

White Turtle Oasis Farms

(Pocomoke City, MD)

Presents

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R & L Crew

SELF SUSTAINABILITY TRAINING

4:00 – 5:30 P.M.



SUNDAY, 9/21 – MEETUP.COM

ZOOM ID: 655 031 2820 PASSCODE: yu1f9f1

A close-up, low-angle shot of a dense field of purple lavender flowers, creating a textured, rhythmic pattern of color and light.

C. Lewa Stewart, Small Farmer, MBA, CLC
White Turtle Oasis Farms, LLC

Small Farm Agriculture Trainings, 2019 – Present
UMES, UM Cooperative Extension, VSU, NC A & T

Nutrition & Herbalist Studies/Research – 2011 – Present

Organic Farming – 2022 - Present

“Wholistic” Homeschool/Academic Coach – 2009 – Present



GOALS:

EMERGENCY PREPAREDNESS: October, 2025 Challenge

CARING FOR: *Lettuce

*Spinach

EMERGENCY PREPAREDNESS CHALLENGE **October, 2025**

CANNED FOODS (OF CHOICE):

FISH/CHICKEN ITEMS (8)

VEGETABLES (10)

FRUIT (10)

5+ GALLON OF WATER (3)

NON FOODS ITEMS

MATCHES (2 Boxes)

BATTERIES

BATTERY & SOLAR OPERATED LIGHTS

BATTERY/HAND CRANK RADIO



Planning Your Emergency Food Supply

Website for Food Supply Preparation Information

The Food Guys:

[Food Storage Calculator](#)



Introducing: LETTUCE

Did You Know...

- Low in Calories but Very Filling ~ 8 Calories/cup
- Vitamins – C, K, Folate (B9) and A
- Low Carbs
- High Fiber
- 0.3 – 1.2 g of Sugar/Serving
- 96% of Lettuce is Water
- Minerals – Iron, Copper, Magnesium, Phosphorus, Sodium, Zinc



Growing Lettuce



- FULL SUN FOR 5 – 6 HOURS/DAY
- WELL DRAINING SOIL
- KEEP SOIL MOIST AT ALL TIMES
- NUTRIENT SCHEDULE: EVERY 4 – 6 WEEKS
- GERMINATION TO HARVEST: 30 – 85 DAYS

<https://youtu.be/OS9h42Pe2Mo?si=b76eerbbSwSd9tKn>

Introducing: SPINACH



Did You Know...

- Low in Calories ~ 7 Calories/Cup
- Vitamins: A, C, K, E, B6, Niacin, Riboflavin, Folate, Pantothenic Acid, B12, Thiamin
- Minerals: Manganese, Potassium, Magnesium, Iron, Copper, Phosphorus, Calcium, Zinc
- Fiber Rich Vegetable
- 91% Water



Growing Spinach

- Full Sun in Cool Regions
- Partial Shade in Warm Regions
- Need to Compost Soil Before Planting
- Keep Soil Moist at ALL TIMES
- Nitrogen Rich Fertilizer every 2 – 3 Weeks
- Germination to Harvest: 45-50 days

VIDEOS TO HELP WITH YOUR SPINACH JOURNEY

- <https://youtu.be/NINsEK5--0o?si=QBpsPH3BaxWkeSC5>
- https://youtu.be/QTn0Impk95A?si=Va5u_Kny-gKBy-0h

Understanding Your Garlic Plant



THE GIFT THAT KEEPS ON GIVING

- High in Nutritional Value
- Natural Antibiotic
- Great for Fighting Colds, Flu & COVID
- Reduces Blood Pressure
- Improves Cholesterol Levels, Lowering Heart Disease Risk
- Helps Prevent Alzheimer's & Dementia
- Help to Live Longer
- Detox Heavy Metals from the Bodies

HOW TO LOVE YOUR SPRING GARLIC PLANT

- Harvest Time: 120 days
- Best Times to Plant: Late Fall AFTER 1st Frost OR 3-4 Weeks before Last Frost
- Use loose, well-draining soil rich in nutrients to start.
- Water Every 7 Days
- Every 3-4 weeks begin adding Nutrients- Coffee Grounds, Black Tea/Oatmeal Liquid Stock, Liquid Manure, OR No Green Thumb Soil Regenerator
- Plant outside in area of direct sunlight for at least 6 hours daily.
- pH Level between 6.0 – 7.0

Video on Container Gardening Garlic Plants: <https://youtu.be/wi2tRwTblrA>



[Planting Garlic in the Spring: Grow Big Bulbs From Spring Garlic](#)

[Fall Garlic Planinghttps://youtu.be/w7tGlfJXkbl](https://youtu.be/w7tGlfJXkbl)

The Ride & Live Crew

Thank you

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