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E-book #4: DIY food security

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If you are eager to grow some of your own food – perhaps in a small, raised plot in your front yard, in potted containers on a condo balcony, or perhaps with trays of microgreens stacked under grow-lights in your small apartment – there are good options available for almost any situation and objective. Everything from small scale to full self-reliance.

Food you grow yourself will be handy, nutritious, and secure. With possible food shortages and supply chain difficulties looming, growing some of your own food seems to be a good thing to do.

The journey to explore options for protecting food security took me on a fascinating exploration of the following:

- **evolving issues and concerns about food security in Canada**
- **foraging for wild edible foods**
- **growing edibles in small urban garden spaces (balconies, patio containers, front & back yards etc)**
- **cultivating micro-greens in stacked indoor spaces**
- **growing hydroponic vegetables without soil**
- **food preservation techniques and safe storage**

The range and scope of the information provided below may seem daunting and overwhelming, yet it barely scratches the surface of the wealth of information available. This has been a fascinating journey, with unexpected discoveries.

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E-book #4: DIY food security

1) Evolving food issues and concerns

General articles / information sources:

- [The Future of Food \(Is Ours to Decide\)](#). James Corbett. Substack. January 29, 2023.
- [The US Meat Supply May Soon be Widely Contaminated with mRNA Proteins From Biotech "Vaccines"](#). Mike Adams. Global Research. January 18, 2023.
- [Canada's Food Price Report 2023](#). 13th Edition. Dalhousie University.
- [Second Harvest releases new research: Canada Needs a New Year's Resolution for Food Insecurity](#). Second Harvest. CISION. January 11, 2023.
- ["60% more Canadians per month expected to use food banks, other programs, in 2023, survey finds."](#) Clara Pasioka. CBC News. January 11, 2023.
- [Food Security Conference in Canada 2023/2024/2025](#). Conference Index.
- [Incoming Food Shortages in Canada?](#) Total Prepare Canada. November 18, 2022.
- [Engineered Food Crisis: Agri Biotech Motivated by Monopoly Control and "Sacred GMO Cash Cow"](#). Colin Todhunter. Global Research. October 25, 2022.
- [Food, Dispossession and Dependency](#). Resisting the New World Order. Global Research E-Book. Colin Todhunter. Global Research. July 7, 2022.
- [Top 10 Foods For Your Armageddon Survival Pantry](#). Lucy Davies. OffGuardian. May 2, 2022.
- [5 signs they are CREATING a food crisis](#). Kit Knightly. OffGuardian. April 25, 2022.

www.streetsmart-spiritwise.ca
E-book #4: DIY food security

2) Foraging for 'wild' edibles in Canada ...

General articles/information:

- [Forbes Wild Foods](#). Discover real Canadian cuisine and Eat Something Wild.
- [Puck's Plenty Foraging](#). Rated as one of the best food foraging spots in the world.
- [The effects of foraging at Ontario parks](#). Ontario Parks blog. April 19, 2022.
- [Foraging classes](#). Wild Muskoka Botanicals.
- [What Is Foraging, and How Do You Get Started?](#) Jillian Kubala. Healthline. June 3, 2021. (a long article, browse down to the bottom for lots of information)
- [Foraged Foods Are Reviving Canada's Culinary Identity](#). Kate Dingwall. Culture Trip. October 8, 2019.
- [Foraging for Beginners: Tips for Understanding the Wild Edible Landscape](#). Ben Osborne. Mountain Life. June 1, 2017.
- [Foraging for Wild Teas: 9 Plants to Pick and Brew](#). Susannah Shmurak. Eartheasy. June 27, 2017.
- [Harvest season time to forage for wild food and gather seeds for saving](#). Rhiannon Johnson. CBC News. October 12, 2020.
- [Planning your first edible garden? Here are the steps to follow and common mistakes to avoid](#). Truc Nguyen. CBC Life. April 14, 2020.
- [Where the wild things are: Foraging in Ontario](#). Jordan Whitehouse. TVO. June 10, 2020.
- [The Art of Foraging: 54 Wild Edibles You Can Eat](#). Tara Dodrill. New Life On A Homestead.
- [Wild Edibles For Your Health](#). Emily Batten. Watersheds Canada. 2017.

