

Last Generation News

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Last Generation Ministries

Grace be unto
you, and peace, from
God our Father, and from the
Lord Jesus Christ 1 Corinthians 1:4

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Much has happened since our last newsletter. As stated in our last newsletter, we received a call from an SDA group near Washington, D.C., who wanted to pass out thousands of our Armageddon books when the pope comes in April. We felt that God would have us honor this request. Since it was cheaper for us to take the books to this group ourselves rather than ship them, we drove to Washington D.C. and took our books on a trailer behind our truck. We were asked to speak to this group all day Sabbath, which we did, and we had an absolutely wonderful time with them. We stepped out in faith that God would provide the money for this trip and for the books as God has never failed us before. By the time we got back from the trip, most of our trip had been paid for, and currently enough money has come in to cover about half of the books that we donated for this project. Praise God! He never fails us.

We have just received a preliminary report from this group. In addition to passing out our book Armageddon, they are also passing out the book Heresy, Columbus, and the Inquisition. This book, written by an SDA pastor, is about the Inquisition being carried out in Mexico and South America and carries with it an appeal for history to not repeat itself. The group passing these books out tell us that this book on the Inquisition is being well received by Catholic leaders. We pray that they will receive the message of this book and work within their church to prevent abuses of human rights in the future. If you wish to read this book on the Inquisition, you may order it from us for \$10 including shipping.

**Surviving the Coming Food
Crisis**

According to WorldNet Daily, April 1, 2008, in an article entitled "‘Silent’ Famine Sweeps Gobe," food prices have risen by 65% since 2002, with 35% being in the past year. This article states that the dramatic rise in food prices is due to: 1) Famines and disasters around the world causing a shortage in grain. In six of the past seven years the world has grown less grain than it has consumed, causing a dramatic drop in grain reserves. 2) The rise in gas prices. 3) Corn is being diverted to make ethanol instead of feeding people. In the U.S. this year, 25% of all corn grown will go to ethanol. The amount of corn it takes to fill up one gas tank will feed one child for one year. For these reasons there is a severe world-wide food shortage causing starvation, rioting, and a rush on buying food in some parts of the world. Because of these developments we felt impressed to cover organic gardening in this newsletter. Our big question was, "How can we grow all of our own nutrient-dense food for the entire year, in preparation for the rising food prices, the current food shortages, and for the time when we can no longer buy and sell?" Over the past several weeks we have spoken extensively with four experts on organic gardening. Interestingly, one of them, who has government connections, stated that currently the U.S. government has serious concerns about running short of food in this nation. Food prices are expected to keep on rising here in the U.S. and stay high.

Years ago we came across the following quote. "In India, China, Russia, and the cities of America, thousands of men and women are dying of starvation. The monied men, because they have the power, control the market. They purchase at low rates all they can obtain, and then sell at greatly increased prices. This means starvation to the

poorer classes, and will result in a civil war. There will be a time of trouble such as never was since there was a nation. 'And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble such as never was since there was a nation, even to that same time; and at that time thy people shall be delivered, everyone that shall be found written in the book.' [Daniel 12:1]." (Manuscript Release, Vol. 5, p. 305) We urge you, do whatever it takes to get out in the country and **grow your own garden now**. If this is absolutely impossible, find a friend who has enough space for you to garden on or garden in a community garden, found by going to www.communitygarden.org or calling 877-275-2242. "Whenever possible, it is the duty of parents to make homes in the country for their children. Fathers and mothers who possess a piece of land and a comfortable home are kings and queens. Do not consider it a privation when you are called to leave the cities and move out into the country places. Here there await rich blessings for those who will grasp them. Again and again the Lord has instructed that our people are to take their families away from the cities, into the country, where they can raise their own provisions; for in the future the problem of buying and selling will be a very serious one." (Adventist Home p. 141)

Those who raise their own garden will also reap rich spiritual blessings. "Of the almost innumerable lessons taught in the varied processes of growth, some of the most precious are conveyed in the Saviour's parable of

the growing seed. It has lessons for old and young...The germination of the seed represents the beginning of spiritual life, and the development of the plant is a figure of the development of character. . . . As parents and teachers try to teach these lessons, the work should be made practical. Let the children themselves prepare the soil and sow the seed. As they work, the parent or teacher can explain the garden of the heart, with the good or bad seed sown there, and that as the garden must be prepared for the natural seed, so the heart must be prepared for the seed of truth. . . . No one settles upon a raw piece of land with the expectation that it will at once yield a harvest. Diligent, persevering labor must be put forth in the preparation of the soil, the sowing of the seed, and the culture of the crop. So it must be in the spiritual sowing. If possible, the home should be out of the city, where the children can have ground to cultivate. Let them each have a piece of ground of their own; and as you teach them how to make a garden, how to prepare the soil for seed, and the importance of keeping all the weeds pulled out, teach them also how important it is to keep unsightly, injurious practices out of the life. Teach them to keep down wrong habits as they keep down the weeds in their gardens. It will take time to teach these lessons, but it will pay, greatly pay.” (Adventist Home, p. 145, 146)

