environment, freedom, self-reliance as well as agriculture and "prepping" which a growing area of interest among a wide range of listeners. She brings the goods and always surprises me with her depth of knowledge and willingness to jump through our many booking hoops which entails submission of comprehensive prep material.*

*She knows how to paint visual imagery on the radio and connect with listeners which is so important to creating compelling radio content. She is lively and engaging and an asset to Coast to Coast AM production team and our millions of listeners.*

*Sincerely,*

*Lisa Lyon*

Producer, Coast to Coast AM  
777 NE 7th Street, Suite 207  
Grants Pass, OR 97526  
(541) 955-0100



**The Grow Network is the premier community of the most valuable people on Earth: we grow food, make medicine, and build real resiliency in our communities.**

## **Key Initiatives:**

**Stopping the destruction of the Earth.** Commercial agriculture is the cause of planetary desertification, polluted rivers, and ocean dead zones. We show people how to grow half of their food in their backyard in less than an hour per day.

**Averting the end of modern medicine as we know it.** The World Health Organization is forecasting that, by 2030, minor cuts will kill and all modern surgeries will be too risky due to antibiotic resistance. We show people highly effective herbal techniques to treat infections without pharmaceuticals.

**Stopping the torture of innocent animals.** Commercial production of meat is barbaric. We show people how to humanely produce half of the protein needs for a family of 4 in less than 10 minutes per day.

**Preventing extinction.** 92% of heirloom seed varieties and 87% of heritage livestock breeds are completely gone. We show average people how to create a legacy for themselves with deeply meaningful work in backyard breeding of useful plants and animals.

**Ending modern disease.** The root cause of cancer, diabetes, heart disease, and obesity is malnutrition. We show people how to create living, mineral rich soil that produces deeply nutritious food.

# People. *This...* is not rocket science.

How do we know? Because throughout human history people grew their own food. When there was no such thing as a supermarket. Before electricity, typewriters, and automobiles. People had delicious fruits, vegetables, eggs, and meat on their dinner tables every night. Those rich flavors are something your body still understands. We are bringing back these skills to the world.

[www.TheGrowNetwork.com](http://www.TheGrowNetwork.com)

Free. Online. Community.



**THE GROW NETWORK**  
Homegrown food on every table



THOMSON REUTERS  
FOUNDATION



Barilla  
Center  
FOR FOOD  
& NUTRITION

## Food Sustainability Media Award Winner

*A global contest  
with thousands of  
entries...*

*We won!*

### Category: written unpublished

Merin Porter is a freelance writer and editor with special interests in the areas of sustainability and education. Before taking the plunge into freelancing, she worked for 15 years as a full-time marketer and communicator.

## Ripe With Promise: A Homegrown Solution to High-Yield, Low-Nutrition Foods

An apple a day keeps the doctor away—or at least it might have 60 years ago. Today, you'd have to eat two or three apples to get the same benefits.

That's because one raw apple in 1951 contained 41 percent more vitamin A, 75 percent more thiamine, 30 percent more niacin, 66 percent more riboflavin, and more than twice as much iron as its equivalent at the turn of this century, according to analysis conducted by The Globe and Mail and CTV and confirmed by a handful of scientific studies in the early 2000s. [1,2]

Around the same time, Texas real estate investor **Marjory Wildcraft** started looking at the business models of the largest mortgage providers—and believing that an economic crisis was inevitable.

“One day, I started wondering where all the money for those mortgages was coming from,” Wildcraft said. “When I realized that the source was unsustainable, I did two things: Pulled those commodities from my investment portfolios, and went into survival mode.”

For **Wildcraft**, “survival mode” meant trying to ensure her family would have enough food if it turned out that economic collapse shut down the food supply chain for any length of time.

“Initially, I tried to organize all the local farmers in hopes of providing fresh produce to our public elementary school,” she said. “We had lots of grant money and plenty of interest from parents and students alike. But when we put pen to paper on who would provide this food, we realized that there were not enough farmers in our county to provide even part of the food we would need for one elementary school.”

It was an awakening for Wildcraft, who says the realization that agricultural producers were so scarce in her area—and that the local grocery store, if not replenished, carried at most three or four days' worth of food—left her literally shaking.