www.streetsmart-spiritwise.ca
E-book #4: DIY food security

Books:

- [12 Best Books on Foraging and Wildcrafting](#). GrowForageCookFerment. Updated December 6, 2020.
- [Best Foraging Books](#). Listopia.
- [Edible and Medicinal Plants of Canada](#). Andy MacKinnon. April 2009.
- [Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods](#). Thomas Elias. April 2009.
- [Eating Wild in Eastern Canada: A Guide to Foraging the Forests, Fields, and Shorelines](#). Jamie Simpson. May 2018.
- [Wild Edible Mushrooms of Ontario: A Field Guide](#). Tom Cervenka. June 2019.
- [The Best Books on Foraging Wild Foods and Herbs](#). Meghan Gemma and Sarah Sorci. Chestnut School of Herbal Medicine. November 2017.

Videos:

- [Easy Edible Wilds in Southern Ontario](#). Jeff Allen – Off the gridiron. YouTube. August 23, 2018.
- [Wild Edibles in Northern Ontario](#). Please always be certain before eating in the wild. Sarah Blackwell. YouTube. June 2, 2021.
- [11 Easy Edible Plants for Beginner Foragers](#). Rob Greenfield. YouTube. June 8, 2020.
- [Edible plants of Ontario workshop](#). Black Creek Community Farm Toronto. YouTube. July 14, 2021.
- [How to Forage for Wild Edible Mushrooms in Ontario](#). Pinetree Line. YouTube. October 4, 2018.
- [Edible Weeds and Wild Food Foraging for Beginners](#). Lovely Greens. YouTube. May 23, 2021.
- [Foraging for Edible Weeds from Canada's Backyard](#). Canadian Museum of Nature. YouTube. June 14, 2021.

E-book #4: DIY food security

- [13+ Survival Gardening Crops To Grow To Live Off Your Garden](#). Rob Greenfield. YouTube. April 27, 2020.

Nutritional benefits:

- [8 Wild Rice Benefits and the Way it Affects Your Health](#). Vrushali Gavali. Health Spectra. November 21, 2021.
- [Eating On The Wild Side: A Field Guide to Nutritious Food](#). Maria Godoy. NPR. July 10, 2013.
- [The Nutritional Value of Wild Foods](#). Robert Shostek. Mother Earth News. Originally published 1979.

Tools and supplies:

- [Beginner's Guide to Foraging and Better Harvesting Methods](#). Dyson Forbes. Forbes Wild Foods. April 13, 2017.
- [Essential Foraging Tools and Supplies](#). Juliet Blankespoor and Meghan Gemma. Chestnut School of Herbal Medicine. March 8, 2019.

Field guides:

- [10 wild plants you can eat in the Ontario region](#). Jessica Wynne Lockhart. Cottage Life. April 9, 2018.
- [10 Things to Forage in Ontario: An Edible Timeline](#). Agatha Podgorski. Culinary Tourism Alliance. April 15, 2020.
- [Foraging for Food: A Monthly Guide](#). Foraging Is a Frugal Way to Feed Your Family Fresh Food. Erin Huffstetler. Liveabout dotcom. Updated November 20, 2019.
- [Welcome to Edible Wild Food](#). Edible Wild Food. See their 'Alphabetical Plant Listing' – on the bottom of the homepage.
- [What to Forage in Winter: 30+ Edible and Medicinal Plants and Fungi](#). Grow Forage Cook Ferment. August 18, 2021.

www.streetsmart-spiritwise.ca
E-book #4: DIY food security

- [50 Edible Wild Plants You Can Forage for a Free Meal.](#) Steph Coelho. Morning Chores.
- [Foraging for wild edibles.](#) MyBackYard. See their Foraging Plant information list.
- [Edible Wild Plant Guide.](#) July 23, 2008.
[Northern Forest Foraging Guide.](#)
[Harvesting and Processing Edible Wild Plants: Best Practices Guide.](#) Ontario Nature.
- [15 Wild Plants You Can Eat: foraging tips.](#) Nancy Johnston. Outdoor Canada. August 2, 2011.
- [Edible Ontario: Foraging for wild ingredients.](#) Savour Ontario. July 19, 2021.
- [Foraging: Ultimate Guide to Wild Food.](#) Wild Edible.