We learned that the best organic method of gardening is John Jeavon’s biointensive method which produces nutrient dense food in a small space. It is crucial that you obtain his book entitled [How To Grow More Vegetables Than You Ever Thought Possible On Less Land Than You Can Imagine](#), which you can obtain at www.amazon.com for only \$13.97. This method builds the soil up to 60 times faster than in nature while making possible the following: 1) A 67% to 88% reduction in water consumption. 2) A 50% reduction in the amount of fertilizer needed. 3) A 94% to 99% reduction in the amount of energy used. 4) A 100% increase in soil fertility, while productivity increases and resource use decreases. 5) A 200% to 400% increase in caloric production per unit of area. 6) A 100% increase in income per unit of area. By contrast, current traditional farming methods

are using up topsoil at such an alarming rate, that if continued, will exhaust all of the world’s topsoil in the next 40 to 80 years. Traditional farming uses fertilizers and pesticides, both of which destroy the soil. The fertilizers used only replenish nitrogen, phosphorous, and potassium, a small portion of the number of nutrients that food contains. The phosphorous is taken up by the plants, but is not in a form that the plant can use in the cells, so the phosphorous has to stay in between the cells in the plant. When we eat this food, the same happens in our bodies. Our cells can’t use this phosphorous either, so the phosphorous stays in the tissues in between our cells which wreaks havoc on our health. Also, the pesticides are poisoning us and the soil. Interestingly, before using pesticides, farmers lost 34% of their crops to insects. After pesticide use was begun, for the next three years crop loss to insects was minimal. However, on the fourth year loss to insects went up due to the insects’ having developed a resistance to the pesticides. Current crop loss to pesticide use is 37%--more than before pesticides were introduced, yet farmers continue to use pesticides! These pesticides also destroy the good microbes and the earthworms in the soil, which are crucial to the soil’s health.

We learned this biointensive organic gardening method in a class from Dr. Calvin Bey, a retired USDA scientist with degrees in forestry and genetics. He has consented to let us give you his contact information. You can phone him at 479-527-6951, or email him at cfbey1936@cox.net. His website is www.harmonygardens.blogspot.com. He has also consented to let you buy his class notes which we learned a lot from. We learned that the most important first step is to build up your soil. The healthier the soil, the healthier the plants grown in this soil, and the more nutrition your vegetables will have. In order for us to be healthy, we need to eat food that is high in nutrition. Unfortunately, the food in the grocery stores is very low in nutrition. Organic foods bought at the health food store or at the farmer’s market are a little better, but are still much lower in nutrition than they should be. However, buying organic is better than buying non-organic because: 1) You are not ingesting the harmful phosphorous in the chemical fertilizers. 2) You are not getting genetically modified foods. 3) You are supporting the farming method that builds up the

soil which is crucial to our survival. 4) Organic foods detoxify our bodies of the chemicals found in our environment which are very detrimental to health. 5) You are not ingesting pesticides. In fact, there are three major causes of disease: 1) A lack of nutrition. 2) Chemicals in our environment which get into our bodies. 3) Stress. Growing much of your own organic food will go a long way towards eliminating these major causes of disease. Building up your soil can take several years; however, you can build the soil up considerably the first year. The first thing to do is to get a soil test. International Ag Labs offers the most comprehensive soil test and costs \$50. Many counties offer free soil testing, but their tests are not nearly as comprehensive. Call International Ag Labs at 507-235-6909 to obtain their soil sample bag and field data sheet in order to send them a sample of your soil. Dig down 4 inches into your garden soil at several locations to obtain the best sample. When you get the soil test results back, call Dr. Bey as he will help you to interpret the test and give you advice as to what to add to your soil for the best nutrition. Every year in January you need to do a soil test and make the appropriate corrections.