It was also the beginning of a homegrown food movement that's popularity has skyrocketed over the past few years.

Through local and online communities, people who noticed **Wildcraft's** efforts to grow food for her family began to feel empowered to grow their own.

**Wildcraft** created workshops and videos that taught people how to produce half their food in their backyards in less than an hour a day.

The homegrown food movement grew.

As she sought to hone her own skills as a food and medicine producer, **Wildcraft** spent countless hours researching and testing ancestral—even paleolithic—methods for food production. She also delved deeply into the current state of the commercial food supply, including the inverse relationship between increased production and decreased nutrition. The more she learned, the angrier she became.

“My initial motivation for trying to establish a community of likeminded people was deep concern about the economic collapse. I wanted us to be able to eat! But since then, my motives have shifted. I've gotten in touch with the anger I feel about commercial agriculture and the way it's contributing to the destruction of people's health and our planet.”

**Wildcraft** isn't alone in her frustration.

In his 2007 report “Still No Free Lunch,” author Brian Halweil noted that U.S. production of strawberries has increased eightfold since 1960, and its yields of corn, wheat, soybeans, and tomatoes have doubled or tripled. But, Halweil said, “as yields increased, something else happened ... a narrowing of the human diet, greater dependence on chemicals and costly farm inputs, and degradation of soils.”

However, soil degradation is only one factor behind the decline of vitamins and minerals in grocery store produce.

Scientists point to the use of fast-growing, high-yield crops, which contain fewer nutrients than their slow-growing counterparts cultivated at the same time, in the same soil, and under the same conditions. [3]

These cultivars are harvested before they are fully mature, in an effort to extend shelf life and help fruits and vegetables resist damage from the rigors of transport—another detriment to nutrition, since nutrient profiles tend to improve as crops ripen. For example, bell peppers that are harvested when red and thus fully ripe have 30 percent more vitamin C than their unripe green counterparts. Tomatoes experience a similar boost in nutrition when left to ripen on the vine. [4]

Compounding the problem is the effect that light, oxygen, and improper temperatures and humidity—all concerns during transport and storage—have on vitamin content.

Water-soluble vitamins such as vitamins B and C degrade when exposed to air and light. [5] Light also deteriorates the fat-soluble vitamins A, D, E, and K. [6]

In an article detailing how temperature and relative humidity affect the texture, nutrition, aroma and flavor of temperate fruits and vegetables, [7] Dr. Robert E. Paull, researcher in the Department of Tropical Plant and Soil Sciences at the University of Hawai'i at Mānoa, said that one size does not fit all when it comes to produce storage.

“The distribution chain rarely has the facilities to store each commodity under ideal conditions and requires handlers to make compromises as to the choice of temperature and relative humidity,” he wrote. “These choices can lead to physiological stress and loss of shelf life and quality.”

The result is that supermarket produce—already less nutritious because of its variety and harvest schedule—is further degraded during transportation and storage.

Widespread pesticide use and the rise of GMOs are additional factors that reduce the nutritional value of supermarket produce, **Wildcraft** said.

And organic produce, she added, is not that much better.

Even though it helps you avoid the question marks of GMOs and pesticides, the organic fruits and vegetables found in your local chain supermarket are still likely to be high-yield, fast-growing cultivars that are harvested early and shipped far.

“Organic standards have deteriorated so much,” **Wildcraft** said. “Buying organic food is a step in the right direction, but it’s not a total solution. Unfortunately, it’s not really possible anymore to be healthy eating only from the grocery store.”

To overcome the vitamin and mineral deficiencies brought about by low-nutrition, high-yield fruit and vegetable cultivars; early harvesting; and relatively long transport and storage times, some people visit local farms and produce stands, or join Community Supported Agriculture (CSA) programs.

Others, like **Wildcraft**, have chosen to further secure their food supply by growing some or all of their own fruits, vegetables, and livestock.

Lots of others.

**Wildcraft's** video series on backyard food production, which she initially struggled to sell, took off and is currently being used by more than 500,000 individuals and organizations worldwide. Her online community of people who grow their own food and medicine has more than 150,000 members.

And, as interest in personal food production grows, the movement’s positive impact on the environment keeps pace.