Edible Berries:

- [Edible Berries of Ontario.](#) Northern Bushcraft.

Edible Mushrooms:

- [Introduction to Foraging for Wild Edible Mushrooms.](#) Yours Outdoors.
- [A Guide to Mushroom Hunting in Northeastern Ontario.](#) Northern Ontario Travel. October 11, 2022.
- [Edible Mushrooms In Ontario.](#) iNaturalist.
- [Evidence Brief / Foraged Mushroom Consumption in Ontario.](#) Public Health Ontario. November 2019.
- [I went foraging for mushrooms in Stratford and lived to tell the tale.](#) Karon Liu / Food Writer. Toronto Star. September 3, 2019.
- [The Do's and Don'ts of Wild Mushroom Foraging.](#) Phil Meeks. Off Grid. June 17, 2020.
- [Wild Edible Mushrooms in Ontario.](#) Northern Bushcraft.

www.streetsmart-spiritwise.ca
E-book #4: DIY food security

Edible Perennials:

- [20 Edible Perennials You Can Grow in Canada](#). Gardening In Canada. June 10, 2021.
- [Ontario Trees and Shrubs – Edible Species](#). Ontario Trees & Shrubs.

Edible Weeds:

- [8 Common Weeds in Your Backyard You Can Actually Eat](#). Kelsey Ogletree. Better Homes & Gardens. May 21, 2020.
- [28 Edible Weeds You Can Find in Your own Backyard](#). Steph Coelho. Morning Chores.
- [Edible Weeds List](#). Edible Wild Food.
- [How to identify and cook with edible weeds](#). Rudy Zacharias. TechLifeToday. July 6, 2020.

Edible Wildflowers:

- [The Dirt on Edible Flowers \(and the top ten you must try\)](#). Garden Therapy. April 2, 2021.
- [Wildflowers – Edible Species](#). Ontario Wildflowers.

www.streetsmart-spiritwise.ca
E-book #4: DIY food security

3) Growing food in small urban living spaces

General articles:

- [Goodbye Food Shortage – Hello Food Independence](#). Turn Your Lawn Into a Food Forest. Jim Gale. Rumble. March 30, 2022.
- [Homesteading Tips from John Moody + Upcoming Rogue Food Event!](#) Corey Lynn. Corey's Digs. January 22, 2022.
- [Another take on urban gardening: Finding your green thumb, 1 square of veggies at a time](#). Patti Edgar. CBC News. June 19, 2009.
- [How to Make an Urban Vegetable Garden](#). Balcony Garden Web.
- [Planning your first edible garden? Here are the steps to follow and common mistakes to avoid](#). Truc Nguyen. CBC Life. Updated April 14, 2020.
- [Urban Agriculture Business Information Bundle: Growing fruit and vegetables](#). Ontario Ministry of Agriculture, Food & Rural Affairs.
- [Want to grow your own food but don't have a yard? We got you](#). Debra Norton. Toronto Star. May 29, 2020.
- [What Is Micro Gardening: Learn About Outdoor/Indoor Micro Gardening](#). Amy Grant. Gardening Know How. Updated February 5, 2021.

Books / planting guides:

- [10 Neat Things about Edible Gardens](#). Canada's Local Gardener.
- [10 Best Vegetables to Grow in Ontario](#). The Gardening Dad.
- [16 Fast Growing Vegetables That Will Give You a Harvest Quickly](#). Jennifer Poindexter. Morning Chores.
- [Canadian Kitchen Garden: Easy, Fresh & Organic](#). Laura Peters and Alison Beck. Partners Publishing. 2017.
- [The Edible Balcony: Growing Fresh Produce in Small Spaces](#). Alex Mitchell. February 2012.
- [How to Grow a Salad Garden from Seed to Table](#). Tasha Greer. Morning Chores.

www.streetsmart-spiritwise.ca
E-book #4: DIY food security

- [Square Foot Gardening Planting Complete Guide](#). Gardens Nursery.
- [Vegetable Garden Size Calculator: How Much to Plant for Your Family](#). Jennifer Poindexter. Morning Chores.
- [Your Ultimate Guide to Square Foot Gardening](#). Adrian White. Gardener's Path. September 16, 2019.