Dr. Calvin Bey taught his class at his home and gave us a tour of his garden, which was very impressive. The vegetables he grows test out to be extremely high in nutrition. Furthermore, on 1500 square feet, he grows 1500 lbs of vegetables per year. He showed us his beautiful, loose, crumbly soil in his grow beds which are 4 feet wide with a 2 foot path in between. Grow beds are crucial because then the soil is never walked on. Walking on soil compacts the soil, destroying soil structure, and making it more difficult for the roots of the plants to breathe. He uses no rototiller in his garden as rototillers also destroy the structure of the soil. Instead, he double digs his grow beds. (See John Jeavon’s book for how to double dig your garden.) Yes, preparing your garden in this method takes more initial work, but later on, the work is less. He only double digs his garden once. After that, the soil is kept loosened by having some crop

growing on each grow bed year round as the roots of the crop keep the soil loose. Through the winter, if he is not growing cool weather vegetables in a grow bed, he is growing a cover crop. When we toured his garden, the cover crop was now brown and dry. He took his rake, pulled back this cover crop with one sweep, and showed us how the soil underneath was loose and crumbly. He said the soil is ready to plant with no tilling or digging. He got out his trowel, drew a furrow, and began to plant. That's all he currently has to do to get his garden ready for spring planting! Furthermore, he has no insect problem. That is because his vegetables have such a high sugar and nutrient level, that if an insect should try to eat his vegetables, the high sugar content will turn into alcohol in the insect and kill the insect. Consequently, insects only feed on weaker plants. So by building up your soil to a high nutrient level, the plants will also be high in nutrients, and the insects will look elsewhere to feed.

Another advantage to healthy plants is that they will also be disease resistant. The plants in the entire grow bed are planted so close together that the leaves touch each other at maturity which reduces weeds and conserves on water. To raise the soil in his grow bed, he took about the top six to twelve inches of soil off of his paths and put it on the grow bed. He takes straw bales and breaks these bales up by tearing them into about one inch thick pieces, which he puts on his paths. This keeps the weeds down in the paths. When the weed seeds sprout in the straw, he shakes the weeds out and then uses this straw as mulch on his garden which builds up his soil, holds the moisture in the soil, and reduces weeds. He also makes his own compost using the cover crops that he rakes off his beds, all parts of the plants grown that are not eaten, leftover kitchen scraps, leaves, etc. When he builds his compost pile he puts on one layer of green materials, then one layer of brown materials (such as dried leaves), then one layer of dirt, and then keeps on repeating. As each layer is added, this layer is watered. You want your compost pile to be moist, but not so moist that you can wring water out of it when you pick up a handful. John Jeavon's book has an entire chapter on composting. Composting is critical to

keep your soil built up, however putting too much compost on your garden is also bad. You should add about ½ inch of compost to the top of the grow bed per 4 month growing season.

To grow all of your own food for a year you need to grow some foods that are high in calories, protein, vitamins, and that preserve well. The top choices are: fava beans and sunflower seeds. Sixty percent of your garden should be devoted to these crops. Fava beans are high in protein. Dry them on the vine and they will preserve all year. Sunflower seeds are high in calories and will also preserve well.

Thirty percent of your garden should be devoted to crops such as potatoes, garlic, leeks, Jerusalem artichokes, parsnips, other kinds of vine-dried beans, sweet potatoes, and squash. We have found that our butter-nut squash lasted almost to the next year's crop. We simply boxed up all the squash just before the first freeze and put them in our basement. We periodically checked them to remove any squash that was deteriorating, which was not much. Jerusalem artichokes grow as well as weeds and are high in nutrition. Once you plant Jerusalem artichokes you never have to replant as they keep coming back every year on their own. The advantage of all of the above crops are that none of them will require canning which takes a lot of time and a lot of space in which to store the canned goods. The remaining 10% of your garden should be dedicated to the summer vegetables such as tomatoes, greens such as lettuce, spinach, kale, chard, summer squashes, etc.

In the fall, when these crops have been harvested, you can grow the cool weather vegetables throughout the entire winter, even in northern states. In a future newsletter we will tell you how to do this.

We also learned the value of paramagnetic rock. Adding paramagnetic rock to your soil increases plant growth, water retention, increased microbial stimulation, improved nutrient utilization, increased light energy, increased seed germination, improved insect resistance, increased frost and drought hardiness, more earthworms in the soil, assists in overcoming toxins in the soil, and can also be added to compost piles as it speeds up the rate of decomposition. Paramagnetic rock gathers electro-magnetic

energy which is why it works. The ideal is to add 1 pound of paramagnetic rock per square foot and only has to be done once as it will stay in the soil for good. In fact, the longer it stays in the soil the better it works. You can obtain paramagnetic rock from Nitron by calling 479-587-1777. Ask for their catalog as they have many other beneficial natural products for organic gardening.