More than just a path to food security and optimum nutrition, **Wildcraft** said, personal food production also helps solve two of our society’s major food paradoxes—the facts that, even though 795 million people worldwide are undernourished, one-third of agricultural cereal crops are used for fuel and 1.3 billion tons of edible food is wasted each year.

When a person or community grow their own produce and raise their own livestock, they not only help eliminate food waste since “any excesses or scraps are turned into compost or local animal feed,” but also they use up to 95 percent less fuel than large-scale commercial operations.

“Really, it’s common sense,” she said. “If I buy a head of lettuce from the grocery store, it might have traveled 1,500 miles and been refrigerated the whole time. That uses a lot of fuel. But if I walk outside and grab some lettuce out of my garden, the only fuel involved might be what was used in buying that packet of seeds. And if I grow my lettuce from seeds I’ve saved from a previous crop, the environmental impact will be even less.”

Backyard food production further improves the health of both the public and the planet by helping people gain inexpensive access to fully nutritious foods and reconnect with time-tested, sustainable food production methods.

“Humanity has engaged in this big experiment with centralized food, and we now know that it just doesn’t work,” she said. “Commercial agriculture has been destroying the mineral wealth of the planet, and I want to help stop that destruction. Ultimately, I believe, the solution is homegrown food on every table.”

She added that she still thinks of herself as a real estate investor—but this time, she is investing in land across the entire globe.

“I used to define ‘riches’ in dollars and cents,” she said. “Now I know that producing your own food and medicine—and the way it improves your health and that of the Earth—is its own form of prosperity. I’ve come to realize that **all true wealth comes from the ground.**”

1 <https://www.theglobeandmail.com/life/todays-fruits-vegetables-lack-yesterdays-nutrition/article4137315/>

2 <http://docplayer.net/21306294-From-the-farm-to-the-kitchen-table-a-review-of-the-nutrient-losses-infoods.html>

3 <http://hortsci.ashspublications.org/content/44/1/15.full>

4 <http://www.sciencedirect.com/science/article/pii/S0925521400001332>

5 <https://www.bodybio.com/BodyBio/docs/Vitamins-Bulletin.pdf>

6 <http://www.foodsafetysite.com/educators/competencies/general/microbiology/mic6.html>

7 <http://www.sciencedirect.com/science/article/pii/S0925521498000908>

[Competition Rules](#)

[Acceptable Use Policy](#)

[Privacy & Cookies](#)

[Terms & Conditions](#)

[trust.org](#)

## Latest News

Syrian schools grow edible playgrounds to boost diets of hungry children





# Get Ready! Network, LLC

9907 Cedar Crest Drive Grey Forest TX 78023  
(210) 695-4950 [jstevens@satx.rr.com](mailto:jstevens@satx.rr.com)



## The Preparedness Radio Network Educational Internet Talk Radio

June 10, 2014

**Marjory Wildcraft**  
[Marjory@gvtc.com](mailto:Marjory@gvtc.com)

Marjory:

I was delighted to hear of your new persona-to-be: **“Most Dangerous Woman In America - Why Does Monsanto Tremble In Front Of This Woman...?”** I couldn’t pull that one off—but I’m sure you will!

Your track record of great interviews and your ability to teach the principles of home food production to many varied audiences will make it easy for you to hold your own in any competitive audio market or speaking engagement.

I’ve always wanted you on my network, and your interviews drew large numbers of listeners—initially and over time. I’m sure your style and knowledge will garner you tremendous audiences whenever and wherever you conduct your business,

I’ve seen you “work” the preparedness and self-reliance expositions, and seen the crowds in your seminars.

I know you’ll do well with any business venture you undertake, and I recommend you and your talents to anyone researching your capabilities. I would be happy to discuss your successes with anyone referred to me.

You’re always welcome on the Preparedness Radio Network!

Wishing you the best of all the basics—and so much more!

James Talmage Stevens / Doctor Prepper  
"No one does it better: preparing America one family at a time!"  
[www.DoctorPrepper.com](http://www.DoctorPrepper.com)  
[www.PreparednessRadio.com](http://www.PreparednessRadio.com)  
[www.MakingtheBestofBasics.com](http://www.MakingtheBestofBasics.com)