Videos:

- [The Easiest, Most Abundant Edible Plants to Grow in a Garden – Gardening in a Cold Climate](#). Rob Greenfield. YouTube. May 29, 2020.
- [How to Grow an Indoor Survival Garden](#). The Provident Prepper. YouTube. September 19, 2020.
- [My edible BALCONY garden tour – Urban vegetable container gardening in 2020](#). Nicole's Corner. YouTube. June 12, 2020.
- [My Yard is Canada's Most Diverse Edible Urban Garden](#). Earth Monkey. YouTube. May 14, 2019.
- [Over 30 Edible Perennials in a Small Garden](#). OYR Frugal & Sustainable Organic Gardening. YouTube. May 26, 2017.
- [Survival Garden Crops To Grow in Canada](#). Gardening in Canada. YouTube. May 6, 2020.

Tools / supplies / seeds / plants / shrubs:

- [Fiddlehead Nursery](#) – Rare Edible Perennials
- [GAIA Organic Seeds](#)
- [Hawthorn Farm Organic Seeds](#)
- [Heirloom Seeds Canada](#)
- [High Mowing Organic Seeds](#)
- [Incredible Seed Company](#) (Bridgewater, Nova Scotia)
- [Johnny's Selected Seeds](#)
- [Mumm's Sprouting Seeds](#)
- [OSC Seeds](#)
- [Rainbow Seeds / online seeds store](#)

E-book #4: DIY food security

- [Raised Garden Beds](#) – Made in Canada
- [Richters Herbs](#) – 2021 Herb & Vegetable Catalogue
- [Rural Dreams](#) – Where to order fruit trees in Canada
- [Silver Creek Nursery](#)
- [Sprout Master](#) – Health Conscious Products
- [Tree Time Canada](#)
- [Urban Harvest Canada](#)
- [The 14 Best Garden Plant and Seed Catalogs Out There](#). Bethany Hayes. Morning Chores.
- [West Cost Seeds](#)
- [Whiffletree Farm & Nursery](#) – Canada's Finest in Fruit Trees
- [Wildflower Farm](#)
- [William Dam Seeds](#)

Front yards / back yards / patios:

- [Creating An edible Front Yard – Tips For Front Yard Gardens](#). Amy Grant. Gardening Know How. Updated November 30, 2020.
- [Five Reasons to Ditch the Lawn and Plant a Front Yard Garden](#). Kris Bordessa. Attainable / Sustainable. Updated December 14, 2018.
- [Front Yard Edible Gardening](#). Just Food.
- [How to Create an Edible Landscape for your home](#). Wendy Priesnitz. Natural Life Magazine.
- [How to Turn Your Front Yard into an Edible Garden](#). Rebecca Cuttler. Edible Communities. July 17, 2017.
- [Urban Patio Gardens: Designing A Patio Garden In The City](#). Liz Baessler. Gardening Know How. Updated August 12, 2021.

E-book #4: DIY food security

Balconies:

- [20 Edible Balcony Pictures for Ideas](#). Balcony Garden Web.
- [Balcony gardening made easy – 9 things you plant right now](#). Margaret Gallagher. CBC News. May 24, 2015.
- [Easy Growing Edibles for Your Balcony Garden](#). DIY Workshops. The Home Depot.
- [Learn More about Balcony Vegetable Gardening](#). Kathee Mierzejewski. Gardening Know How. Updated July 6, 2021.

Small apartments / condos:

- [10 low-maintenance edible plants you can grow in your condo balcony](#). Akriti Sharma. Prestige. September 27, 2021.
- [Basics of Starting an Apartment Vegetable Garden: How to start your Apartment Garden ... And Maximize Your Small Space](#). Urban Organic Gardener.
- [Beginners Guide To Growing an Apartment Vegetable Garden](#). Planters Etc.
- [Condo and Apartment Gardens](#). YUF/Young Urban Farmers.
- [Edible Indoor Gardens for Townhomes and Condos](#). NewHomeSource.

www.streetsmart-spiritwise.ca
E-book #4: DIY food security

4) Growing micro-greens

General articles:

- [Microgreens vs Sprouts: What's The Difference?](#) Microgreens Corner.
- [Microgreens vs Sprouts: What's the Difference?](#) Microgreens Farmer.