You want to buy ONLY heirloom seeds as you can only save your own seeds from heirlooms. During the future, saving our own seeds may be crucial. Heirlooms also have the most nutrition. Hybrids have less nutrition. The following are good sources of heirloom seeds. 1) Baker Creek Heirloom Seeds, (417) 924-8917, www.rareseeds.com. 2) Seed Savers Exchange, 563-382-5990, www.seedsavers.org. 3) Heirloom Seeds, (412) 384-0852, www.heirloomseeds.com. 4) Bountiful Gardens, (707) 459-6410; www.bountifulgardens.org. For an excellent website dedicated to educating you as to how to grow food high in nutrition, go to www.highbrixgardens.com.

If you don't have room for both lawn and garden, build a garden over your lawn as having a garden is more important. To do this build a grow bed right over your lawn. Call a local company who makes concrete blocks and ask for seconds which are cheaper. We just got seconds for about \$1 per block. It takes 32 blocks to build a bed 4 feet by 16 feet and building it one block high. After placing the blocks in place, put a thick layer of newspapers (obtainable at your local recycling center) right over the lawn in the grow bed. This will kill the lawn. Over this put top soil that you will have to have hauled in. Garden according to the methods just described.

Since building up your soil takes several years, we are also using Charles Morton's system of soil conditioner, plant food, and foliar food which significantly builds the nutrients in the vegetables and in the soil the first year used. Call Charles at 888-891-0286. Ask Charles about his other great products as well.

Yes, difficult times are coming upon us, but God promises protection and care for

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We are on the web!
GodsHolidays.com

His people. "In the ninety-first psalm is a most wonderful description of the coming of the Lord to bring the wickedness of the wicked to an end, and to give to those who have chosen Him as their Redeemer the assurance of His love and protecting care...In the time when God's judgments are falling without mercy, oh, how enviable to the wicked will be the position of those who abide 'in the secret place of the Most High,'—the pavilion in which the Lord hides all who have loved Him and have obeyed His commandments!" (MS 151, 1901) "When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the LORD will hear them, I the God of Israel will not forsake them I will open rivers in high places, and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry land springs of water." (Isaiah 41:17-18) "Bread shall be given him; his waters shall be sure." (Isaiah 33:16) "I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread." (Psalm 37:25)

Health Corner by Melody Drake

We have a praise story to share with you because of our health corner in our last newsletter. In that newsletter I wrote about a health supplement which is the best I've ever seen, which was invented by a world-renown scientist. He was reversing diseases in animals with nutrition and thought that perhaps he could help people as well. After a ten-year intense study to determine what nutrients healthy cells had that diseased cells did not, he created a beverage that con-

Comforting Promises

"Wait on the LORD; be of good courage, and He shall strengthen thine heart; wait, I say, on the LORD. Psalm 27:14

"For the mountains shall depart, and the hills be removed; but My kindness shall not depart from thee, neither shall the covenant of My peace be removed, saith the LORD that hath mercy on thee." Isaiah 54:10

"In times of difficulty or peril the heart may send up its cry for help to One who has pledged Himself to come to the aid of His faithful, believing ones whenever they call upon Him." Prophets and Kings p. 631-632

"In the service of God there need be no despondency, no wavering, no fear. The Lord will more than fulfill the highest expectations of those who put their trust in Him." Prophets and Kings p. 387

"And all thy children shall be taught of the LORD; and great shall be the peace of thy children." Isaiah 54:13

tained over 70 vitamins, minerals, and herbs. This formula works better than any other supplement that we have ever seen. After reading about this supplement, one of our readers phoned us to get on this supplement. She had been in a car accident a number of years ago. She has spent thousands of dollars on both conventional medicine and natural medicine and she still had severe muscle spasms, severe fatigue, and a lot of pain. Just before calling us she had been crying out to God for help. Well, after six weeks on this supplement she is now mostly pain free, she is able to sleep all night instead of being woken up constantly due to pain, her muscle spasms are mostly gone, and she has a lot of energy. She says that she has her life back and she is ecstatic. Praise God! We have heard many similar stories of people either improving significantly or getting well with many different health problems after getting on this supplement. When the body gets the nutrition that it needs, the body has amazing capacities to heal itself. It just needs the proper nutrition. If any of you have any health problems and would like to try out this supplement just give me a call. The company has a 30-day money back guarantee and so if for any reason you aren't satisfied, you can get your money back, making a trial of this supplement risk free. The only other method we have seen whereby one can get similar results is by juicing a lot of organic carrots with green leafy vegetables. However, juicing takes a lot of time and most people give it up after a while as a result. And, there have been some cases where this supplement actually worked better than juicing. Call Melody at 479-935-9444 or 870-545-3884 if interested.

Our book Armageddon is a great way to spread the message about what is coming in the future without spending a lot of money. We pass them out to grocery store clerks, waitresses, leave them in public restrooms, etc. We still have God's Holidays available as well. Call for volume discounts at 479-935-9444.