

# MEAT REPLACEMENT

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Being total vegetarian and living up north (zone 4) the challenge for us was finding a meat replacement that we could grow here. Nut trees take so long before they produce, and at the time it was hard to find a zone 4 nut tree. So we grew sunflower seeds our first attempt, as you can see we grew Russian mammoth.



Here is my son on my husband's shoulders and still some of the sunflowers are above their heads.

We found keeping the birds off to be a big challenge, we tied pieces of row cover over the heads but we found it make the seeds go moldy.



Crinoline might have been a better choice, I don't know for sure. Then the Lord led me to styrean pumpkins.



These pumpkins are so neat, because the seeds inside are hull less, which means no white shell to remove, you just cut open the pumpkin, scoop out the seeds, and rinse and dry or bake. They are also higher in oil then other pumpkin seeds. The best part is nothing bothers them. We actually use them as

a companion plant for our corn to keep the raccoons out (apparently their sensitive little feet don't like the prickly vines).



This is a picture of how we grow our corn, pole beans, and pumpkins together. This year the varieties we decided to grow are: Painted mountain corn, Aunt Emmas beans, and Lady Gadiva pumpkins (which are another hull less variety that our neighbor was kind enough to give us to try, we will have to let you know if there is any noticeable difference).

Our latest find was the Heart-nut. Like a walnut, it comes in a heart-shaped shell, which looks like a locket when opened. Grafted Heart-nuts can start bearing nuts in about three years, but the seedlings are hardier for our area and take a little longer. Since ours were only planted last year and are seedlings, as you can see from the pictures, we'll have to get back to you on that one. Other options to try are Hazelnuts, and my dad is trying a hardi almond, which he planted last year, and got flowers on it this year.