Books, guides:

- [Easy Guide to Growing Microgreens](#). The Micro Gardener.
- [Grow Microgreens! Soil Method](#). Mumm's Sprouting Seeds.
- [Growing Microgreens Starter Guide / Learn to Grow Microgreens](#). True Leaf Market.
- [How to Grow Microgreens Indoors: Step by Step Guide](#). Victory Garden Blog.
- [Learn How to Grow Microgreens At Home: A Step-By-Step Guide](#). Bootstrap Farmer. August 28, 2017.
- [Overview of Food Safety for Sprouts and Microgreens](#). Ontario Ministry of Agriculture, Food and Rural Affairs.
- [Step-By-Step Guide for Growing Microgreens at Home](#). Francesco Di Gioia. Penn State Extension. Updated May 11, 2020.
- [The ultimate Microgreen Cheat Sheet](#). Bootstrap Farmer. January 13, 2017.

YouTube videos:

- [Avoid These 5 Microgreen Growing Mistakes](#). Daisy Creek Farms with Jag Singh. February 9, 2021.
- [Deluxe Starter Kit: Easy Grow Microgreens](#). Microgreens Canada. January 14, 2018.
- [Fun & Easy Way To Grow Microgreens](#). Josh Sattin. August 30, 2019.

E-book #4: DIY food security

- [How to Grow Microgreens](#). Susan's In The Garden. February 2, 2018.
- [How to Grow Microgreens – Full walk-through with TIPS & TRICKS on Red Acre Cabbage!](#) On The Grow. December 14, 2019.
- [How to Grow Microgreens from Start to Finish: Complete Guide](#). Epic Gardening. December 16, 2019.
- [Lean, Cheap and DIY Microgreens Set Up](#). Urban Farmer, Curtis Stone. September 6, 2019.

Seeds, supplies, tools etc:

- [Essential Supplies for Growing Microgreens](#). Microgreens Farmer.
- [Grow Your Own. Mumm's Sprouting Seeds](#).
- [Heirloom Seeds Canada](#)
- [Incredible Seed Company](#) (Bridgewater, Nova Scotia)
- [Microgreens Canada](#)
- [Rainbow Seeds / Online Seed Store](#)
- [Sprout Master](#) – health conscious products
- [UgroGreens / Microgreen Kits](#)
- [Where to Buy Microgreen Seeds: A Comprehensive List](#). Microgreens Corner.
- [The 14 Best Plant and Seed Catalogs Out There](#). Bethany Hayes. Morning Chores.

Where to buy already-grown microgreens (Ontario):

- [Crown Sprouts](#) (Scarborough, ON)
- [Eat Your \(Micro\)Greens!](#) Dinusha Prasad. Culinary Tourism Alliance. April 23, 2021. This article contains a list of 8 farms in Ontario that grow microgreens using indoors vertical farming systems:
 - [The Six Farms](#) (Toronto, ON)
 - [GoodLeaf Farms](#) (Guelph, ON)
 - [Ortaliza](#) (Kingsville, ON)

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[Littleleaf Farms](#) (Cavan, ON)

[Living Earth Farms](#) (Markham, ON)

[Farmstead Fresh](#) (Hillsburg, ON)

[Four Seasons Greens](#) (Muskoka, ON)

- [The Herberman](#) (Port Stanley, ON)
- [UgroGreens](#) (St Anns, ON)

5) Hydroponics

General articles / guides:

- [Hydroponics: A Brief Guide to Growing Food Without Soil](#). University of Nevada, Reno, Extension.
- [Hydroponics: How It Works, Benefits and Downsides, & How to Get Started](#). Ocean Robbins. Food Revolution Network. Updated March 23, 2021.
- [Hydroponics 101 – The Complete Guide To Hydroponic Growing](#). Hydrobuilder.
- [Top 5 Pros and Cons of Hydroponics Every Grower Should Consider](#). Oscar Stephens. The Hydroponics Planet. January 5, 2019.

YouTube videos:

- [Cheap & Easy DIY Hydroponics](#) – Ditch the expensive stuff for a \$1 Pool Noodle. Keep On Growin' with Mike Van Duzee. April 13, 2018.
- [DIY Hydroponic Containers for Less Than \\$10](#). Mlgardener. November 28, 2018.
- [Hydroponic System for Beginners, Save Lots of Money](#). Keep on Growin' with Mike VanDuzee. July 21, 2021.
- [Problems in Hydroponics – Avoiding 5 Common Mistakes](#). Green Living Off Grid. May 15, 2019

www.streetsmart-spiritwise.ca
E-book #4: DIY food security

Tools and supplies:

- [12 Best Hydroponic Nutrients](#) – A Buyers Guide. Marcel Iseli. Plantophiles. May 14, 2021.
- [Best Hydroponics Systems](#). Shineledlighting. September 18, 2018.
- [Featured products: Canada's wholesale hydroponics store](#). Wholesale Hydroponics.
- [Hydroponics Club Canada](#)
- [Hydroponics systems](#). GrowDaddy Canada.

Nutritional quality / taste:

- [Does Hydroponic Food Taste Different?](#) We Compare. Plant Provider.
- [Is food grown hydroponically as healthy as soil-grown crops?](#) Emily Folk. Red Green and Blue. September 20, 2020.
- [Is Hydroponic Food as Healthy as Traditional Soil Grown Food?](#) Rachel Tinker-Kulberg, PhD. Abundance North Carolina.
- [Is Hydroponic Food as Nutritious?](#) Oscar Stephens. The Hydroponics Planet. August 24, 2019.
- [Organic Hydroponics? Not for Me!](#) Sara Pope. The healthy home economist.

E-book #4: DIY food security**6) Food preservation / safe storage****General articles / guides:**

- [9 Methods of Food Preservation](#). Home Stratosphere.
- [12 Food Preservation Methods to Make Your Food & Harvest Last Longer](#). Jennifer Poindexter. Morning Chores.
- [Food Preservation: Food preservation doesn't have to be a mystery](#). University of Illinois Extension. (see preservation tip sheets).
- [History of Food Preservation Timeline](#). When Did People Start To Preserve Food? DehydratorLab.
- [How do I?](#) National Center for Home Food Preservation.
- [What are the different methods of Food Preservation?](#) Auriga Research. Food Safety Helpline. April 8, 2015.

YouTube videos:

- [Canning & Preserving a Year's Supply of Food](#). The Seasonal Homestead. October 23, 2021.
- [Common Food Preservation Methods Explained](#). Great Lakes Prepping. April 18, 2019.
- [Common Methods of Food Preservation](#). Country Living Experience. June 17, 2020.
- [Complete Guide to Fermenting Every Single Vegetable](#). Pro Home Cooks. August 15, 2019.
- [Self-Sufficiency and Food Storage](#). Homestead Pantry Tour. November 15, 2020.

www.streetsmart-spiritwise.ca
E-book #4: DIY food security

Tools and supplies:

- [6 Essential Kitchen Tools for Food Preservation](#). Counting My Chickens. August 17, 2015.
- [Canning Tools / 12 Modern Appliances for Preserving Food](#). Ann Accetta-Scott. Farm Girl / in the making. November 24, 2018.
- [Food Preservation: Canning / Fermenting and Pickling / Freezing / Drying](#). Lehman's
- [Food Fermentation, Canning & Preserving](#). Lee Valley Tools.
- [Home Canning Products](#). Bernardin Canada.
- ['Must Have' Food Preservation and Equipment](#). Acre Life. October 3, 2020.

Preservatives / food safety:

- [Fermented Food Safety](#). BC Food Protection Association. November 7, 2016.
- [Food Safety at Home](#). City of Toronto.
- [General food safety tips](#). Health Canada.
- [List of Permitted Preservatives](#) (Lists of Permitted Food Additives). Health Canada.
- [What you Need to Know about Preservatives](#). Unlock Food Canada. Updated October 13, 2020.